



# JUNE 2025

8513 SW Tualatin Road  
Tualatin, OR 97062  
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| Sunday | Monday                                                                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                                                                  | Friday                                                                                                                                    | Saturday                                                                                            |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| 1      | 2                                                                                                                                                                                                                                                                | 3                                                                                                                                                                                                                | 4                                                                                                                                                                                                     | 5                                                                                                                                                                                                                                                                                                         | 6                                                                                                                                         | 7                                                                                                   |
|        | 8:30am-4:30pm Billiards*<br>9am JPC Walking Group*<br>9:45-10:45am Gentle Yoga: Session 1<br>11:15am-12:15pm SilverSneakers Classic                                                                                                                              | 8:30am-4:30pm Billiards*<br>10:45-11:45am Strength & Stretch<br>12-1pm Meals on Wheels People Lunch*                                                                                                             | 8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12:30-3pm American Mah Jongg*<br>1-4:30pm Cards/Games*<br>2-3:30pm Gratitude Club                                               | 8am-3:30pm Day Trip: Hood River Brunch<br>8:30am-4:30pm Billiards*<br>9am Coffee & Conversations*<br>11am-12pm Bingo*<br>12-1pm Meals on Wheels People Lunch*<br>6:30-7:30pm Zumba*                                                                                                                       | 8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>7-9pm Line Dance                                                    |                                                                                                     |
| 8      | 9                                                                                                                                                                                                                                                                | 10                                                                                                                                                                                                               | 11                                                                                                                                                                                                    | 12                                                                                                                                                                                                                                                                                                        | 13                                                                                                                                        | 14                                                                                                  |
|        | 8:30am-4:30pm Billiards*<br>9am JPC Walking Group*<br>9:45-10:45am Gentle Yoga: Session 1<br>11:15am-12:15pm SilverSneakers Classic<br>1-2pm Tai Chi Yang 40: Part 2<br>1-2:30pm Washington County Caregiver Support Group<br>2:15-3:15pm Tai Chi Sun 24: Part 1 | 8:30am-4:30pm Billiards*<br>9:30-10:30am Qigong Strong<br>10:45-11:45am Strength & Stretch<br>12-1pm Meals on Wheels People Lunch*<br>1:30-2:30pm Tai Chi Fan: Part 2                                            | 8:30am-4:30pm Billiards*<br>10am-3pm Day Trip: Gresham Japanese Garden<br>11:15am-12:15pm SilverSneakers Classic<br>12:30-3pm American Mah Jongg*<br>1-4:30pm Cards/Games*<br>2-3:30pm Gratitude Club | 8:30am-4:30pm Billiards*<br>9am Coffee & Conversations*<br>12-1pm Meals on Wheels People Lunch*<br>1-2pm Tai Chi Yang 40: Part 2<br>1:30-2:30pm Know Your Renters' Rights!<br>2:15-3:15pm Tai Chi Sun 24: Part 1<br>6:30-7:30pm Zumba*                                                                    | 8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>1:30-2:30pm Earthwise Crew: Outdoor Mindfulness<br>7-9pm Line Dance | 8:30am-4pm Day Trip: Mt Hood Foraging Adventure<br>9-10am Zumba<br>10:15-11:15am Yoga for Veterans* |
| 15     | 16                                                                                                                                                                                                                                                               | 17                                                                                                                                                                                                               | 18                                                                                                                                                                                                    | 19                                                                                                                                                                                                                                                                                                        | 20                                                                                                                                        | 21                                                                                                  |
|        | 8:30am-4:30pm Billiards*<br>9am JPC Walking Group*<br>9:45-10:45am Gentle Yoga: Session 1<br>11:15am-12:15pm SilverSneakers Classic<br>1-2pm Tai Chi Yang 40: Part 2<br>2:15-3:15pm Tai Chi Sun 24: Part 1                                                       | 8:30am-4:30pm Billiards*<br>9:30-10:30am Qigong Strong<br>10:45-11:45am Strength & Stretch<br>12-1pm Lunch & Learn: Caregiver Burnout<br>12-1pm Meals on Wheels People Lunch*<br>1:30-2:30pm Tai Chi Fan: Part 2 | 8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12:30-3pm American Mah Jongg*<br>1-4pm Oregon Law Center Free Legal Clinic<br>1-4:30pm Cards/Games*<br>2-3:30pm Gratitude Club  | CLOSED                                                                                                                                                                                                                                                                                                    | 8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>2-3:30pm Convos on Aging: Forgetfulness<br>7-9pm Line Dance         | 9-10am Zumba*<br>10:15-11:15am Yoga for Veterans*                                                   |
| 22     | 23                                                                                                                                                                                                                                                               | 24                                                                                                                                                                                                               | 25                                                                                                                                                                                                    | 26                                                                                                                                                                                                                                                                                                        | 27                                                                                                                                        | 28                                                                                                  |
|        | 8:30am-4:30pm Billiards*<br>9am JPC Walking Group*<br>9:45-10:45am Gentle Yoga: Session 1<br>11:15am-12:15pm SilverSneakers Classic<br>1-2pm Tai Chi Yang 40: Part 2<br>2:15-3:15pm Tai Chi Sun 24: Part 1                                                       | 8:30am-4:30pm Billiards*<br>9:30-10:30am Qigong Strong<br>10:45-11:45am Strength & Stretch<br>12-1pm Meals on Wheels People Lunch*<br>1:30-2:30pm Tai Chi Fan: Part 2                                            | 8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12:30-3pm American Mah Jongg*<br>1-4:30pm Cards/Games*<br>2-3pm JPC Book Club*<br>2-3:30pm Gratitude Club                       | 8am-6pm Day Trip: Lincoln City Glassblowing<br>8:30am-4:30pm Billiards*<br>9am Coffee & Conversations*<br>9-10:30am AARP SDTek<br>12-1pm Meals on Wheels People Lunch*<br>1-2pm Tai Chi Yang 40: Part 2<br>2:15-3:15pm Tai Chi Sun 24: Part 1<br>6:30-7:30pm Zumba*<br>6:30-8pm Mindfulness for Every Day | 8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>7-9pm Line Dance                                                    | 9-10am Zumba*<br>10:15-11:15am Yoga for Veterans*                                                   |
| 29     | 30                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                  |                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                           |                                                                                                                                           | *Denotes Drop-In activity                                                                           |
|        | 8:30am-4:30pm Billiards*<br>9am JPC Walking Group*<br>9:45-10:45am Gentle Yoga: Session 1<br>11:15am-12:15pm SilverSneakers Classic<br>1-2pm Tai Chi Yang 40: Part 2<br>2:15-3:15pm Tai Chi Sun 24: Part 1<br>6:30-8pm New Horizon Big Band Summer Concert       |                                                                                                                                                                                                                  |                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                           |                                                                                                                                           |                                                                                                     |



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| Sunday                                                   | Monday                                                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                         | Friday                                                                                                                                                                                        | Saturday                                                |
|----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|
|                                                          |                                                                                                                                                                                                                                                                       | 1<br>8:30am-4:30pm Billiards*<br>9:30-10:30am Qigong Strong<br>10:45-11:45am Strength & Stretch<br>12-1pm JPC Meal Program Kickoff Party<br>with Dom Franco on Steel Drums<br>1:30-2:30pm Tai Chi Fan: Part 2<br>4:30-7:30pm Day Trip: Old Asia Tea Garden | 2<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12:30-3pm American Mah Jongg*<br>1-4:30pm Cards/Games*                                                 | 3<br>8:30am-4:30pm Billiards*<br>9am Coffee & Conversations*<br>11am-12pm Bingo*<br>1-2pm Tai Chi Yang 40: Part 2<br>2:15-3:15pm Tai Chi Sun 24: Part 1<br>6:30-7:30pm Zumba*<br>6:30-8pm Mindfulness for Every Day                              | 4<br><b>CLOSED</b>                                                                                                                                                                            | 5<br>9-10am Zumba*                                      |
| 6                                                        | 7<br>8:30am-4:30pm Billiards*<br>9am JPC Walking Group*<br>11:15am-12:15pm SilverSneakers Classic<br>1-2pm Tai Chi Yang 40: Part 2<br>2:15-3:15pm Tai Chi Sun 24: Part 1                                                                                              | 8<br>8:30am-4:30pm Billiards*<br>9:30-10:30am Qigong Strong<br>10:45-11:45am Strength & Stretch<br>12-1pm JPC Meal Program<br>1:30-2:30pm Tai Chi Fan: Part 2                                                                                              | 9<br>8:30am-4:30pm Billiards*<br>10am-3pm Day Trip: McMinnville Antiques Mall<br>11:15am-12:15pm SilverSneakers Classic<br>12:30-3pm American Mah Jongg*<br>1-4:30pm Cards/Games* | 10<br>8:30am-4:30pm Billiards*<br>9am Coffee & Conversations*<br>1-2pm Tai Chi Yang 40: Part 2<br>2:15-3:15pm Tai Chi Sun 24: Part 1<br>6:30-7:30pm Zumba*<br>6:30-8pm Mindfulness for Every Day                                                 | 11<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12-1pm JPC Meal Program<br>12:30-1:30pm Earthwise Crew: New Zealand<br>- The Other Down Under<br>7-9pm Line Dance | 12<br>9-10am Zumba*<br>10:15-11:15am Yoga for Veterans* |
| 13<br>10am Overnight Trip: Whale Watching & WNBA Departs | 14<br>8:30am-4:30pm Billiards*<br>9am JPC Walking Group*<br>9:45-10:45am Gentle Yoga: Session 2<br>11:15am-12:15pm SilverSneakers Classic<br>1-2pm Tai Chi Yang 40: Part 2<br>2:15-3:15pm Tai Chi Sun 24: Part 1<br>4pm Overnight Trip: Whale Watching & WNBA Returns | 15<br>8:30am-4:30pm Billiards*<br>9:30-10:30am Qigong Strong<br>10:45-11:45am Strength & Stretch<br>12-1pm Lunch & Learn: Hydration Strategies<br>12-1pm JPC Meal Program<br>1:30-2:30pm Tai Chi Fan: Part 2                                               | 16<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12:30-3pm American Mah Jongg*<br>1-4:30pm Cards/Games*<br>2-3:30pm Senior Safety & Hands-Only CPR     | 17<br>8:30am-4:30pm Billiards*<br>9am Coffee & Conversations*<br>1-2pm Tai Chi Yang 40: Part 2<br>2-3:30pm Convos on Aging: Giving Up the Keys<br>2:15-3:15pm Tai Chi Sun 24: Part 1<br>6:30-7:30pm Zumba*<br>6:30-8pm Mindfulness for Every Day | 18<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12-1pm JPC Meal Program<br>2-3pm Sound Meditation with Sentinel Sound Work<br>7-9pm Line Dance                    | 19<br>9-10am Zumba*<br>10:15-11:15am Yoga for Veterans* |
| 20                                                       | 21<br>8:30am-4:30pm Billiards*<br>9am JPC Walking Group*<br>9:45-10:45am Gentle Yoga: Session 2<br>11:15am-12:15pm SilverSneakers Classic<br>1-2pm Tai Chi Yang 40: Part 2<br>2:15-3:15pm Tai Chi Sun 24: Part 1                                                      | 22<br>8:30am-4:30pm Billiards*<br>8:45am-4pm AARP Driver Safety<br>9:30-10:30am Qigong Strong<br>10:30am-5pm Day Trip: Timberline Lodge<br>10:45-11:45am Strength & Stretch<br>12-1pm JPC Meal Program<br>1:30-2:30pm Tai Chi Fan: Part 2                  | 23<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12:30-3pm American Mah Jongg*<br>1-4:30pm Cards/Games*                                                | 24<br>8:30am-4:30pm Billiards*<br>9am Coffee & Conversations*<br>1-2pm Tai Chi Yang 40: Part 2<br>2:15-3:15pm Tai Chi Sun 24: Part 1<br>6:30-7:30pm Zumba*<br>6:30-8pm Mindfulness for Every Day                                                 | 25<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12-1pm JPC Meal Program<br>7-9pm Line Dance                                                                       | 26<br>9-10am Zumba*<br>10:15-11:15am Yoga for Veterans* |
| 27                                                       | 28<br>8:30am-4:30pm Billiards*<br>9am JPC Walking Group*<br>9:45-10:45am Gentle Yoga: : Session 2<br>11:15am-12:15pm SilverSneakers Classic<br>1-2pm Tai Chi Yang 40: Part 2<br>2:15-3:15pm Tai Chi Sun 24: Part 1                                                    | 29<br>8:30am-4:30pm Billiards*<br>9:30-10:30am Qigong Strong<br>12-1pm JPC Meal Program<br>1:30-2:30pm Tai Chi Fan: Part 2                                                                                                                                 | 30<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12:30-3pm American Mah Jongg*<br>1-4:30pm Cards/Games*<br>2-3pm JPC Book Club*                        | 31<br>8:30am-4:30pm Billiards*<br>9am Coffee & Conversations*<br>1-2pm Tai Chi Yang 40: Part 2<br>2:15-3:15pm Tai Chi Sun 24: Part 1<br>6:30-7:30pm Zumba*<br>6:30-8pm Mindfulness for Every Day                                                 |                                                                                                                                                                                               | *Denotes Drop-In activity                               |



# AUGUST 2025

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| Sunday                                                                                                                                                                            | Monday                                                                                                                                                                      | Tuesday                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                           | Thursday                                                                                                                                                                                                    | Friday                                                                                                                  | Saturday                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| *Denotes Drop-In Activity                                                                                                                                                         |                                                                                                                                                                             |                                                                                                                                                                         |                                                                                                                                                                                                                                                     |                                                                                                                                                                                                             | 1<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12-1pm JPC Meal Program<br>7-9pm Line Dance  | 2<br>9-10am Zumba*<br>10:15-11:15am Yoga for Veterans*  |
| 3<br>8:30am-4:30pm Billiards*<br>9am JPC Walking Group*<br>9:45-10:45am Gentle Yoga: Session 2<br>11:15am-12:15pm SilverSneakers Classic                                          | 4<br>8:30am-4:30pm Billiards*<br>12-1pm JPC Meal Program                                                                                                                    | 5<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12:30-3pm American Mah Jongg*<br>1-4:30pm Cards/Games*                                       | 6<br>8:30am-4:30pm Billiards*<br>9am Coffee & Conversations*<br>11am-12pm Bingo*<br>11am-2pm Day Trip: Flock Food Hall<br>6:30-7:30pm Zumba*<br>6:30-8pm Mindfulness for Every Day                                                                  | 7<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12-1pm JPC Meal Program<br>7-9pm Line Dance                                                                                      | 8<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12-1pm JPC Meal Program<br>7-9pm Line Dance  | 9<br>9-10am Zumba*<br>10:15-11:15am Yoga for Veterans*  |
| 10<br>8:30am-4:30pm Billiards*<br>9am JPC Walking Group*<br>9:45-10:45am Gentle Yoga: Session 2<br>11am-4pm Day Trip: TopGolf Hillsboro<br>11:15am-12:15pm SilverSneakers Classic | 11<br>8:30am-4:30pm Billiards*<br>12-1pm JPC Meal Program                                                                                                                   | 12<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12:30-3pm American Mah Jongg*<br>1-4:30pm Cards/Games*                                      | 13<br>8:30am-4:30pm Billiards*<br>9am Coffee & Conversations*<br>9-10:30am AARP SDTek<br>6:30-7:30pm Zumba*<br>6:30-8pm Mindfulness for Every Day                                                                                                   | 14<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12-1pm JPC Meal Program<br>12-4:30pm Billiard Tournament<br>2-3pm Sound Meditation with Sentinel Sound Work<br>7-9pm Line Dance | 15<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12-1pm JPC Meal Program<br>7-9pm Line Dance | 16<br>9-10am Zumba*<br>10:15-11:15am Yoga for Veterans* |
| 17<br>8:30am-4:30pm Billiards*<br>9am JPC Walking Group*<br>11:15am-12:15pm SilverSneakers Classic<br>2-3:30pm Collette Travel Presentation*                                      | 18<br>8am-5pm Day Trip: Sahalie & Koosah Falls Loop<br>8:30am-4:30pm Billiards*<br>9:30-10:30am Qigong Strong<br>12-1pm JPC Meal Program<br>1:30-2:30pm Tai Chi Fan: Part 2 | 19<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12-1pm Lunch & Learn: Rightsizing<br>12:30-3pm American Mah Jongg*<br>1-4:30pm Cards/Games* | 20<br>8:30am-4:30pm Billiards*<br>9am Coffee & Conversations*<br>1-2pm Tai Chi Yang 40: Part 2<br>2-3:30pm Convo on Aging: Talking to Your Doctor<br>2:15-3:15pm Tai Chi Sun 24: Part 1<br>6:30-7:30pm Zumba*<br>6:30-8pm Mindfulness for Every Day | 21<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12-1pm JPC Meal Program<br>7-9pm Line Dance                                                                                     | 22<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12-1pm JPC Meal Program<br>7-9pm Line Dance | 23<br>9-10am Zumba*<br>10:15-11:15am Yoga for Veterans* |
| 24<br>8am-4pm Day Trip: Coastal Railriding Tour                                                                                                                                   | 25<br>8:30am-4:30pm Billiards*<br>9am JPC Walking Group*<br>11:15am-12:15pm SilverSneakers Classic<br>1-2pm Tai Chi Yang 40: Part 2<br>2:15-3:15pm Tai Chi Sun 24: Part 1   | 26<br>8:30am-4:30pm Billiards*<br>9:30-10:30am Qigong Strong<br>12-1pm JPC Meal Program<br>1:30-2:30pm Tai Chi Fan: Part 2                                              | 27<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12:30-3pm American Mah Jongg*<br>1-4:30pm Cards/Games*<br>2-3pm JPC Book Club*                                                                                          | 28<br>8:30am-4:30pm Billiards*<br>9am Coffee & Conversations*<br>1-2pm Tai Chi Yang 40: Part 2<br>2:15-3:15pm Tai Chi Sun 24: Part 1<br>6:30-7:30pm Zumba*<br>6:30-8pm Mindfulness for Every Day            | 29<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12-1pm JPC Meal Program<br>7-9pm Line Dance | 30<br>9-10am Zumba*                                     |