









September 2017



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>1</p> <p>8:45 Senior fitness 10:00 Senior fitness 9:00 Wood Carving 10:30 Yoga 1:30 Senior Dining 12:45 BINGO</p> <p>Hearing Clinic</p>
<p>4</p> <p>Closed</p>  <p>Labor Day</p>	<p>5</p> <p>9:00 Art Club 11:30 Senior Dining 12:30 Bridge</p> <p>12:45 BINGO</p>	<p>6</p> <p>Same schedule as 8-13 Birthday Lunch</p>  <p>11:30-1:00</p> <p>12:00 Tigard Garden Club</p>	<p>7</p> <p>10-12:00 Knit-Wits 10-2:00 Quilters 10-12 Computer Help 11:30 Senior Dining</p> <p>7:00 pm Rose City Model T Club</p>	<p>8</p> <p>8:45 Senior fitness 10:00 Senior fitness 9:00 Wood Carving 10:30 Yoga 1:30 Senior Dining 12:45 BINGO</p>
<p>11</p> <p>8:45 Senior fitness 10 SeniorFitness 10:30 Yoga 11:30 Senior Dining 1:00 Painting Group 1:00 Stamp Club</p>	<p>12</p> <p>9:00 Art Club 10:00 Bridge 11:30 Senior Dining</p> <p>12:45 BINGO</p>	<p>13</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 11:30 Senior Dining</p> <p>9:00 - 2:00 Foot Clinic</p>	<p>14</p> <p>10-12:00 Knit-Wits 10-2:00 Quilters 10-12 Computer Help 11:30 Senior Dining</p>	<p>15</p> <p>Same schedule as 8-8 Harvest Fest</p>  <p>11:30-1:00 1:00-2:30 Alzheimer's Support</p>
<p>18</p> <p>8:45 Senior fitness 10 SeniorFitness 10:30 Yoga 11:30 Senior Dining 1:00 Painting Group</p> <p>7:00pm Rose City Stitchers</p>	<p>19</p> <p>9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi 10:00 Bridge 11:30 Senior Dining</p> <p>12:45 BINGO</p> <p>6:30 NWV Speedsters</p>	<p>20</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 11:30 Senior Dining</p> <p>1:30 Steering Committee</p>	<p>21</p> <p>9:00 Tai Chi 10:15 Tai Chi 10-12:00 Knit-Wits 10-2:00 Quilters 10-12 Computer Help 11:30 Senior Dining with</p> <p>Accordian Players</p> 	<p>22</p> <p>8:45 Senior fitness 10:00 Senior fitness 9:00 Wood Carving 10:30 Yoga 1:30 Senior Dining</p> <p>12:45 BINGO</p>
<p>25</p> <p>8:45 Senior fitness 10 SeniorFitness 10:30 Yoga 11:30 Senior Dining 1:00 Painting Group</p> <p>7:00pm Yoga 1 *</p>	<p>26</p> <p>9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi 10:00 Bridge 10:30 ESL Intermediate 12:30 ESL 1,& 2, 12:30 ESL advanced 11:30 Senior Dining 12:45 BINGO</p> <p>7:00 PM Alzheimer Support Group</p>	<p>27</p> <p>8:45 Senior Fitness 10:00 Senior Fitness 10:30 ESL Advanced 11:30 Senior Dining</p> <p>9:00 - 2:00 Foot Clinic</p>	<p>28</p> <p>9:00 Tai Chi 10:15 Tai Chi 10-12:00 Knit-Wits 10-2:00 Quilters 10-12 Computer Help 10:30 Gentle Yoga * 10:30 ESL Inter. 12:30 ESL Beg 1&2 12:30 ESL Adv 11:30 Senior Dining 6:15 Yoga 1 *</p>	<p>29</p> <p>8:45 Senior fitness 10:00 Senior fitness 9:00 Wood Carving 10:30 Yoga 1:30 Senior Dining 12:45 BINGO</p> <p>FLU CLINIC 11:30-12:30</p> 