

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Teacup Bouquets 5/6 @ 1:30pm</p>  <p>Celebrate the season by creating a beautiful teacup bouquet with help from Laurel of Le Botanique. We'll have teacups at the ready for your floral creations. When your flowers get tired, you can either swap them out or have a nice cup of tea!</p>	<h1>May 2026</h1>			<p>21907 SW Sherwood Blvd. Sherwood, OR 97140 503-625-5644</p> 
<p>4 9:30am Men's Coffee 10:00am Strong for Life 10:00am Mah Jong 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:15pm Romance Drama 📺 4:00pm Mystery Monday Book Club</p>	<p>5 9:30am Men's Coffee 10:00am Wits Wisdom® 10:00am Play the Ukulele 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos</p>	<p>6 9:30am Men's Coffee 10:00am Write Your Life 10:30am Let's Talk: Families 11:00am Chair Aerobics 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles 1:30pm Teacup Bouquets <i>Foot Care, by Appointment</i></p>	<p>7 9:30am Men's Coffee 10:00am Strong for Life 10:30am Dementia Conversations 11:00am Ladies' Coffee 11:00am BP Checks 1:00pm Pinochle 1:30pm Line Dancing 2:30pm Cardio Drumming 2:30pm Aging Support <i>Foot Care, by Appointment</i></p>	<p>8 9:30am Men's Coffee 9:30am Robin Hood Garden Club Field Trip 11:00am WashCo Vet. Support 10:45am Chair Yoga 11:00am Grief Support 1:15pm Scrabble 1:30pm Bingo</p>
<p>11 9:30am Men's Coffee 10:00am Strong for Life 10:00am Mah Jong 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:15pm Romance Drama 📺</p>	<p>12 9:30am Men's Coffee 10:00am Wits Wisdom® 11:00am Chair Yoga(Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos 1:30pm MSSCC Men</p>	<p>13 9:30am Men's Coffee 10:00am Write Your Life 11:00am Chair Aerobics 12:30pm Bridge 1:30pm Bunco 1:30pm Mah Jongg 1:30pm Hooks & Needles</p>	<p>14 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 1:00pm Pinochle 2:00pm Arabic Social Hour 2:30pm Cardio Drumming 2:30pm Aging Support</p>	<p>15 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 11:30am Trip: Spring Picnic @ Schriener's Iris Gardens 1:30pm Bingo 1:30pm Parlons Français!</p>
<p>18 9:30am Men's Coffee 10:00am Strong for Life 10:00am Mah Jong 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:15pm Romance Drama 📺</p>	<p>19 9:30am Men's Coffee 10:00am Wits Wisdom® 10:00am Play the Ukulele 11:00am Chair Yoga(Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos</p>	<p>20 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</p>	<p>21 9:30am Men's Coffee 10:00am Strong for Life 10:30am Mindfulness 11:00am Ladies' Coffee 11:00am BP Checks 1:00pm Pinochle 1:30pm Line Dancing 2:00pm Arabic Social Hour 2:30pm Cardio Drumming 2:30pm Aging Support</p>	<p>22 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 1:15pm Scrabble 1:30pm Bingo</p>
<p>25 Center Closed for Memorial Day Observance</p>	<p>26 9:30am Men's Coffee 10:00am Wits Wisdom® 11:00am Chair Yoga(Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos 1:30pm MSSCC Men</p>	<p>27 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</p>	<p>28 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 1:00pm Pinochle 2:00pm Arabic Social Hour 2:30pm Cardio Drumming 2:30pm Aging Support</p>	<p>29 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo</p>

Trip: Spring Picnic at Schreiner's Iris Gardens

Friday, May 15th, leaving at 11:30am

Schreiner's Gardens cultivates over 150 acres of top-quality, beautiful iris. Enjoy a picnic lunch and stroll through the beauty of this Oregon gem. Fee includes admission to the gardens & a picnic lunch. *Registration lottery opens Friday, May 1st at 9am*

MSSCC Men

2nd & 4th Friday (5/12 & 5/26) 1:30pm

For men who would like to connect with other guys, share experiences, and build supportive relationships in a relaxed welcoming environment, We will meet twice a month to have thoughtful conversation, provide mutual encouragement, and share different perspectives.

Let's Talk: Aging Learning Life lessons

Wednesday, May 6th @ 10:30am

We all have had challenging times in our lives. What are some of these lessons? What have we learned? What are we continuing to learn? Let's talk about the school of life.

Let's Talk offers a setting for open, honest, and facilitated discussion on topics unique to people over the age of 60. In partnership with Cascadia Health.

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.

Happiness Falls
by Angie Kim

"We didn't call the police right away." Those are the electric first words of this extraordinary novel about a biracial Korean American family in Virginia whose lives are upended when their beloved father and husband goes missing.

Discussion: May 4th @ 4pm

Next Up:

Knots & Crosses
by Ian Rankin

Once John Rebus served in Britain's elite SAS. Now he's an Edinburgh cop who hides from his memories, misses promotions and ignores a series of crank letters. But as the deaths mount and the tabloid headlines scream, Rebus cannot stop the feverish shrieks from within his own mind - he's the man who's got all the pieces to the puzzle....

Discussion: June 1st @ 4pm



Dementia Conversations

A dementia diagnosis is often overwhelming for friends, family, and individuals. Learn about dementia symptoms, what to expect, and treatments as well as ask questions and share experiences.

Thursday, May 7th @ 10:30am

TUALATIN VALLEY WILDLIFE REFUGE

On this trip we'll see hundreds of ducks and geese, and a variety of other spring 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. **Friday, May 1st @ 9:15am**

MAY MINDFULNESS

Join us for a mix of brief psychoeducation, guided mindfulness exercises, and group conversation. It's open to anyone curious to learn more, and perhaps give it a try!

Thursday, May 21st @ 10:30am

5 Things to Do at the MSSCC in May

1. Nature Walk (5/1 @9:15am)
2. Teacup Bouquets (5/6 @ 1:30pm)
3. Dementia Conversations (5/7@10:30am)
4. MSSCC Men (5/12 &5/26 @ 1:30pm)
5. Schreiner's Iris Gardens Picnic (5/15 @ 11:30am)

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. We also offer free mental health support for older adults, transportation, and more! 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