

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>21907 SW Sherwood Blvd. Sherwood, OR 97140 503-625-5644</p>		<div>August 2025</div>		1 9:00am D&D: Secret of Saltmarsh 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 12:30pm D&D: Dragons of Icespire 1:30pm Bingo
4 9:30am Men's Coffee 10:00am Strong for Life 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:15pm Action Drama 🎬 4:00pm Mystery Monday Book	5 9:00am Play the Ukulele 9:30am Men's Coffee 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	6 9:30am Men's Coffee 10:00am Write Your Life 10:30am Let's Talk: End-of-Life Decisions 11:00am Chair Aerobics 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Genealogy Club 1:30pm Hooks & Needles <i>Foot Care, by Appointment</i>	7 9:30am Men's Coffee 10:00am Strong for Life 11:00am BP Checks 1:00pm Pinochle 1:30pm Line Dancing 2:00pm Cardio Drumming 2:30pm Aging Support <i>Foot Care, by Appointment</i>	8 9:00am D&D: Secret of Saltmarsh 9:30am Men's Coffee 10:30am Coffee & Chat: Spanish! 10:45am Chair Yoga 11:00am Grief Support 12:30pm D&D: Dragons of Icespire 1:30pm Bingo 2:30pm Scrabble
11 9:30am Men's Coffee 10:00am Strong for Life 11:00am Your Personal Safety w/ SPD Sgt. Asla 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:15pm Action Drama 🎬	12 9:30am Men's Coffee 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	13 9:30am Men's Coffee 10:00am Write Your Life 11:00am Chair Aerobics 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Bunco 1:30pm Hooks & Needles	14 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	15 9:00am Trip: Canon Beach 9:00am D&D: Secret of Saltmarsh 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 12:30pm D&D: Dragons of Icespire 1:30pm Bingo
18 9:30am Men's Coffee 10:00am Strong for Life 10:30am Cancer Conversations 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:15pm Action Drama 🎬	19 9:00am Play the Ukulele 9:30am Men's Coffee 11:00am Chair Yoga(Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	20 9:30am Men's Coffee 10:00am Write Your Life 11:00am Chair Aerobics 12:00pm Senior Health Insurance Benefits Assistance 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles	21 9:30am Men's Coffee 10:00am Strong for Life 11:00am BP Checks 11:00am Ladies' Coffee 1:00pm Pinochle 1:30pm Line Dancing 2:00pm Cardio Drumming 2:30pm Aging Support	22 9:00am D&D: Secret of Saltmarsh 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 12:30pm D&D: Dragons of Icespire 1:30pm Bingo 2:30pm Scrabble
25 9:30am Men's Coffee 10:00am Strong for Life 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:15pm Action Drama 🎬	26 9:30am Men's Coffee 11:00am Chair Yoga(Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	27 9:30am Men's Coffee 10:00am Write Your Life 11:00am Chair Aerobics 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Bunco 1:30pm Hooks & Needles	28 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	29 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo

Trip: Cannon Beach

Friday, August 15th, 9am to 5pm

Take in one of the most beautiful parts of the Oregon coast on this perfect August trip! We'll start off at the Wayfarer Restaurant with views of the magnificent Haystack Rock. After lunch, choose your own adventure as you walk the beach, peep the tidepools, or shop the main drag. \$10 + participants pay for their own lunch.

Registration opens Friday, Aug. 8th at 9am

Your Personal Safety w/ Kris Asla, Sherwood Police

Monday, August 11th, 11:00am

There are so many questions that we have these days about how to protect ourselves: How to protect our homes, our money, and our family. Join Sherwood Police Sargent Kris Asla to learn how to prepare, what to keep an eye out for, and what to do if you are in a threatening or concerning situation.

Let's Talk: Aging End-of-Life Decisions

Wednesday, August 6th @ 10:30am

Considering end-of-life realities can be overwhelming and easily set aside. Let's talk about making plans and asking questions about these decisions. Note: This conversation will not provide legal advice but instead offers a safe environment to explore and share feelings, fears, and thoughts that surround end-of-life issues.

AUGUST 2025



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 Cold Dish
by Craig Johnson

Cody Pritchard is found dead near the Northern Cheyenne Reservation. Somebody, it would seem, is seeking vengeance, and Longmire might be the only thing standing between Prichard's friends and a Sharp's .45-70 rifle.

Discussion: August 4th @ 4pm

Next Up:

The Moonflower Murders
by Anthony Horowitz

Susan Ryeland is living the good life running a small hotel on a Greek island until hotel guests, the Trehearnes, reveal that their daughter is missing. Ryeland steps in to solve the mystery and possibly prove someone innocent of a long conviction of murder.

Discussion: Sept. 8th @ 4pm

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

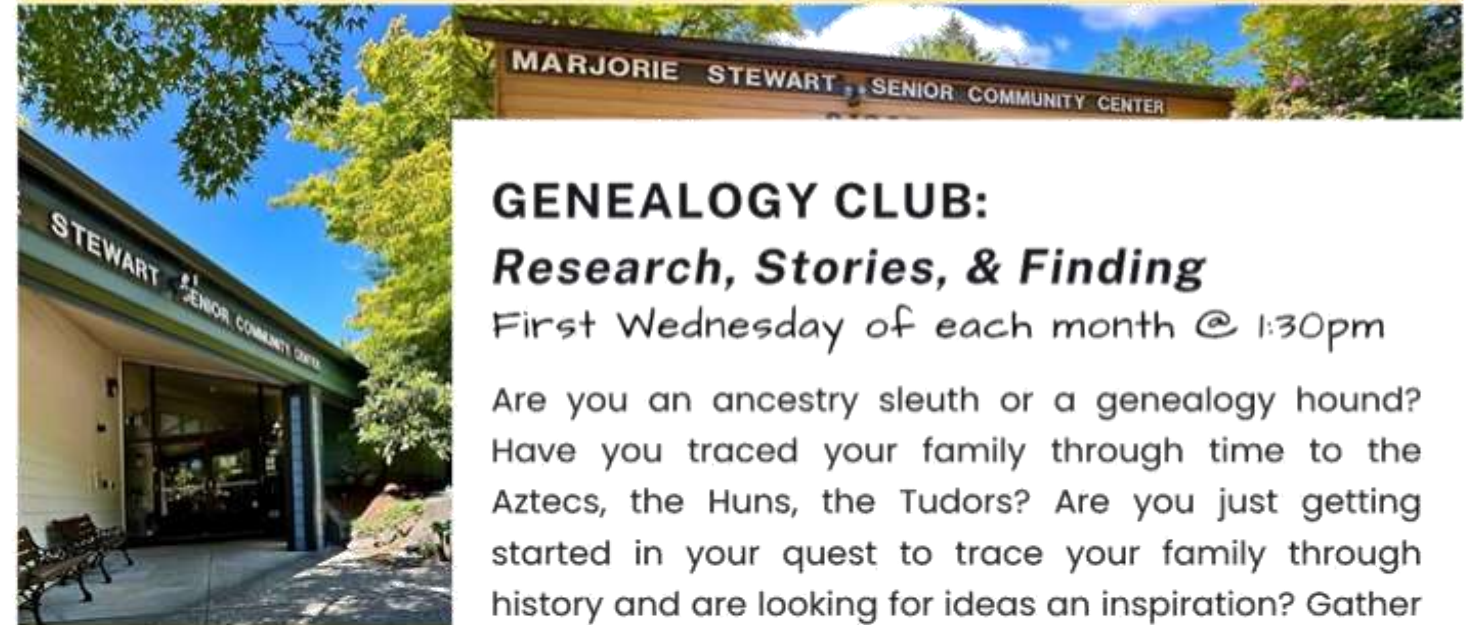
Maiya Martin Burbank, Manager
Dominic Sachet, Chef
Melissa Bolen, Admin. Assistant
Kelly Sanders, Admin. Assistant
Cheri Hamburg, Kitchen Assistant

AUGUST

2025

MARJORIE STEWART SENIOR CENTER

NEWSLETTER



GENEALOGY CLUB:

Research, Stories, & Finding

First Wednesday of each month @ 1:30pm

Are you an ancestry sleuth or a genealogy hound? Have you traced your family through time to the Aztecs, the Huns, the Tudors? Are you just getting started in your quest to trace your family through history and are looking for ideas and inspiration? Gather to meet with others who are passionate about this work to share your excitement, roadblocks, and finds!

TO DO IN AUGUST

- Coffee & Chat:
Spanish
◦ 8/1 @ 10:30am
- Let's Talk:
End-of-Life
◦ 8/6 @ 10:30am
- Your Personal
Safety w/ SPD
◦ 8/11 at 11:00am
- Cannon Beach
◦ 8/15
◦ Leaving at 9am
◦ Register 8/8
- Cancer
Conversations
◦ 8/18 @ 10:30am



August 6th at 1:30pm

Guest Speaker:

Adam Lewkosky from the Sherwood Library on how to use library resources to help build your family tree.

September 3rd at 1:30pm

Guest Speaker:

Linda Meyer from the Genealogy Society of Wash. County, Oregon on her journey through her family's history.