

# October 2018



# Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> 8:45 &amp; 10:00 Sr. Fitness 10:00 – Yoga 10:00 PCC Spanish * 11:30 Senior Dining 1:00 Painting Group 1:00 West Side Stamp club <b>1:31:30 Red Hat Club</b> <b>7:00p.m.PCC Yoga*</b></p>	<p><b>2</b> 9:00 &amp; 10:15 Tai Chi 9:00 Art Club 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL 1,2,&amp; Advanced 12:30 Bridge <b>12:45 BINGO</b></p> <p><b>Jerry &amp; Nancy piano flute</b></p>	<p><b>3</b> 8:45 &amp; 10:00 Senior. Fitness 10:30 ESL Adv. 11:30 Senior Dining 12:00 ESL Tutoring</p> <p>Birthdays Lunch</p> <p><b>11:30 Garden club</b></p>	<p><b>4</b> 9:00 &amp; 10:15 Tai Chi 10:10 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 Gentle Yoga * <b>7:00pm Rose City Model T Club</b></p> <p><b>Dee Kight vocals</b></p>	<p><b>5</b> 8:45 Senior. Fitness 9:00 Wood Carving 10:00 Yoga 11:30 Senior Dining 12:45 Bingo</p>
<p><b>8</b> 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 PCC Spanish 2</p> <p><b>7:00p.m.PCC Yoga*</b></p>	<p><b>9</b> 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></p> <p><b>Elizabeth Piano</b></p>	<p><b>10</b> 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</p>	<p><b>11</b> 9:00 &amp; 10:15 Tai Chi 10:10 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 Gentle Yoga *</p>	<p><b>12</b> 8:45 Senior. Fitness 9:00 Wood Carving 10:00 Yoga 11:30 Senior Dining</p>
<p><b>15</b> 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 PCC Spanish 2 <b>7:00pm Rose City Stitcher's</b></p> <p><b>7:00p.m.PCC Yoga*</b> <b>Dee Kight vocals</b></p>	<p><b>16</b> 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></p> <p><b>6:30pm NWV Speedsters</b></p> <p><b>Jerry &amp; Nancy piano flute</b></p>	<p><b>17</b> 8:45 Senior. Fitness 10:00 Senior. Fitness 10:30 ESL Adv. 11:30 Senior Dining 12:00 ESL Tutoring <b>12:00 - 3:00 Medicare Open enrollment</b> <b>1:30 Advisory Council</b></p>	<p><b>18</b> 9:00 &amp; 10:15 Tai Chi 10:10 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 Gentle Yoga *</p>	<p><b>19</b> 8:45 &amp; 10:00 Fitness 9:00 Wood Carving 10:00 Yoga 11:30 Senior Dining <b>12:45 Bingo</b> <b>1:00 Alzheimer's Support</b></p>
<p><b>22</b> 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 PCC Spanish 2</p> <p><b>7:00p.m.PCC Yoga*</b></p>	<p><b>23</b> 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></p>	<p><b>24</b> 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 <b>1:15 Memoir Writing</b> <b>12:00 - 3:00 Medicare Open enrollment</b></p>	<p><b>25</b> 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 *Gentle Yoga</p>	<p><b>26</b> 8:45 Senior. Fitness 9:00 Wood Carving 10:00 Yoga 11:30 Senior Dining <b>12:45 Bingo</b></p>
<p><b>29</b> 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 PCC Spanish 2</p> <p><b>7:00p.m.PCC Yoga*</b></p>	<p><b>30</b> 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>31</b> 8:45 Senior. Fitness <b>9:00 Foot Clinic</b> 10:00 Senior. Fitness 10:30 ESL Adv. 11:30 Senior Dining <b>HALLOWEEN PARTY</b> 12:00 - 3:00 Medicare Open enrollment</p>	<p><b>PCC Classes are marked with an asterisk*</b></p>  <p><b>To register for a PCC class, call 971.722.6266</b></p>	<p><b>Tigard Senior Center Meals on Wheels People is located at:</b></p>  <p><b>8815 SW O'Mara St. Tigard, OR 97223 503.620.4613</b></p>

