
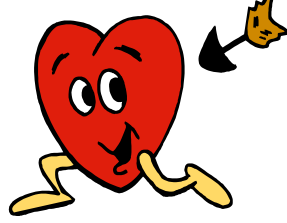





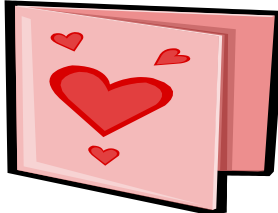





Monday	Tuesday	Wednesday	Thursday	Friday
<p>*PCC Classes are marked with an asterisk*</p>  <p>To register for a PCC class, call 503.788.6266</p>		<p>1 8:45+10 EnhanceFitness 9:00 <u>*Writing Life Story</u> <i>10-1 Assistance Referrals</i> 11:30 Senior Dining <u>1:00 Tigard Garden Club</u> 6:30 <u>*Retirement Planning</u> 7:00 <u>*Hula Hoop</u> <i>Betty/Ron/Courtney</i></p>	<p>2 9:00 <u>*Rejuvenate-Retirement</u> 10-12 Knitting and Quilting 10-12 Computer Help 10:00 <u>*Writing Life Story</u> 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 <u>7 Rose City Model T Club</u> <i>Steve/Karen</i></p>	<p>3 8:45+10 EnhanceFitness 9:00 Wood Carving 10:00 ESL Women's Con. 10:30 -1:00 SNAP w/JUDITH AUSLANDER 11:30 Senior Dining 1:30 ESL Span. Speakers 1:30 ESL Conversation <i>Courtney/Karen</i></p>
<p>6 8:45+10 EnhanceFitness 9:00 ESL Advanced 11:30 Senior Dining <u>1 West Side Stamp Club</u> 1:00 Painting Group 1:30 ESL Span. Speakers <i>The Blessings</i></p>	<p>7 8:30-3:30 AARP Tax Help 9:00 Art Club 10:00 <u>*Spanish-Intermediate</u> 10:00 Bridge 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 <u>12:45 BINGO</u> 1:00 <u>*Rejuvenate-Retirement</u> <u>2:00 Steering Committee</u> <i>Tim/Annette</i></p>	<p>8 8:45+10 EnhanceFitness 9:00 <u>*Writing Life Story</u> <i>10-1 Assistance Referrals</i> 10-2 Blood Pressure Check 11:30 Senior Dining 6:30 <u>*Retirement Planning</u> 7:00 <u>*Hula Hoop</u> <i>Calvin Presbyterian</i></p>	<p>9 10-12 Knitting and Quilting 10-12 Computer Help 10:00 <u>*Writing Life Story</u> 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 <i>Church of God</i></p>	<p>10 8:45+10 EnhanceFitness 9:00 Wood Carving 10:00 <u>*Visual Journaling</u> 10:00 ESL Women's Con. 11:30 Senior Dining 1:30 ESL Span. Speakers 1:30 ESL Conversation <i>Tigard Christian</i></p>
<p>13 <u>8:30-4:00 Foot Care</u> 8:45+10 EnhanceFitness 9:00 ESL Advanced 11:30 Senior Dining 1:00 Painting Group 1:30 ESL Span. Speakers <u>7:00 Rose City Stitches</u> <i>Tim/Annette</i></p>	<p>14 (same schedule as 2/21) VALENTINE'S PARTY  11:30</p>	<p>15 8:45+10 EnhanceFitness 9:00 <u>*Writing Life Story</u> <i>10-1 Assistance Referrals</i> 11:30 Senior Dining Birthday Lunch 7:00 <u>*Hula Hoop</u> <i>Annette/Tim</i></p>	<p>16 10-12 Knitting and Quilting 10-12 Computer Help 10:00 <u>*Writing Life Story</u> 10:30 ESL Intermediate 11:30 Senior Dining 12:30 ESL Beg. 1 & 2 <u>7:00 Knitting Guild</u> <i>St. Vincent de Paul</i></p>	<p>17 8:45+10 EnhanceFitness 9:00 Wood Carving 10:00 ESL Women's Con. 11:30 Senior Dining 1:30 ESL Span. Speakers 1:30 ESL Conversation <i>Tigard Methodist</i></p>
<p>20 Closed  President's Day</p>	<p>21 8:30-3:30 AARP Tax Help 9:00 Art Club 10:00 <u>*Spanish-Intermediate</u> 10:00 Bridge 11:30 Senior Dining <u>12:45 BINGO</u> <u>6:30 NWV Speedsters</u> <i>Tim/Annette</i></p>	<p>22 8:45+10 EnhanceFitness 9:00 <u>*Writing Life Story</u> 10-2 Blood Pressure Check 10-1 Assistance Referrals 11:30 Senior Dining 12:45 Hearing Presentation: <u>Understanding Hearing Loss</u> <i>Calvin Presbyterian</i></p>	<p>23 9:00 <u>*Rejuvenate-Retirement</u> 10-12 Knitting and Quilting 10-12 Computer Help 10:00 <u>*Writing Life Story</u> 10:30 ESL Intermediate 11:30 Senior Dining w/the Accordian Players 12:30 ESL Beg. 1 & 2 <i>Catholic Daughters</i></p>	<p>24 8:45+10 EnhanceFitness 9:00 Wood Carving 10:00 <u>*Nature Sketchbook</u> 10:00 ESL Women's Con. 11-4 Hearing Tests 11:30 Senior Dining 1:30 ESL Span. Speakers 1:30 ESL Conversation <i>Elder Law (w/app't.)</i> <i>Retired Teachers</i></p>
<p>27 8:45+10 EnhanceFitness 9:00 ESL Advanced 11:30 Senior Dining King City Lunch Club 1:00 Painting Group 1:30 ESL Span. Speakers <i>Courtney</i></p>	<p>28 8:30-3:30 AARP Tax Help 9:00 Art Club 10:00 <u>*Spanish-Intermediate</u> 10:00 Bridge 11:30 Senior Dining <u>12:45 BINGO</u> 6:30 <u>*Retirement Planning</u> <u>7pm Alzheimers Support Group</u> <i>Steve</i></p>	<p>29 8:45+10 EnhanceFitness 9:00 <u>*Writing Life Story</u> <i>10-1 Assistance Referrals</i> 11:30 Senior Dining <i>Tim/Annette</i></p>		<p>Tigard Senior Center, Loaves & Fishes Centers is located at:  8815 SW O'Mara St. Tigard, OR 97223 503.620.4613</p>