

September 2018



Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:45 Sr. Fitness 10:00 Sr. Fitness 10:00 – Yoga 11:30 Senior Dining 1:00 Painting Group 1:00 West Side Stamp club 1:31:30 Red Hat Club	4 9:00 Tai Chi 9:00 Art Club 10:15 Tai Chi 11:30 Senior Dining 12:30 Bridge 12:45 BINGO Jerry & Nancy piano flute	5 8:45 Senior. Fitness 10:00 Senior. Fitness 10:30 ESL Adv. 11:30 Senior Dining 12:00 ESL Tutoring Birthday Lunch 11:30 Garden club	6 9:00 Tai Chi 10:15 Tai Chi 10:10 Computer Help 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 11:30 Senior Dining 7:00pm Rose City Model T Club Dee Kight vocals	7 8:45 Senior. Fitness 9:00 Wood Carving 10:00 Senior. Fitness 10:00 Yoga 11:30 Senior Dining
10 8:45 Sr. Fitness 10:00 Sr. Fitness 10:00 – Yoga 11:30 Senior Dining 1:00 Painting Group	11 9:00 Tai Chi 9:00 Art Club 10:00 Stitching group 10:15 Tai Chi 11:30 Senior Dining 12:30 Bridge 12:45 BINGO Elizabeth piano	12 8:45 Senior. Fitness 9:00 Foot Clinic 10:00 Senior. Fitness 10:30 ESL Adv. 11:30 Senior Dining	13 9:00 Tai Chi 10:15 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 11:30 Senior Dining	14 8:45 Senior. Fitness 9:00 Wood Carving 10:00 Senior. Fitness 10:00 Yoga 11:30 Senior Dining October Fest Party
17 8:45 Senior. Fitness 10:00 Senior. Fitness 10:00 – Yoga 11:30 Senior Dining 1:00 Painting Group 7:00pm Rose City Stitcher's Dee Kight vocals	18 9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi Beginners 11:30 Senior Dining 12:30 Bridge 12:45 BINGO 6:30pm NWV Speedsters Jerry & Nancy piano flute	19 8:45 Senior. Fitness 10:00 Senior. Fitness 10:30 ESL Adv. 11:30 Senior Dining 1:30 Advisory Council	20 9:00 Tai Chi 10:15 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 11:30 Senior Dining	21 8:45- 9:00 10:00 Fitness 9:00 Wood Carving 10:00 Senior. Fitness 10:00 Yoga 11:30 Senior Dining 12:45 Bingo 1:00 Alzheimer's Support
24 8:45 Senior. Fitness 10:00 Senior. Fitness 10:00 – Yoga 11:30 Senior Dining 1:00 Painting Group 7:00pm Yoga	25 9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi Beginners 11:30 Senior Dining 12:30 Bridge 12:45 BINGO	26 8:45 Senior. Fitness 9:00 Foot Clinic 10:00 Senior. Fitness 10:30 ESL Adv. 11:30 Senior Dining 1:15 Memoir Writing	27 9:00 & 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 6:15* Yoga Accordian	28 8:45 Senior. Fitness 9:00 Wood Carving 10:00 Senior. Fitness 10:00 Yoga 11:30 Senior Dining 12:45 Bingo
			PCC Classes are marked with an asterisk* To register for a PCC class, call 971.722.6266	Tigard Senior Center Meals on Wheels People is located at: 8815 SW O'Mara St. Tigard, OR 97223 503.620.4613

