


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> 9:30am Men's Coffee  10:00am Strong for Life  10:00am Mah Jong  1:00pm Tech Help  1:15pm Hand &amp; Foot  1:15pm Five Crowns  1:15pm Romance Drama 📺  4:00pm <b>Mystery Monday Book Club</b></p>	<p><b>2</b>  9:30am Men's Coffee  10:00am <b>Wits Wisdom®</b>  10:00am Play the Ukulele  11:00am Chair Yoga (Video)  1:00pm Pinochle  1:30pm Open Painting Salon  1:30pm Train Dominos</p>	<p><b>3</b>  9:30am Men's Coffee  10:00am Write Your Life  10:30am <b>Let's Talk: Regrets</b>  11:00am Chair Aerobics  12:30pm Bridge  1:30pm Mah Jongg  1:30pm Hooks &amp; Needles  1:30pm <b>Genealogy Club</b>  <i>Foot Care, by Appointment</i></p>	<p><b>4</b> 9:30am Men's Coffee  10:00am Strong for Life  11:00am Ladies' Coffee  11:00am <b>BP Checks</b>  1:00pm Pinochle  1:30pm <b>Line Dancing</b>  2:30pm Cardio Drumming  2:30pm Aging Support  <i>Foot Care, by Appointment</i></p>	<p><b>5</b> 9:30am Men's Coffee  9:15am <b>First Friday Nature: Champoeg State Park Coffee &amp; Chat: Spanish!</b>  10:30am Chair Yoga  10:45am Chair Yoga  1:30pm Bingo  1:30pm <b>Parlons Français!</b>  2:30pm Cribbage</p>
<p><b>8</b> 9:30am Men's Coffee  10:00am Strong for Life  10:00am Mah Jong  1:00pm Tech Help  1:15pm Hand &amp; Foot  1:15pm Five Crowns  1:15pm Romance Drama 📺</p>	<p><b>9</b> 9:30am Men's Coffee  10:00am <b>Wits Wisdom®</b>  11:00am Chair Yoga (Video)  1:00pm Pinochle  1:30pm Open Painting Salon  1:30pm Train Dominos  1:30pm <b>MSSCC Men</b></p>	<p><b>10</b>  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 &amp; Needles</p>	<p><b>11</b> 9:30am Men's Coffee  10:00am Strong for Life  11:00am Ladies' Coffee  1:00pm Pinochle  2:30pm Cardio Drumming  2:30pm Aging Support</p>	<p><b>12</b>  9:30am Men's Coffee  10:45am Chair Yoga  11:00am Grief Support  1:15pm Scrabble  1:30pm Bingo</p>
<p><b>15</b> 9:30am Men's Coffee  10:00am Strong for Life  10:00am Mah Jong  1:00pm Tech Help  1:15pm Hand &amp; Foot  1:15pm Five Crowns  1:15pm Romance Drama 📺</p>	<p><b>16</b> 9:30am Men's Coffee  10:00am <b>Wits Wisdom®</b>  10:00am Play the Ukulele  11:00am Chair Yoga( Video)  1:00pm Pinochle  1:30pm Open Painting Salon  1:30pm Train Dominos</p>	<p><b>17</b>  9:30am Men's Coffee  10:00am Write Your Life  11:00am Chair Aerobics  12:00pm <b>SHIBA</b>  12:30pm Bridge  1:30pm Mah Jongg  1:30pm Hooks &amp; Needles  1:30pm <b>Plant Bingo!</b></p>	<p><b>18</b> 9:30am Men's Coffee  10:00am Strong for Life  10:30am <b>Pollen, Pollinators, &amp; Pollination Be 2 Weeks Ready</b>  11:00am Ladies' Coffee  11:00am <b>BP Checks</b>  1:00pm Pinochle  1:30pm <b>Line Dancing</b>  2:30pm Cardio Drumming  2:30pm Aging Support</p>	<p><b>19</b>    <b>Center Closed for Juneteenth Observance</b></p>
<p><b>22</b> 9:30am Men's Coffee  10:00am Strong for Life  10:00am Mah Jong  1:00pm Tech Help  1:15pm Hand &amp; Foot  1:15pm Five Crowns  1:15pm Romance Drama 📺</p>	<p><b>23</b> 9:30am Men's Coffee  10:00am <b>Wits Wisdom®</b>  11:00am Chair Yoga( Video)  1:00pm Pinochle  1:30pm Open Painting Salon  1:30pm Train Dominos  1:30pm <b>MSSCC Men</b></p>	<p><b>24</b> 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 &amp; Needles</p>	<p><b>25</b> 9:30am Men's Coffee  10:00am Strong for Life  10:30am <b>Be 2 Weeks Ready</b>  11:00am Ladies' Coffee  1:00pm Pinochle  2:30pm Cardio Drumming  2:30pm Aging Support</p>	<p><b>26</b> 9:30am Men's Coffee  10:45am Chair Yoga  11:00am Grief Support  1:15pm Scrabble  1:15pm <b>Trip: Putt Putt Golf @ Bulwinkles</b>  1:30pm Bingo</p>
<p><b>29</b> 9:30am Men's Coffee  10:00am Strong for Life  10:00am Mah Jong  1:00pm Tech Help  1:15pm Hand &amp; Foot  1:15pm Five Crowns  1:15pm Romance Drama 📺</p>	<p><b>30</b> 9:30am Men's Coffee  10:00am <b>Wits Wisdom®</b>  11:00am Chair Yoga( Video)  1:00pm Pinochle  1:30pm Open Painting Salon  1:30pm Train Dominos</p>	<p style="text-align: center;"><b>June 2026</b></p> <p style="text-align: right;"> <b>21907 SW Sherwood Blvd.</b>  <b>Sherwood, OR 97140</b>  <b>503-625-5644</b>   </p>		

## Champoeg State Park

Friday, June 5th, leaving at 9:15am

Journey across the Willamette to a taste of earlier times. We will stroll past fields and forest, and up to the banks of the river. A bit of history and a good sampling of nature will help us enjoy this nearby treasure.

This walk is almost completely flat and on a variety of hard and soft surfaces. About two and a half miles total. Restroom at the parking, and a shelter and restroom at the turnaround point. Sun protection might be important if early summer weather makes an appearance.

### Let's Talk: Regrets

Wednesday, June 3rd @ 10:30am

Everyone has regrets. Some are small and we don't think about them; others stay with us for years. Can we let some of them go? Let's Talk about some of our regrets and what we can do about them.

### Trip: Putt Putt @ Bulwinkles

Friday, June 26th, leaving @ 1:15pm

Do you love to golf in the miniature? Have you never played mini golf but always wanted to go against a windmill with a gold club in your hand. Join us! \$7

Registration lottery opens 6/12.

JUNE 2026



## Mystery Monday

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**

**Next Up:**

The Survivors

by Jane Harper

A reckless mistake can often lead to devastating consequences and a body on the beach brings up the guilt that still haunts Kieran Elliot. Kieran's family is followed by memories of Kieran's absent brother. What other stories will emerge?

**Discussion: July 6th @ 4pm**

**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 offering 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](http://sherwoodoregon.gov/seniorcenter)

Maiya Martin Burbank, Manager  
Dominic Sachet, Chef  
Melissa Bolen, Admin. Assistant  
Kelly Sanders, Admin. Assistant  
Cheri Hamburg, Kitchen Assistant



## Be 2 Weeks Ready

Preparing for a catastrophic emergency can seem like a daunting prospect, but this 8-week program from the Oregon Department of Emergency Management will help you start from where you're at and build your self-reliance and community preparedness, step-by-step. Have an emergency plan and enough supplies for your household to survive for at least 2 weeks following a disaster.

**Starting June 18th @ 10:30am**

## 5 Things to Do at the MSSCC in June

1. Nature Walk (6/5 @9:15am)
2. Plant Bingo (6/17 @ 1:30pm)
3. Intersecting Lives (6/18@10:30am)
4. Be 2Weeks Ready (Thurs. @ 1:30pm, beg. 6/18)
5. Putt Putt Golf (6/26 @ 1:30pm)

## INSECTING LIVES

### POLLEN, POLLINATORS, & POLLINATION

You may not think about pollen unless you have a pollen allergy or you cleaned the yellow stuff off your windshield. Pollination is how plants reproduce, and the process of pollination operates either through wind or by insects. Insect pollinators are very diverse and crucial kinds of organisms. All ages welcome.

**Thurs., June 18th @ 10:30am**

## PLANT BINGO!

Do you love bingo? Do you love plants? You'll love Plant Bingo! Join some of our local Sherwoodian plant experts as we play bingo in a little different way - with plants! Play with plants and win plants! This fun summer activity is open to all ages thanks to host Jenny Quirie of Berkshire Hathaway.

**Wednesday, June 17th @ 1:30pm**