




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>1</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>2</p> <p>8:45 Senior Fitness 9:00- 2:00 Foot Clinic 10:00 Senior Fitness 10:00 *Writing Life Story 10:30 ESL adv. conversation 11:30 Senior Dining Birthday Lunch 1:00 *Writing Life Story</p> <p>Garden Club</p>	<p>3</p> <p>9:00 & 10:5 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mahjong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. I & 2+ADV. 3:00 Yoga Basics* 6:15pm Yoga 1* 7:00pm Rose City Model T Club</p>	<p>4</p> <p>8:45 Senior Fitness 9:00 Wood Carving 10:00 Gentle Yoga 11:30 Senior Dining</p> <p>12:45 BINGO</p>
<p>7</p> <p>8:45 & 10:00 Senior Fitness 10:00 Chair Yoga 11:30 Senior Dining 1:00 West Side Stamp Club 1:00 Painting Group 1:30pm Red Hat Club</p> <p>7:00pm *Yoga</p>	<p>8</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>9</p> <p>8:45 Senior Fitness 9:00- 2:00 Foot Clinic 10:00 Senior Fitness 10:00 *Writing Life Story 10:30 ESL adv. conversation 11:30 Senior Dining 1:00 *Writing Life Story</p>	<p>10</p> <p>9:00 & 10:5 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mahjong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. I & 2+ADV. 3:00 *Yoga Gentle 6:15pm *Yoga 1</p>	<p>11</p> <p>8:45 senior Fitness 9:00 Wood Carving 10:30 Gentle Yoga 11:30 Senior Dining Mother's Day Celebration</p> <p>12:45 BINGO</p>
<p>14</p> <p>8:45 & 10:00 Senior Fitness 10:00 Chair Yoga 11:30 Senior Dining 1:00 Painting Group</p> <p>7:00pm *Yoga 7:00p.m. Rose City Stickers</p>	<p>15</p> <p>9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi Beginners 10:30 ESL Intermediate 11:00 Planned Giving 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>16</p> <p>8:45 Senior Fitness 10:00Senior Fitness 10:00 *Writing Life Story 10:30 ESL adv. conversation 11:30 Senior Dining 1:00 *Writing Life Story</p> <p>1:30 Advisory Council</p>	<p>17</p> <p>9:00 & 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mahjong 10:30 ESL Intermediate 11:30 Senior Dining Accordion Entertainment 12:30 ESL Beg. I & 2+ADV. 3:00pm *Yoga Gentle 6:15pm *Yoga 1</p>	<p>18</p> <p>8:45 Senior Fitness 9:00 Wood Carving 10:00 Gentle Yoga 11:30 Senior Dining</p> <p>12:45 BINGO 1:00 Alzheimer's Support</p>
<p>21</p> <p>8:45 & 10:00 Senior Fitness 11:00 Chair Yoga 11:30 Senior Dining 11:00 Chair Yoga 1:00 Painting Group</p> <p>7:00pm *Yoga</p>	<p>22</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>23</p> <p>8:45 Senior Fitness 9:00 -2:00 Foot Clinic 10:00 Senior Fitness 10:00 *Writing Life Story 10:30 ESL adv. conversation 11:30 Senior Dining 1:00 *Writing Life Story</p>	<p>24</p> <p>9:00 & 10:5 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mahjong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. I & 2+ADV. 3:00 *Yoga Gentle 6:15pm Yoga 1*</p>	<p>25</p> <p>8:45 Senior fitness 9:00 Wood Carving 10:00 Gentle Yoga 11:30 Senior Dining</p> <p>12:45 BINGO</p>
<p>28</p> <p>8:45 & 10:00 Senior Fitness 11:00 Chair Yoga 11:30 Senior Dining 1:00 Painting Group</p>	<p>29</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>30</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:00 Writing Life story 10:30 ESL Adv. Conversation 11:30 Senior Dining 1:00 Writing Life Story</p>	<p>31</p> <p>9:00 & 10:5 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mahjong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. I & 2+ADV. 3:00 *Yoga Gentle 6:15pm *Yoga 1</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>