

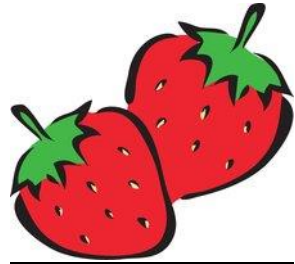




JUNE 2018



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 No summer classes</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>1</p> <p>8:45 Senior fitness 10:00 Gentle Yoga 9:00 Wood Carving 11:30 Senior Dining</p>
<p>4</p> <p>8:45 Senior Fitness 10:00 Sit & be fit 10:00 Chair yoga 11:30 Senior Dining</p> <p>1:00 West Side Stamp Club 1:00 Painting Group 6:15 pm *Yoga 1:30p.m.Red Hat club</p>	<p>5</p> <p>9:00 Art club 11:30 Senior Dining 11:30 Ice Cream Social</p> <p>12:30 Bridge 12:45 BINGO</p>	<p>6</p> <p>8:45 Senior Fitness 10:00 Sit & be fit 10:30 ESL Adv. conversation 11:30 Senior Dining Birthday Lunch</p>  <p>11:30-1:00 Garden Club</p>	<p>7</p> <p>10:00 Knit-Wits/Quilters 10-12 Computer Help 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 ADV</p> <p>7:00pm Rose City Model T Club</p>	<p>8</p> <p>8:45 Senior Fitness 9:00 Wood Carving 10:00 Gentle Yoga 11:30 Senior Dining</p>
<p>11</p> <p>8:45 Senior Fitness 10:00 Sit & be fit 10:00 Chair Yoga</p> <p>11:30 Senior Dining</p> <p>1:00 Painting Group 6:15 pm *Yoga</p>	<p>12</p> <p>9:00 Art club 11:30 Senior Dining 11:30 Ice Cream Social</p> <p>12:30 Bridge 12:45 BINGO</p>	<p>13</p> <p>8:45 Senior Fitness 10:00 Sit & be Fit 10:30 ESL Adv. Conversation</p> <p>11:30 Senior Dining</p>	<p>14</p> <p>10:00 Knit-Wits/Quilters 10-12 Computer Help 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 ADV.</p>	<p>15</p> <p>8:45 Senior Fitness 9:00 Wood Carving. 10:00 Gentle Yoga 11:30 Senior Dining</p> <p>1:00 Alzheimer's support</p>
<p>18</p> <p>8:45 Senior Fitness 10:00 Sit & be fit 10:00 chair Yoga</p> <p>11:30 Senior Dining</p> <p>1:00 Painting Group</p>	<p>19</p> <p>9:00 Art club 11:30 Senior Dining 11:30 Ice Cream Social</p> <p>12:30 Bridge 12:45 BINGO</p> <p>6:30pm NWV Speedsters</p>	<p>20</p> <p>8:45 Senior Fitness 10:00 sit & be fit 10:30 ESL Adv. conversation 11:30 Senior Dining</p> <p>1:30 Advisory council</p>	<p>21</p> <p>10:00 Knit-Wits/Quilters 10-12 Computer Help 10:30 ESL Advanced 11:30 Senior Dining</p>	<p>22</p> <p>8:45 Senior Fitness 9:00 Wood Carving 10:00 Gentle Yoga 11:30 Senior Dining</p>
<p>25</p> <p>8:45 Senior Fitness 10:00 Sit & be fit 10:00 Chair Yoga</p> <p>11:30 Senior Dining</p> <p>1:00 Painting Group</p>	<p>26</p> <p>9:00 Art Club & Tai Chi 10:15 Tai Chi Beginners 11:30 Senior Dining 12:30 Bridge 12:45 BINGO</p> <p>7pm Alzheimer Support Group</p>	<p>27</p> <p>8:45 Senior Fitness 10:00 Sit & be fit 10:30 ESL Adv. Conversation 11:30 Senior dining</p>	<p>28</p> <p>9:00 Tai Chi 10:15 Tai Chi beginners 10:00 Knit-Wits/Quilters 10-12 Computer Help 10:30 ESL Advanced 11:30 Senior Dining Accordion entertainment</p>	<p>29</p> <p>8:45 Senior Fitness 9:00 Wood Carving 10:00 Gentle Yoga 11:30 Senior Dining</p>