Program Days & Times

English IKI IKI Light

- Monday 1:00-2:30 PM
- Hybrid: In-person & Online
- $96/12 sessions
- No session September 7
  (Labor day)
  October 12
  (Thanksgiving day)

Japanese IKI IKI Light

- Wednesday 10:00-11:30 AM
- Hybrid: In-person & Online
- $112/14 sessions
- No session September 30
  (Truth & Reconciliation day)
  November 11
  (Remembrance day)

Japanese IKI IKI

- Friday 10:00AM - 2:30PM
- In-person
- Bento Lunch is provided
- $320/16 sessions
- Nikkei Home Residents part of the lunch program:
  - $128/16 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.

Fall 2026
September 2-December 18

IKI IKI PROGRAM



Nikkei Seniors Health Care & Housing Society

United Way

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

Payment

We accept payment with cheque, debit card, visa card or cash.
***Mastercard: Please ask Mikiko directly.**
As a non-profit organization, Nikkei Seniors will use the program fees only to cover the cost of supplies, operation and Lunch (On Friday).

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 requrements

- **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