




March 2019

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>Stride Launch Party Tigard Senior Center March 23rd 1:00 – 3:00</p> |  | <p>1 8:45 Senior Fitness 10:00 Senior Fitness 9:00 Wood Carving 10:00 Yoga 11:30 Senior Dining 12:45 BINGO</p> |
| <p>4 8:45 Senior Fitness 9:00 Foot Care 10:00 Senior Fitness 10:00 Yoga *10:00 Spanish 1 11:30 Senior Dining 1:00 Stamp club 1:00 Painting Group 1:00 Mah Jong 1:30 red Hat Group *7:00 Yoga 1</p> | <p>5 8:30 – 1:00 Tax Prep. 9:00 Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. I & 2 12:30 ESL Advanced 12:30 Bridge 12:45 BINGO Jerry & Nancy</p> | <p>6 8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Adv Conversation 11:30 Senior Dining Birthday Lunch 11:30 Garden Club 12:00 ESL tutoring</p> | <p>7 9:00& 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10:12 Computer Help 10:00 Mah Jong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beginner 1&2 12:30 ESL Advanced *3:00 Yoga Basics * 6:15 Gentle Yoga 7:00pm Rose City Model T Club</p> | <p>8 8:45 Senior Fitness 10:00Sr. Senior Fitness 9:00 Wood Carving 10:30 Yoga 11:30 Senior Dining 12:45 BINGO</p> |
| <p>11 8:45 Senior Fitness 9:00 Foot Care 10:00 Senior Fitness *10:00 Spanish 1 11:30 Senior Dining 1:00 Painting Group 1:00 Mah Jong *7:00 Yoga 1</p> | <p>12 8:30 – 1:00 Tax Prep. 9:00 Tai Chi 10:00 Stitching group 10:15 Tai Chi Beginners 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. I & 2 12:30 ESL Advanced 12:30 Bridge 12:45 BINGO</p> | <p>13 8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Adv Conversation 11:30 Senior Dining 12:00 ESL tutoring 1:15 Eva Gibson's writing</p> | <p>14 9:00& 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mah Jong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beginner 1&2 12:30 ESL Advanced *3:00 Yoga Basics * 6:15 Gentle Yoga</p> | <p>15 8:45 Senior Fitness 10:00Sr. Senior Fitness 9:00 Wood Carving 10:30 Yoga 11:30 Senior dining St. Patrick's Celebration</p>  |
| <p>18 8:45 Senior Fitness 9:00 Foot Care 10:00 Senior Fitness *10:00 Spanish 1 10:00 Yoga 11:30 Senior Dining 1:00 Painting Group *7:00 Yoga 1 7:00pm Rose City Stitchers</p> | <p>19 8:30 – 1:00 Tax Prep. 9:00 Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. I & 2 12:30 ESL Advanced 12:30 Bridge 12:45 BINGO 6:30pm NWV Speedsters Jerry & Nancy</p> | <p>20 8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Adv Conversation 11:30 Senior Dining 12:00 ESL tutorin 1:30 Advisory Council</p> | <p>21 9:00& 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mah Jong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beginner 1&2 12:30 ESL Advanced *3:00 Yoga Basics * 6:15 Gentle Yoga</p> | <p>22 8:45 Senior Fitness 10:00Sr. Senior Fitness 9:00 Wood Carving 10:30 Yoga 11:30 Senior Dining 12:45 BINGO 1:00 Alzheimer's Asso Early Stage Support</p> |
| <p>25 8:45 Senior Fitness 9:00 Foot Care 10:00 Senior Fitness 10:00 Yoga 11:30 Senior Dining 1:00 Painting Group 1:00 Mah Jong</p> | <p>26 8:30- 1:00 Tax Prep 9:00 Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg 1&2 12:30 ESL Advanced 12:30 Bridge 12:45 Bingo 7:00 Alzheimer's Support</p> | <p>27 8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Adv Conversation 11:30 Senior Dining 12:00 ESL tutoring 1:15 Eva Gibson's writing</p> | <p>28 9:00& 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mah Jong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beginner 1&2 12:30 ESL Advanced *3:00 Yoga Basics * 6:15 Gentle Yoga</p> | <p>29 8:45 Senior Fitness 10:00Sr. Senior Fitness 9:00 Wood Carving 10:30 Yoga 11:30 Senior Dining 12:45 BINGO 1:00 Alzheimer's Asso Early Stage Support</p> |

John & Steve Accordian