

Monday	Tuesday	Wednesday	Thursday	Friday
2 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 Romance Drama 4:00pm Mystery Monday Book Club	3 9:30am Men's Coffee 10:00am Wits Workout® 10:00am Learn to Play Ukulele 10:00am WRAP 10:30am Foundations of Caregiving 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos	4 9:30am Men's Coffee 10:00am Write Your Life 10:30am MSSCC Walks 10:30am Let's Talk: Gratitude 11:00am Chair Aerobics 12:30pm Bridge 1:30pm American Mah Jongg 4:00pm ADHD & Aging <i>Foot Care, by Appointment</i>	5 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 <i>Foot Care, by Appointment</i>	6 9:00am First Friday Hike: Tualatin Greenway Coffee & Chat Spanish! 10:30am 10:45am Chair Yoga 11:00am Grief Support 1:30pm Bingo 1:30pm Parlons Français! 2:30pm Cribbage
9 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 Romance Drama	10 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 What Now, Medicare? 1:30pm Train Dominos 1:30pm MSSCC Men	11 <i>Center Closed for Veterans Day Observance</i>	12 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	13 9:30am Men's Coffee 9:30am Robin Hood Garden Club MSSCC Walks 10:30am Chair Yoga 1:15pm Scrabble 1:30pm Bingo
16 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 Romance Drama	17 9:30am Men's Coffee 10:00am Wits Workout® 10:00am Learn to Play Ukulele 10:00am WRAP 10:30am Cargiver Communication 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos 1:30pm Downsizing Support	18 9:30am Men's Coffee 10:00am Write Your Life 10:30am MSSCC Walks 11:00am Chair Aerobics 12:00pm SHIBA Open Enrollment 12:30pm Bridge 1:30pm American Mah Jongg	19 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 1:00pm Pinochle 1:30pm Intersecting Lives: The Silken Thread 1:30pm Line Dancing 2:30pm Cardio Drumming 2:30pm Aging Support	20 9:30am Men's Coffee 10:00am Trip: Old Town McMinnville MSSCC Walks 10:30am Chair Yoga 11:00am Grief Support 1:30pm Bingo 1:30pm Parlons Français! 2:30pm Cribbage
23 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 Romance Drama	24 9:30am Men's Coffee 10:00am Wits Workout® 10:00am Responding to Dementia Related Behaviors 11:00am Chair Yoga (Video) 1:00pm Pinochle 1:30pm Open Painting Salon 1:30pm Train Dominos 1:30pm MSSCC Men	25 9:30am Men's Coffee 10:00am Write Your Life 10:30am MSSCC Walks 11:00am Chair Aerobics 12:00pm SHIBA Open Enrollment 12:30pm Bridge 1:30pm American Mah Jongg 1:30pm Karoke w/ Kelly 4:00pm ADHD Power Hour	26 <i>Center Closed for Thanksgiving Holiday</i>	27 <i>Center Closed for Thanksgiving Holiday</i>
30 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 Romance Drama		<div>November 2026</div> <div>21907 SW Sherwood Blvd Sherwood, OR 97140 503-625-5644</div>		

MSSCC Walks -Winter Walkers
Wednesdays & Fridays at 10:30am



One of the best ways to beat the winter blues is to get out there and move that body! It's even better when you add other people to your exercise routine. Join us Wednesdays & Fridays to get out and walk, chat, and get the heart pumping. No neighborhood walk on 11/6.

Let's Talk - Thankfulness & Gratitude
Wednesday, Nov. 4th at 10:30am

Thanksgiving will soon be here and, at this time in our lives, it can be a way to focus on the negative. Perhaps it is time to think about what we can be thankful for and some of the positives that we may have forgotten

ADHD & Aging
Wednesday, Nov. 4th at 4:00pm

ADHD: It's something that's often talked about but not always well understood. Pop-psychology can often leave people scratching their heads about just what exactly is ADHD. If you would like to know more about ADHD, feel free to join us on Wednesday November 4th for a presentation on what ADHD is and how it can look in adults over the age of 60.

What Now, Medicare?
Tuesday, Nov. 10th at 10:30am

As many of us know, the Providence Medicare plan is going away. Hear from Senior Health Insurance Benefits Assistance volunteer extrodinare, Bill, to learn what comes next. Learn what you can do to stay covered and what the fututre looks like for those who currently have the Providence plan.

ADHD Power Hour
Wednesday, Nov. 25th @ 4:00pm

Difficulty with time management? Trouble concentrating? Struggling with procrastination? Feeling overwhelmed by emotions or by others? If you have ADHD or if you think you might have ADHD, come join us for an hour long ADHD support group at the end of each month.



Mystery Monday
for November

The Maidens
by Alex Michaelides

Marina is convinced that a handsome and 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

Next up: God of the Woods
by Liz Moore

Another Van Laar child has gone missing from her summer camp bunk. As a panicked search begins, a thrilling drama unfolds, chasing down the layered secrets of the Van Laar family and the blue-collar community working in its shadow. (Penguin Random House)

Discussion: Dec. 7th at 4pm

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

Trip: McMinnville
Shopping and
Lunch!

Friday, Nov. 20th leaving at 10:00am

Stroll the main street of this small town as you holiday or window shop at the many locally-owned stores. From kitchenwares, to sewing, from jewelry to artisanal crafts, there is something for everyone on your list. We'll shop 'till you drop then refresh at Argentinian restaurant, Pura Vida. Registration lottery opens 11/6 at 9am.



The Empowered
Caregiver

The evidence-based Alzheimer's Association Empowered Caregiver education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series.

Building the Foundations of Caregiving
Tues., Nov. 3rd @ 10:30am

Explore the role of caregiver and the changes experienced in this role. Discuss the importance of building a support team and managing caregiver stress.

Communicating Effectively
Tues., Nov. 17th @ 10:30am

Learn how dementia affects communication, including tips for communicating well with family, friends, and health care professionals.

Dementia-Related Behaviors
Tues., Nov. 24th @ 10:30am

Dementia-related behavior changes are a form of communication. Learn non-medical approaches to behaviors and how to recognize when additional help is needed.



Intersecting Lives:
A Silken Thread
Thurs., November 19th @ 1:30pm

The Grande Finale! 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. Insects have been part of our lives for all of humanity. Learn which five made the biggest impact, changing the course of human history. Presented by Robert Wiedenmann, PhD., retired professor of entomology.