


# July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>July 2026</h1>		<b>1</b> 9:30am Men's Coffee 10:00am Write Your Life 10:30am <b>Let's Talk: Summer Memories</b> 11:00am Chair Aerobics 11:00am <b>Am I Ready to Downsize?</b> 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles <i>Foot Care, by Appointment</i>	<b>2</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 Strong for Life 2:30pm Cardio Drumming 2:30pm Aging Support <i>Foot Care, by Appointment</i>	<b>3</b>  <b>Center Closed for Independence Day Observance</b>
		<b>6</b> 9:30am Men's Coffee 10:00am Strong for Life 10:00am Mah Jongg 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:15pm Summer Blockbuster 1:30pm Strong for Life 4:00pm <b>Mystery Monday Book Club</b>	<b>7</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	<b>8</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 & Needles
<b>13</b> 9:30am Men's Coffee 10:00am Strong for Life 10:00am Mah Jongg 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:15pm Summer Blockbuster 1:30pm Strong for Life	<b>14</b> 9:00am <b>AARP Smart Driver</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>	<b>15</b> 9:00am <b>AARP Smart Driver</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 & Needles	<b>16</b> 9:30am Men's Coffee 10:00am Strong for Life 10:30am <b>Be 2 Weeks Ready</b> <b>10:30am Intersecting Lives</b> 11:00am Ladies' Coffee 11:00am <b>BP Checks</b> 1:00pm Pinochle 1:30pm <b>Line Dancing</b> 1:30pm Strong for Life 2:30pm Cardio Drumming 2:30pm Aging Support	<b>17</b> 9:30am Men's Coffee 9:15pm <b>Trip: Lincoln City</b> 9:30am <b>Bake Sale</b> 10:45am Chair Yoga 11:00am Grief Support 1:15pm Cribbage 1:30pm Bingo 1:30pm Parlons Français!
<b>20</b> 9:30am Men's Coffee 10:00am Strong for Life 10:00am Mah Jongg 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:15pm Summer Blockbuster 1:30pm Strong for Life	<b>21</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	<b>22</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 & Needles	<b>23</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 1:30pm Strong for Life 2:30pm Cardio Drumming 2:30pm Aging Support	<b>24</b> 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 1:15pm Scrabble 1:30pm Bingo
<b>27</b> 9:30am Men's Coffee 10:00am Strong for Life 10:00am Mah Jongg 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:15pm Summer Blockbuster 1:30pm Strong for Life	<b>28</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>	<b>29</b> 9:30am Men's Coffee 10:00am Write Your Life 11:00am Chair Aerobics 12:30pm Bridge 1:30pm <b>Rightsizing Workshop</b> 1:30pm Mah Jongg 1:30pm Hooks & Needles	<b>30</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 1:30pm Strong for Life 2:30pm Cardio Drumming 2:30pm Aging Support	<b>31</b> 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo  

## Trip: Lincoln City

Friday, July 17th leaving at 9:30am

It's July and that means it's time to head to the beach! We'll stop in at Chinkook's Seafood Grill & Lounge for some lunch before spending some time at Chinkook Winds or strolling on the sand at Road's End State Recreation Site. Poke your toes in the water or shell hunt along the shore as you enjoy the ocean air. Attendees pay for their own lunch.

Registration lottery opens Thursday, July 2nd

## Let's Talk: Summer Memories

Wednesday, July 1<sup>st</sup> @ 10:30am

How did you spend your summers without cell phones and streaming devices? What did you do? What did you want to do that you couldn't? Are your memories happy ones? Let's Talk about our past summer times.

## Intersecting Lives: Insects & Art

Thursday, July 16th at 10:30am

Insects have been part of or behind a variety of kinds of art, from the rock art of aborigines more than 20,000 years old, to the cartoons of Gary Larson and modern tattoos. Vincent van Gogh and Salvador Dali depicted insects in their paintings. Insects have produced paintings & jewelry, and they have been used in art themselves - an art piece that sold for nearly \$3 million a decade ago.



## 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.

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

Next up: Glory Be  
by Danielle Arceneaux

When the police jump to the wrong conclusions, Glory jumps in to investigate the death of her best friend, a much-loved nun. Her search takes her into the secrets of Louisiana oil tycoons, church gossips, rumored voodoo priestess, and long-time crooks.

Discussion: August 10th @ 4pm



## AARP Smart Driver

When you take the AARP Smart Driver™ Class, you could be eligible for a multi-year discount on your auto insurance. Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Registration required

July 14<sup>th</sup> AND 15<sup>th</sup>, 9am to 12pm  
\$20 AARP member  
\$25 non-member

## AM I READY TO DOWNSIZE?

Most people down plan their housing transition – they react to it. This presentation helps older adults and their families understand how to evaluate their current home, explore future options, and begin planning before a decision becomes urgent. Attendees will leave with reduced anxiety, clarity, and a simple framework with what to do next.

Weds., July 1st @ 11:00am

## Rightsizing Workshop: The How Tos

Have you thought about moving to another home or simplifying your life? What questions are important to ask yourself? What are the financial realities of changing where or how you live? How do you go through that closet that hasn't been touched in longer than you'd care to admit? We'll work together to come up with real answers, specific to you.

Wednesday, June 17th @ 1:30pm

## 5 Things to Do at the MSSCC in July

1. Let's Talk: Summer Memories (7/1, 10:30am)
2. Am I Ready to Downsize (7/1 @ 11am)
3. AARP Smart Driver (7/14 & 7/15 @ 9am)
4. Intersecting Lives (7/16 @ 10:30am)
5. Lincoln City Trip (7/17 @ 9:15am)

The Marjorie Stewart Senior Community Center is a place to gather, find resources, learn, exercise, play, and have fun! We have fresh-cooked, gourmet lunch available by reservation Monday - Friday. Now welcoming free mental health programs for older adults. Please call us with questions, registration, or reservations.

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sherwoodoregon.gov/marjoriestewartcenter

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