






August 2017



Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<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>	<p>1</p> <p>9:00 Art Club 11:30 Senior Dining 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO</p> <p>Tri Met Fast Pass Information</p>	<p>2</p> <p>8:45 Senior Fitness 10:00 Senior fitness 10:30 ESL Adv. 11:30 Senior Dining</p> <p>12:00 Tigard Garden Club</p>	<p>3</p> <p>10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 11:30 Senior Dining 12:30 ESL Adv. 6:15 Yoga* 7:00pm Rose City Model T Club</p>	<p>4</p> <p>8:45 Sr. Senior Fitness 9:00 Hearing Clinic 10:00 Senior fitness 9:00 Wood Carving 10:30 Yoga 11:30 Senior Dining 12:45 BINGO</p>
<p>7</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 Yoga 11:30 Senior Dining 1:00 Painting Group 1:00 Stamp Club</p>	<p>8</p> <p>9:00 Art Club 11:30 Senior Dining 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO</p>	<p>9</p> <p>8:45 Senior Fitness</p> <p>9:00 Foot Clinic</p> <p>10:00 Senior fitness 10:30 ESL Adv. 11:30 Senior Dining</p>	<p>10</p> <p>10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 11:30 Senior Dining 12:30 ESL Adv. 6:15 Yoga*</p>	<p>11</p> <p>8:45 Sr. Senior Fitness 10:00 Senior fitness 9:00 Wood Carving 10:30 Yoga 11:30 Senior Dining 12:45 BINGO</p>
<p>14</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 Yoga 11:30 Senior Dining 1:00 Painting Group</p> <p>7:00pm Rose City Stitches</p>	<p>15</p> <p>9:00 Art Club 11:30 Senior Dining 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO</p> <p>6:30pm NWV Speedsters</p>	<p>16</p> <p><i>(same schedule as 8/24)</i></p> <p>Birthday Lunch</p>  <p>11:30-1:00</p> <p>1:30 Steering Committee</p>	<p>17</p> <p>10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 11:30 Senior Dining 12:30 ESL Adv. 6:15 Yoga*</p>	<p>18</p> <p><i>(same schedule as 8/11)</i></p> <p>Boogie Woogie 50's Party</p> 
<p>21</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 Yoga 11:30 Senior Dining 1:00 Painting Group</p>	<p>22</p> <p>9:00 Art Club 11:30 Senior Dining 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO</p> <p>7:00pm Alzheimer Support Group</p>	<p>23</p> <p>8:45 Senior Fitness</p> <p>9:00 Foot Clinic</p> <p>10:00 Senior fitness 10:30 ESL Adv. 11:30 Senior Dining</p>	<p>24</p> <p>10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 11:30 Senior Dining 12:30 ESL Adv. 6:15 Yoga*</p>	<p>25</p> <p>8:45 Sr. Senior Fitness</p> <p>9:00 Hearing Clinic</p> <p>10:00 Senior fitness 9:00 Wood Carving 10:30 Yoga 11:30 Senior Dining 12:45 BINGO</p>
<p>28</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 Yoga 11:30 Senior Dining 1:00 Painting Group</p>	<p>29</p> <p>9:00 Art Club 11:30 Senior Dining 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO</p>	<p>30</p> <p>8:45 Senior Fitness 10:00 Senior fitness 10:30 ESL Adv. 11:30 Senior Dining</p>	<p>31</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>