


# JUNE 2019



# Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:45 Senior Fitness 9:00 Foot Care 10:00 Senior fitness 10:00 Yoga 11:30 Senior Dining 12:30 ESL Adv. 1:00 West Side Stamp Club 1:00 Painting Group 7:00 pm *Yoga 1:30p.m.Red Hat club</p>	<p>4</p> <p>9:00 Art club 9:00 Tai chi 10:15 Tai Chi 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg,1, Beg 2, &amp; advanced 12:30 Bridge 12:45 BINGO</p>	<p>5</p> <p>8:45 Senior Fitness 10:00 Senior fitness 10:30 ESL Adv. conversation 11:30 Senior Dining Birthday Lunch</p>  <p>11:30 Garden Club</p>	<p>6</p> <p>10:00 Knit-Wits 10-12 Computer Help 10:30 ESL Intermediate 10:00 Mah Jong 11:30 Senior Dining 11:30 Quilters 12:30 ESL Beg. 1 &amp; 2 ADV 3:00 * yoga 6:15* Yoga 7:00pm Rose City Model T Club</p>	<p>7</p> <p>8:45 Senior fitness 9:00 wood Carving 10:00 Gentle Yoga 11:30 Senior Dining 12:30 ESL Adv. 12:45 Bingo</p> <p>1:00 Alzheimer's Support</p>
<p>10</p> <p>8:45 Senior Fitness 9:00 Foot Care 10:00 Senior fitness 10:00 Yoga 11:30 Senior Dining 12:30 ESL Adv. 1:00 Painting Group 7:00 pm *Yoga</p>	<p>11</p> <p>9:00 Art club 10:00 Stitching group 11:30 Senior Dining 12:30 ESL Beg,1, Beg 2, &amp; advanced 12:30 Bridge 12:45 BINGO</p>	<p>12</p> <p>8:45 Senior Fitness 10:00 Senior fitness 10:30 ESL Adv. conversation 11:30 Senior Dining Birthday Lunch 1:15 Eva Gibson's writing</p>	<p>13</p> <p>10:00 Knit-Wits 10-12 Computer Help 10:00 Mah Jong 10:30 ESL Intermediate 11:30 Senior Dining 11:30 Quilters 11:30 Senior Dining 12:30 ESL Beg. 1 &amp; 2 ADV</p>	<p>14</p> <p>8:45 Senior Fitness 9:00 Wood Carving 10:00 Gentle Yoga 11:30 Senior Dining 12:30 ESL Adv. 12:45 Bingo</p> <p>1:00 Alzheimer's Support</p>
<p>17</p> <p>8:45 Senior Fitness 9:00 Foot Care 10:00 Senior fitness 10:00 Chair Yoga 11:30 Senior Dining 1:00 Painting Group</p>	<p>18</p> <p>9:00 Art club 11:30 Senior Dining 12:30 Bridge 12:45 BINGO</p> <p>6:30 NW Vintage Speedsters</p>	<p>19</p> <p>8:45 Senior Fitness 10:00 Senior fitness 11:30 Senior Dining</p>	<p>20</p> <p>10:00 Knit-Wits 10:00 Mah jong 10-12 Computer Help 11:30 Senior Dining 11:30 Quilters</p>	<p>21</p> <p>8:45 Senior Fitness 9:00 Wood Carving. 10:00 Gentle Yoga 11:30 Senior Dining 12:45 Bingo 1:00 Alzheimer's support</p>
<p>24</p> <p>8:45 Senior Fitness 9:00 Foot Care 10:00 Senior fitness 10:00 Chair Yoga 10:00 * Spanish 1 11:30 Senior Dining 1:00 Painting Group</p>	<p>25</p> <p>9:00 Art club 11:30 Senior Dining 12:30 Bridge 12:45 BINGO</p> <p>7:00 Alzheimer's Support</p>	<p>26</p> <p>8:45 Senior Fitness 10:00 Senior fitness 11:30 Senior Dining 1:15 Eva Gibson's Writing 1:30 Advisory council</p>	<p>27</p> <p>10:00 Knit-Wits 10-12 Computer Help 10:00 Mah Jong 11:30 Senior Dining 11:30 Quilters 3:00 * Yoga Senior Basics 5:15 * Yoga 1</p>	<p>28</p> <p>8:45 Senior Fitness 9:00 Wood Carving 10:00 Gentle Yoga 11:30 Senior Dining 12:45 Bingo 1:00 Alzheimer's support</p>
<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>

