


Monday	Tuesday	Wednesday	Thursday	Friday
<div>October 2025</div>	<div>21907 SW Sherwood Blvd. Sherwood, OR 97140 503-625-5644</div> <div></div>	<div>19:30amMen's Coffee</div> <div>10:00amWrite Your Life</div> <div>10:30am<b>Let's Talk: Friendships as We Age</b></div> <div>11:00amChair Aerobics</div> <div>12:30pmBridge</div> <div>1:30pmMah Jongg</div> <div>1:30pmHooks &amp; Needles</div> <div>1:30pmGenealogy Club</div> <div>Foot Care, by Appointment</div>	<div>29:30amMen's Coffee</div> <div>10:00amStrong for Life</div> <div>11:00am<b>BP Checks</b></div> <div>1:00pmPinochle</div> <div>1:30pm<b>Line Dancing</b></div> <div>2:00pmCardio Drumming</div> <div>2:30pmAging Support</div> <div>Foot Care, by Appointment</div>	<div>39:30amMen's Coffee</div> <div>10:00am<b>Mind Over Matter</b></div> <div>10:30am<b>Coffee &amp; Chat: Spanish!</b></div> <div>10:45amChair Yoga</div> <div>11:00amGrief Support</div> <div>1:30pmBingo</div> <div>1:30pm<b>Healthy Aging &amp; Brain Health</b></div>
		<div>89:30amMen's Coffee</div> <div>10:00amWrite Your Life</div> <div>11:00amChair Aerobics</div> <div>12:30pmBridge</div> <div>1:30pmMah Jongg</div> <div>1:30pm<b>Bunco</b></div> <div>1:30pmHooks &amp; Needles</div>	<div>99:30amMen's Coffee</div> <div>10:00am<b>Circle of Friends</b></div> <div>10:00amStrong for Life</div> <div>11:00amLadies' Coffee</div> <div>1:00pmPinochle</div> <div>2:00pmCardio Drumming</div> <div>2:30pmAging Support</div>	<div>109:30amMen's Coffee</div> <div>9:30am<b>Robinhood Garden Club</b></div> <div>10:45amChair Yoga</div> <div>11:00amGrief Support</div> <div>1:30pmBingo</div> <div>1:30pm<b>Scrabble</b></div>
		<div>159:30amMen's Coffee</div> <div>10:00amWrite Your Life</div> <div>11:00amChair Aerobics</div> <div>12:00pm<b>Senior Health Insurance Benefits Assistance(SHIBA)</b></div> <div>12:30pmBridge</div> <div>1:30pmMah Jongg</div> <div>1:30pmBunco</div> <div>1:30pmHooks &amp; Needles</div>	<div>169:30amMen's Coffee</div> <div>10:00amStrong for Life</div> <div>10:00am<b>Circle of Friends</b></div> <div>11:00am<b>BP Checks</b></div> <div>11:00amLadies' Coffee</div> <div>1:00pmPinochle</div> <div>1:30pm<b>Line Dancing</b></div> <div>2:00pmCardio Drumming</div> <div>2:30pmAging Support</div>	<div>179:30amMen's Coffee</div> <div>10:00am<b>Trip: Pumpkin Patch</b></div> <div>10:00am<b>Mind Over Matter</b></div> <div>10:45amChair Yoga</div> <div>11:00amGrief Support</div> <div>11:00am<b>WashCo Vet. Support</b></div> <div>1:30pmBingo</div> <div>2:00pm<b>Parlons Français!</b></div>
		<div>229:30amMen's Coffee</div> <div>10:00amWrite Your Life</div> <div>11:00amChair Aerobics</div> <div>12:00pm<b>SHIBA, by appt</b></div> <div>12:30pmBridge</div> <div>1:30pmMah Jongg</div> <div>1:30pm<b>Bunco</b></div> <div>1:30pmHooks &amp; Needles</div>	<div>239:30amMen's Coffee</div> <div>10:00amStrong for Life</div> <div>10:00am<b>Circle of Friends</b></div> <div>11:00amLadies' Coffee</div> <div>1:00pmPinochle</div> <div>2:00pmCardio Drumming</div> <div>2:30pmAging Support</div>	<div>249:30amMen's Coffee</div> <div>10:45amChair Yoga</div> <div>11:00amGrief Support</div> <div>1:30pmBingo</div> <div>1:30pm<b>Scrabble</b></div>
		<div>299:30amMen's Coffee</div> <div>10:00amWrite Your Life</div> <div>11:00amChair Aerobics</div> <div>12:00pm<b>SHIBA, by appt</b></div> <div>12:30pmBridge</div> <div>1:30pmMah Jongg</div> <div>1:30pmHooks &amp; Needles</div>	<div>309:30amMen's Coffee</div> <div>10:00amStrong for Life</div> <div>10:00am<b>Circle of Friends</b></div> <div>11:00amLadies' Coffee</div> <div>1:00pmPinochle</div> <div>2:00pmCardio Drumming</div> <div>2:30pmAging Support</div>	<div>319:30amMen's Coffee</div> <div>10:00am<b>Mind Over Matter</b></div> <div>10:45amChair Yoga</div> <div>11:00amGrief Support</div> <div>12:00pm<b>Halloween Ghoulish Gala</b></div> <div>1:30pmBingo</div>



OCTOBER 2025

## Trip: Frog Pond Farms

Friday, October 17th,  
leaving at 1:15pm

Celebrate the fall season with a trip to the pumpkin patch! Pick the perfect pumpkin with help from the farm's llamas or spend some time getting up close and personal with their resident camels and 60 other animals while you stroll the farm. Looking for adventure? Test your skills in the corn maze. We'll top it all off with a mug of hot apple cider.

Registration lottery opens Friday, Oct. 3rd at 9am

**How to register for our trips.** Starting Friday, October 3rd at 9am, we will open enrollment in the lottery. You can call, email, or add your name to the list in person between October 3rd at 9am and 8:59am on Friday, October 10th. At 9am on October 10th, we will use a computerized program to randomly draw individuals from all the entries until the spaces on the shuttle are filled. Those whose name are drawn will then be registered and notified.

## Let's Talk: Aging Handling the Holidays

Wednesday, Nov. 5th @ 10:30am

Don't let the holidays become something you dread. Let's share how to lessen or prevent stress and depression while learning to recognize your holiday triggers.

**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

## 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 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**

### Next Up:

The Man Who Was Thursday  
by G.K. Chesterton

One member of the Central Anarchist Council is not the revolutionary he claims to be, but a detective sworn to infiltrate the organization and bring the architects of chaos to justice. When he discovers another undercover policeman on the Council, everything comes into question.

**Discussion: Nov. 4th @ 4pm**

OCTOBER

2025

MARJORIE STEWART SENIOR CENTER

# NEWSLETTER



MARJORIE STEWART SENIOR COMMUNITY CENTER

## MEET WITH SHIBA DURING MEDICARE OPEN ENROLLMENT

Do you have questions about what plan is right for you in 2025? Do you need assistance with changing your Prescription Drug Plan or your Advantage Plan? Trained and certified Medicare counselors with the Washington County Senior Health Insurance Benefits Assistance team can help. They will answer your questions and help you weigh your options so you can choose the right plan for you.

SHIBA will be taking appointments at the Marjorie Stewart Senior Community Center Wednesdays, October 15th through December 3rd. **Appointment required.** Call 503-846-3094 to book your appointment today.

## TO DO IN OCTOBER

- Let's Talk
  - 10/1 @ 10:30am
- Healthy Aging & Brain Health
  - 10/3 @ 1:30pm
- Scrabble
  - 10/10 & 10/24 @ 1:30pm
- Frog Pond Farm
  - 10/17 @ 1:15pm
  - Register 10/3
- Parlons Francais!
  - 10/17 @ 1:30pm
- Halloween Ghoulish Gala
  - 10/31 @ 12pm

Parlons  
Français  
3<sup>rd</sup> Fridays

Oct. 17th  
1:30pm

Parlez-vous français? Do you speak French? Have you spoken French in the past but it's been a while? Do you speak French regularly but are looking for a group to chat and hang out with? Are you just plain looking for an excuse to speak French? Rejoignez-nous ! Join us ! We'll shoot the breeze, have fun, and hone our language skills.