

# January 2018      Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> 	<p><b>2</b></p> <p>9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beg. 1 &amp; 2 12:30 ESL Advanced 12:30 Bridge <b>12:45 BINGO</b></p>	<p><b>3</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Advanced Conversation <b>*10:00 Writing Life Story</b> <u>11:30 Senior Dining</u> <u>Birthday Lunch</u>  11:30 Garden Club  <b>*1:00 Writing Life Story</b></p>	<p><b>4</b></p> <p>9:00 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:15 Tai Chi Beginners 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beginner 1&amp;2 12:30 ESL Advanced <b>*3:00 Yoga Basics</b> <b>*6:15 PCC Gentle Yoga</b> <i>7:00pm Rose City Model T Club</i></p>	<p><b>5</b></p> <p><b>8:45 Senior Fitness</b> <b>10:00 Senior Fitness</b> 9:00 Wood Carving <b>9:00 Hearing Clinic</b> <b>10:30 Yoga</b>  <u>11:30 Senior Dining</u> <b>12:45 BINGO</b></p>
<p><b>8</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness <b>*10:00 Spanish 1</b> <u>11:30 Senior Dining</u> 1:00 Stamp club 1:00 Painting Group  <b>*7:00 Yoga 1</b></p>	<p><b>9</b></p> <p>9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate <u>11:30 Senior Dining</u> <u>11:30 – 3:30 Tax Prep.</u> 12:30 ESL Beg. 1 &amp; 2 12:30 ESL Advanced 12:30 Bridge  <b>12:45 BINGO</b></p>	<p><b>10</b></p> <p>8:45 Senior Fitness <b>9:00 2:30 Foot Care Clinic</b>  10:00 Senior Fitness 10:30 ESL Advanced Conversation <b>*10:00 Writing Life Story</b> <u>11:30 Senior Dining</u>  <b>*1:00 Writing Life Story</b></p>	<p><b>11</b></p> <p>9:00 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:15 Tai Chi Beginners 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beginner 1&amp;2 12:30 ESL advanced <b>*3:00 Yoga Basics</b>  <b>* 6:15 Gentle Yoga</b></p>	<p><b>12</b></p> <p><b>8:45 Sr. Circuit Exercise</b> <b>10:00Sr. Circuit Exercise</b> 9:00 Wood Carving 10:30 Yoga  <u>11:30 Senior Dining</u> <b>12:45 BINGO</b></p>
<p><b>15</b></p> <p style="text-align: center;">Center Closed</p>  <p>7:00pm Rose City Stitchers</p>	<p><b>16</b></p> <p>9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beg. 1 &amp; 2 12:30 ESL Advanced 12:30 Bridge  <b>12:45 BINGO</b></p>	<p><b>17</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Advanced Conversation <b>*10:00 Writing Life Story</b> <u>11:30 Senior Dining</u> 12:00 Garden Club <b>*1:00 Writing Life Story</b>  <b>1:30 Steering Committee</b></p>	<p><b>18</b></p> <p>9:00 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:15 Tai Chi Beginners 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beginner 1&amp;2 12:30 ESL Advanced <b>*3:00 Yoga basics</b>  <b>*6:15 Gentle Yoga</b></p>	<p><b>19</b></p> <p><b>8:45 Sr. Circuit Exercise</b> <b>10:00 Sr. Circuit Exercise</b> 9:00 Wood Carving 10:30 Yoga  <u>11:30 Senior Dining</u> <b>12:45 Bingo</b></p>
<p><b>22</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness <b>*10:00 Spanish 1</b> <u>11:30 Senior Dining</u> 1:00 Painting Group  <b>*7:00 Yoga 1</b></p>	<p><b>23</b></p> <p>9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 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>24</b></p> <p>8:45 Senior Fitness <b>9:00 – 2:30 Foot Care Clinic</b> 10:00 Senior fitness 10:30 ESL Advanced Conversation <b>*10:00 Writing Life Story</b> <u>11:30 Senior Dining</u> <b>*1:00 Writing Life Story</b></p>	<p><b>25</b></p> <p>9:00 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:15 Tai Chi Beginners 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beginner 1&amp;2 12:30 ESL Advanced <b>*3:00 Yoga Basics</b>  <b>*6:15 Gentle Yoga</b>  <i>John &amp; Steve Accordion</i></p>	<p><b>26</b></p> <p><b>8:45 Sr. Circuit Exercise</b> <b>10:00 Sr. Circuit Exercise</b> 9:00 Wood Carving 10:30 Yoga  <u>11:30 Senior Dining</u> <b>12:45 Bingo</b></p>
<p><b>29</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness <b>*10:00 Spanish 1</b> <u>11:30 Senior Dining</u> 1:00 Painting Group  <b>*7:00 Yoga 1</b></p>	<p><b>30</b></p> <p>9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beg 1&amp;2 12:30 ESL Advanced 12:30 Bridge <b>12:45 Bingo</b> <b>7:00 Alzheimers Support</b></p>	<p><b>31</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Advanced Conversation <b>*10:00 Writing Life Story</b> <u>11:30 Senior Dining</u> <b>*1:00 Writing Life Story</b></p>	<p>PCC Classes are marked with an asterisk*</p>  <p>To register for a PCC class, call <b>971.722.6266</b></p>	
<p>Tigard Senior Center Meals on Wheels People is located at:</p>  <p><b>8815 SW O'Mara St. Tigard, OR 97223 503.620.4613</b></p>				