

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed For Labor Day Holiday	2 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	3 9:30am Men's Coffee 10:00am Write Your Life 10:30am Let's Talk: Downsizing 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>	4 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>	5 9:30am Men's Coffee 10:00am First Friday Hike: Cedar Creek Trail 10:30am Coffee & Chat: Spanish! 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo 2:30pm Cribbage
8 9:30am Men's Coffee 10:00am Strong for Life 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:15pm Romance Drama 🎬 4:00pm Mystery Monday Book Club	9 9:30am Men's Coffee 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	10 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	11 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	12 9:30am Men's Coffee 9:30am Robinhood Garden Club 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo 2:30pm Scrabble
15 9:30am Men's Coffee 10:00am Strong for Life 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:15pm Romance Drama 🎬	16 9:00am AARP Smart Driver 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	17 9:00am AARP Smart Driver 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	18 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 1:30pm Line Dancing 2:00pm Cardio Drumming 2:30pm Aging Support	19 9:30am Men's Coffee 10:00am Trip: Portland Japanese Gardens Veteran Benefits 10:00am Chair Yoga 10:45am Grief Support 11:00am WashCo Veteran Benefits Office Hours 1:30pm Bingo
22 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 Romance Drama 🎬	23 9:30am Men's Coffee 11:00am Chair Yoga(Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	24 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	25 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	26 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo 2:30pm Scrabble
29 9:30am Men's Coffee 10:00am Strong for Life 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:15pm Romance Drama 🎬	30 9:30am Men's Coffee 11:00am Chair Yoga(Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	<div> <div>September 2025</div> <div>  <div> <div>21907 SW Sherwood Blvd.</div> <div>Sherwood, OR 97140</div> <div>503-625-5644</div> </div> </div> </div>		

SEPTEMBER 2025

New!

Cribbage

First Fridays @ 2:30pm
Starting Sept. 5th

Trip: Portland Japanese Gardens

Friday, September 19th, 9am to 3pm

Immerse yourself in nature as the lush Portland Japanese Garden envelopes you in this stunning historical and cultural garden. Called by some the best example of a Japanese Garden outside of Japan, this garden celebrates the Japanese garden throughout time with examples of the evolution of landscape design. We'll start off with a guided tour followed by an hour to freely wander the gardens. We'll finish off our trip with lunch at Kizuki Ramen where the flavors of Japan are in every bite.

Registration opens Friday, Sept. 12th at 9am

Let's Talk: Downsizing

Wednesday, Sept. 3rd @ 10:30am

Many of us don't think about where and how we will live as we age. Although we may have strong feelings about what we would like, our health and social needs change; then we may need to downsize our belongings to best fit our life. Join us for a facilitated discussion about the things that are most important to us and how to let go of those belongings that no longer fit into our lives.



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 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

Next Up:

The Shadow of the Wind
by Carlos Ruiz Zafon

In the aftermath of the Spanish Civil War, an antiquarian book dealer's son sets out to find an author's works only to find that someone has been destroying every copy of every book the author has written. This quest opens an epic story of murder, madness, and doomed love.

Discussion: October 6th @ 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

SEPTEMBER

2025

MARJORIE STEWART SENIOR CENTER

NEWSLETTER



CIRCLE OF FRIENDS

Sept 18th - Nov. 6th, 10am-12pm.

OR

Nov. 13th - Jan. 22nd, 10am-12pm.

Let's kick off the autumn season with another great Circle of Friends group! Are you feeling isolated or lonely? Are you new to the area and looking to connect? Are you finding that you would like more people to call friend? Circle of Friends is geared toward older adults (aged 62+) in need of more social support and connection. Get together with future friends to talk, think, create, and have fun!

GENEAOLOGY CLUB

Wed., Sept. 3rd
1:30pm

Join Linda Meyer from the Genealogy Society of Washington County, to learn her journey through her family's history. She'll also share some tools and tricks of the trade.

TO DO IN SEPTEMBER

- Let's Talk!
9/3 @ 1:30pm
- Genealogy Club
9/3 @ 1:30pm
- 1st Friday Hike
9/5 @ 10am
- Cribbage
9/5 @ 2:30pm
- RobinHoodGarden Club
9/12 @ 9:30am
- AARP Smart Driver
9/16 & 9/17
- Circle of Friends
9/18-11/6
10am-12pm
- Veteran Benefits
9/19 @ 10:30am

FIRST FRIDAY HIKE Cedar Creek Trail

FRI., SEPT. 5TH
9:30AM



Roll, stroll, or bring your walking sticks to take in the sounds, the scents, and the view in our very own backyard! The Cedar Creek Trail runs right behind the Center. Join us for the joy of a good stroll through the woods with friends. We'll meet in the lounge at the senior center and head out at 10am - back in time for lunch!