

# November 2018

# 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><b>1</b></p> <p>9:00 &amp; 10:15 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL 1,2,&amp; Advanced 3:00 &amp; 6:15 Yoga * <u>7:00pm Rose City Model T Club</u></p>	<p><b>2</b></p> <p>8:45 Senior. Fitness 9:00 Wood Carving 10:00 Yoga 11:30 Senior Dining 12:45 Bingo</p>
<p><b>5</b></p> <p>8:45 Sr. Fitness 10:00 Sr. Fitness 10:00 – Yoga 10:00 PCC Spanish* 11:30 Senior Dining 1:00 Painting Group 1:00 Stamp club <u>7:00p.m.PCC Yoga*</u></p>	<p><b>6</b></p> <p>9:00 &amp; 10:15 Tai Chi 9:00 Art Club 10:00 Stitching group 10:00 ESL Intermediate 11:30 Senior Dining 12:30 ESL 1,2,&amp; Advanced 12:30 Bridge <b>12:45 BINGO</b> <b>Gerry &amp; Nancy</b></p>	<p><b>7</b></p> <p>8:45 Senior. Fitness <b>9:00 Foot Clinic</b> 10:00 Senior. Fitness 10:30 ESL Adv. 11:30 Senior Dining 1:15 Memoir Writing 11:30 Garden club</p>	<p><b>8</b></p> <p>9:00 &amp; 10:15 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 10:30 ESL Intermediate 11:30 Senior Dinig 12:30 ESL 1,2,&amp; Advanced 3:00 &amp; 6:15 Yoga **</p>	<p><b>9</b></p> <p>8:45 Senior. Fitness 9:00 Wood Carving 10:00 Yoga 11:30 Senior Dining <b>11:30 Veterans Celebration</b></p>
<p><b>12</b></p> <p>8:45 Sr. Fitness 10:00 Sr. Fitness 10:00 – Yoga 10:00 PCC Spanish* 11:30 Senior Dining 1:00 Painting Group <b>7:00pm Rose City Stitcher's</b> <u>7:00p.m.PCC Yoga*</u></p>	<p><b>13</b></p> <p>9:00 &amp; 10:15 Tai Chi 9:00 Art Club 10:00 ESL Intermediate 11:30 Senior Dining 12:30 ESL 1,2,&amp; Advanced 12:30 Bridge <b>12:45 BINGO</b>  <b>Elizabeth</b></p>	<p><b>14</b></p> <p>8:45 Senior. Fitness 10:00 Senior. Fitness 10:30 ESL Adv. 11:30 Senior Dining 12:00 ESL Tutoring 1:15-3:15Memoir Writing  <b>12:00 - 3:00 Medicare Open enrollment</b></p>	<p><b>15</b></p> <p>9:00 &amp; 10:15 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL 1,2,&amp; Advanced 3:00 &amp; 6:15 Yoga **</p>	<p><b>16</b></p> <p>8:45 Fitness 9:00 Wood Carving 10:00 Yoga <b>11:30 Thanksgiving Lunch</b>  <b>1:00Alzheimer's Support</b></p>
<p><b>19</b></p> <p>8:45 Sr. Fitness 10:00 Sr. Fitness 10:00 – Yoga 10:00 PCC Spanish* 11:30 Senior Dining 1:00 Painting Group  <u>7:00p.m.PCC Yoga*</u></p>	<p><b>20</b></p> <p>9:00 &amp; 10:15 Tai Chi 9:00 Art Club 10:00 ESL Intermediate 11:30 Senior Dining 12:30 ESL 1,2,&amp; Advanced 12:30 Bridge <b>12:45 BINGO</b>  <b>6:30pm NWV Speedsters</b>  <b>Gerry &amp; Nancy</b></p>	<p><b>21</b></p> <p>8:45 Senior. Fitness <b>9:00 Foot Clinic</b> 10:00 Senior. Fitness 10:30 ESL Adv. 11:30 Senior Dining 12:00 ESL Tutoring 1:15-3:15Memoir Writing  <b>12:00 - 3:00 Medicare Open enrollment</b></p>	<p><b>22</b></p> <p>9:00 &amp; 10:15 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1,2,Advanced 3:00 * &amp; 6:15 Yoga*</p> <p><b>Accordion</b></p>	<p><b>23</b></p> <p>8:45 Senior. Fitness 9:00 Wood Carving 10:00 Yoga 11:30 Senior Dining <b>12:45 Bingo</b></p>
<p><b>26</b></p> <p>8:45 Sr. Fitness 10:00 Sr. Fitness 10:00 – Yoga 10:00 PCC Spanish* 11:30 Senior Dining 1:00 Painting Group  <u>7:00p.m.PCC Yoga*</u></p>	<p><b>27</b></p> <p>9:00 Tai Chi 9:00 Art Club 10:00 ESL Intermediate 10:15 Tai Chi 11:30 Senior Dining 12:30 ESL 1,2,&amp; Advanced 12:30 Bridge <b>12:45 BINGO</b></p>	<p><b>28</b></p> <p>8:45 Senior. Fitness <b>9:00 Foot Clinic</b> 10:00 Senior. Fitness 10:30 ESL Adv. 11:30 Senior Dining 12:00 - 3:00 Medicare Open enrollment</p>	<p><b>29</b></p> <p>9:00 &amp; 10:15 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1,2,Advanced 3:00 &amp; 6:15 Yoga*</p>	<p><b>30</b></p> <p>8:45 Senior. Fitness 9:00 Wood Carving 10:00 Yoga 11:30 Senior Dining <b>12:45 Bingo</b></p>