




May 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><i>Jerry & Nancy</i></p>	<p>1 8:45 Senior Fitness 10:00 Senior Fitness <u>11:30 Senior Dining</u> Birthday Lunch</p> <p>11:30 Garden Club 12:30 – 3:00 Mah Jong</p>	<p>2 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mah Jong 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beginner 1&2 12:30 ESL Advanced *3:00 Yoga Basics *6:15 PCC Gentle Yoga <i>7:00pm Rose City Model T Club</i></p>	<p>3 8:45 Senior Fitness 9:00 Wood Carving 10:00 Yoga</p> <p><u>11:30 Senior Dining</u></p> <p>12:45 BINGO 1:00 Alzheimer's Early Stage support</p>
<p>6 8:45 & 10:00 Senior Fitness 9:00 Foot Care 10:00 Yoga <u>11:30 Senior Dining</u> 12:30 ESL Adv. 1:00 Elizabeth's Painting 1:00 Mah Jong</p> <p>*7:00 -8:15Yoga 1</p>	<p>7 9:00 Tigard Art club 10:00 Stitching Group 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beg. 1 & 2 12:30 ESL Advanced 12:30 Bridge</p> <p>12:45 BINGO</p>	<p>8 8:45 Senior Fitness 10:00 Senior Fitness <u>11:30 Senior Dining</u> 12:30 – 3:00 Mah Jong</p> <p>1:00 Eva's Writing Group</p>	<p>9 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mah Jong 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beginner 1&2 12:30 ESL Advanced *3:00 Yoga Basics *6:15 PCC Gentle Yoga</p>	<p>10 8:45 Senior Fitness 9:00 Wood Carving 10:00 Yoga</p> <p><u>11:30 Senior Dining</u></p> <p>12:45 BINGO</p>
<p>13 8:45 & 10:00 Senior Fitness 9:00 Foot Care 10:00 Yoga <u>11:30 Senior Dining</u> 12:30 ESL Adv. 1:00 Elizabeth's Painting 1:00 Mah Jong</p> <p>*7:00 -8:15Yoga 1</p> <p>7:00pm Rose City Snitchers</p>	<p>14 9:00 Tigard Art club 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beg. 1 & 2 12:30 ESL Advanced 12:30 Bridge</p> <p>12:45 BINGO</p> <p><u>6:30pm NWV Speedsters</u></p> <p><i>Jerry & Nancy</i></p>	<p>15 8:45 Senior Fitness 10:00 Senior Fitness <u>11:30 Senior Dining</u> 12:30 – 3:00 Mah Jong</p> <p>1:30 Advisory Council</p>	<p>16 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mah Jong 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beginner 1&2 12:30 ESL Advanced *3:00 Yoga Basics *6:15 PCC Gentle Yoga</p>	<p>17 8:45 Senior Fitness 9:00 Wood Carving 10:00 Yoga <u>11:30 Senior Dining</u></p> <p>12:45 Bingo</p>
<p>20 8:45 & 10:00 Senior Fitness 9:00 Foot Care 10:00 Yoga <u>11:30 Senior Dining</u> 12:30 ESL Adv. 1:00 Elizabeth's Painting 1:00 Mah Jong</p> <p>*7:00 -8:15Yoga 1</p>	<p>21 9:00 Tigard Art Club 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beg. 1 & 2 12:30 ESL Advanced 12:30 Bridge</p> <p>12:45 BINGO</p> <p>7:00 Alzheimer's Support t</p>	<p>22 8:45 Senior Fitness 10:00 Senior Fitness <u>11:30 Senior Dining</u> 12:30 – 3:00 Mah Jong</p> <p>1:00 Eva's Writing Group</p>	<p>23 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mah Jong 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beginner 1&2 12:30 ESL Advanced *3:00 Yoga Basics *6:15 PCC Gentle Yoga</p> <p><i>John & Steve Accordion</i></p>	<p>24 8:45 Sr. Senior Fitness 9:00 Wood Carving 10:00 Yoga</p> <p><u>11:30 Senior Dining</u> <u>12:45 Bingo</u></p>
<p>27 <i>Memorial Day</i></p> 	<p>28 9:00 Tai Chi 9:00 Tigard Art cCub 10:15 Tai Chi Beginners 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beg. 1 & 2 12:30 ESL Advanced 12:30 Bridge</p> <p>12:45 BINGO</p>	<p>29 8:45 Senior Fitness 10:00 Senior Fitness <u>11:30 Senior Dining</u> 12:30 – 3:00 Mah Jong</p>	<p>30 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:00 Mah Jong 10:30 ESL Intermediate <u>11:30 Senior Dining</u> 12:30 ESL Beginner 1&2 12:30 ESL Advanced *3:00 Yoga Basics *6:15 PCC Gentle Yoga</p>	<p>31 8:45 Sr. Senior Fitness 9:00 Wood Carving 10:00 Yoga</p> <p><u>11:30 Senior Dining</u> <u>12:45 Bingo</u></p>