






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>PCC Classes are marked with an asterick*</p>  <p>To register Call 971-722-6266</p>		<p>19:00 Tai Chi 10:15 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 11:30 Quilters 10:00 Mah Jong 11:30 Senior Dining 3:00 Yoga* 5:15 Yoga*</p> <p><u>7:00 Rose City Model T club</u></p>	<p>2 <i>8:45 Senior. Fitness</i> 9:00 Wood Carving <i>10:00 Senior. Fitness</i> <i>10:00 Yoga</i> 11:30 Senior Dining 12:45 Bingo</p>
<p>5 9:00 Foot Care 8:45 Sr. Senior Fitness 10:00 Sr. Fitness 10:00 – Yoga 10:00 PCC Spanish 1* 11:30 Senior Dining 1:00 Painting Group 1:00 Stamp Group 1:30 Red Hat Group</p>	<p>6 9:00 Tai Chi 9:00 Art Club 10:15 Tai Chi Beginners 11:30 Senior Dining 12:00 Bridge <i>12:45 BINGO</i></p>	<p>7 <i>8:45 Senior. Fitness</i> <i>10:00 Senior. Fitness</i> 10:30 ESL Adv. 11:30 Senior Dining 11:30 Garden Club</p>	<p>8 9:00 Tai Chi 10:15 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 11:30 Quilters 10:00 Mah Jong 11:30 Senior Dining 3:00 Yoga* 5:15 Yoga*</p>	<p>9 <i>8:45 Senior. Fitness</i> 9:00 Wood Carving <i>10:00 Senior. Fitness</i> <i>10:00 Yoga</i> 11:30 Senior Dining 12:45 Bingo 1:00Alzheimer's Support</p>
<p>12 <i>8:45 Sr. Fitness</i> <i>10:00 Sr. Fitness</i> 10:00 – Yoga 10:00 PCC Spanish 1* 11:30 Senior Dining 1:00 Painting Group</p>	<p>13 9:00 Art Club 9:00 Tai Chi 10:00 Stitching Group 10:15 Tai Chi Beginners 11:30 Senior Dining 12:00 Bridge <i>12:45 BINGO</i></p>	<p>14 <i>8:45 Senior. Fitness</i> <i>10:00 Senior. Fitness</i> 10:30 ESL Adv. 11:30 Senior Dining 1:15 Eva's Writing Group</p>	<p>15 9:00 Tai Chi 10:15 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 11:30 Quilters 10:00 Mah Jong 11:30 Senior Dining 3:00 Yoga* 5:15 Yoga*</p>	<p>16 <i>8:45 Senior. Fitness</i> 9:00 Wood Carving <i>10:00 Senior. Fitness</i> <i>10:00 Yoga</i> 11:30 Senior Dining 12:45 Bingo 1:00Alzheimer's Support</p>
<p>19 <i>8:45 Sr. Fitness</i> 9:00 Foot Care <i>10:00 Sr. Fitness</i> 10:00 – Yoga 11:30 Senior Dining 1:00 Painting Group 7:00Rose City Stitchers</p>	<p>20 9:00 Tai Chi 9:00 Art Club 10:15 Tai Chi Beginners 11:30 Senior Dining 12:00 Bridge <i>12:45 BINGO</i> <u>6:30pm NWSpeedsters</u> <u>7:00 Alzheimer's Support</u></p>	<p>21 <i>8:45 Senior. Fitness</i> <i>10:00 Senior. Fitness</i> 10:30 ESL Adv. 11:30 Senior Dining</p>	<p>22 9:00 Tai Chi 10:15 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 11:30 Quilters 10:00 Mah Jong 11:30 Senior Dining 3:00 Yoga* 5:15 Yoga*</p>	<p>23 <i>8:45 Senior. Fitness</i> 9:00 Wood Carving <i>10:00 Senior. Fitness</i> <i>10:00 Yoga</i> 11:30 Senior Dining 12:45 Bingo 1:00Alzheimer's Support</p>
<p>26 <i>8:45 Sr. Fitness</i> <i>10:00 Sr. Fitness</i> 10:00 – Yoga 11:30 Senior Dining 1:00 Painting Group</p>	<p>27 9:00 Tai Chi 9:00 Art Club 10:15 Tai Chi Beginners 11:30 Senior Dining 12:00 Bridge <i>12:45 BINGO</i></p>	<p>28 <i>8:45 Senior. Fitness</i> <i>10:00 Senior. Fitness</i> 10:30 ESL Adv. 11:30 Senior Dining 1:15 Eva's Writing Group</p>	<p>29 9:00 Tai Chi 10:15 Tai Chi 10:00 Computer Help 11:30 Knit-Wits 10:00 Quilters 10:00 Mah Jong 11:30 Senior Dining</p>	<p>30 <i>8:45 Senior. Fitness</i> 9:00 Wood Carving <i>10:00 Senior. Fitness</i> <i>10:00 Yoga</i> 11:30 Senior Dining 12:45 Bingo 1:00Alzheimer's Support</p>