


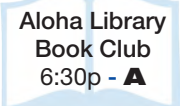











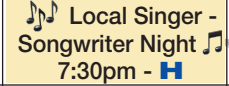




JANUARY ♦ 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  <i>New Year's Day</i>	2 <i>New Year's Day celebrated</i> City offices, most businesses closed  FREE online movies from the library via Kanopy - any time -	3 Better Brains and Balance 9a - H Walk at Fernhill Wetlands 10:30a - F  Hillsboro Art Walk 5p - H	4 Strength & Balance 10a - F  Aloha Library Book Club 6:30p - A	5 Better Brains and Balance 9a - H Walk Group at Fernhill Wetlands 9a - F Senior Stretch 10:15a - F	6 Strength & Balance 10a - F VIVA VILLAGE: AGE CAFÉ: Group discussions 11a - B  Virtual Village Happy Hour 4p - Z	7
8	9 Senior Stretch 10:15a - F 	10 Better Brains and Balance 9a - H Walk Group at Fernhill Wetlands 10:30a - F Writing Stories of Your Lifetime 6:30p - Z	11 Strength & Balance 10a - F	12 Better Brains and Balance 9a - H Walk Group at Fernhill Wetlands 9a - F Senior Stretch 10:15a - F	13 Strength & Balance 10a - F  VWW COFFEE & CONVERSATION: Technology - Love it or Hate it? 11a - Z  Virtual Village Happy Hour 4p - Z	14
15	16 Senior Stretch 10:15am - F <i>Martin Luther King Jr. Day</i>	17 Better Brains and Balance 9a - H Walk Group at Fernhill Wetlands 10:30a - F	18 Strength & Balance 10a - F 	19 Better Brains and Balance 9a - H Walk at Fernhill Wetlands - 9a - F RIVERWEST VILLAGE MOVIE DISCUSSION: <i>Anesthesia</i> 10a - Z Senior Stretch 10:15a - F	20 Strength & Balance 10a - F  Virtual Village Happy Hour 4p - Z	21 
22  <i>Lunar New Year starts the year of the rabbit</i>	23 Senior Stretch 10:15am - F  Fabric & Fibers Meetup - 5p - H	24 Better Brains and Balance 9a - H Walk Group at Fernhill Wetlands 10:30a - F	25 Strength & Balance 10a - F CAREGIVER SERIES: <i>Burnout, Moral Distress and Compassion Fatigue</i> 12p - Z	26 Better Brains and Balance 9a - H Walk Group at Fernhill Wetlands 9a - F Senior Stretch 10:15a - F	27 Strength & Balance 10a - F  In-Person Village Happy Hour 3p - H  Virtual Village Happy Hour 4p - Z  Local Singer - Songwriter Night 7:30pm - H	28 
29	30 Senior Stretch 10:15am - F	31 Better Brains and Balance 9a - H Walk Group at Fernhill Wetlands 10:30a - F				Location Key: A Aloha B Beaverton C Cornelius H Hillsboro F Forest Grove V Virtual Z Zoom online <i>Silver = Free event</i> <i>Gold = Paid event</i>

JANUARY ♦ 2023

VWW Live and Online Events

(Check the [Village Event Calendar](#) for more information.)



VWW Virtual Village Happy Hour, Fri, Jan 6, 13, 20, and 27, 4pm. Come share your news and laugh a little. Join us [here](#), or call 253-215-8782 (audio only). Everyone welcome.

VWW Coffee & Conversation, Jan 13, 11 am – 12:30pm. This month's theme: *Technology – Love It or Hate It?* Do you feel like technology has made your life easier? Do you hate how technology rules your life? Do you stress out over technology changes, or do you enjoy learning how to use the newest app on your mobile phone? Come tell us how you really feel about the impact technology has on your life! Grab a cup of coffee or tea and join in the discussion. [Zoom link](#).

Live! Village In-Person Happy Hour, Fri, Jan 27, 3 – 5pm, Copper River Restaurant, 7370 NE Cornell Rd, Hillsboro. Start the new year by joining us for the best in-person happy hour in town! Spend time with Village members, volunteers, and friends. We have reservations for a table in the 'extended area', which is indoors but only has one row of tables in a separate room.

Live and Online Events – Hosted by Other Villages

Live & Online! Age Café – Hosted by **Viva Village, Fri, Jan 6, 11 am – Noon, Beaverton City Library, Meeting Rooms A & B, 2375 SW 5th St, Beaverton.** A new topic every session. Small group discussions til noon. Stay and mingle afterward. Register [here](#) to receive Zoom link by email. "Doors" open at 10:45 am.

Anesthesia (2016), Third Thursday Movie Discussion - Hosted by RiverWest Village, Thurs, Jan 19, 10am. (postponed from December) This existential movie challenges us to examine what may be truly important about living, and it makes it clear this question is universal to everyone. It may not matter what the circumstances of our lives seem to be. What matters is how we choose to meet those circumstances. To live, and to care about how to be truly alive, is surely a worthy preoccupation. Watch the movie via [Kanopy](#) any time before the discussion. [Zoom link](#) [here](#).

LIVE FITNESS

Senior Stretch, Mon and Thurs, 10:15am, Forest Grove Senior & Community Center, 2037 Douglas St, Forest Grove. Free for Silver&Fit and SilverSneakers participants. Call Deanne Michaud at 503-799-8283 about credentials or class information.

Strength & Balance, Wed and Fri, 10am, Elks Lodge, 2810 Pacific Ave, Forest Grove. Build muscles, joint mobility & stability as well as greater core strength and balance. Exercises may be done *seated or standing* at one's own pace. Call Deanne Michaud at 503-799-8283 about credentials or class information.

Better Brains and Balance, Tues and Thurs, 9 – 9:50am, Hillsboro Senior Community Center, 750 SE 8th Ave, Hillsboro. Tai Chi, brain games and balance exercises. Check in at front desk prior to class. \$4 Resident, \$6 Non-Resident.

Walk Group @ Fernhill Wetlands, Tues, 10:30am and Thurs, 9am, Fernhill Wetlands, 1399 SW Fern Hill Rd, Forest Grove. Free for Silver&Fit and SilverSneakers. Call Deanne Michaud at 503-799-8283 for more information.

COMMUNITY EVENTS (Online and Live)

Live! Hillsboro Art Walk: First Tuesday, Tues, Jan 3, 5 – 8pm, Downtown Hillsboro. An evening of art, music, food, shopping, and more in the Cultural Arts District.

Aloha Library Book Club, Wed, Jan 4, 6:30 – 7:30pm. The book is *Eleanor Oliphant is Completely Fine* by Gail Honeyman. Eleanor is a socially graceless loner with a quiet and predictable life. Her inner monologue is cranky but endearing. As she gradually journeys from being alienated from the world to connecting with it, the book becomes emotionally moving for the reader. This is a funny novel that's filled with empathy. Join online [here](#).



Introduction to Writing Stories from Your Lifetime – One Story at a Time, Tues, Jan 10, 6:30pm. Online program hosted by Ruthanne Warnick, founder of *Capture the Journey*. Free Zoom workshop to learn:

- 1) benefits of writing your own stories
- 2) method of using themes to decide which stories to write
- 3) writing tips and ways to keep going
- 4) ways to share your stories



No writing experience needed. You will begin to write a story during the presentation, so bring a pen and paper! Registration is required, and attendance is limited to 25 people. Register [here](#).

Live! Fabric and Fibers Meetup, Mon, Jan 23, 5 – 7pm, Hillsboro Public Library, Shute Park, 775 SE 10th Ave, Hillsboro. Join us to learn fabric and fiber projects from other knitters, crocheters, sewers, and more! We have basic supplies and equipment. Drop in anytime and bring your own projects.



Burnout, Moral Distress and Compassion Fatigue (Caregiving Special Topics Series), Wed, Jan 25, 12 – 1pm, presented by **Washington County Older Adult Behavioral Health.** Offered via Zoom. Free. Register by calling 503-846-3090 or email familycaregiversupport@washingtoncountyor.gov.

Live! Local Singer-Songwriter Night, Fri, Jan 27, 7:30 – 9:30pm, Walters Cultural Arts Center, 527 E. Main St, Hillsboro.

Join us for an evening that showcases four of our local singer-songwriters: *Katy Hartman, Andee Joyce, Bill Hernandez, and Malderine.* Tickets are \$10 advance, \$12 day of show. Purchase online at: cityofhillsboro.ticketspice.com/local-singer-songwriter-22

