

April 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 style="text-align: right;">April 1</p> <p>Writing Group, 10a-12p Live Muzak with Kathy during Lunch, 12-1p Bingo, 1-2:30 p</p>	<p style="text-align: right;">2</p> <p>Strength & Stretch, 9-10a. Chinese Mahjong, 11a-2p Knitting Club, 10-12p Quilting Club, 10-2p American Mahjong, 12-2p</p>
<p style="text-align: right;">6</p> <p>Strength & Stretch 10:30-11:30a Lunch, 12-1p Ladies of The Thread, 1-3p Pinochle, 1-3p</p>	<p style="text-align: right;">7</p> <p>Chair Yoga, 10:30-11:30a Lunch, 12-1p Line Dancing, 1-2p Art with Elizabeth, 1-3p</p>	<p style="text-align: right;">8</p> <p>SHIBA, 10a-2p Vein Health Presentation, 11a-12p Tigard City Council Info Table, 11:30a-1p Lunch, 12-1p Bingo, 1-2:30p Write Your Life Story, 2-3:30p</p>	<p style="text-align: right;">9</p> <p>Strength & Stretch 9-10a Field Trip, 10:30-2:30 Chinese Mahjong, 11a-2p Knitting Club, 10-12p Quilting Club, 10-2p American Mahjong, 12-2p</p>
<p style="text-align: right;">13</p> <p>Strength & Stretch Lunch, 12-1p Ladies of The Thread, 1-3p Pinochle, 1-3p</p>	<p style="text-align: right;">14</p> <p>Writing Group, 10a-12p Chair Yoga, 10:30-11:30a Lunch, 12-1p Art with Elizabeth, 1-3p WCCLS Tech Help, 1-3:30p</p>	<p style="text-align: right;">15</p> <p>Writing Group, 10a-12p Lunch, 12-1p SHIBA (by appt), 12:30-3:30p Bingo, 1-2:30p</p>	<p style="text-align: right;">16</p> <p>Strength & Stretch 9-10a Chinese Mahjong, 11a-2p Knitting Club, 10-12p Quilting Club, 10-2p American Mahjong, 12-2p</p>
<p style="text-align: right;">20</p> <p>Strength & Stretch Equinox Trio during Lunch, 12-1p Ladies of The Thread, 1-3p Pinochle, 1-3p</p>	<p style="text-align: right;">21</p> <p>Chair Yoga, 10:30-11:30a Lunch, 12-1p Line Dancing, 1-2p Art with Elizabeth, 1-3p</p>	<p style="text-align: right;">22</p> <p>Lunch, 12-1p Bingo, 1-2:30p Write Your Life Story, 2-3:30p</p>	<p style="text-align: right;">23</p> <p>Strength & Stretch 9-10a Chinese Mahjong, 11a-2p Knitting Club, 10-12p Quilting Club, 10-2p American Mahjong, 12-2p</p>

27	28	29	30
Strength & Stretch 10:30-11:30a Lunch, 12-1p Ladies of The Thread, 1-3p Pinochle, 1-3p	Writing Group, 10a-12p Chair Yoga, 10:30-11:30a Lunch, 12-1p Art with Elizabeth, 1-3p WCCLS Tech Help, 1-3:30p	Lunch, 12-1p Bingo, 1-2:30p	Strength & Stretch, 9-10a. Chinese Mahjong, 11a-2p Knitting Club, 10-12p Quilting Club, 10-2p American Mahjong, 12-2p

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	Tigard City Council Info Table	4/8/26 11:30-1p Foyer	City of Tigard	Information table with details surrounding the proposed new police/public works facility on the ballot this May.
	Vein Health Presentation	4/8/26 11a-12p Downstairs	Nurse Practitioner, Vicky Nguyen	Join NP Vicky Nguyen for an informative and engaging session on the importance of recognizing and preventing Deep Vein Thrombosis (DVT) commonly known as blood clots.
	Write your Life Story	2 nd and 4 th Wednesdays 2-3:30p Conference Room		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 other's stories. You don't need to be a great writer. We help each other!
Thursday	Field Trip to Pittock Mansion and Lunch	4/9/26 Thursday 10:30a-2:30p	Space is limited. Sign up at the Center or by calling 503-620-4613	Join us as we tour the Pittock Mansion and grab a bite to eat before returning to the Senior Center. Transportation and entry fee are FREE. Also, enjoy up to a \$20 credit towards your lunch!