



April Events



**LET'S TAKE A STRIDE FOR SENIORS
 SATURDAY APRIL 20TH, 2019
 AT PORTLAND INTERNATIONAL RACEWAY
 WE ARE THE TIGARD TREKKERS
 PLEASE JOIN OUR TEAM!
 CALL 503-620-4613
 FOR INFORMATION**



April Birthday Lunch

Wednesday, April 3rd. Is our monthly birthday celebration sponsored by Elite Care. If you have a birthday in April come celebrate with us

Check us out

**Bingo Yoga Tai Chi
 Fitness Classes Mah Jong
 Bridge
 Painting Wood Working**