

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30am Men's Coffee 10:00am Learn to Play Ukulele 10:30am Cornhole 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	2 9:30am Men's Coffee 10:00am Write Your Life 10:30am Let's Talk: Healthy Aging 11:00am Chair Aerobics 12:30pm Bridge 1:30pm American Mah Jongg <i>Foot Care, by Appointment</i>	3 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 <i>Foot Care, by Appointment</i>	4 9:00am First Friday Hike: Hoyt Arboretum 10:00am Rogue Bocce 10:30am Coffee & Chat Spanish! 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo 1:30pm Parlons Français! 2:30pm Cribbage
7 <i>Center Closed for Labor Day Holiday Observance</i>	8 9:30am Men's Coffee 10:00am Wits Workout® 10:00am Learn to Play Ukulele 10:30am Cornhole 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos 1:30pm MSSCC Men	9 9:30am Men's Coffee 10:00am Write Your Life 11:00am Chair Aerobics 12:30pm Bridge 1:30pm American Mah Jongg 1:30pm Bunco	10 9:30am Men's Coffee 9:30am Vaccine Clinic 10:00am Strong for Life 11:00am Ladies' Coffee 1:00pm Pinochle 2:30pm Cardio Drumming 2:30pm Aging Support	11 9:30am Men's Coffee 9:30am Robin Hood Garden Club 10:00am Rogue Bocce 10:45am Chair Yoga 11:00am Grief Support 1:15pm Scrabble 1:30pm Bingo
14 9:30am Men's Coffee 10:00am Strong for Life 10:00am American Mah Jong 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:30pm Strong for Life 2:00pm Medicare 101 4:00pm Mystery Monday Book Club	15 9:30am Men's Coffee 10:00am Wits Workout® 10:00am Learn to Play Ukulele 10:30am Cornhole 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	16 9:30am Men's Coffee 10:00am Write Your Life 11:00am Chair Aerobics 12:00pm SHIBA 12:30pm Bridge 1:30pm American Mah Jongg	17 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	18 9:30am Men's Coffee 10:00am Trip: The Oregon Zoo 10:00am Rogue Bocce 10:00am Mind Over Matter 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo 1:30pm Parlons Français! 2:30pm Cribbage
21 9:30am Men's Coffee 10:00am Strong for Life 10:00am American Mah Jong 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:30pm Strong for Life	22 9:00am AARP Smart Driver 10:00am Wits Workout® 10:00am Learn to Play Ukulele 10:30am Cornhole 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos 1:30pm MSSCC Men	23 9:00am AARP Smart Driver 9:30am Men's Coffee 10:00am Write Your Life 11:00am Chair Aerobics 12:30pm Bridge 1:30pm American Mah Jongg 1:30pm Bunco	24 9:30am Men's Coffee 10:00am Strong for Life 10:30am Intersecting Lives 11:00am Ladies' Coffee 1:00pm Pinochle 1:30pm Karaoke Sing-a-long w/Kelly 2:30pm Cardio Drumming 2:30pm Aging Support	25 9:30am Men's Coffee 10:00am Rogue Bocce 10:45am Chair Yoga 11:00am Grief Support 12:00pm MSSCC Quilters 1:15pm Scrabble 1:30pm Bingo
28 9:30am Men's Coffee 10:00am Strong for Life 10:00am American Mah Jong 10:00am Circle of Friends 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:30pm Strong for Life	29 9:30am Men's Coffee 10:00am Wits Workout® 10:00am Learn to Play Ukulele 10:30am Cornhole 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	30 9:30am Men's Coffee 10:00am Write Your Life 11:00am Chair Aerobics 12:30pm Bridge 1:30pm American Mah Jongg	September 2026 21907 SW Sherwood Blvd Sherwood, OR 97140 503-625-5644	

Trip: The Oregon Zoo

Friday, September 18th, 10am to 2pm

We're going to the Zoo! We'll see lions, and tigers, and bears, oh my! Visit with the new red pandas, listen to the giraffe and the sea otter keepers, and watch the penguins have their dinner. Wander the grounds and explore the lives of so many animals that share our planet.

Registration lottery opens Friday, Sept. 4th @ 9am

Mind Over Matter

Fridays 9/18, 10/2, AND 10/16 @ 10am

If you have issues with bladder or bowel control, you are not alone - half of women aged 50 or older experience urine or bowel leakage. This 3-day workshop is designed to give women the tools they need to take control of their symptoms. Studies show this workshop reduces or even cures symptoms for many women! Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health. Join us for information, group activities, and simple exercises to do at home to help you work toward gaining control.

Let's Talk: Healthy Aging

Wednesday, Sept. 2nd @ 10:30am

There are steps we can take to thrive as we grow older. We cannot stop the aging process but can take important steps that will help. We call these the Four Pillars of Healthy Aging: Exercise, Healthy Diet, Active Mind, & Keeping a Positive Attitude. Let's Talk about how you can engage each of these pillars in your lifestyle.

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 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
sherwoodoregon.gov/seniorcenter

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

SEPTEMBER 2026



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 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: Sept. 14th @ 4pm

Next Up:

Strangers on a Train

by Patricia Highsmith

Bruno, a mysterious smooth-talker has a sadistic proposal: he'll murder the soon to be ex-wife of a successful architect if that architect will murder Bruno's father. As Bruno carries out his twisted plan, we find ourselves trapped in a perilous world, where, under the right circumstances, ordinary people are capable of extraordinary crimes.

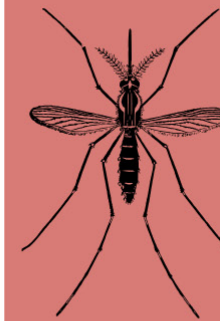
Discussion: October 5th @ 4pm



September 2026

Intersecting Lives:

Sept. 24th
@10:30am



Some of the history we never learned in school involves how insects have affected human history and have done so in ways that might be surprising. Bring bugs into the light, as the agents of agriculture, sculptors of history, weapons, and art. All ages are welcome.

Circle of Friends

Are you feeling isolated or lonely? Are you new to the area and looking to connect? Circle of Friends is geared towards older adults in need of more social support and connection. The group meets once-a-week for 8 weeks to get to know each other, build bonds, and have a great time!

Mon. @ 10am, starting 9/28

First Friday in Nature: Hoyt Arboretum

Friday, September 4th leaving at 9:15am

Enter the beautiful forest above Portland and into a world of peace and majesty. The arboretum is a sanctuary of serenity high above the busy city. We'll move through forest and trees, taking a brief stop at the arboretum's visitor center. This walk is rolling to hilly, following mostly, soft surfaces, mainly compacted dirt, and leaf litter.

5 THINGS TO DO @ MSSCC IN SEPTEMBER

1. Let's Talk Healthy Aging (9/2 @ 10:30am)
2. Intersecting Lives (see sidebar)
3. Cornhole (Tuesdays at 10:30am)
4. Circle of Friends (starting 9/28 @ 10am)
5. Oregon Zoo (9/18, @ 10am)

