

December 2018

Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:45 Senior Fitness 9:00-2:30 Foot Clinic 10:00 Senior Fitness 10:00 * Spanish 1* 10:00 Yoga 11:30 Senior Dining 1:00 Painting Group 1:00 Stamp club 1:30 Red Hat Group</p>	<p>4</p> <p>9:00 Art Club 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Adv. 12:30 ESL Beginning 1&2 12:30 Bridge 12:45 BINGO</p>	<p>5</p> <p>Birthday Lunch</p>  <p>11:30-1:00 <u>Medicare Open Enrollment</u> <u>12:00 Tigard Garden Club</u></p>	<p>6</p> <p>10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 10-12 Computer Help 10:30 ESL inter. 11:30 Senior Dining 12:30 ESL Beg.1 Beg.2 &Adv. 3:00 Gentle Yoga* 7:00 Rose City Model T Club</p>	<p>7</p> <p>8:45 Sr. Senior Fitness 10:00 Senior fitness 9:00 Wood Carving 10:00 Yoga 11:30 Senior Dining 12:45 BINGO 1:00 Alzheimer's Support 1:00 Peer Support</p>
<p>10</p> <p>8:45 Senior Fitness 9:00-2:30 Foot Clinic 10:00 Senior Fitness 10:00 * Spanish 1* 10:00 Yoga 11:30 Senior Dining 1:00 Painting Group</p>	<p>11</p> <p>9:00 Art Club 10:00 Stitching Group 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Adv. 12:30 ESL Beginning 1&2 12:30 Bridge 12:45 BINGO</p>	<p>12</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 11:30 Senior Dining 1:15 Memoire Writing</p>	<p>13</p> <p>10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:30 ESL inter. 11:30 Senior Dining 12:30 ESL Beg.1 Beg.2 &Adv.</p>	<p>14</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 1:00 Alzheimer's Support 1:00 Peer Support</p>
<p>17</p> <p>8:45 Senior Fitness 9:00-2:30 Foot Clinic 10:00 Senior Fitness 10:30 Yoga 11:30 Senior Dining 1:00 Painting Group</p> <p>7:00pm Rose City Stitchers</p>	<p>18</p> <p>9:00 Art Club 11:30 Senior Dining 12:30 Bridge 12:45 Bingo 6:30 NWV SPEEDSTERS</p>	<p>19</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 11:30 Senior Dining <u>1:30 Advisory Council</u></p>	<p>20</p> <p>10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 10-12 Computer Help 11:30 Senior Dining</p>	<p>21</p> <p>8:45 Sr. Senior Fitness 10:00 Senior fitness 9:00 Wood Carving 10:30 Yoga 11:30 Senior Dining HOLIDAY LUNCH 12:45 BINGO 1:00 Alzheimer's Support 1:00 Peer Support</p>
<p>24</p> <p>8:45 Senior Fitness 9:00-2:30 Foot Clinic 10:00 Senior Fitness 10:30 Yoga 11:30 Senior Dining 1:00 Painting Group</p>	<p>25</p>  <p>Center closed for the holiday</p>	<p>26</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 11:30 Senior Dining 1:15 Memoire Writing</p>	<p>27</p> <p>10:00 Knit-Wits 10:00 Quilters 10:00 Mah J ong 10-12 Computer Help 11:30 Senior Dining</p>	<p>28</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 1:00 Peer Support 1:00 Alzheimer's Support</p> <p>Holiday Concert</p>
<p>31</p> <p>8:45 Senior Fitness 9:00-2:30 Foot Clinic 10:00 Senior Fitness 10:30 Yoga 11:30 Senior Dining HAPPY NEW YEAR CELEBRATION</p>  <p>1:00 Painting Group</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>	<p>Merry Christmas</p> 