




JUNE 2017



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>8:45 & 10:00 Senior Fitness 10:00 *Writing Life Story 11:30 Senior Dining 1:00 *Writing Life Story 11:30 Tigard Garden Club</p>	<p>1</p> <p>9:00 Tai Chi 10:15 Tai Chi Beginner 10:00 Knit-Wits/Quilters 10-12 Computer Help 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 ADV. 6:15pm *Yoga 1</p> <p><u>7:00pm Rose City Model T Club</u></p>	<p>2</p> <p>8:45 & 10:00 Senior fitness 9:00 -12:00 Hearing Clinic 9:00 Wood Carving 11:30 Senior Dining</p> <p>12:45 BINGO</p>
<p>5</p> <p>8:45 & 10:00 Senior Fitness 10:00 *Spanish 1 11:30 Senior Dining 1:00 * Spanish 2 1:00 West Side Stamp Club 1:00 Painting Group 6:15 pm *Yoga</p>	<p>6</p> <p>9:00 Art Club & Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO</p>	<p>7</p> <p>8:45 & 10:00 Senior Fitness 10:00 *Writing Life Story 11:30 Senior Dining 1:00 *Writing Life Story Birthday Lunch NEW DAY</p>  <p>11:30-1:00</p>	<p>8</p> <p>9:00 Tai Chi 10:15 Tai chi Beginners 10:00 Knit-Wits/Quilters 10-12 Computer Help 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 ADV. 6:15pm *Yoga 1</p>	<p>9</p> <p>8:45 & 10:00 Senior Fitness 9:00 Wood Carving 9:00-2:00 Foot Clinic 10:30 Gentle Yoga 11:30 Senior Dining</p> <p>12:45 BINGO</p>
<p>12</p> <p>8:45 & 10:00 Senior Fitness 10:00 *Spanish 1 11:30 Senior Dining 1:00 * Spanish 2 1:00 Painting Group 6:15 pm *Yoga</p>	<p>13</p> <p>9:00 Art Club & Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO</p>	<p>14</p> <p>8:45 & 10:00 Senior Fitness 10:00 *Writing Life Story 11:30 Senior Dining 1:00 *Writing Life Story</p>	<p>15</p> <p>9:00 Tai Chi 10:15 Tai Chi Beginners 10:00 Knit-Wits/Quilters 10-12 Computer Help 10:30 ESL Intermediate 11:30 Senior Dining Accordion Entertainment 12:30 ESL Beg. 1 & 2 ADV. 6:15pm *Yoga 1</p>	<p>16</p> <p>8:45 & 10:00 Senior Fitness 9:00 Wood Carving. 10:30 Gentle Yoga 11:30 Senior Dining 12:45 BINGO</p>
<p>19</p> <p>8:45 & 10:00 Senior Fitness 10:00 *Spanish 1 11:30 Senior Dining 1:00 * Spanish 2 1:00 Painting Group 6:15 pm *Yoga</p>	<p>20</p> <p>9:00 Art Club & Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO</p> <p>6:30pm NWV Speedsters</p>	<p>21</p> <p>8:45 & 10:00 Senior Fitness 10:00 *Writing Life Story 11:30 Senior Dining 1:00 *Writing Life Story 1:30 Steering Committee</p>	<p>22</p> <p>9:00 Tai Chi 10:15 Tai chi Beginners 10:00 Knit-Wits/Quilters 10-12 Computer Help 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 ADV. 6:15pm *Yoga 1</p>	<p>23</p> <p>8:45 & 10:00 Senior Fitness 9:00 Wood Carving 10:30 Gentle Yoga 11:30 Senior Dining 12:45 BINGO 1:00- 3:00 Elder Law</p>
<p>26</p> <p>8:45 & 10:00 Senior Fitness 10:00 *Spanish 1 11:30 Senior Dining 1:00 * Spanish 2 1:00 Painting Group 6:15 pm *Yoga</p>	<p>27</p> <p>9:00 Art Club & Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO 7pm Alzheimer Support Group</p>	<p>28</p> <p>8:45 & 10:00 Senior Fitness 10:00 Writing Life story 10:30 ESL Adv. Conversation 11:30 Senior dining 1:00 Writing Life Story</p>	<p>29</p> <p>9:00 Tai Chi 10:15 Tai Chi beginners 10:00 Knit-Wits/Quilters 10-12 Computer Help 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 ADV. 6:15pm *Yoga 1</p>	<p>30</p> <p>8:45 & 10:00 Senior Fitness 9:00 -12:00 Hearing Clinic 9:00 Wood Carving 10:00 ESL Women's Conv. 11:30 Senior Dining 12:45 BINGO</p>