

April 2018

Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:00 ChairYoga 11:30 Senior Dining 1:00 Stamp club 1:00 Painting Group</p> <p>*7:00 -8:15Yoga 1</p>	<p>3</p> <p>9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate 11:30 Senior Dining 8:30 – 3:30 Tax Prep. 12:30 ESL Beg. I & 2 12:30 ESL Advanced 12:30 Bridge</p> <p>12:45 BINGO</p> <p><i>Jerry & Nancy</i></p>	<p>4</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Advanced Conversation *10:00 Writing Life Story 11:30 Senior Dining Birthday Lunch 11:30 Garden Club</p> <p>*1:00 Writing Life Story</p>	<p>5</p> <p>9:00 & 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mah Jong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beginner 1&2 12:30 ESL Advanced *3:00 Yoga Basics *6:15 PCC Gentle Yoga 7:00pm Rose City Model T Club</p>	<p>6</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 9:00 Wood Carving 9:00 Hearing Clinic 10:00 Yoga</p> <p>11:30 Senior Dining</p> <p>12:45 BINGO</p>
<p>9</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:00 ChairYoga 11:30 Senior Dining 1:00 Painting Group</p> <p>*7:00 Yoga 1</p> <p>7:00pm Rose City Snitchers</p>	<p>10</p> <p>9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate 11:30 Senior Dining 8:30 – 3:30 Tax Prep. 12:30 ESL Beg. I & 2 12:30 ESL Advanced 12:30 Bridge</p> <p>12:45 BINGO</p> <p>Elizabeth</p>	<p>11</p> <p>8:45 Senior Fitness 9:00 Foot clinic 10:00 Senior Fitness 10:30 ESL Adv Conversation *10:00 Writing Life Story 11:30 Senior Dining</p> <p>*1:00 Writing Life Story</p>	<p>12</p> <p>9:00 & 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mah Jong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beginner 1&2 12:30 ESL Advanced *3:00 Yoga Basics *6:15 PCC Gentle Yoga</p>	<p>13</p> <p>Spring Fling</p>  <p>Same schedule as above</p>
<p>16</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:00 ChairYoga 11:30 Senior Dining 1:00 Painting Group</p> <p>*7:00 Yoga 1</p>	<p>17</p> <p>9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate 11:30 Senior Dining 8:30 – 3:30 Tax Prep. 12:30 ESL Beg. I & 2 12:30 ESL Advanced 12:30 Bridge</p> <p>12:45 BINGO</p> <p>6:30pm NWV Speedsters</p> <p><i>Jerry & Nancy</i></p>	<p>18</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Adv Conversation *10:00Writing Life Story 11:30 Senior Dining 12:00- 3:00 SHIBA</p> <p>*1:00 Writing Life Story</p> <p>1:30 Advisory Council</p>	<p>19</p> <p>9:00 & 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mah Jong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beginner 1&2 12:30 ESL Advanced *3:00 Yoga Basics *6:15 PCC Gentle Yoga</p>	<p>20</p> <p>8:45 Sr. Circuit Exercise 10:00 Sr. Circuit Exercise 9:00 Wood Carving 10:00 Yoga 11:30 Senior Dining</p> <p>1:00 Alzheimer's Support</p>
<p>23</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:00 ChairYoga 11:30 Senior Dining 1:00 Painting Group</p> <p>*7:00 Yoga 1</p>	<p>24</p> <p>9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. I & 2 12:30 ESL Advanced 12:30 Bridge 12:45 BINGO</p>	<p>25</p> <p>8:45 Senior Fitness 9:00 Foot Clinic 10:00 Senior fitness 10:30 ESL AdvConversation 11:30 Senior Dining 12:00- 3:00 SHIBA</p> <p><i>7:00p.m.Alzheimer's Support</i></p>	<p>26</p> <p>9:00 & 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mah Jong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beginner 1&2 12:30 ESL Advanced *3:00 Yoga Basics *6:15 PCC Gentle Yoga</p> <p><i>John & Steve Accordian</i></p>	<p>27</p> <p>8:45 Sr. Circuit Exercise 10:00 Sr. Circuit Exercise 9:00 Wood Carving 10:00 Yoga</p> <p>11:30 Senior Dining 12:45 Bingo</p>
<p>30</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:00 ChairYoga 11:30 Senior Dining 1:00 Painting Group</p> <p>*7:00 Yoga 1</p>			<p>PCC Classes are marked with an asterisk*</p>  <p>To register for a PCC class, call 971.722.6266</p>	<p>Tigard Senior Center Meals on Wheels People is located at:</p>  <p>8815 SW O'Mara St. Tigard, OR 97223 503.620.4613</p>

