


# January 2019

# Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Tigard Senior Center Meals on Wheels People is located at:</b></p>  <p>8815 SW O'Mara St. Tigard, OR 97223 503.620.4613</p>	<p><b>1</b></p> <p><b>Center closed</b> <b>Happy New Year!</b></p> 	<p><b>2</b></p> <p>Birthdays Lunch</p>  <p>11:30-1:00 <b>8:45 Senior Fitness</b> <b>10:00 Senior Fitness</b> <b>12:00 Tigard Garden Club</b></p>	<p><b>3</b></p> <p>9:00 Tai Chi Inter. 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 10-12 Computer Help. 10:15 Tai Chi Beginners <b>11:30 Senior Dining</b> 3:00 Gentle Yoga* 3:00 *Senior Yoga Basic* 6:15 *Yoga 1* <b>7:00 Rose City Model T Club</b></p>	<p><b>4</b></p> <p>8:45 Sr. Senior Fitness 10:00 Senior fitness 9:00 Wood Carving 10:00 Yoga <b>11:30 Senior Dining</b> <b>12:45 BINGO</b> <b>1:00 Peer Support</b></p>
<p><b>7</b></p> <p>8:45 Senior Fitness 9:00-3:00 Foot Clinic 10:00 Senior Fitness 10:00 Yoga 10:30 * Spanish 1* <b>11:30 Senior Dining</b> 1:00 Painting Group 1:00 Stamp Club <b>1:30 Red Hat Group</b> 7:00 *Yoga 1*</p>	<p><b>8</b></p> <p>9:00 Art Club 9:00 Tai Chi Inter. 10:15 Tai Chi Beginners 10:00 Stitching Group 10:30 ESL Inter. <b>11:30 Senior Dining</b> 11:30 Safe Drivers Class 12:30 ESL Adv. 12:30 ESL Beginning 1&amp;2 12:30 Bridge <b>12:45 BINGO</b></p>	<p><b>9</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Adv. <b>11:30 Senior Dining</b> 11:30 Safe Drivers Class 12:00 ESL Tutoring 1:15 Memoire Writing</p>	<p><b>10</b></p> <p>9:00 Tai Chi Inter. 10:15 Tai Chi Beginners 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:30 ESL inter. <b>11:30 Senior Dining</b> 12:30 ESL Beg.1 Beg.2 &amp;Adv. 3:00 *Senior Yoga Basic* 6:15 *Yoga 1*</p>	<p><b>11</b></p> <p>8:45 Senior Fitness 10:00 Senior fitness 9:00 Wood Carving 10:30 Yoga <b>11:30 Senior Dining</b> <b>12:45 BINGO</b> <b>1:00 Peer Support</b> <b>1:00 Alzheimer's support</b></p>
<p><b>14</b></p> <p>8:45 Senior Fitness 9:00-3:00 Foot Clinic 10:00 *Spanish 1* 10:00 Senior Fitness 10:30 Yoga <b>11:30 Senior Dining</b> 1:00 Painting Group 7:00pm *Yoga 1* <b>7:00pm Rose City Stitches</b></p>	<p><b>15</b></p> <p>9:00 Art Club 9:00 Tai Chi Inter 10:15 Tai Chi Beginners 10:30 ESL Inter. <b>11:30 Senior Dining</b> 12:30 Bridge 12:30 ESL Adv. 12:30 ESL Beginning 1&amp;2 <b>12:45 Bingo</b> <b>6:30 NWV SPEEDSTERS</b></p>	<p><b>16</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Adv. <b>11:30 Senior Dining</b> 12:00 ESL Tutoring <b>1:30 Advisory Council</b></p>	<p><b>17</b></p> <p>9:00 Tai Chi Inter 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 10-12 Computer Help 10:15 Tai Chi Beginners <b>11:30 Senior Dining</b> 3:00 *Senior Yoga Basic* 6:15 *Yoga 1*</p>	<p><b>18</b></p> <p>8:45 Sr. Senior Fitness 10:00 Senior fitness 9:00 Wood Carving 10:30 Yoga <b>11:30 Senior Dining</b> <b>12:45 BINGO</b> <b>1:00 Peer Support</b> <b>1:00 Alzheimer's support</b></p>
<p><b>21</b></p>  <p><b>Center Closed For Holiday</b></p>	<p><b>22</b></p> <p>9:00 Art Club 9:00 Tai Chi Inter 10:15 Tai Chi Beginners 10:30 ESL Inter <b>11:30 Senior Dining</b> 12:30 Bridge 12:30 ESL Beginning 1&amp;2 12:30 ESL Adv. <b>12:45 Bingo</b></p>	<p><b>23</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Adv. <b>11:30 Senior Dining</b> 12:00 ESL tutoring 1:15 Memoire Writing</p>	<p><b>24</b></p> <p>9:00 Tai Chi Inter. 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 10-12 Computer Help 10:15 Tai Chi Beginners <b>11:30 Senior Dining</b> 12:30 ESL Beginning 1&amp;2 12:30 ESL Adv. 3:00 *Senior Yoga Basic* 6:15 *Yoga 1*</p>	<p><b>25</b></p> <p>8:45 Sr. Senior Fitness 10:00 Senior fitness 9:00 Wood Carving 10:30 Yoga 11:30 Senior Dining <b>12:45 BINGO</b> <b>1:00 Peer Support</b> <b>1:00 Alzheimer's support</b></p>
<p><b>28</b></p> <p>8:45 Senior Fitness 9:00-3:00 Foot Clinic 10:00 Senior Fitness 10:00 *Spanish 1* 10:30 Yoga <b>11:30 Senior Dining</b> 1:00 Painting Group 7:00pm *Yoga 1*</p>	<p><b>29</b></p> <p>9:00 Art Club 9:00 Tai Chi Inter 10:15 Tai Chi Beginners 10:30 ESL Inter <b>11:30 Senior Dining</b> 12:30 Bridge 12:30 ESL Beginning 1&amp;2 12:30 ESL Adv. <b>12:45 Bingo</b></p>	<p><b>30</b></p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Adv. <b>11:30 Senior Dining</b> 12:00 ESL Tutoring</p>	<p><b>31</b></p> <p>9:00 Tai Chi Inter. 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 10-12 Computer Help 10:15 Tai Chi Beginners <b>11:30 Senior Dining</b> 12:30 ESL Beginning 1&amp;2 12:30 ESL Adv. 3:00 *Senior Yoga Basic* 6:15 *Yoga 1*</p>	<p><b>PCC Classes are marked with an asterisk*</b></p>  <p><b>To register for a PCC class, call</b> <b>971.722.6266</b></p>