

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 Five Crowns 1:15pm Romance Drama 🎬 4:00pm Mystery Monday Book Club	2 9:30am Men's Coffee 10:00am Play the Ukulele 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: Giving Up the Keys 11:00am Chair Aerobics 12:00pm SHIBA 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles 1:30pm Genealogy Club	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	5 9:30am Men's Coffee 10:00am Mind Over Matter 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo 1:30pm Parlons Français! Cribbage
8 9:30am Men's Coffee 10:00am Strong for Life 11:15am Sherwood Renaissance Singers Christmas 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:15pm Romance Drama 🎬	9 9:30am Men's Coffee 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos 4:30pm Christmas Light Drive-- Newberg	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 <i>Foot Care, by Appointment</i>	12 9:30am Men's Coffee 10:30am Coffee & Chat: Spanish! 10:45am Chair Yoga 11:00am Grief Support 11:00am Trip: Black Bear Dinner & Sleighbells! 1:15pm Scrabble 1:30pm Bingo <i>Foot Care, by Appointment</i>
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 9:30am Men's Coffee 10:00am Play the Ukulele 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos 1:30pm Doty The Nutcracker- All Jazzed Up!	17 9:30am Men's Coffee 10:00am Write Your Life 11:00am Chair Aerobics 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles 4:00pm Lightopia	18 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	19 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 11:00am WashCo Vet. Support Holiday Party 12:00pm 1:30pm Bingo 1:30pm Parlons Français!
22 9:30am Men's Coffee 10:00am Strong for Life 12:30pm Marjorie Stewart Strummers A Ukulele Christmas 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 4:30pm Christmas Light Drive-- Sherwood	24 9:30am Men's Coffee 10:00am Write Your Life 11:00am Chair Aerobics Center Closed at 2pm No afternoon activities	25 <i>Center Closed For Christmas Holiday</i>	26 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 1:15pm Scrabble 1:30pm Bingo
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	31 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	 21907 SW Sherwood Blvd Sherwood, OR 97140 503-625-5644 December 2025	

Let's Talk: Aging

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. Call 503-625-5622 or stop by the front desk to register.

December 3rd - 10:30am

Giving Up the Keys –

Quitting driving can be a huge loss of independence. What other activities have you given up? Let's chat about how you feel about this and how you've adapted.

January 7th - 10:30am

The New Year –

We have lived a full past and have an unknown future. What do you want from this new year? Is this a time to reflect? Is it time to learn new skills? A time to finish projects? A time to speak up? Let's Talk about this new year.

Cardio Drumming

Thursdays at 2:00pm

Are you looking for a new way to get a workout? Is your exercise routine getting boring? Are you plain just not excited to work out? Boy, have we got a class for you! Join this upbeat and irreverent class as we beat rhythms on yoga balls along to music. It's a bit silly and a great workout! Seated or standing options. Starts January 11th.



Marjorie Stewart
COMMUNITY CENTER

21907 SW SHERWOOD BLVD SHERWOOD, OR 97140
503-625-5644.



Mystery Monday for December

How to Solve Your Own Murder

by Kristen Perrin

When she is 16, Frances is given the prediction that one day, she will be murdered. Frances spends a lifetime trying to solve a crime that hasn't happened yet. For decades, no one takes Frances seriously, until nearly sixty years later, when Frances is found murdered.

Discussion: **Dec. 1st at 4pm**

Next up:

Hercule Poirot's Christmas
by Agatha Christie

On Christmas Eve, the Lee family's festivities are shattered by a deafening crash of furniture and a high-pitched wailing scream. In a locked bedroom the tyrannical patriarch Simeon Lee lies dead in a pool of blood. When Hercule Poirot offers to assist, he finds an atmosphere, not of mourning, but of mutual suspicion.

Discussion: **January 5th at 4pm**

See flier for more info on the book club and upcoming book selections.

MARJORIE STEWART SENIOR CENTER NEWSLETTER



The holidays are in full swing and we're celebrating at the Marjorie Stewart Senior Community Center! We've been working to make the season bright so please make sure to take a look at our Holiday Activities & Events flier to see all of the fun things we are doing! We're even spending some time outside of our normal hours!

TO DO IN DECEMBER

- Genealogy Club
 - 12/3 @ 10am
- Let's Talk: Giving Up the Keys
 - 12/3 @ 10:30am
- First Friday Hike
 - 12/5 @ 10:00am
- Trip: Sleighbells
 - 12/12 @ 11:00am
 - Reg. opens 12/5
- SOOOOO many holiday events! See insert for all holiday activities & events.

Tualatin Valley National Wildlife Refuge

This trip to the Tualatin Valley National Wildlife Refuge has us walking the winter trail to its turnaround, with possible side trips to the secret bird blind and a climb up and back through the heart of the forested section, thick with firs, cedars, and even yew trees. We'll see hundreds of ducks and geese, and a variety of other winter residents. If we're lucky, a bald eagle or two will come by and the whole scene will explode in a swirl of flying waterfowl.

This walk is on varied soft surfaces with gentle slopes. The out and back distance is between two and three miles total. Those wishing to observe the waterfowl ponds and the indoor visitor center [govt shutdown will need to be over for it to be open!] with its spotting scopes, museum displays, guidebooks, and gift section are also welcome -- these are accessible to all.

Registration & Shuttle Waiver required.

FIRST FRIDAY HIKE
Fri., December 5th @ 10am