


Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">May 2024</p>	<p style="text-align: center;">21907 SW Sherwood Blvd. Sherwood, OR 97140 503-625-5644</p> 	<p>1 9:30am Men's Coffee 10:00am Write Your Life 10:30am Let's Talk Forgetfulness 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles 3:00pm Nia Movement</p> <p>All Day Foot Care, By Appointment</p>	<p>2 9:30am Men's Coffee 10:00am Strong for Life 10:00am Circle of Friends 11:00am BP Checks 1:00pm Pinochle 1:30pm Line Dancing 2:00pm Cardio Drumming 2:30pm Aging Support All Day Foot Care, By Appointment</p>	<p>3 9:30am Men's Coffee 10:00am Give & Take 11:00am Chair Yoga 11:00am Grief Support 1:30pm Bingo</p>
<p>6 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 1:30pm Bunco 4:00pm Mystery Monday</p>	<p>7 9:30am Men's Coffee 11:00am Chair Yoga 1:00pm Pinochle 1:30pm Open Painting Salon 3:00pm Memory Challenged Relationships Support Group</p>	<p>8 9:30am Men's Coffee 10:00am Write Your Life 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles</p>	<p>9 9:30am Men's Coffee 10:00am Strong for Life 10:00am Circle of Friends 11:00am Ladies' Coffee 1:00pm Pinochle 2:00pm Cardio Drumming 2:30pm Aging Support 3:00pm Mother's Day Tea</p>	<p>10 9:30am Men's Coffee 10:00am Friend's Bake Sale 11:00am Chair Yoga 11:00am Grief Support 1:30pm Bingo</p>
<p>13 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</p>	<p>14 9:30am Men's Coffee 11:00am Chair Yoga 1:00pm Pinochle 1:30pm Open Painting Salon 3:00pm Memory Challenged Relationships Support Group</p>	<p>15 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</p>	<p>16 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</p>	<p>17 9:30am Men's Coffee 11:00am Chair Yoga 11:00am Grief Support 1:00pm Schreiner's Iris Gardens 1:30pm Bingo</p>
<p>20 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</p>	<p>21 9:30am Men's Coffee 11:00am Chair Yoga 1:00pm Pinochle 1:30pm Open Painting Salon 3:00pm Memory Challenged Relationships Support Group</p>	<p>22 9:30am Men's Coffee 10:00am Write Your Life 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles</p>	<p>23 9:30am Men's Coffee 10:00am Strong for Life 11:00am BP Checks 11:00am Ladies' Coffee 1:00pm Pinochle 2:00pm Cardio Drumming 2:30pm Aging Support</p>	<p>24 9:30am Men's Coffee 11:00am Chair Yoga 11:00am Grief Support 1:30pm Bingo</p>
<p>27 <i>Center Closed for Memorial Day Observance</i></p>	<p>28 9:30am Men's Coffee 11:00am Chair Yoga 1:00pm Pinochle 1:30pm Open Painting Salon 3:00pm Memory Challenged Relationships Support Group</p>	<p>29 9:30am Men's Coffee 10:00am Write Your Life 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles</p>	<p>30 9:30am Men's Coffee 10:00am Write Your Life 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles 2:00pm Cardio Drumming</p>	<p>31 9:30am Men's Coffee 11:00am Chair Yoga 11:00am Grief Support 1:30pm Bingo</p>

Trip: Schreiner's Iris Gardens

Friday, May 17th leaving at 1pm

Located in the heart of Oregon's Willamette Valley Schreiner's Gardens cultivates over 150 acres of top-quality, beautiful iris. Enjoy a picnic lunch and stroll through the beauty of this Oregon gem.

Registration opens Friday, May 10th at 9am

Bunco is Back! Monday, May 6th at 1:30pm

Give & Take

Friday, May 3rd 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

Forgetfulness: Where Are My Glasses?

Wednesday, May 1st @ 10:30am

Let's Talk offers a setting for open, honest, and facilitated discussion on topics unique to people over the age of 60. These interactive conversations provide a forum for discussion as well as an opportunity to explore new possibilities, resources, and connection. In partnership with Cascadia Health.

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

MAY 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 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

Next Up:

While Justice Sleeps
by Stacey Abrams

As she begins to unravel a sequence of clues left behind by her comatose Chief Justice boss, Keene comes to see that Wynn had a much more personal stake in the case that will lead her directly into harm's way.

Discussion: June 3rd @ 4pm



FRIENDS OF THE SHERWOOD SENIOR CENTER ARE BUSY THIS MONTH!

The Friends of the Sherwood Senior Center, the 501c3 charity who provides funding for trainings, programs, and materials that are outside of the city's budget for the center, are hosting two great fundraisers this May!

First off, we celebrate the mothers in our lives with a Mother's Day Tea Party. Tickets are \$10 and are available at the front desk. We'll have wee tea sandwiches, wonderful entertainment, and welcome part of the Maid Marion Court.

Following on Friday, May 10th is a bake sale. Sign up baked goods you'd like to share and buy some other goods to take home!

TO DO IN MAY

- **Bunco**
 - 5/6 1:30pm
- **Give & Take**
 - 5/3 @ 10am
- **Let's Talk: Forgetfulness**
 - 5/1 @ 10:30am
- **Mother's Day Tea**
 - May 9th at 1:30pm
- **Friends Bake Sale**
 - May 10th at 10am
- **Trip: Schreiner's Iris Gardens**
 - May 17th 1pm

