

# February 2019 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<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><b>1</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness 9:00 Wood Carving 10:00 Yoga</p> <p><b>11:30 Senior Dining</b></p> <p>12:45 BINGO 1:00 Alzheimer's Asso. Early Stage support</p>
<p><b>4</b></p> <p>8:45 Senior Fitness 9:00 Foot Care 10:00 Senior Fitness 10:00 Yoga *10:00 Spanish 1 <b>11:30 Senior Dining</b> 1:00 Stamp Club 1:00 Painting Group 1:00 Mah Jong 1:30 Red Hat Group *7:00 Yoga 1</p>	<p><b>5*:</b></p> <p><b>8:30 1:00 Tax Prep</b> 9:00 Art Club 9:00 &amp; 10:15 Tai Chi 10:30 ESL Intermediate <b>11:30 Senior Dining</b> 12:30 ESL Beg. 1 &amp; 2 12:30 ESL Advanced 12:30 Bridge</p> <p><b>12:45 BINGO</b></p>	<p><b>6</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Adv Conversation</p> <p><b>11:30 Senior Dining</b> <b>Birthday Lunch</b></p> <p>11:30 Garden Club 12:00 ESL Tutoring</p>	<p><b>7</b></p> <p>9:00 &amp; 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 10-12 Computer Help 10:30 ESL Intermediate <b>11:30 Senior Dining</b> 12:30 ESL *3:00 Yoga Basics * 6:15 Gentle Yoga <b>7:00pm Rose City Model T</b></p>	<p><b>8</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness 9:00 Wood Carving 10:00 Yoga</p> <p><b>11:30 Senior Dining</b></p> <p>12:45 BINGO 1:00 Alzheimer's Asso. Early Stage support</p>
<p><b>11</b></p> <p>8:45 Senior Fitness 9:00 Foot Care 10:00 Senior Fitness *10:00 Spanish 1 10:00 Yoga <b>11:30 Senior Dining</b> 1:00 Painting Group 1:00 Mah Jong *7:00 Yoga 1</p>	<p><b>12</b></p> <p><b>8:30 – 1:00 Tax Prep.</b> 9:00 Art Club 9:00 &amp; 10:15 Tai Chi 10:00 Brazilian Stitching 10:30 ESL Intermediate <b>11:30 Senior Dining</b> 12:30 ESL Beg. 1 &amp; 2 12:30 ESL Advanced 12:30 Bridge <b>12:45 BINGO</b></p>	<p><b>13</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Adv. Conversation <b>11:15 Eva's Writing Group</b></p> <p><b>11:30 Senior Dining</b></p> <p>12:00 ESL Tutoring</p>	<p><b>14</b></p> <p>Valentine's Day Lunch 11:30 – 1:00 Cheryl Young playing piano Schedule is the same as the following Thursday.</p>	<p><b>15</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness 9:00 Wood Carving 10:00 Yoga</p> <p><b>11:30 Senior Dining</b></p> <p>12:45 BINGO 1:00 Alzheimer's Asso. Early Stage support</p>
<p><b>18</b></p> <p>Closed for Presidents Day</p> 	<p><b>19</b></p> <p><b>8:30 – 1:00 Tax Prep.</b> 9:00 Art Club 9:00 &amp; 10:15 Tai Chi 10:30 ESL Intermediate <b>11:30 Senior Dining</b> 12:30 ESL Beg. 1 &amp; 2 12:30 ESL Advanced 12:30 Bridge <b>12:45 BINGO</b> <b>6:30pm NWV Speedsters</b></p>	<p><b>20</b></p> <p>8:45 Senior Fitness 10:00 Senior fitness 10:30 ESL Adv. Conversation</p> <p><b>11:30 Senior Dining</b></p> <p>12:00 ESL Tutoring</p> <p>1:30 Advisory Committee</p>	<p><b>21</b></p> <p>9:00 &amp; 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 10-12 Computer Help 10:30 ESL Intermediate <b>11:30 Senior Dining</b> 12:30 ESL Beginner 1&amp;2 12:30 ESL advanced *3:00 Yoga Basics * 6:15 Gentle Yoga</p>	<p><b>22</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness 9:00 Wood Carving 10:00 Yoga</p> <p><b>11:30 Senior Dining</b></p> <p>12:45 BINGO 1:00 Alzheimer's Asso. Early Stage support</p>
<p><b>25</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:00 Foot Care *10:00 Spanish 1 10:00 Yoga <b>11:30 Senior Dining</b> 1:00 Painting Group 1:00 Mah Jong *7:00 Yoga 1</p>	<p><b>26</b></p> <p><b>8:30 – 1:00 Tax Prep.</b> 9:00 Art Club 9:00 &amp; 10:15 Tai Chi 10:30 ESL Intermediate <b>11:30 Senior Dining</b> 12:30 ESL Beg 1&amp;2 12:30 ESL Advanced 12:30 Bridge <b>12:45 Bingo</b> <b>7:00 Alzheimer's Support</b></p>	<p><b>27</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Adv. Conversation <b>11:15 Eva's Writing Group</b></p> <p><b>11:30 Senior Dining</b></p> <p>12:00 ESL Tutoring</p>	<p><b>28</b></p> <p>9:00 &amp; 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 10-12 Computer Help 10:30 ESL Intermediate <b>11:30 Senior Dining</b> 12:30 ESL Beginner 1&amp;2 12:30 ESL advanced *3:00 Yoga Basics * 6:15 Gentle Yoga</p>	

