

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1	2	3
				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 *** No Aft.Programs *** due to Event prep	Tonarigumi Fall Bazaar 11am-3pm
4	5	6	7	8	9	10
	Event (11/3) Lieu CLOSED	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	Monday Lighthouse 10:00 am - 3:00pm Rythmique (2R) 10:30 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 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 2019 Q1 Plan Meeting	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 1:00 pm - 2:30 pm *** Outing *** ~ Nitobe Garden~ 10:00am-2:30pm	
11	12	13	14	15	16	17
	Remembrance Day CLOSED	English **No Class** 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	Monday Lighthouse 10:00 am - 3:00 Rythmique (2R) 10:30 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 Haiku Club 1:00 pm - 3:00 pm Mah-Jong **No Club** Birthday Party Sep-Dec born 12:45pm-2:30pm	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	
18	19	20	21	22	23	24
	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 - Card Making (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 1:45 pm - 2:45 pm	Monday Lighthouse 10:00 am - 3:00 Rythmique (2R) 10:30 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 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 Spanish 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 Senior Life Seminar ~Prepare for Unexpected~	
25	26	27	28	29	30	
	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 - Card Making (2/2) 10:00 am - 11:30 am 1:00 pm - 2:30 pm Hula Dace for Seniors 1:45 pm - 2:45 pm	Monday Lighthouse 10:00 am - 3:00 Rythmique (2R) 10:30 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 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	

Notes:

Volunteers Needed for Tonarigumi Event !!
 - **TG Bazaar Nov 3 (Sat):** Event Prep 9am-
 - **Birthday Party Nov 15 (Thu):** Event Prep 10am-

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