

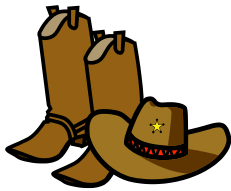


# September Events



## Golden Harvest Music Series

Enjoy an interactive and sentimental journey through the hits of the 40's and 50's at the Tigard Senior Center on **Thursday, September 16th** at 12:00 during our meal time. Directed by Jim Miller and friends, and presented by FamilyCares Health Plans, come and have a great time.

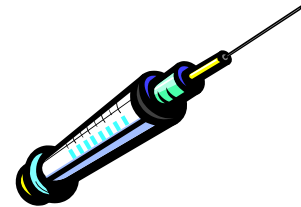


## Western Days

Yee Haw!! Ya'll come **Friday, September 24th** at 11:30 to kick up a row and enjoy some fantastic vittles around the campfire. Lots of fun and music guests **ONE MORE TIME**. Get on your western duds and giddyup!!

## Flu (and pneumonia) Shots

There will be a flu clinic on **Tuesday, September 28th** from 12:30-1:30pm. Bring your Medicare Plan B cards, prescription coverage information, or \$26.99. Our nurse will also bring some pneumonia vaccine if anyone would like this as well. Please sign up at the center ASAP.



## Birthday Lunch

**Wednesday, September 15th** is our September birthday lunch sponsored by Home Instead. If you have a birthday in this month, join us for special recognition and draw a gift out of our mystery birthday box!

Tai Chi/Yoga



**Bellydancing**  
fun



*Writing*