



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9 8:45 Senior Fitness 10:00 Senior Fitness 10:00*Spanish 1 11:30 Senior Dining 1:00 Painting Group 1:00 *Spanish 2 1:00 Stamp Club 7:00pm*Yoga 1</p>	<p>3</p> <p>9:00 Tai Chi 9:00 Art Club 10:30 ESL 10:15 Tai Chi 11:30 Senior Dining 12:30 ESL Adv. 12:30 ESL Beginning 1&2 12:30 Bridge 12:45 BINGO</p>	<p>4</p> <p>Birthday Lunch</p>  <p>11:30-1:00</p> <p>12:00 Tigard Garden Club</p>	<p>5</p> <p>9:00 & 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:30*Gentle Yoga 10:30 ESL inter. 11:30 Senior Dining 12:30 ESL Beg.1 Beg.2 &Adv. 6:15 *Yoga 7:00pm Rose City Model T Club</p>	<p>6</p> <p>8:45 Sr. Senior Fitness 9:00 Hearing Clinic 10:00 Senior fitness 9:00 Wood Carving 10:30 Yoga 11:30 Senior Dining 12:45 BINGO</p>
<p>9</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:00 * Spanish 1 11:30 Senior Dining 1:00 Painting Group 1:00*Spanish 2 7:pm* Yoga 1</p> <p>7:00pm Rose City</p>	<p>10</p> <p>9:00 &10:15Tai Chi 9:00 Art Club 10:30 ESL 11:30 Senior Dining 12:30 ESL Adv. 12:30 ESL Beginning 1&2 12:30 Bridge 12:45 BINGO</p>	<p>11</p> <p>8:45 Senior Fitness 9:00 Foot Clinic 10:00* Writing Life Story 10:00 Senior fitness 11:30 Senior Dining 1:00* Writing Life Story</p>	<p>12</p> <p>9:00 & 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:30*Gentle Yoga 10:30 ESL inter. 11:30 Senior Dining 12:30 ESL Beg.1 Beg.2 &Adv. 6:15 *Yoga</p>	<p>13</p> <p>8:45 Sr. Senior Fitness 10:00 Senior fitness 9:00 Wood Carving 10:30 Yoga 11:30 Senior Dining 12:45 BINGO</p>
<p>16</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:00 * Spanish 1 11:30 Senior Dining 1:00 Painting Group 1:00*Spanish 7:00pm *Yoga 1</p>	<p>17</p> <p>9:00&10:15 Tai Chi 9:00 Art Club 10:30 ESL 11:00 -2:00 Shiba Open Enrollment 11:30 Senior Dining 12:30 ESL Adv. 12:30 ESL Beginning 1&2 12:30 Bridge 12:45 Bingo 6:30pm NWV Speedsters</p>	<p>18</p> <p>8:45 Senior Fitness 10:00* Writing Life Story 10:00 Senior fitness 11:00 -2:00 Shiba open enrollment 11:30 Senior Dining 1:00* Writing Life Story 1:30 Steering Committee</p>	<p>19</p> <p>9:00 & 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:30*Gentle Yoga 10:30 ESL inter. 11:30 Senior Dining 12:30 ESL Beg.1 Beg.2 &Adv. 6:15 *Yoga</p>	<p>20</p> <p>8:45 Sr. Senior Fitness 10:00 Senior fitness 9:00 Wood Carving 10:30 Yoga 11:30 Senior Dining 12:45 BINGO</p> <p>1:00 Alzheimers Support</p>
<p>23</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:00* Spanish 1 11:30 Senior Dining 1:00 Painting Group 1:00*Spanish 2 7:00pm * 7:00pm * Yoga 1</p>	<p>24</p> <p>9:00 &10:15Tai Chi 9:00 Art Club 10:30 ESL 11:00 -2:00 Shiba open enrollment 11:30 Senior Dining 12:30 ESL Adv. 12:30 ESL Beginning 1&2 12:30 Bridge 12:45 Bingo 7:00pm Alzheimer Support Group</p>	<p>25</p> <p>8:45 Senior Fitness 9:00 Foot Clinic 10:00* Writing Life Story 10:00 Senior fitness 10:30 ESL Adv. 11:00 -2:00Shiba open enrollment 11:30 Senior Dining 1:00* Writing Life Story</p>	<p>26</p> <p>9:00 & 10:15 Tai Chi 10:00 Knit-Wits 10:00 Quilters 10-12 Computer Help 10:30*Gentle Yoga 10:30 ESL inter. 11:30 Senior Dining 12:30 ESL Beg.1 Beg.2 &Adv. 6:15 *Yoga</p>	<p>27</p> <p>8:45 Sr. Senior Fitness 10:00 Senior fitness 9:00 Wood Carving 10:30 Yoga 11:30 Senior Dining 12:45 BINGO</p>
<p>30</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:00* Spanish 1 11:30 Senior Dining 1:00 Painting Group 1:00*Spanish 2 7:00pm* Yoga 1</p>	<p>31</p> <p>9:00 &10:15Tai Chi 9:00 Art Club 10:30 ESL 11:00 -2:00 Shiba open enrollment 11:30 Senior Dining 12:30 ESL Adv. 12:30 ESL Beginning 1&2 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>

