

Program Days & Times

English IKI IKI Light

- Monday 1:00-2:30 PM
- Hybrid: In-person & Online
- \$72/9 sessions

Japanese IKI IKI Light

- Wednesday 10:00-11:30 AM
- Hybrid: In-person & Online
- \$64/8 sessions
- No session July 1 (Canada day)

Japanese IKI IKI

- Friday 10:00AM - 2:30PM
- In-person
- Bento Lunch is provided
- \$180/9sessions
- Nikkei Home Residents part of the lunch program:
 - \$72/9 sessions

Try a session for free!



What is the IKI IKI Program?

This program is designed for seniors who enjoy activities at a relaxed pace while socializing with others.

We provide activities such as exercise, arts and crafts, nostalgic music, brain games, and recreation games to help manage the decline in physical functions due to aging and mild-to-moderate dementia.

We believe that attending full sessions will be the most beneficial for participants.

Summer 2026
July 3-August 28

IKI IKI PROGRAM



Nikkei Seniors
Health Care &
Housing Society



United Way

[Questions & Applications]
Mikiko Furukawa
Outreach Leader
604-777-5000 EXT 2007
ywatase@nikkeishc.com

Payment

We accept payment with cheque, debit card, visa card or cash.

As a non-profit organization, Nikkei Seniors will use program fees only to cover the cost of supplies and operation.

To enroll, you need:

- The application form
- The photo release form



Volunteers needed!
Please contact us if you are interested!

Online participation requirements

- Internet connection
- A device with a camera, a microphone, and a speaker
- Zoom
- Helper who can assist when needed



In-person participation requirements

- Glasses, dentures, mobility device and anything that is needed in everyday life



Friday lunch!



Days with no IKI IKI in 2026

- Friday, Apr 3
- Monday, May 18
- Friday May 29
- Wednesday, July 1
- Monday, August 4
- Monday, September 7
- Wed, September 30
- Monday, October 12
- Wed, November 11