







Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:45 & 10:00 Senior Fitness</p> <p>11:30 Senior Dining</p> <p>1:00 West Side Stamp Club 1:00 Painting Group 7:00pm *Yoga 1</p> <p><i>Cleo Mcloud</i></p>	<p>2</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><i>Rick/Suzanne</i></p>	<p>3</p> <p>8:45 & 10:00 Senior Fitness</p> <p>10:00 *Writing Life Story 10:30 ESL adv. conversation 11:30 Senior Dining 1:00 *Writing Life Story 11:30 Tigard Garden Club</p> <p><i>Myrna</i></p>	<p>4</p> <p>9:00 Tai Chi 10:00 Knit-Wits/Quilters 10-12 Computer Help 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. I & 2+ADV. 6:15pm *Yoga 1</p> <p>7:00pm Rose City Model T Club</p>	<p>5</p> <p>8:45 & 10:00Sr. Circuit Exercise 9:00 Wood Carving 10:00 ESL Women's Conv. 11:30 Senior Dining 12:45 BINGO</p> <p><i>King City Lions</i></p>
<p>8</p> <p>8:45 & 10:00 Senior Fitness</p> <p>11:30 Senior Dining</p> <p>1:00 West Side Stamp Club 1:00 Painting Group</p> <p>7:00pm *Yoga</p> <p><i>Cleo Mcloud</i></p>	<p>9</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. I & 2 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO PLANT SALE</p> <p><i>Rick / Suzanne</i></p>	<p>10</p> <p>8:45 & 10:00 Senior Fitness</p> <p>10:00 *Writing Life Story 10:30 ESL adv. conversation 11:30 Senior Dining 1:00 *Writing Life Story</p> <p>1:00 MOVIE DAY <u>La La Land</u></p> <p><i>Calvin Presbyterian</i></p>	<p>11</p> <p>9:00 Tai Chi 10:00 Knit-Wits/Quilters 10-12 Computer Help 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. I & 2+ADV. 6:15pm *Yoga 1</p> <p><i>Church of God</i></p>	<p>12</p> <p>8:45 & 10:00Sr. Circuit Exercise 9:00 Wood Carving 10:00 ESL Women's Conv. 10:30 Gentle Yoga 11:30 Senior Dining Mother's Day Celebration</p> <p><i>Tigard Christian</i></p>
<p>15</p> <p>8:45 & 10:00 Senior Fitness</p> <p>11:30 Senior Dining</p> <p>1:00 West Side Stamp Club 1:00 Painting Group</p> <p>7:00pm *Yoga</p> <p><i>Milt/Orene/Gloria</i></p>	<p>16</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. I & 2 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO 6:30pm NWV Speedsters</p> <p><i>Ricki/ Suzanne</i></p>	<p>17 <i>(same schedule as 5/10)</i></p> <p>Birthday Lunch</p>  <p>11:30-1:00</p> <p>1:30 Steering Committee</p> <p><i>Myrna</i></p>	<p>18</p> <p>9:00 Tai Chi 10:00 Knit-Wits/Quilters 10-12 Computer Help 10:30 ESL Intermediate 11:30 Senior Dining Accordion Entertainment 12:30 ESL Beg. I & 2+ADV. 2:30pm *Yoga Gentle 6:15pm *Yoga 1 7:00pm Knitting Guild</p> <p><i>St. Vincent de Paul</i></p>	<p>19</p> <p>8:45 & 10:00 Sr. Circuit Exercise</p> <p>9:00 Wood Carving 10:00 ESL Women's Conv. 10:30 Gentle Yoga 11:30 Senior Dining 12:45 BINGO 1:30 ESL Span. Speakers</p> <p><i>Tigard Methodist</i></p>
<p>22</p> <p>8:45 & 10:00 Senior Fitness</p> <p>11:30 Senior Dining</p> <p>1:00 West Side Stamp Club 1:00 Painting Group</p> <p>7:00pm *Yoga</p> <p><i>Cleo Mcloud</i></p>	<p>23</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. I & 2 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO</p> <p>7pm Alzheimer Support Group</p> <p><i>Rick / Suzanne</i></p>	<p>24</p> <p>8:45 & 10:00 Senior Fitness</p> <p>10:00 *Writing Life Story 10:30 ESL adv. conversation 11:30 Senior Dining 1:00 *Writing Life Story</p> <p><i>Calvin Presbyterian</i></p>	<p>25</p> <p>9:00 Tai Chi 10:00 Knit-Wits/Quilters 10-12 Computer Help 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. I & 2+ADV. 2:30pm *Yoga Gentle 6:15pm *Yoga 1</p> <p><i>Catholic Daughters</i></p>	<p>26</p> <p>8:45 Sr. Circuit Exercise 10:00 Sr. Circuit Exercise</p> <p>9:00 Wood Carving 10:00 ESL Women's Conv. 10:30 Gentle Yoga 11:30 Senior Dining 12:45 BINGO 1:30 ESL Span. Speakers</p>
<p>29</p>  <p>Memorial Day Center Closed</p> <p><i>Cleo Mcloud</i></p>	<p>30</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. I & 2 12:30 ESL Adv. 12:30 Bridge 12:45 BINGO</p> <p><i>Ricki Suzanne</i></p>	<p>31</p> <p>8:45 & 10:00 Senior Fitness</p> <p>10:00 Writing Life story 10:30 ESL Adv. Conversation 11:30 Senior dining 1:00 Writing Life Story</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>

