




April 2019

Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:45 & 10:00 Senior Fitness 9:00 Foot Care 10:00 Yoga 11:30 Senior Dining 12:30 ESL Adv. 1:00 Stamp club 1:00 Elizabeth's Painting 1:00 Mah Jong 1:30 Red Hat Group</p> <p>*7:00 -8:15Yoga 1</p>	<p>2</p> <p>8:30 Tax Prep 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</p> <p>12:45 BINGO</p> <p><i>Jerry & Nancy</i></p>	<p>3</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 11:30 Senior Dining Birthday Lunch</p> <p>11:30 Garden Club 12:30 – 3:00 Mah Jong</p>	<p>4</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>5</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 9:00 Wood Carving 10:00 Yoga</p> <p>11:30 Senior Dining</p> <p>12:45 BINGO 1:00 Alzheimer's Asso. Early Stage support</p>
<p>8</p> <p>8:45 & 10:00 Senior Fitness 9:00 Foot Care 10:00 Yoga 11:30 Senior Dining 12:30 ESL Adv. 1:00 Elizabeth's Painting 1:00 Mah Jong</p> <p>*7:00 -8:15Yoga 1</p>	<p>9</p> <p>8:30 Tax Prep 9:00 Tai Chi 10:00 Stitching Group 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</p> <p>12:45 BINGO</p>	<p>10</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 11:30 Senior Dining 12:30 – 3:00 Mah Jong</p> <p>*1:00 Eva's Writing Group</p>	<p>11</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>12</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 9:00 Wood Carving 10:00 Yoga</p> <p>11:30 Senior Dining</p> <p>12:45 BINGO 1:00 Alzheimer's Asso. Early Stage support</p>
<p>15</p> <p>8:45 & 10:00 Senior Fitness 9:00 Foot Care 10:00 Yoga 11:30 Senior Dining 12:30 ESL Adv. 11:00 Elizabeth's Painting 1:00 Mah Jong</p> <p>*7:00 -8:15Yoga 1</p> <p>7:00pm Rose City Snitchers</p>	<p>16</p> <p>8:30 Tax Prep 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</p> <p>12:45 BINGO</p> <p>6:30pm NWV Speedsters</p> <p><i>Jerry & Nancy</i></p>	<p>17</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 11:30 Senior Dining 12:30 – 3:00 Mah Jong</p> <p>1:30 Advisory Council</p>	<p>18</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>19</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 9:00 Wood Carving 10:00 Yoga</p> <p>11:30 Senior Dining</p> <p>1:00 Alzheimer's Asso. Early Stage support</p>
<p>22</p> <p>8:45 & 10:00 Senior Fitness 9:00 Foot Care 10:00 Yoga 11:30 Senior Dining 12:30 ESL Adv. 11:00 Elizabeth's Painting 1:00 Mah Jong</p> <p>*7:00 -8:15Yoga 1</p>	<p>23</p> <p>8:30 Tax Prep 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</p> <p>12:45 BINGO</p> <p>7:00 Alzheimer's Support t</p>	<p>24</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 11:30 Senior Dining 12:30 – 3:00 Mah Jong</p> <p>*1:00 Eva's Writing Group</p>	<p>25</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 Accordion</i></p>	<p>26</p> <p>8:45 Sr. Senior Fitness 10:00 Senior Fitness 9:00 Wood Carving 10:00 Yoga</p> <p>11:30 Senior Dining 12:45 BINGO</p> <p>1:00 Alzheimer's Asso. Early Stage support</p>
<p>29</p> <p>8:45 & 10:00 Senior Fitness 9:00 Foot Care 10:00 Yoga 11:30 Senior Dining 12:30 ESL Adv. 11:00 Elizabeth's Painting 1:00 Mah Jong</p> <p>*7:00 -8:15Yoga 1</p>	<p>30</p> <p>8:30 Tax Prep 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</p> <p>12:45 BINGO</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>