

Monday	Tuesday	Wednesday	Thursday	Friday
	October 2026 21907 SW Sherwood Blvd Sherwood, OR 97140 503-625-5644		1 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 Foot Care, by Appointment	2 9:00am First Friday Hike: 10:00am Oregon City 10:30am Mind Over Matter 10:45am Coffee & Chat Spanish! 11:00am Chair Yoga 1:30pm Grief Support 1:30pm Bingo 1:30pm Parlons Français! 2:30pm Cribbage
5 9:30am Men's Coffee 10:00am Strong for Life 10:00am American Mah Jong 10:30am Fall Prevention 1:00pm Tech Help 1:15pm Hand & Foot 1:15pm Five Crowns 1:30pm Strong for Life 4:00pm Mystery Monday Book Club	6 9:30am Men's Coffee 10:00am Wits Workout® 10:00am Learn to Play Ukulele 10:00am WRAP 10:30am Cornhole 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	7 9:30am Men's Coffee 10:00am Write Your Life 10:30am Let's Talk: Friendships 11:00am Chair Aerobics 12:30pm Bridge 1:30pm American Mah Jongg	8 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	9 9:30am Men's Coffee 9:30am Robin Hood Garden Club 10:45am Chair Yoga 1:15pm Scrabble 1:30pm Bingo
12 Center Closed for Inservice Day	13 9:30am Men's Coffee 10:00am Wits Workout® 10:00am Learn to Play Ukulele 10:00am WRAP 10:30am Cornhole 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	14 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	15 9:30am Men's Coffee 10:00am Strong for Life 10:30am Intersecting Lives: 11:00am Invasive Species 1:00pm Ladies' Coffee 1:00pm Pinochle 1:30pm Line Dancing 2:30pm Cardio Drumming 2:30pm Aging Support	16 9:30am Men's Coffee 10:00am Mind Over Matter 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo 1:30pm Parlons Français! 2:30pm Cribbage
19 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	20 9:30am Men's Coffee 10:00am Wits Workout® 10:00am Learn to Play Ukulele 10:00am WRAP 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos 1:30pm Downsizing Support	21 9:30am Men's Coffee 10:00am Write Your Life 11:00am Chair Aerobics 12:00pm SHIBA Open Enrollment 12:30pm Bridge 1:30pm American Mah Jongg	22 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	23 9:30am Men's Coffee 10:45am Chair Yoga 11:00am Grief Support 1:15pm Scrabble 1:30pm Bingo
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WRAP - The Wellness Recovery Action Plan

Tuesdays @ 10am, starting 10/6

Wellness Recovery Action Plan (WRAP) is a simple and powerful process for creating the life and wellness you want. With this 8-week small group, you can;

- Discover simple, safe, and effective tools to create and maintain wellness;
- Develop a daily plan to stay on track with your life and wellness goals;
- Identify what throws you off track and develop a plan to keep moving forward and;
- Gain support and stay in control even in a crisis.

In this group, you will create a self-directed wellness plan that helps older adults get well, stay well, and live their lives the way they want. As an evidence-based self-management tool, WRAP is a simple, safe, and effective plan created by YOU, for YOU. You will have space to connect with others, learn new skills, and have a supportive space to share ideas. *Registration required.*

Let's Talk: Aging Friendships

Wednesday, Nov. 5th @ 10:30am

It seemed easier to make friends when we were younger - at school, at work, or in our neighborhoods. What about now? What types of friendships do you have in your life? Where do you find friendship? Let's talk about friends at this time of life.

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

OCTOBER 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.

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

Next Up:

The Maidens
by Alex Michaelides

Marina is convinced that a handsome & charismatic professor is a murderer. Her obsession with proving his guilt threatens her credibility, her relationships, and possibly her sanity. The next life he takes might just be hers.

Discussion: Nov. 2nd @ 4pm



Fall Prevention

We'll talk about concussions, fall risks, medication interactions, home safety, nutrition, exercise, and more so we can try to minimize your risks of possible life-changing injury.

October 5th
10:30am



Downsizing Support

Thurs., October 20th @ 1:30pm

Thinking about downsizing? You don't have to figure it all out alone. Join a monthly conversation designed to help you keep moving forward, one small step at a time. Bring your questions, challenges, and even your frustrations. We'll talk about everything from sorting through a lifetime of belongings and navigating family conversations to figuring out your next steps and finding the right support. Practical ideas, encouragement, and a supportive group of people navigating many of the same decisions. 3rd Tues. @ 1:30pm.

SHIBA Medicare Open Enrollment

Wednesdays 10/21 - 12/2 12pm - 4pm

Make an appointment with Senior Health Insurance Benefits Assistance volunteers to help you understand what Medicare plans are available and learn what plans might be best for your individualized needs. Appointments will take place at the Marjorie Stewart Senior Community Center but please call 503-846-3094 to schedule an appointment and learn what information to bring with you to your appointment.

Intersecting Lives: Invasive Species

Thurs., October 15th @ 10:30am

Invasive species affect everyone, causing extinctions, threatening food security, and spreading disease. The problem is global, but many invasive plants and animals cause harm closer to home as well as throughout the country.

