


Monday	Tuesday	Wednesday	Thursday	Friday
<div>January 2026</div> <div>  <p>21907 SW Sherwood Blvd. Sherwood, OR 97140</p> </div>			1 <i>Center Closed For New Year Holiday</i>	2 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo 1:30pm Parlons Français! 2:30pm Cribbage
5 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	6 9:30am Men's Coffee 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	7 9:30am Men's Coffee 10:00am Write Your Life 10:00am Refresh & Renew 10:30am Let's Talk: The New Year 11:00am Chair Aerobics 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles 1:30pm Genealogy Club	8 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>	9 9:30am Men's Coffee 10:00am What You Know CAN Save Your Life 10:45am Chair Yoga 11:00am Grief Support 1:15pm Scrabble 1:30pm Bingo 2:30pm Post-Polio Support <i>Foot Care, by Appointment</i>
12 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 🎬	13 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	14 9:30am Men's Coffee 10:00am Write Your Life 10:00am Refresh & Renew 11:00am Chair Aerobics 12:00pm SHIBA 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Bunco 1:30pm Hooks & Needles	15 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	16 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 11:00am WashCo Vet. Support 1:30pm Bingo 1:30pm Parlons Français!
19 <i>Center Closed For Martin Luther King Jr. Holiday</i>	20 9:30am Men's Coffee 11:00am Chair Yoga(Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	21 9:30am Men's Coffee 10:00am Write Your Life 10:00am Refresh & Renew 11:00am Chair Aerobics 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles 1:30pm Genealogy Club	22 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	23 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 1:15pm Scrabble 1:30pm Bingo 2:30pm MSSC Rockers
26 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 🎬	27 9:30am Men's Coffee 11:00am Chair Yoga(Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	28 9:30am Men's Coffee 10:00am Write Your Life 10:00am Refresh & Renew 11:00am Chair Aerobics 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Bunco 1:30pm Hooks & Needles	29 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 1:00pm Pinochle 1:30pm Line Dancing 2:00pm Cardio Drumming 2:30pm Aging Support	30 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo

JANUARY 2026

Let's Talk: The New Year

January 7th - 10:30am

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

Post Polio Support Team

3rd Friday @ 2:30pm (1/9, 2/13, 3/13, 4/10)

Polio survivors are still here and still facing complications from this illness that wreaked havoc on communities. Survivors live with the late effects of polio — progressive weakness, fatigue, and respiratory problems — decades after infection. If you are experiencing complications from polio, join the team! Meet with others who live with the effects of this disease, compare notes, and learn from each other in an environment with others who get it. We'll also have occasional presentations from experts in the field. Starts 1/9

Coming Soon:

AARP Tax Assistance !

Thursdays, by appointment only

Starting January 20th, you can make your appointment for free tax preparation from trained AARP volunteers! Appointments will be every Wednesday starting February 1st and running through April 9th. When you make your tax appointment, you must pick up a tax packet then have it completely filled out prior to your appointment.



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



Mystery Monday for January

The Twelve Clues of Christmas
by Rhys Bowen

On Christmas Eve, the Lee family's festivities are shattered by a deafening crash of furniture and a high-pitched wailing scream. Upstairs, 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. It seems everyone had their own reason to hate the old man. (HarperCollins)

Discussion: January 6th @ 4pm

Next up::

One Puzzling Afternoon
by Emily Critchley

It is 1951 and Edie Green has never felt more trapped and isolated. When Lucy Thedde comes into her life, Edie finally has a friend to cling to. When Lucy goes missing, Edie is left with a secret Lucy held close. In 2018, an aging Edie catches a glimpse of Lucy, just as she remembered her. Edie knows she is the only link to find her missing friend but she is racing against herself as dementia starts to steal her memory. (SourceBooks)

Discussion: February 2nd at 4pm



TO DO IN JANUARY:

- **Refresh & Renew**
 - Wednesdays @ 10:30am
 - Starting 1/17
- **Cardio Drumming**
 - Thurs. @ 2pm
- **What You Know Can Save Your Life**
 - 1/9 @ 10:00am
- **Let's Talk**
 - 1/7 @ 10:30am
- **MSSCC Rockers**
 - 1/23 @ 2:30pm

MSSCC ROCKERS FRIDAY, 1/23 @ 2:30PM

Let's be creative and bring some joy to the world! We'll paint beautiful rocks to share with our community. We'll choose some words that have helped us throughout our life or wisdom that we've learned through the years. Final step - we'll place them throughout Sherwood to inspire others!

WHAT YOU KNOW CAN SAVE YOUR LIFE

FRIDAY, 1/9 @ 10:00AM
Learn how have the best outcome for you, your loved ones, and your property when faced with an emergency situation. Learn how to prepare to help yourself and our local emergency responders in these difficult situations.

REFRESH & RENEW

A class to start the new year off right! Take stock of your past with your eye on the future to help set you up for your best 2025! This four-week course uses principles of identification and problem solving for personal growth, helping you to find who you want to be. **Wed. @ 10:00am, 1/7-1/28**

We'll spend four weeks working at what we want for ourselves this year. Create a cheat sheet for reference over the next twelve months, helping to keep you on track. After the four weeks there will be an optional monthly gathering to meet up with the Refresh & Restart coach and participants.



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