





July 2017



Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:45 Sr. Senior Fitness 10:00 Sr. Fitness 10:30 – Yoga 11:30 Senior Dining 1:00 West Side Stamp Club 1:00 Painting Group</p>	<p>4</p> <p>Center Closed</p>  <p><i>Happy 4th of July</i></p>	<p>5</p> <p>8:45 Sr Fitness 10:00 Sr. Fitness 10:30 ESL Adv. 11:30 Senior Dining 12:00 Tigard Garden Club</p>	<p>6</p> <p>9:00 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 10:00 Quilters 11:30 Senior Dining 12:30 ESL Adv 6:15 Yoga 1 7:00pm Rose City Model T Club</p>	<p>7</p> <p>8:45 Sr. Fitness 9:00 Wood Carving 10:00 Sr. Fitness 10:30 Yoga 11:30 Senior Dining 12:45 BINGO</p>
<p>10</p> <p>8:45 Sr. Fitness 10:00 Sr. Fitness 10:30 – Yoga 11:30 Senior Dining 1:00 Painting Group 7:00pm Rose City Stitches</p>	<p>11</p> <p>9:00 Tai Chi 9:00 Art Club 10:15 Tai Chi 11:30 Senior Dining 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO</p>	<p>12</p> <p>8:45 Sr. Fitness 9:00 Foot Clinic 10:00 Sr. Fitness 10:30 ESL Adv. 11:30 Senior Dining Birthday Lunch</p> 	<p>13</p> <p>9:00 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 10:00 Quilters 11:30 Senior Dining 12:30 ESL Adv 6:15 Yoga 1</p>	<p>14</p> <p>8:45 Sr. Fitness 9:00 Wood Carving 10:00 Sr. Fitness 10:30 Yoga 11:30 Senior Dining 12:45 BINGO</p>
<p>17</p> <p>8:45 Sr. Fitness 10:00 Sr. Fitness 10:30 – Yoga 10:30 Snap 11:30 Senior Dining 1:00 Painting Group</p>	<p>18</p> <p>9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi Beginners 11:30 Senior Dining 11:30 AARP Driving Class 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO 1:30 United Health Care Popsicle on the Patio 6:30pm NWV Speedsters</p>	<p>19</p> <p>8:45 Sr. Fitness 10:00 Sr. Fitness 10:30 ESL Adv. 11:30 11:30 AARP Driving class 11:30 Senior Dining 1:30 Steering committee</p>	<p>20</p> <p>9:00 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 10:00 Quilters 11:30 Senior Dining 12:30 ESL Adv 6:15 Yoga 1</p>	<p>21</p> <p>8:45 Sr. Fitness 9:00 Wood Carving 10:00 Sr. Fitness 10:30 Yoga 11:30 Senior Dining 12:45 BINGO</p>
<p>24</p> <p>8:45 Sr. Fitness 10:00 Sr. Fitness 10:30 – Yoga 11:30 Senior Dining 1:00 Painting Group</p>	<p>25</p> <p>9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi Beginners 11:30 Senior Dining 11:30 AARP Driving Class 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO</p>	<p>26</p> <p>8:45 Sr. Fitness 9:00 Foot Clinic 10:00 Sr. Fitness 10:30 ESL Adv. 11:30 Senior Dining</p>	<p>27</p> <p>9:00 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 10:00 Quilters 11:30 Senior Dining 12:30 ESL Adv 6:15 Yoga</p>	<p>28</p> <p>8:45 Sr. Fitness 9:00 Wood Carving 10:00 Sr. Fitness 10:30 Yoga 11:30 Senior Dining 12:45 BINGO</p>
<p>31</p> <p>8:45 Sr. Fitness 10:00 Sr. Fitness 10:30 – Yoga 11:30 Senior Dining 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>	