
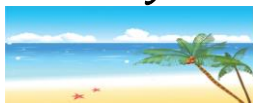

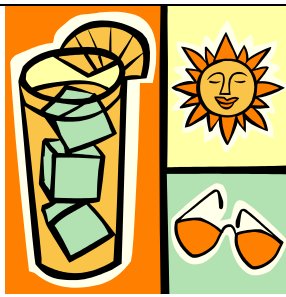




Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8:45+10 EnhanceFitness 9:00 China Painting 10:00 ESL Intermediate 11:30 Senior Dining 1:00 Painting Class 1:30 ESL Span. Speakers</p> <p><i>The Blessing's Group</i></p>	<p>3 9:00 Art Club 10:00 Bridge 10:00 <u>*Spanish Intermediate</u> 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 12:45 BINGO 3:00 <u>*Tai Chi</u></p> <p><i>Myrna's Group</i></p>	<p>4 8:45+10 EnhanceFitness 11:30 Senior Dining 12:30 Bridge</p> <p>1:00 Tigard Garden Club</p> <p><i>St. James Episcopal</i></p>	<p>5 10:00 Knitting and Quilting 10-12 Computer help 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 3:00 <u>*Tai Chi</u> 6:00 & 7:30 <u>*Belly Dancing</u> 7:00 Rose City Model T Club</p> <p><i>Courtney's Group</i></p>	<p>6 8:45+10 EnhanceFitness 9:00 Wood Carving 10 & 1:30 ESL Convers 11:30 Senior Dining 1:30 ESL Span. Speakers</p> <p><i>ESL Spanish Group</i></p>
<p>9 8:30-4:00 Foot Care 8:45+10 EnhanceFitness 9:00 China Painting 10:00 ESL Intermediate 11:30 Senior Dining 1:00 Painting Group 1:30 ESL Span. Speakers</p> <p>7:00 Rose City Stitches</p>	<p>10 9:00 Art Club 10:00 Bridge 10:00 <u>*Spanish Intermediate</u> 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 12:45 BINGO 1:30 Steering Committee</p> <p><i>King City Lions</i></p>	<p>11 8:45+10 EnhanceFitness 11:30 Senior Dining</p> <p>GOLDEN HARVEST MUSIC PROGRAM</p>  <p>12:30 Bridge</p> <p><i>Calvin Presbyterian</i></p>	<p>12 10-12 Knitting and Quilting 10-12 Computer help 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 6:00 & 7:30 <u>*Belly Dancing</u> 6:15 <u>*Yoga 1</u></p> <p><i>Church of God</i></p>	<p>13 8:45+10 EnhanceFitness 9:00 Wood Carving 10 & 1:30 ESL Convers 11:00 Free Blood Pressure Checks 11:30 Senior Dining 1:30 ESL Span. Speakers</p> <p><i>Tigard Christian</i></p>
<p>16 8:45+10 EnhanceFitness 9:00 China Painting 10:00 ESL Intermediate 11:30 Senior Dining 1:00 Painting Class 1:30 ESL Span. Speakers</p> <p><i>Jonas' Group</i></p>	<p>17 9:00 Art Club 10:00 Bridge 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 12:45 BINGO 6:30 NWV Speedsters</p> <p><i>Trish's Group</i></p>	<p>18 8:45+10 EnhanceFitness 11:30 Senior Dining 12:30 Bridge</p> <p>August Birthday Lunch</p> <p><i>Pat's Group</i></p>	<p>19 10-12 Knitting and Quilting 10-12 Computer help 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 6:00 & 7:30 <u>*Belly Dancing</u> 6:15 <u>*Yoga 1</u> 7:00 Knitting Guild</p> <p><i>St. Vincent de Paul</i></p>	<p>20 8:45+10 EnhanceFitness 9:00 Wood Carving 10 & 1:30 ESL Convers 11:30 Senior Dining 1:30 ESL Span. Speakers</p> <p>Hawaiian Days</p>  <p><i>Tigard Methodist</i></p>
<p>23 8:45+10 EnhanceFitness 9:00 China Painting 10:00 ESL Intermediate 11:30 Senior Dining</p> <p>King City Lunch Club</p> <p>1:00 Painting Class 1:30 ESL Span. Speakers</p> <p><i>VictorJoanTrish Group</i></p>	<p>24 9:00 Art Club 10:00 Bridge 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 12:45 BINGO</p> <p>OPERATION ID 11:00-1:00</p> <p>7:00 Alzheim. Support Group</p> <p><i>Myrna's Group</i></p>	<p>25 8:45+10 EnhanceFitness</p> <p>10:30 -1:00 ASSISTANCE with JUDITH AUSLANDER</p> <p>11:30 Senior Dining 12:30 Bridge</p> <p><i>Calvin Presbyterian</i></p>	<p>26 10-12 Knitting and Quilting 10-12 Computer help 11:30 Senior Dining Accordion Players 12:30 ESL Beg. 1 & 2 6:15 <u>*Yoga 1</u></p>  <p>Hearing Clinic 12:30</p> <p><i>Catholic Daughters</i></p>	<p>27 8:45+10 EnhanceFitness 9:00 Wood Carving 10 & 1:30 ESL Convers 11:00 Free Blood Pressure Checks 11:30 Senior Dining 1:30 ESL Span. Speakers</p> <p>Elder Law (Appointment needed)</p> <p><i>Retired Teachers</i></p>
<p>30 8:45+10 EnhanceFitness 9:00 China Painting 10:00 ESL Intermediate 11:30 Senior Dining 1:00 Painting Class 1:30 ESL Span. Speakers</p> <p><i>Trish's Group</i></p>	<p>31 9:00 Art Club 10:00 Bridge 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 12:45 BINGO</p> <p><i>Pat's Group</i></p>	<p>Tigard Senior Center, Loaves & Fishes Centers is located at:</p> <p>8815 SW O'Mara St. Tigard, OR 97223 503.620.4613</p>		<p>*PCC Classes are marked with an asterisk*</p> <p>To register for a PCC class, please call 503.788.6266</p>