



MARCH 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
denotes drop-in activity						1 9-10am Zumba 10:15-11:15am Yoga for Veterans*
2	3	4	5	6	7	8
	8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 1 11:15am-12:15pm SilverSneakers Classic 1-2pm Tai Chi Yang 40: Part 1 2:15-3:15pm Tai Chi for Energy	8:30am-4:30pm Billiards* 10:45-11:45am Strength & Stretch 12-1pm Meals on Wheels People Lunch 1:30-2:30pm Tai Chi Fan	8:30am-4:30pm Billiards* 8:30am-4:30pm AARP Tax Aide 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games*	8:30am-4:30pm Billiards* 11am-12pm Bingo* 12-1pm Meals on Wheels People Lunch 1-2pm Tai Chi Yang 40: Part 1 2:15-3:15pm Tai Chi for Energy 6:30-7:30pm Zumba*	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*
9	10	11	12	13	14	15
	8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 1 11:15am-12:15pm SilverSneakers Classic 1-2pm Tai Chi Yang 40: Part 1 1-2:30pm Family Caregiver Support Group 2:15-3:15pm Tai Chi for Energy	8:30am-4:30pm Billiards* 9:30-10:30am Morning Qigong 10:45-11:45am Strength & Stretch 11:15am-4pm Day Trip: Lunch at The Cove 12-1pm Meals on Wheels People Lunch 1:30-2:30pm Tai Chi Fan	8:30am-4:30pm Billiards* 8:30am-4:30pm AARP Tax Aide 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games*	8:30am-4:30pm Billiards* 10am-12pm Write Your Living Obituary 12-1pm Meals on Wheels People Lunch 1-2pm Tai Chi Yang 40: Part 1 2:15-3:15pm Tai Chi for Energy 6:30-7:30pm Zumba*	8:30am-4:30pm Billiards* 10am-12pm Write Your Living Obituary 11:15am-12:15pm SilverSneakers Classic 7-9pm Line Dance	9-10am Zumba* 10:15-11:15am Yoga for Veterans*
16	17	18	19	20	21	22
	8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 1 11:15am-12:15pm SilverSneakers Classic 1-2pm Tai Chi Yang 40: Part 1 2:15-3:15pm Tai Chi for Energy 2:30-4pm Powerful Tools for Caregivers	8:30am-4:30pm Billiards* 9:30-10:30am Morning Qigong 10:45-11:45am Strength & Stretch 12-1pm Meals on Wheels People Lunch 12-1pm Lunch & Learn: Artificial Intelligence 1:30-2:30pm Tai Chi Fan	8:30am-4:30pm Billiards* 8:30am-4:30pm AARP Tax Aide 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games*	8:30am-4:30pm Billiards* 12-1pm Meals on Wheels People Lunch 1-2pm Tai Chi Yang 40: Part 1 2-3:30pm Convos on Aging: End of Life Decisions 2:15-3:15pm Tai Chi for Energy 6:30-7:30pm Zumba*	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*
23	24	25	26	27	28	29
	8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 1 11:15am-12:15pm SilverSneakers Classic 1-2pm Tai Chi Yang 40: Part 1 2:15-3:15pm Tai Chi for Energy 2:30-4pm Powerful Tools for Caregivers	8:30am-4:30pm Billiards* 9:30-10:30am Morning Qigong 12-1pm Meals on Wheels People Lunch 12-2pm Collette Travel Presentation 1:30-2:30pm Tai Chi Fan	8:30am-4:30pm Billiards* 8:30am-4:30pm AARP Tax Aide 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games* 2-3pm JPC Book Club*	8:30am-4:30pm Billiards* 12-1pm Meals on Wheels People Lunch 1-2pm Tai Chi Yang 40: Part 1 1-4pm Day Trip: Butterfly Effect Pottery 2:15-3:15pm Tai Chi for Energy 6:30-7:30pm Zumba*	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*



APRIL 2025

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/30	3/31	1	2	3	4	5
	8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 1 11:15am-12:15pm SilverSneakers Classic 1-2pm Tai Chi Yang 40: Part 1 2:15-3:15pm Tai Chi for Energy 2:30-4pm Powerful Tools for Caregivers	8:30am-4:30pm Billiards* 9:30-10:30am Morning Qigong 10:45-11:45am Strength & Stretch 12-1pm Meals on Wheels People Lunch 1:30-2:30pm Tai Chi Fan	8:30am-4:30pm Billiards* 8:30am-4:30pm AARP Tax Aide 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games* 2-4pm The Power of Your Plate	8:30am-4:30pm Billiards* 9:15-10:15am Nia 11am-12pm Bingo* 12-1pm Meals on Wheels People Lunch 1-2pm Tai Chi Yang 40: Part 1 2:15-3:15pm Tai Chi for Energy 6:30-7:30pm Zumba*	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*
6	7	8	9	10	11	12
	8:30am-4:30pm Billiards* 9am JPC Walking Group* 11:15am-12:15pm SilverSneakers Classic 1-2pm Tai Chi Yang 40: Part 1 2:15-3:15pm Tai Chi for Energy 2:30-4pm Powerful Tools for Caregivers	8:30am-4:30pm Billiards* 9:30-10:30am Morning Qigong 10:45-11:45am Strength & Stretch 12-1pm Meals on Wheels People Lunch 1:30-2:30pm Tai Chi Fan	8:30am-4:30pm Billiards* 8:30am-4:30pm AARP Tax Aide 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-3pm Day Trip: Intro to Perfume Making 1-4:30pm Cards/Games*	8:30am-4:30pm Billiards* 9:15-10:15am Nia 12-1pm Meals on Wheels People Lunch 1-2pm Tai Chi Yang 40: Part 1 2:15-3:15pm Tai Chi for Energy 6:30-7:30pm Zumba*	8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12:30-1:30pm Earthwise Crew: Pollen, Pollination & Pollinators 7-9pm Line Dance	9-10am Zumba* 10:15-11:15am Yoga for Veterans*
13	14	15	16	17	18	19
	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 1 1-2:30pm Family Caregiver Support Group 2:15-3:15pm Tai Chi for Energy	8:30am-4:30pm Billiards* 9:30-10:30am Morning Qigong 10:45-11:45am Strength & Stretch 12-1pm Meals on Wheels People Lunch 12-1pm Lunch & Learn: Golden Years, Golden Rules: Responsible Gambling 1:30-2:30pm Tai Chi Fan 3-7pm Day Trip: Hale Pele Tiki Bar	8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games* 2-4pm How Foods Fight Diabetes	8:30am-4:30pm Billiards* 9:15-10:15am Nia 12-1pm Meals on Wheels People Lunch 1-2pm Tai Chi Yang 40: Part 1 2-3:30pm Convos on Aging: Forgiveness 2:15-3:15pm Tai Chi for Energy 6:30-7:30pm Zumba*	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*
20	21	22	23	24	25	26
	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 1 2:15-3:15pm Tai Chi for Energy 2:30-4pm Powerful Tools for Caregivers	8:30am-4:30pm Billiards* 9:30-10:30am Morning Qigong 10:45-11:45am Strength & Stretch 12-1pm Meals on Wheels People Lunch 1:30-2:30pm Tai Chi Fan	8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games*	8:30am-4:30pm Billiards* 9:15-10:15am Nia 12-1pm Meals on Wheels People Lunch 1-2pm Tai Chi Yang 40: Part 1 2:15-3:15pm Tai Chi for Energy 6:30-7:30pm Zumba*	8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 7-9pm Line Dance	9-10am Zumba*
27	28	29	30			
	8:30am-4:30pm Billiards* 9am JPC Walking Group* 11:15am-12:15pm SilverSneakers Classic 1-2pm Tai Chi Yang 40: Part 1 2:15-3:15pm Tai Chi for Energy 2:30-4pm Powerful Tools for Caregivers	8:30am-4:30pm Billiards* 9:30-10:30am Morning Qigong 12-1pm Meals on Wheels People Lunch 1:30-2:30pm Tai Chi Fan	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*			*Denotes drop-in activity



MAY 2025

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*denotes drop-in activity				1	2	3
				8:30am-4:30pm Billiards* 9:15-10:15am Nia 9:30am-2:30pm Day Trip: Birding 11am-12pm Bingo* 12-1pm Meals on Wheels People Lunch 1-2pm Tai Chi Yang 40: Part 1 2:15-3:15 Tai Chi for Energy 6:30-7:30pm Zumba*	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*
4	5	6	7	8	9	10
	8:30am-4:30pm Billiards* 9am JPC Walking Group* 9-10am Intro to Nordic Walking 9:45-10:45am Gentle Yoga Session 2 11:15am-12:15pm SilverSneakers Classic 1-2pm Tai Chi Yang 40: Part 1 2:15-3:15 Tai Chi for Energy	8:30am-4:30pm Billiards* 9:30-10:30am Morning Qigong 12-1pm Meals on Wheels People Lunch 1:30-2:30pm Tai Chi Fan	8:30am-4:30pm Billiards* 9-10am Intro to Nordic Walking 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games* 2-4pm Foods for a Healthy Weight	8:30am-4:30pm Billiards* 9:15-10:15am Nia 12-1pm Meals on Wheels People Lunch 1-2pm Tai Chi Yang 40: Part 1 2:15-3:15 Tai Chi for Energy 6:30-7:30pm Zumba*	8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 1:30-2:30pm Earthwise Crew: Get to Know Western Bluebirds 7-9pm Line Dance	9-10am Zumba* 10:15-11:15am Yoga for Veterans*
11	12	13	14	15	16	17
	8:30am-4:30pm Billiards* 9am JPC Walking Group* 9-10am Intro to Nordic Walking 9:45-10:45am Gentle Yoga Session 2 11:15am-12:15pm SilverSneakers Classic 1-2pm Tai Chi Yang 40: Part 1 1-2:30pm Family Caregiver Support Group 2:15-3:15 Tai Chi for Energy	8:30am-4:30pm Billiards* 9:30-10:30am Morning Qigong 12-1pm Meals on Wheels People Lunch 1:30-2:30pm Tai Chi Fan	8:30am-4:30pm Billiards* 9-10am Intro to Nordic Walking 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games*	8:30am-4:30pm Billiards* 9:15-10:15am Nia 12-1pm Meals on Wheels People Lunch 1-2pm Tai Chi Yang 40: Part 1 2-3:30pm Convos on Aging: Battling the Blues 2:15-3:15 Tai Chi for Energy 6:30-7:30pm Zumba*	8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12-4:30pm Billiard Tournament 7-9pm Line Dance	9-10am Zumba* 10:15-11:15am Yoga for Veterans* 11:30am-2:30pm Day Trip: The Heist Food Cart Pod
18	19	20	21	22	23	24
	8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 2 11:15am-12:15pm SilverSneakers Classic	Mental Wellness Fair 8:30am-4:30pm Billiards* 10:30am-12pm Resources for Mental Health 11am-12pm Whiskers & Tails Therapy Bunnies 12-1pm Meals on Wheels People Lunch 12:30-1:30pm Lunch & Learn: The Four Keys to Aging Well 1:45-2:45pm Introduction to Gratitude	8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards/Games* 2-4pm How Foods Fight Heart Disease	8:30am-4:30pm Billiards* 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	9-10am Zumba* 10:15-11:15am Yoga for Veterans*
25	26	27	28	29	30	31
CLOSED		8:30am-4:30pm Billiards* 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* 2-3pm JPC Book Club*	8:30am-4:30pm Billiards* 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	9-10am Zumba* 10:15-11:15am Yoga for Veterans*