

September 2019



Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 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</p>	<p>3 9:00 Tai Chi 9:00 Art Club 10:15 Tai Chi 11:30 Senior Dining 12:00 Bridge 12:45 BINGO Jerry & Nancy piano flute</p>	<p>4 8:45 Senior. Fitness 10:00 Senior. Fitness 11:30 Senior Dining Birthday Lunch 11:30 Garden club</p>	<p>5 9:00 Tai Chi 10:15 Tai Chi 10:10 Computer Help 10:00 Knit-Wits 11:30 Quilters 10:00 Mah Jong 11:30 Senior Dining 7:00pm Rose City Model T Club</p>	<p>6 8:45 Senior. Fitness 9:00 Wood Carving 10:00 Senior. Fitness 10:00 Yoga 11:30 Senior Dining 12:45 Bingo 1:00 Alzheimer's Support</p>
<p>9 8:45 Sr. Fitness 10:00 Sr. Fitness 10:00 – Yoga 11:30 Senior Dining 1:00 Painting Group </p>	<p>10 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</p>	<p>11 8:45 Senior. Fitness 10:00 Senior. Fitness 11:30 Senior Dining 1:15 Eva's Writing Group</p>	<p>12 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</p>	<p>13 8:45 Senior. Fitness 9:00 Wood Carving 10:00 Senior. Fitness 10:00 Yoga 11:30 Senior Dining 1:00 Alzheimer's Support</p>
<p>16 9:00 Foot Care 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</p>	<p>17 9:00 Art Club 9:00 Tai Chi 10:15 Tai Chi Beginners 10:30 ESL level 3 11:30 Senior Dining 12:00 Bridge 12:30 ESL level 1,2 &4 12:45 BINGO 6:30pm NWV Speedsters Jerry & Nancy piano flute</p>	<p>18 8:45 Senior. Fitness 10:00 Senior. Fitness 10:30 ESL Conversation 11:30 Senior Dining 1</p>	<p>19 9:00 & 10:15 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 10:00 Quilters 10:00 Mah Jong 10:30 ESL level 3 11:30 Senior Dining 12:30 ESL level 1&2 &4 1:30 Advisory Council</p>	<p>20 8:45 Fitness 9:00 Wood Carving 10:00 Senior. Fitness 10:00 Yoga 11:30 Senior Dining 12:45 Bingo</p>
<p>23 8:45 Senior. Fitness 10:00 Senior. Fitness 10:00 – Yoga 11:30 Senior Dining 1:00 Painting Group 6:00p.m. Yoga 1*</p>	<p>24 9:00 Art Club 9:00 & 10:15 Tai Chi 10:30 ESL level 3 11:30 Senior Dining 12:30 ESL level 1,2 &4 12:30 Bridge 12:45 BINGO 7:00 Alzheimer's Support</p>	<p>25 8:45 Senior. Fitness 10:00 Senior. Fitness 10:30 ESL Conversation 11:30 Senior Dining 1:15 Eva's Writing Group</p>	<p>26 9:00 & 10:15 Tai Chi 10:00 Computer Help 10:00 Knit-Wits 11:30 Quilters 10:00 Mah Jong 10:30 ESL Level 3 11:30 Senior Dining 12:30 ESL Level 1,2&4 3:00 *Yoga Basics* 5:15* Yoga 1* Accordian</p>	<p>27 8:45 Senior. Fitness 9:00 Wood Carving 10:00 Senior. Fitness 10:00 Yoga 11:30 Senior Dining 12:45 Bingo</p>
<p>30 8:45 Sr. Fitness 10:00 Sr. Fitness 10:00 – Yoga 10:00 Spanish 1* 11:30 Senior Dining 12:00 Spanish 2* 1:00 Painting Group 6:00p.m. Yoga 1*</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>