

Monday	Tuesday	Wednesday	Thursday	Friday
February 2026			 21907 SW Sherwood Blvd. Sherwood, OR 97140 503-625-5644	
2 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	3 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	4 9:30am Men's Coffee 10:00am Write Your Life 10:30am Let's Talk: Non-Death Losses 11:00am Chair Aerobics 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles 1:30pm Genealogy Club: Newspapers	5 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 11:00am BP Checks 1:00pm Pinochle 2:30pm Cardio Drumming 2:30pm Aging Support Foot Care, by Appointment	6 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo 1:30pm Parlons Français! 2:30pm Cribbage Foot Care, by Appointment
9 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 🎬	10 9:00am AARP Safe Driver 9:30am Men's Coffee 10:00am Circle of Friends 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	11 9:00am AARP Safe Driver 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	12 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 1:00pm Pinochle 1:30pm Line Dancing 2:30pm Cardio Drumming 2:30pm Aging Support	13 9:30am Men's Coffee 9:30am Robin Hood Garden Club Coffee & Chat: Spanish! 10:30am Chair Yoga 10:45am Grief Support 11:00am Scrabble 1:15pm Bingo 1:30pm Post-Polio Support 2:30pm
16 <i>Center Closed For In-Service Day</i>	17 9:30am Men's Coffee 10:00am Circle of Friends 10:00am Play the Ukulele 11:00am Chair Yoga(Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	18 9:30am Men's Coffee 10:00am Write Your Life 11:00am Chair Aerobics 12:00pm SHIBA 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles 1:30pm Genealogy Club	19 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 11:00am BP Checks 1:00pm Pinochle 2:30pm Cardio Drumming 2:30pm Aging Support	20 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Trip: Lunch @ La Provence & a Movie 11:00am Grief Support 11:00am WashCo Vet. Support 1:30pm Bingo 1:30pm Parlons Français!
23 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 🎬	24 9:30am Men's Coffee 10:00am Circle of Friends 11:00am Chair Yoga(Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	25 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	26 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 1:00pm Pinochle 1:30pm Line Dancing 2:30pm Cardio Drumming 2:30pm Aging Support	27 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 1:15pm Scrabble 1:30pm Bingo 2:30pm MSSC Rockers

