

# May 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
May 4	5	6	7
<p><b>NO</b> Strength &amp; Stretch Lunch, 12-1p <b>Ladies of The Thread, 1-3p</b> Pinochle, 1-3p</p>	<p>Chair Yoga, 10:30-11:30a Lunch, 12-1p Line Dancing, 1-2p Art with Elizabeth, 1-3p</p>	<p>Writing Group, 10a-12p <b>Live Muzak with Kathy</b> during Lunch, 12-1p Bingo, 1-2:30 p</p>	<p><b>NO</b> Strength &amp; Stretch, 9-10a. Chinese Mahjong, 11a-2p Knitting Club, 10-12p Quilting Club, 10-2p American Mahjong, 12-2p</p>
11	12	13	14
<p>Strength &amp; Stretch 10:30-11:30a Lunch, 12-1p Ladies of The Thread, 1-3p Pinochle, 1-3p <b>Death Café, 2-3p</b></p>	<p>Writing Group, 10a-12p Chair Yoga, 10:30-11:30a Lunch, 12-1p Art with Elizabeth, 1-3p</p>	<p>SHIBA/Medicare counseling, (503) 846-3094 for appt. 10a-2p Lunch, 12-1p Bingo, 1-2:30p</p>	<p>Strength &amp; Stretch 9-10a Chinese Mahjong, 11a-2p Knitting Club, 10-12p Quilting Club, 10-2p American Mahjong, 12-2p <b>CENTER CLOSSES at 2pm</b></p>
18	19	20	21
<p>Strength &amp; Stretch <b>Equinox Trio</b> during Lunch, 12-1p Ladies of The Thread, 1-3p Pinochle, 1-3p</p>	<p>Chair Yoga, 10:30-11:30a Lunch, 12-1p Line Dancing, 1-2p Art with Elizabeth, 1-3p</p>	<p>Writing Group, 10a-12p Lunch, 12-1p Bingo, 1-2:30p</p>	<p>Strength &amp; Stretch 9-10a Chinese Mahjong, 11a-2p Knitting Club, 10-12p Quilting Club, 10-2p American Mahjong, 12-2p</p>
25	26	27	28
<p><b>Memorial Day</b>  <b>CLOSED</b></p>	<p>Writing Group, 10a-12p Chair Yoga, 10:30-11:30a Lunch, 12-1p Art with Elizabeth, 1-3p</p>	<p>Lunch, 12-1p Bingo, 1-2:30p</p>	<p>Strength &amp; Stretch 9-10a Chinese Mahjong, 11a-2p Knitting Club, 10-12p Quilting Club, 10-2p American Mahjong, 12-2p</p>

<b>June 1</b>	<b>2</b>	<b>3</b>	<b>4</b>
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 Line Dancing, 1-2p Art with Elizabeth, 1-3p	<b>Live Muzak with Kathy</b> during 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)

<b>Monday</b>	Ladies of the Thread	Mondays 1-3p  Downstairs Open Space B	Drop-in Group	Meet and visit with us as we work on our hand stitching project such as embroidery, cross stitch, blackwork, and thread painting. Occasionally, one of us will share our expertise by leading a project and others of us will follow along. Anyone is welcome. If you are challenged by a project, someone in our group may be able to help!
	Death Cafe	May 11 <sup>th</sup> 2-3p  Dining Room	Sponsored by Beaverton City Public Library	Death and dying aren't often talked about, but they touch us all. Join us for a snack and conversation as we explore these themes in a relaxed and safe environment. Free of cost, and all are welcome.
<b>Wednesday</b>	Live Muzak with Kathy	May 6 <sup>th</sup> During lunch  Dining Room		Enjoy the acoustic sounds of Kathy Hughes as she plays all the music you are sure to know!