





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>OPEN DOOR PROGRAMS IN GREEN</p> <p>Open to public (*up to 6 people-registration recommended) ® = Registration required \$ - contact 604-777-5000</p>		<p>1) 10:00 Chairobics</p> <p>9:30-3:30 Iki Iki J ®</p>	<p>2) 10:00 Weight Training ® 11:00 Outfight Parkinson 12:30 Women's Boxing</p>
<p>3) Daylight Saving Time ends</p> 	<p>4) 10:00 Chair Workouts 9:30-3:30 Lively Lively ® 11:00 Outfight Parkinson 11:45-12:30 Social Lunch ® 1:00 Breathing & Voice Exercise</p>	<p>5) 10:00 Chair Workouts 10:45* Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Social Lunch ® 12:45 Chat & Fun 1:00 BEFit (mind-body) 1:30 * BINGO</p>	<p>6) 10:00 Chairobics 3:15 Minyo-Japanese Dancing</p> <p>10:00-2:00 pm Iki Iki Light ®</p>	<p>7) 10:00 Chair Workouts 11:15-12:45 Cooking Together 1:45 Afternoon Tea Time (Japanese)</p>	<p>8) 10:00 Chairobics</p> <p>9:30-3:30 Iki Iki J ®</p>	<p>9) 10:00 Weight Training ® 11:00 Outfight Parkinson 12:30 Women's Boxing</p>
<p>10) 3:00 -5:30 RECYCLE WORKSHOP FROM JAPAN (PUBLIC)</p>	<p>11) Remembrance Day No Programs</p> 	<p>12) 10:00 Chair Workouts 10:45* Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Social Lunch ® 12:45 Chat & Fun 1:00 BEFit (mind-body) 1:30 * BINGO</p>	<p>13) 10:00 Chairobics</p> <p>10:00-2:00 pm Iki Iki Light ®</p>	<p>14) 10:00 Chair Workouts 1:45 Afternoon Tea Time (Japanese)</p>	<p>15) 10:00 Chairobics</p> <p>9:30-3:30 Iki Iki J ®</p>	<p>16) 10:00 Weight Training ® 11:00 Outfight Parkinson</p>
<p>17)</p>	<p>18) 10:00 Chair Workouts 9:30-3:30 Lively Lively ® 11:00 Outfight Parkinson 11:45-12:30 Social Lunch ® 1:00 Breathing & Voice Exercise</p>	<p>19) 10:00 Chair Workouts 10:45* Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Social Lunch ® 12:45 Chat & Fun 1:00 BEFit (mind-body) 1:30 * BINGO</p>	<p>20) 10:00 Chairobics 3:15 Minyo-Japanese Dancing</p> <p>10:00-2:00 pm Iki Iki Light ®</p>	<p>21) 10:00 Chair Workouts 11:15-12:45 Cooking Together 1:45 Afternoon Tea Time (Japanese)</p>	<p>22) 10:00 Chairobics</p> <p>9:30-3:30 Iki Iki J ®</p>	<p>23) 10:00 Weight Training ® 11:00 Outfight Parkinson</p>
<p>24)</p>	<p>25) 10:00 Chair Workouts 9:30-3:30 Lively Lively ® 11:00 Outfight Parkinson 11:45-12:30 Social Lunch ® 1:00 Breathing & Voice Exercise</p>	<p>26) 10:00 Chair Workouts 10:45* Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Social Lunch ® 12:45 Chat & Fun 1:00 BEFit (mind-body) 1:30 * BINGO</p>	<p>27) 10:00 Chairobics</p> <p>10:00-2:00 pm Iki Iki Light ®</p>	<p>28) 10:00 Chair Workouts 1:45 Afternoon Tea Time (Japanese)</p>	<p>29) 10:00 Chairobics 2:00 Birthday Party 9:30-3:30 Iki Iki J ®</p> 	<p>30) 10:00 Weight Training ® 11:00 Outfight Parkinson</p>