


Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30am Men's Coffee 10:00am Strong for Life 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Drama 🎭 1:30pm Hooks & Needles 4:00pm Mystery Monday	2 9:30am Men's Coffee 11:00am Chair Yoga 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Woodcarving All Day Foot Care, By Appointment	3 9:30am Men's Coffee 10:00am Write Your Life 10:30am Let's Talk 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles 1:30pm Bunco All Day Foot Care, By Appointment	4 <p style="text-align: center;"><i>Center Closed for Independence Observance</i></p>	5 9:30am Men's Coffee 10:00am Give & Take 11:00am Chair Yoga 11:00am Grief Support 1:30pm Bingo
8 9:30am Men's Coffee 10:00am Strong for Life 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Drama 🎭 1:30pm Hooks & Needles	9 9:30am Men's Coffee 11:00am Chair Yoga 1:00pm Pinochle 1:30pm Open Painting Salon	10 9:30am Men's Coffee 10:00am Write Your Life 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles 1:30pm Ageless Birthday Cards	11 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 1:00pm Pinochle 1:30pm Line Dancing 2:00pm Cardio Drumming 2:30pm Aging Support	12 9:30am Men's Coffee 11:00am Chair Yoga 11:00am Grief Support 1:30pm Bingo 1:30pm Dungeons & Dragons: Beginners Campaign
15 9:30am Men's Coffee 10:00am Strong for Life 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Drama 🎭 1:30pm Hooks & Needles	16 9:30am Men's Coffee 11:00am Chair Yoga 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Woodcarving	17 9:30am Men's Coffee 10:00am Write Your Life 12:00pm Senior Health Insurance Benefits Assistance 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles 1:30pm Bunco	18 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 11:00am BP Checks 1:00pm Pinochle 1:30pm Line Dancing 2:00pm Cardio Drumming 2:30pm Aging Support	19 9:00am Trip: Seaside 9:30am Men's Coffee 11:00am Chair Yoga 11:00am Grief Support 1:30pm Bingo
22 9:30am Men's Coffee 10:00am Strong for Life 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Drama 🎭 1:30pm Hooks & Needles	23 9:30am Men's Coffee 11:00am Chair Yoga 1:00pm Pinochle 1:30pm Open Painting Salon	24 9:30am Men's Coffee 10:00am Write Your Life 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles	25 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 1:00pm Pinochle 2:00pm Cardio Drumming 2:30pm Aging Support	26 9:30am Men's Coffee 11:00am Chair Yoga 11:00am Grief Support 1:30pm Bingo 1:30pm Dungeons & Dragons: Beginners Campaign
29 9:30am Men's Coffee 10:00am Strong for Life 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Drama 🎭 1:30pm Hooks & Needles	30 9:30am Men's Coffee 11:00am Chair Yoga 1:00pm Pinochle 1:30pm Open Painting Salon	31 9:30am Men's Coffee 10:00am Write Your Life 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="font-size: 4em; font-weight: bold;">July 2024</div> <div style="text-align: right;"> <p>21907 SW Sherwood Blvd. Sherwood, OR 97140 503-625-5644</p>  </div> </div>	

Trip: Seaside & Mo's

Friday, July 19th 9am to 5pm

Enjoy a day at the beach with lunch at Moe's (not included in fee). Followed by free time to roam the city and take in the sea air, sand, and fun! \$15

Registration opens Friday, July 12th at 9am

Bunco is Back

1st & 3rd Wednesdays at 1:30pm (7/3 & 7/17)

Give & Take

Friday, July 5th 10am to 12pm

Upcycle at this monthly event by bringing in useful items you don't need for those who will put them to use. Likewise, you might find some items from others that you might want! Some suggestions for things to bring are planting containers, dishes, small appliances, and more! *Items that are not taken are to be disposed of by the person that brings them.* FREE

Let's Talk: Aging Giving Up the Keys

Wednesday, July 3rd @ 10:30am

Quitting driving can be a huge loss of independence. What other activities have you given up? Let's chat about how you feel about this and how you've adapted. Let's Talk offers a setting for open, honest, and facilitated discussion. These interactive conversations provide a forum for discussion as well as an opportunity to explore new possibilities.

The Marjorie Stewart Senior Community Center is a place to gather, find resources, learn, exercise, play, and have fun! We have fresh-cooked lunch by reservation Monday - Friday. Now welcoming free mental health programs for older adults. Please call us with questions, registration, or reservations.

21907 SW Sherwood Blvd.
Sherwood, OR 97223
503-625-5644

sherwoodoregon.gov/seniorcenter

Maiya Martin Burbank, Manager
Dominic Sachet, Chef
Melissa Bolen, Admin. Assistant
Kelly Sanders, Admin. Assistant
Michele Green, Kitchen Assistant

JULY 2024



Mystery Monday

The Mystery Monday Book Group meets the 1st Monday of each month at 4pm. There are some books reserved for checkout behind the front desk of the Sherwood Library a month before the meeting for each book.

The Goodbye Coast

by Joe Ide

Detective Philip Marlowe is vividly re-imagined in present-day Los Angeles. — a city of scheming Malibu actresses, ruthless gang members, virulent inequality, and washed-out police. Against his better judgement, Marlowe accepts two missing person cases.

Discussion: July 1st @ 4pm

Next Up:

The House of Silk

by Anthony Horowitz

Almost unwillingly, Holmes and Watson find themselves being drawn into an international conspiracy connected to the teeming criminal underworld of Boston, the gaslit streets of London, opium dens and much, much more.

Discussion: August 12th @ 4pm

MARJORIE STEWART SENIOR CENTER NEWSLETTER

DUNGEONS & DRAGONS AT THE MARJORIE STEWART SENIOR COMMUNITY CENTER

Get together every other week with a small group to experience the Dragon of Stormwreck Isle in this beginner's Dungeons & Dragons campaign. This session is for ages 10+ to come together, have fun, and exercise your imagination. The goal is to have fun and create a story – no one is a loser in this game! All game materials provided including manuals, dice, and player sheets. Meets Fridays 6/14, 6/28, 7/12, 7/26, 8/9, 8/23 at 1:30pm. \$10

TO DO IN MAY

- Bunco
 - 7/3 & 7/17
 - @ 1:30pm
- Let's Talk: Giving Up the Keys
 - 7/3 @ 10:30am
- Ageless Birthday Cards
 - 7/10 at 1:30pm
- Dungeons & Dragons
 - 7/12 & 7/26
- Trip: Seaside
 - July 19th
 - leaving @ 9am

AGELESS BIRTHDAY CARDS

THURS. JULY 10TH
1:30PM
FREE

The jokes about getting old...are getting old!

Learn how to make beautifully affirming handmade cards using techniques with local artist, Eleanor Clagett. Create anti-ageist, age-positive cards that celebrate all the ages and stages. Make cards for yourself to send or make them for us to send out for community birthdays!