

March 2026



Meals on Wheels People at the Tigard Senior Center

8815 SW Omara St, Tigard OR 97223, PH: (503) 620-4613

Open Monday-Thursday, 8 a.m.- 4 p.m.

Monday	Tuesday	Wednesday	Thursday
<p>March 2</p> <p>Strength & Stretch, 10:30a-11:30p (NEW TIME!) Lunch, 12-1p Ladies of the Thread, 1-3p Pinochle, 1-3p</p>	<p>3</p> <p>NO Chair Yoga Ride Connection info table, 11:30-1p Lunch, 12-1p Art with Elizabeth, 1-3p WCCLS Tech Help, 1-3:30p</p>	<p>4</p> <p>Writing Group, 10a-12p Lunch, 12-1p Bingo, 1-2:30 p</p>	<p>5</p> <p>Strength & Stretch, 9-10a. Chinese Mahjong, 11a-2p Knitting Club, 10-12p Quilting Club, 10-2p American Mahjong, 12-2p</p>
<p>9</p> <p>Strength & Stretch 10:30-11:30a Lunch, 12-1p Ladies of The Thread, 1-3p Pinochle, 1-3p</p>	<p>10</p> <p>Writing Group, 10a-12p Chair Yoga, 10:30-11:30a (NEW TIME!) Lunch, 12-1p Line Dancing, 1-2p Art with Elizabeth, 1-3p</p>	<p>11</p> <p>Lunch, 12-1p Bingo, 1-2:30p Write Your Life Story, 2-3:30p</p>	<p>12</p> <p>Strength & Stretch 9-10a Chinese Mahjong, 11a-2p Knitting Club, 10-12p Quilting Club, 10-2p American Mahjong, 12-2p</p>
<p>16</p> <p>NO Strength & Stretch Lunch, 12-1p Ladies of The Thread, 1-3p Pinochle, 1-3p</p>	<p>17</p> <p>Chair Yoga, 10:30-11:30a Lunch, 12-1p Art with Elizabeth, 1-3p WCCLS Tech Help, 1-3:30p</p>	<p>18</p> <p>Coffee with a Cop, 10:30a-12p Writing Group, 10a-12p Lunch, 12-1p SHIBA (by appt), 12:30-3:30p Bingo, 1-2:30p</p>	<p>19</p> <p>Strength & Stretch 9-10a Chinese Mahjong, 11a-2p Knitting Club, 10-12p Quilting Club, 10-2p American Mahjong, 12-2p</p>
<p>23</p> <p>NO Strength & Stretch Equinox Trio during Lunch, 12-1p Ladies of The Thread, 1-3p Pinochle, 1-3p Death Café, 2-3p</p>	<p>24</p> <p>Chair Yoga, 10:30-11:30a Lunch, 12-1p Line Dancing, 1-2p Art with Elizabeth, 1-3p</p>	<p>25</p> <p>Lunch, 12-1p Bingo, 1-2:30p Write your Life Story, 2-3:30p</p>	<p>26</p> <p>Strength & Stretch 9-10a Chinese Mahjong, 11a-2p Knitting Club, 10-12p Quilting Club, 10-2p American Mahjong, 12-2p</p>

30	31		
Strength & Stretch 10:30-11:30a Lunch, 12-1p Ladies of The Thread, 1-3p Pinochle, 1-3p	Chair Yoga, 10:30-11:30a Lunch, 12-1p Art with Elizabeth, 1-3p WCCLS Tech Help, 1-3:30p		

Class Descriptions + Details (for new activities)

Tuesday	One-on-One Tech Help	Every other Tuesday 1-3:30p Senior Center Library	Tigard Public Library Washington County Cooperative Library Services	Have questions about managing your email account, accessing social media, downloading e-books, using a new device, or anything else tech related? Sign up for dedicated assistance! https://bit.ly/TigardSrCtrTech
Wednesday	Coffee with a Cop	March 18 th 10:30a-12p Dining Room	Presented by Tigard Police Department	Chat with members of our police department in a relaxed, comfortable environment.
	SHIBA/ Medicare Counseling	March 18 th 12:30-3:30p Conference Room	Appointment Only Calls SHIBA at 503-846-3094 to sign up	Are you, or someone you know, approaching the age where you benefit from Medicare? Connect with an unbiased SHIBA volunteer to navigate this confusing, but vital, transition.
	Write Your Life Story	2 nd and 4 th Wednesdays 2:00-3:30p Conference Room	Bring your own coffee or tea, and copies of your work.	How much do you know about your family's history? What information have you passed on to family members or others? Come spend some time hearing others stories. You don't need to be a great writer. We help each other!