



JUNE 2025

8513 SW Tualatin Road
Tualatin, OR 97062
503.691.3061 | TualatinOregon.gov

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



JULY 2025

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30am-4:30pm Billiards* 9:30-10:30am Qigong Strong 10:45-11:45am Strength & Stretch 12-1pm Meals on Wheels People Lunch* 1:30-2:30pm Tai Chi Fan: Part 2 4:30-7:30pm Day Trip: Old Asia Tea Garden	2 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games*	3 8:30am-4:30pm Billiards* 9am Coffee & Conversations* 11am-12pm Bingo* 12-1pm Meals on Wheels People Lunch* 1-2pm Tai Chi Yang 40: Part 2 2:15-3:15pm Tai Chi Sun 24: Part 1 6:30-7:30pm Zumba* 6:30-8pm Mindfulness for Every Day	4 CLOSED	5 9-10am Zumba*
6	7 8:30am-4:30pm Billiards* 9am JPC Walking Group* 11:15am-12:15pm SilverSneakers Classic 1-2pm Tai Chi Yang 40: Part 2 2:15-3:15pm Tai Chi Sun 24: Part 1	8 8:30am-4:30pm Billiards* 9:30-10:30am Qigong Strong 10:45-11:45am Strength & Stretch 12-1pm Meals on Wheels People Lunch* 1:30-2:30pm Tai Chi Fan: Part 2	9 8:30am-4:30pm Billiards* 10am-3pm Day Trip: McMinnville Antiques Mall 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games*	10 8:30am-4:30pm Billiards* 9am Coffee & Conversations* 12-1pm Meals on Wheels People Lunch* 1-2pm Tai Chi Yang 40: Part 2 2:15-3:15pm Tai Chi Sun 24: Part 1 6:30-7:30pm Zumba* 6:30-8pm Mindfulness for Every Day	11 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12:30-1:30pm Earthwise Crew: New Zealand - The Other Down Under 7-9pm Line Dance	12 9-10am Zumba* 10:15-11:15am Yoga for Veterans*
13 10am Overnight Trip: Whale Watching & WNBA Departs	14 8:30am-4:30pm Billiards* 9am JPC Walking Group* 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm SilverSneakers Classic 1-2pm Tai Chi Yang 40: Part 2 2:15-3:15pm Tai Chi Sun 24: Part 1 4pm Overnight Trip: Whale Watching & WNBA Returns	15 8:30am-4:30pm Billiards* 9:30-10:30am Qigong Strong 10:45-11:45am Strength & Stretch 12-1pm Lunch & Learn: Hydration Strategies 12-1pm Meals on Wheels People Lunch* 1:30-2:30pm Tai Chi Fan: Part 2	16 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games* 2-3:30pm Senior Safety & Hands-Only CPR	17 8:30am-4:30pm Billiards* 9am Coffee & Conversations* 12-1pm Meals on Wheels People Lunch* 1-2pm Tai Chi Yang 40: Part 2 2-3:30pm Convos on Aging: Giving Up the Keys 2:15-3:15pm Tai Chi Sun 24: Part 1 6:30-7:30pm Zumba* 6:30-8pm Mindfulness for Every Day	18 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 2-3pm Sound Meditation with Sentinel Sound Work 7-9pm Line Dance	19 9-10am Zumba* 10:15-11:15am Yoga for Veterans*
20	21 8:30am-4:30pm Billiards* 9am JPC Walking Group* 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm SilverSneakers Classic 1-2pm Tai Chi Yang 40: Part 2 2:15-3:15pm Tai Chi Sun 24: Part 1	22 8:30am-4:30pm Billiards* 8:45am-4pm AARP Driver Safety 9:30-10:30am Qigong Strong 10:30am-5pm Day Trip: Timberline Lodge 10:45-11:45am Strength & Stretch 12-1pm Meals on Wheels People Lunch* 1:30-2:30pm Tai Chi Fan: Part 2	23 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games*	24 8:30am-4:30pm Billiards* 9am Coffee & Conversations* 12-1pm Meals on Wheels People Lunch* 1-2pm Tai Chi Yang 40: Part 2 2:15-3:15pm Tai Chi Sun 24: Part 1 6:30-7:30pm Zumba* 6:30-8pm Mindfulness for Every Day	25 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 7-9pm Line Dance	26 9-10am Zumba* 10:15-11:15am Yoga for Veterans*
27	28 8:30am-4:30pm Billiards* 9am JPC Walking Group* 9:45-10:45am Gentle Yoga: : Session 2 11:15am-12:15pm SilverSneakers Classic 1-2pm Tai Chi Yang 40: Part 2 2:15-3:15pm Tai Chi Sun 24: Part 1	29 8:30am-4:30pm Billiards* 9:30-10:30am Qigong Strong 12-1pm Meals on Wheels People Lunch* 1:30-2:30pm Tai Chi Fan: Part 2	30 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games* 2-3pm JPC Book Club*	31 8:30am-4:30pm Billiards* 9am Coffee & Conversations* 12-1pm Meals on Wheels People Lunch* 1-2pm Tai Chi Yang 40: Part 2 2:15-3:15pm Tai Chi Sun 24: Part 1 6:30-7:30pm Zumba* 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 8:30am-4:30pm Billiards 11:15am-12:15pm SilverSneakers Classic 7-9pm Line Dance	2 9-10am Zumba* 10:15-11:15am Yoga for Veterans*
3 8:30am-4:30pm Billiards* 9am JPC Walking Group* 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm SilverSneakers Classic	4 8:30am-4:30pm Billiards* 12-1pm Meals on Wheels People Lunch*	5 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games*	6 8:30am-4:30pm Billiards* 9am Coffee & Conversations* 11am-12pm Bingo* 11am-2pm Day Trip: Flock Food Hall 12-1pm Meals on Wheels People Lunch* 6:30-7:30pm Zumba* 6:30-8pm Mindfulness for Every Day	7 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games*	8 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 7-9pm Line Dance	9 9-10am Zumba* 10:15-11:15am Yoga for Veterans*
10 8:30am-4:30pm Billiards* 9am JPC Walking Group* 9:45-10:45am Gentle Yoga: Session 2 11am-4pm Day Trip: TopGolf Hillsboro 11:15am-12:15pm SilverSneakers Classic	11 8:30am-4:30pm Billiards* 12-1pm Meals on Wheels People Lunch*	12 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games*	13 8:30am-4:30pm Billiards* 9am Coffee & Conversations* 9-10:30am AARP SDTek 12-1pm Meals on Wheels People Lunch* 6:30-7:30pm Zumba* 6:30-8pm Mindfulness for Every Day	14 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12-4:30pm Billiard Tournament 2-3pm Sound Meditation with Sentinel Sound Work 7-9pm Line Dance	15 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 10:15-11:15am Yoga for Veterans*	16 9-10am Zumba* 10:15-11:15am Yoga for Veterans*
17 8:30am-4:30pm Billiards* 9am JPC Walking Group* 11:15am-12:15pm SilverSneakers Classic	18 8am-5pm Day Trip: Sahalie & Koosah Falls Loop 8:30am-4:30pm Billiards* 9:30-10:30am Qigong Strong 12-1pm Meals on Wheels People Lunch* 1:30-2:30pm Tai Chi Fan: Part 2	19 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12-1pm Lunch & Learn: Rightsizing 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games*	20 8:30am-4:30pm Billiards* 9am Coffee & Conversations* 12-1pm Meals on Wheels People Lunch* 1-2pm Tai Chi Yang 40: Part 2 2-3:30pm Convos on Aging: Talking to Your Doctor 2:15-3:15pm Tai Chi Sun 24: Part 1 6:30-7:30pm Zumba* 6:30-8pm Mindfulness for Every Day	21 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 7-9pm Line Dance	22 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 10:15-11:15am Yoga for Veterans*	23 9-10am Zumba*
24 8am-4pm Day Trip: Coastal Railriding Tour	25 8:30am-4:30pm Billiards* 9am JPC Walking Group* 11:15am-12:15pm SilverSneakers Classic 1-2pm Tai Chi Yang 40: Part 2 2:15-3:15pm Tai Chi Sun 24: Part 1	26 8:30am-4:30pm Billiards* 9:30-10:30am Qigong Strong 12-1pm Meals on Wheels People Lunch* 1:30-2:30pm Tai Chi Fan: Part 2	27 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games* 2-3pm JPC Book Club*	28 8:30am-4:30pm Billiards* 9am Coffee & Conversations* 12-1pm Meals on Wheels People Lunch* 1-2pm Tai Chi Yang 40: Part 2 2:15-3:15pm Tai Chi Sun 24: Part 1 6:30-7:30pm Zumba* 6:30-8pm Mindfulness for Every Day	29 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 7-9pm Line Dance	30 9-10am Zumba*