

Monday	Tuesday	Wednesday	Thursday	Friday
3 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 Summer Blockbuster 1:30pm Strong for Life	4 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	5 9:30am Men's Coffee 10:00am Write Your Life 10:30am Let's Talk: Moving 11:00am Chair Aerobics 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Hooks & Needles <i>Foot Care, by Appointment</i>	4 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 1:00pm Pinochle 1:30pm Strong for Life 1:30pm Line Dancing 2:30pm Cardio Drumming 2:30pm Aging Support <i>Foot Care, by Appointment</i>	7 9:00am First Friday Hike: Galen McBee Park 9:30am Men's Coffee 10:30am Coffee & Chat Spanish! 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo 1:30pm Parlons Français! 2:30pm Cribbage
10 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 Summer Blockbuster 1:30pm Strong for Life 1:30pm Intersecting Lives 4:00pm Mystery Monday Book Club	11 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	12 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	13 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 1:00pm Pinochle 1:30pm Strong for Life 2:30pm Cardio Drumming 2:30pm Aging Support	14 9:30am Men's Coffee 10:00am Rogue Bocce 10:45am Chair Yoga 11:00am Grief Support 1:15pm Scrabble 1:30pm Bingo
17 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 Summer Blockbuster 1:30pm Strong for Life	18 9:30am Men's Coffee 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	19 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	20 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 1:00pm Pinochle 1:30pm Line Dancing 1:30pm Strong for Life 1:30pm Karaoke with Kelly 2:30pm Cardio Drumming 2:30pm Aging Support	21 9:30am Men's Coffee 9:15pm Trip: Timberline Lodge 10:00am Rogue Bocce 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo 1:30pm Parlons Français! 2:30pm Cribbage
24 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 Summer Blockbuster 1:30pm Strong for Life	25 9:30am Men's Coffee 11:00am Chair Yoga(Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos 1:30pm MSSCC Men	26 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	27 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 1:00pm Pinochle 1:30pm Strong for Life 2:30pm Cardio Drumming 2:30pm Aging Support	28 9:30am Men's Coffee 10:00am Rogue Bocce 10:45am Chair Yoga 11:00am Grief Support 1:15pm Scrabble 1:30pm MSSCC Quilters 1:30pm Bingo
31 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 Summer Blockbuster 1:30pm Strong for Life	21907 SW Sherwood Blvd. Sherwood, OR 97140 503-625-5644  Marjorie Stewart SENIOR COMMUNITY CENTER			

Rogue Bocce

Fridays @ 10:00am, starting 8/14

We take Bocce off the court and off-road in this fun and easy classic game. Talk with friends while getting a wee workout playing this universally loved game. Never played before? No problem! This game is easy to pick up and go!

Trip: Timberline Lodge

Friday, Aug. 21st, leaving @ 9:15am

Join us on a visit of this 1937 Historic Landmark to explore, take in the expansive views, and/or go on a stroll in one of the most famous Oregon locations. Free time will be available for participants who want to grab lunch at one of the Timberline Lodge restaurants.

Registration lottery opens 8/7 at 9am. Registration notification 8/17. Shuttle Waiver required to be on file prior to trip.

Karoke with Kelly

Thursday, August 20th @ 1:30pm

Bust out those singing pipes with Kelly while we go through some of our favorites. Sing at the top of your lungs or sing-a-long for the fun of it!

Let's Talk: Moving

Wednesday, August 5th @ 10:30am

It is often difficult to move especially when we age. Do we move in with family or a retirement facility? Do we have to consider the needs of others or are we alone? Let's Talk about our feelings and concerns about this change that might take place.

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.

21907 SW Sherwood Blvd.
Sherwood, OR 97223
503-625-5644

www.marjoriestewartcenter.gov

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



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.

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

Next up: The Watchmaker of Filigree Street
by Natasha Pulley

Thaniel Steepleton returns to his apartment to find a gold pocket watch on his pillow. After a traumatic event, he goes in search of its maker, Keita Mori, a kind, lonely immigrant from Japan. Unexpected events occur.
Discussion: September 14th at 4pm

See flier for more info on the book club and upcoming book selections.



Intersecting Lives:

Insects as Weapons

Aug. 10th
@1:30pm



Long before gunpowder reached the West, insects were used throughout the world as weapons. In ancient times, insects were weaponized both for attacking castles and defending them, but the use of insect weapons continued even in modern wars. Even diseases caused by insects were used as weapons.



First Friday in Nature:

Galen McBee Park

Friday, August 7th, leaving at 9:15am

Step onto the soft, shaded trail of the Galen McBee Park in McMinnville to take a much-needed break from the summer heat. Enjoy the whimsy of the lush forest with bridges over the year-round creek on this mile-long out and back stroll. This walk is almost completely flat across soft surfaces, mainly compacted dirt and leaf litter.

5 Things to Do at the MSSCC in August

1. Let's Talk Moving (8/5 @ 10:30am)
2. Intersecting Lives (see sidebar)
3. Rogue Bocce (Fridays @ 10am, starting 8/14)
4. Karoke w/ Kelly (8/20 @ 1:30pm)
5. Timberline Lodge (8/21, @ 9:15am)