




March 2020

Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8:45 Senior Fitness 9:00 Foot Care 10:00 Senior Fitness *10:00 Spanish 1 11:30 Senior Dining *12:00 Spanish 1:00 Stamp club 1:00 Painting Group 1:30 Red Hat Group *7:00 Yoga 1</p>	<p>3 9:00 Tai Chi 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 12:30 ESL Advanced 12:30 Bridge 12:45 BINGO</p>	<p>4 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 12:30 Line dancing</p>	<p>5 9:00 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beginner 1&2 adv *3:00 Yoga Basics * 6:15 Gentle Yoga *6:30 Financial Management 7:00pm Rose City Model T Club</p>	<p>6 8:45 Senior Fitness 10:00 Senior Fitness 9:00 Wood Carving 10:00 Yoga 11:30 Senior Dining 12:45 BINGO 1:00 Alzheimer's support</p>
<p>9 8:45 Senior Fitness 10:00 Senior Fitness *10:00 Spanish 1 11:30 Senior Dining *12:00 Spanish 2 1:00 Painting Group *7:00 Yoga 1</p>	<p>10 9:00 Tai Chi 9:00 Art club 10:00 Stitching Group 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 12:30 ESL Advanced 12:30 Bridge 12:45 BINGO Jerry & Nancy</p>	<p>11 8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Adv Conversation 11:30 Senior Dining 12:00 ESL Tutoring 12:30 Line Dancing 1:15 Eva Gibson's writing</p>	<p>12 9:00 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beginner 1&2 adv. *3:00 Yoga Basics * 6:15 Gentle Yoga *6:30 Financial Management</p>	<p>13 8:45 Senior Fitness 10:00Sr. Senior Fitness 9:00 Wood Carving 10:00 Yoga 11:30 Senior Dining 12:45 BINGO</p>
<p>16 8:45 Senior Fitness 9:00 Foot Care 10:00 Senior Fitness *10:00 Spanish 1 11:30 Senior Dining *12:00 Spanish 2 1:00 Painting Group *7:00 Yoga 1</p>	<p>17 <u>9:00 Art Club</u> 9:00 Tai Chi 10:30 ESL Intermediate 11:30 Senior Dining St. Patricks Celebration  12:30 ESL Beg. 1 & 2 12:30 ESL Advanced 12:30 Bridge 12:45 BINGO 6:30pm NWV Speedsters</p>	<p>18 8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Adv Conversation 11:30 Senior Dining 12:00 ESL Tutoring 12:30 Line Dancing</p>	<p>19 9:00 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beginner 1&2 12:30 ESL Advanced *6:30 financial Management</p>	<p>20 8:45 Senior Fitness 10:00Sr. Senior Fitness 9:00 Wood Carving 10:00 Yoga 11:30 Senior dining 12:45 Bingo</p>
<p>23 8:45 Senior Fitness 10:00 Senior Fitness 11:30 Senior Dining 1:00 Painting Group 7:00pm Rose City Stitches</p>	<p>24 9:00 Tai Chi 9:00 Art Club 11:30 Senior Dining 12:30 Bridge 12:45 BINGO 7:00 Alzheimer's Support Jerry & Nancy</p>	<p>25 8:45 Senior Fitness 10:00 Senior Fitness 11:30 Senior Dining 12:30 Line Dancing 1:15 Eva Gibson's writing</p>	<p>26 9:00 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 11:30 Senior Dining</p>	<p>27 8:45 Senior Fitness 10:00Sr. Senior Fitness 9:00 Wood Carving 10:00 Yoga 11:30 Senior Dining 12:45 BINGO</p>
<p>30 8:45 Senior Fitness 10:00 Senior Fitness 11:30 Senior Dining 1:00 Painting Group</p>	<p>31 9:00 Tai Chi 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg 1&2 12:30 ESL Advanced 12:30 Bridge 12:45 Bingo</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>	 <p style="writing-mode: vertical-rl; transform: rotate(180deg);">shutterstock · 125714282</p>

