



# JUNE 2025

8513 SW Tualatin Road  
Tualatin, OR 97062  
503.691.3061 | [TualatinOregon.gov](http://TualatinOregon.gov)

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  |
|---|--|---|---|--|---|---|
| 1<br>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  | 2<br>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   | 3<br>8:30am-4:30pm Billiards*<br>10:45-11:45am Strength & Stretch<br>12-1pm Meals on Wheels People Lunch*   | 4<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 Gratitude Club  | 5<br>8am-3:30pm Day Trip: Hood River Brunch<br>8:30am-4:30pm Billiards*<br>11am-12pm Bingo*<br>12-1pm Meals on Wheels People Lunch*<br>6:30-7:30pm Zumba*  | 6<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>7-9pm Line Dance   | 7   |
| 8<br>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 | 9<br>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   | 10<br>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 | 11<br>8:30am-4:30pm Billiards*<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* | 12<br>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  | 13<br>8:30am-4pm Day Trip: Mt Hood Foraging Adventure<br>9-10am Zumba<br>10:15-11:15am Yoga for Veterans*                               | 14  |
| 15<br>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  | 16<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: Caregiver Burnout<br>12-1pm Meals on Wheels People Lunch*<br>1:30-2:30pm Tai Chi Fan: Part 2 | 17<br>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  | 18<br>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    | 19<br><b>CLOSED</b>  | 20<br>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 | 21<br>9-10am Zumba*<br>10:15-11:15am Yoga for Veterans* |
| 22<br>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  | 23<br>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  | 24<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*<br>2-3:30pm Gratitude Club                       | 25<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*<br>2-3:30pm Gratitude Club                         | 26<br>8am-6pm Day Trip: Lincoln City Glassblowing<br>8:30am-4:30pm Billiards*<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 | 27<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>7-9pm Line Dance  | 28<br>9-10am Zumba*<br>10:15-11:15am Yoga for Veterans* |
| 29<br>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      | 30   |   |   |  |   | *Denotes Drop-In activity                               |



JULY 2025

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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 Meals on Wheels People Lunch*<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>11am-12pm Bingo*<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                              | 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 Meals on Wheels People Lunch*<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>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   | 11<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12:30-1:30pm Earthwise Crew: New Zealand - 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 Meals on Wheels People Lunch*<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>12-1pm Meals on Wheels People Lunch*<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>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 Meals on Wheels People Lunch*<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>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   | 25<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<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 Meals on Wheels People Lunch*<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>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   |   | *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>7-9pm Line Dance  | 2<br>9-10am Zumba*<br>10:15-11:15am Yoga for Veterans*  |
| 3   | 4<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  | 5<br>8:30am-4:30pm Billiards*<br>12-1pm Meals on Wheels People Lunch*  | 6<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*                                       | 7<br>8:30am-4:30pm Billiards*<br>11am-12pm Bingo*<br>11am-2pm Day Trip: Flock Food Hall<br>12-1pm Meals on Wheels People Lunch*<br>6:30-7:30pm Zumba*<br>6:30-8pm Mindfulness for Every Day   | 8<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>7-9pm Line Dance  | 9<br>9-10am Zumba*<br>10:15-11:15am Yoga for Veterans*  |
| 10  | 11<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 | 12<br>8:30am-4:30pm Billiards*<br>12-1pm Meals on Wheels People Lunch*   | 13<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*                                      | 14<br>8:30am-4:30pm Billiards*<br>9-10:30am AARP SDTek<br>12-1pm Meals on Wheels People Lunch*<br>6:30-7:30pm Zumba*<br>6:30-8pm Mindfulness for Every Day  | 15<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>12-4:30pm Billiard Tournament<br>2-3pm Sound Meditation with Sentinel Sound Work<br>7-9pm Line Dance | 16<br>9-10am Zumba*<br>10:15-11:15am Yoga for Veterans* |
| 17  | 18<br>8:30am-4:30pm Billiards*<br>9am JPC Walking Group*<br>11:15am-12:15pm SilverSneakers Classic  | 19<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 Meals on Wheels People Lunch*<br>1:30-2:30pm Tai Chi Fan: Part 2 | 20<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* | 21<br>8:30am-4:30pm Billiards*<br>12-1pm Meals on Wheels People Lunch*<br>1-2pm Tai Chi Yang 40: Part 2<br>2-3:30pm Convos 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 | 22<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<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 Meals on Wheels People Lunch*<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>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   | 29<br>8:30am-4:30pm Billiards*<br>11:15am-12:15pm SilverSneakers Classic<br>7-9pm Line Dance   | 30<br>9-10am Zumba*                                     |