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October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Meditation **NoClass** SmartPhone Begin. (2F) 10:00 am - 11:30am Karaoke club (1F) 12:45 pm - 3:45 pm Monday Lighthouse (2R) 1:00pm - 3:30pm	English (Intermediate) 10:00am - 11:30am Ping Pong Club 10:00 am - 12:00 pm iPad : "Let's Review (1/2)" 10:00 am - 11:30 am 1:00 pm - 2:30 pm Yoga for Seniors 12:30 pm - 1:30 pm Hula Dace for Seniors 1:45pm - 2:45pm	TG Lighthouse Program 10:00 am - 3:00pm Rythmique (2R) 10:00 am - 12:00 pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am	Osteofit 10:15 am - 11:00 am Aerobics for Seniors 11:30 am - 12:45 pm Mah-Jong Club 1:00 pm - 4:00 pm	English (Beginners) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Calligraphy >Change to Oct15	
7	8	9	10	11	12	13
	Thanks Giving Day CLOSED	English (Intermediate) 10:00am - 11:30am Ping Pong Club 10:00 am - 12:00 pm iPad : "Let's Review (2/2)" 10:00 am - 11:30 am 1:00 pm - 2:30 pm Yoga for Seniors 12:30 pm - 1:30 pm Hula Dace for Seniors 1:45pm - 2:45pm	TG Lighthouse Program 10:00 am - 3:00pm Rythmique (2R) 10:00 am - 12:00 pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Young Craft Club 1:00pm - 3:00pm	Osteofit 10:15 am - 11:00 am Aerobics for Seniors 11:30 am - 12:45 pm Brain Training 11:15 am - 12:30 pm Paper Art 1:30 pm - 3:00 pm Mah-Jong Club 1:00 pm - 4:00 pm Magic Mini Workshop 1:00 pm - 1:30 pm	English (Beginners) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Piano Sing-Along 12:45 pm - 2:15 pm Calligraphy 2:30 pm - 3:30 pm <div style="border: 1px dashed blue; padding: 5px; display: inline-block;">FREE Flue Shot 12pm~2pm (2F) <Please Register></div>	
14	15	16	17	18	19	20
	Meditation **NoClass** OGOJO (1F) 10:00 am - 11:30am SmartPhone Begin. (2F) 10:00 am - 11:30am Karaoke club (1F) 12:45 pm - 3:45 pm Monday Lighthouse (2R) 1:00pm - 3:30pm	English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad Class(Intermediate) 10:00 am - 11:30 am iPad Class(Intermediate) 1:00 pm - 2:30 pm Yoga for Seniors 12:30 pm - 1:30 pm Hula Dace for Seniors 1:45 pm - 2:45 pm	TG Lighthouse Program 10:00 am - 3:00pm Japanese Falk Dance 10:30 am - 11:30 pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am	Osteofit 10:15 am - 11:00 am Aerobics for Seniors 11:30 am - 12:45 pm Haiku Club 1:00 pm - 3:00 pm Mah-Jong Club 1:00 pm - 4:00 pm	English (Beginners) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Calligraphy 2:00 pm - 3:00 pm	
21	22	23	24	25	26	27
	Meditation (2R) 10:00 am - 11:30am OGOJO (1F) 10:00 am - 11:30am PC Seminar 10:00am - 11:30am Monday Lighthouse 1:00pm - 3:30pm	English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad Class(Intermediate) 10:00 am - 11:30 am iPad Class(Intermediate) 1:00 pm - 2:30 pm Yoga for Seniors 12:30 pm - 1:30 pm Hula Dace for Seniors 1:45 pm - 2:45 pm	TG Lighthouse Program 10:00 am - 3:00pm Rythmique (2R) 10:00 am - 12:00 pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Young Craft Club 1:00pm - 3:00pm	Osteofit 10:15 am - 11:00 am Aerobics for Seniors 11:30 am - 12:45 pm Brain Training 11:15 am - 12:30 pm Paper Art 1:30 pm - 3:00 pm Mah-Jong Club 1:00 pm - 4:00 pm Home Page Workshop 1:00 pm - 1:45 pm	English (Beginners) 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm <div style="background-color: #e0e0e0; padding: 5px; display: inline-block;">Senior Life Seminar ~ Advance Care Planning~ 1:30pm-3:30pm</div>	
28	29	30	31			
	Meditation **NoClass** OGOJO (2R) 10:00 am - 11:30am Monday Lighthouse (2R) 1:00pm - 3:30pm <div style="background-color: #e0e0e0; padding: 5px; display: inline-block;">*** Outing *** ~ Apple Picking~ 10:00am-3:00pm</div> <div style="border: 1px dashed blue; padding: 5px; display: inline-block;">CPR Workshop (TBC)</div>	English (Intermediate) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm iPad Class(Intermediate) 10:00 am - 11:30 am iPad Class(Intermediate) 1:00 pm - 2:30 pm Yoga for Seniors 12:30 pm - 1:30 pm Hula Dace for Seniors 1:45 pm - 2:45 pm	TG Lighthouse Program 10:00 am - 3:00pm Rythmique (2R) 10:00 am - 12:00 pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am Young Craft Club 1:00pm - 3:00pm			

Notes:

SPA Room
Tel: 604-368-8413
 (Rie)