

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 Gentle Flow & Stretch 1:00pm Pinochle 1:30pm Open Painting Salon 3:00pm Memory Relationship Support Group	3 9:30am Men's Coffee 10:00am Write Your Life 10:30am End of Life Decisions 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles 3:00pm Nia Movement All Day Foot Care, By Appointment	4 9:30am Men's Coffee 10:00am Strong for Life 10:00am Circle of Friends 1:00pm Pinochle 1:30pm Line Dancing 2:30pm Aging Support All Day AARP Tax Assistance All Day Foot Care, By Appointment	5 9:30am Men's Coffee 10:00am Give & Take 11:00am Chair Yoga 11:00am Grief Support 1:30pm Bingo 2:30pm Cardio Drumming
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 Gentle Flow & Stretch 1:00pm Pinochle 1:30pm Woodcarving 1:30pm Open Painting Salon 3:00pm Memory Relationship Support Group	10 9:30am Men's Coffee 10:00am Write Your Life 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles	11 9:30am Men's Coffee 10:00am Strong for Life 10:00am Circle of Friends 11:00am BP Checks 11:00am Ladies' Coffee 1:00pm Pinochle 2:30pm Aging Support All Day AARP Tax Assistance	12 9:30am Men's Coffee 11:00am Chair Yoga 11:00am Grief Support 1:30pm Bingo 2:30pm Cardio Drumming
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 Gentle Flow & Stretch 1:00pm Pinochle 1:30pm Open Painting Salon 3:00pm Memory Relationship Support Group	17 9:30am Men's Coffee 10:00am Write Your Life 12:00pm Senior Health Insurance Assistance 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles 3:00pm Nia Movement	18 9:30am Men's Coffee 10:00am Strong for Life 10:00am Circle of Friends 11:00am Ladies' Coffee 1:00pm Pinochle 1:30pm Line Dancing 2:00pm Cardio Drumming 2:30pm Aging Support	19 9:30am Men's Coffee 11:00am Chair Yoga 11:00am Grief Support 1:30pm Bingo
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April 2024



Grief Support

Fridays at 11am

There is no normal way to grieve, it strikes us in different yet similar ways. Join this peer-facilitated group to find support from others who are experiencing the loss of someone they love. This safe and welcoming environment provides the space for you to share your feelings, experiences, and memories while navigating your loss. FREE

Give & Take

Fridays 4/5, 5/3 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 End of Life Decisions

Wednesday, April 3rd @ 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.

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
www.marjoriestewartcenter.gov

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

APRIL 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 Redbreast
by Jo Nesbo

Detective Harry Hole is inadvertently drawn into a mystery with deep roots in Norway's dark past. A hideous conspiracy is rapidly taking shape around Hole – and Norway's darkest hour may still be to come.

Discussion: April 1st @ 4pm

Next Up:
The Heaven & Earth Grocery Store

by James McBride

Who a skeleton was and how it got there were two of the long-held secrets kept by the residents of Chicken Hill, a dilapidated neighborhood where it becomes clear how much the people who live on the margins struggle and what they must do to survive.

Discussion: May 6th @ 4pm



WELCOME THE SHERWOOD SENIOR SHUTTLE!

After many years of work by many people, we are excited to announce that the Sherwood Senior Shuttle is up and running! We are in the process of a soft launch for the month of April, scheduling rides when we can, and offering curb-to-curb services Tuesday through Thursday starting in May. Trips can be scheduled up to 2 weeks prior to your ride time, no later than 24 hours before.

With the shuttle up and running this also means the return of our much loved trips! Everyone going on the Sherwood Shuttle Party Bus Trips need to fill out the rider application and sign the liability waiver 24 hours prior to the trip. Registration for each trip opens a week prior. See the flier for more information.

Upcoming Trips

April 12th:
Oregon Quilt, Craft, & Sewing Festival

May 17th:
Schreiner's Iris Gardens

June 21st:
Portland Art Museum

July 19th:
Seaside, Oregon

August 16th:
Timberline Lodge

TO DO IN APRIL

- **Quilt & Craft Fair**
 - April 12th
- **Give & Take**
 - 4/5 @ 10am
- **Let's Talk: End of Life Decisions**
 - 4/3 @ 10:30am
- **Mystery Monday**
- **The Redbreast** by Jo Nesbo
 - 4/1 @ 4pm
- **Woodcarving**
 - 4/9 & 4/23 @ 1:30pm