

March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Strength & Balance 10a - F Nature at Noon 12p - H	2 Better Brains and Balance 9a - H Walk at Fernhill Wetlands - 9a - F Senior Stretch 10:15a - F	3 Strength & Balance 10a - F VIVA VILLAGE AGE CAFE: <i>Passage of Time</i> 11a - V In-Person Village Happy Hour 3p - H Virtual Village Happy Hour 4p - Z	4
5  Senior Stretch 10:15a - F VWW Zoom Social 2p - Z	6 Better Brains and Balance 9a - H Walk at Fernhill Wetlands -10:30a F 	7 Strength & Balance 10a - F Nature at Noon 12p - H	8 Better Brains and Balance 9a - H Walk at Fernhill Wetlands - 9a - F Senior Stretch 10:15a - F	9 Strength & Balance 10a - F Virtual Village Happy Hour 4p - Z Pacific University Spring Musical: 25th Annual Putnam County Spelling Bee 7:30p - F Hillsboro Symphony Small Ensembles 7:30p - H	10 Strength & Balance 10a - F Virtual Village Happy Hour 4p - Z Pacific University Spring Musical: 25th Annual Putnam County Spelling Bee 7:30p - F Hillsboro Symphony Small Ensembles 7:30p - H	11
12 DST: add 1 hr to clocks  Pacific University Spring Musical: 25th Annual Putnam County Spelling Bee 2:30p - F	13 Senior Stretch 10:15am - F	14 Better Brains and Balance 9a - H Walk at Fernhill Wetlands -10:30a F	15 Strength & Balance 10a - F Nature at Noon 12p - H	16 Better Brains and Balance 9a - H Walk at Fernhill Wetlands - 9a - F Senior Stretch 10:15a - F	17 St Patrick's Day Strength & Balance 10a - F Virtual Village Happy Hour 4p - Z	18  Virtual Death Cafe 10 a - Z Hillsboro Library Author Expo 12p - H
19 Lailat al Bara'ah 	20 Senior Stretch 10:15am - F	21 Better Brains and Balance 9a - H Walk at Fernhill Wetlands -10:30a F In-Person Coffee Hour 10:30a - H	22 Strength & Balance 10a - F 	23 Ramadan begins Better Brains and Balance 9a - H Walk at Fernhill Wetlands - 9a - F Senior Stretch 10:15a - F VWW Zoom Social 1p - Z	24 Strength & Balance 10a - F In-Person Village Happy Hour 3p - H Virtual Village Happy Hour 4p - Z	25
26	27 Senior Stretch 10:15am - F 	28 Better Brains and Balance 9a - H Walk at Fernhill Wetlands -10:30a F	29 Strength & Balance 10a - F	30 Walk at Fernhill Wetlands - 9a - F Better Brains and Balance 9a - H Senior Stretch 10:15a - F	31 Strength & Balance 10a - F Virtual Village Happy Hour 4p - Z	Location Key: A Aloha B Beaverton C Cornelius H Hillsboro F Forest Grove V Virtual Z Zoom online Silver = Free event Gold = Paid event



VWW Live and Online Events

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



ZOOM Social, Mon, Mar 6, 2 - 3 pm and Thurs, Mar 23, 1 - 2 pm.

- March 6th Topic: *Have You Had a Paranormal Experience?*
- March 23rd Topic: *TBD*. Members & volunteers only. We meet to get to know other members and volunteers. These

sessions can be strictly social, an information presentation, sharing a video, etc. Zoom link available in event description on [Village Event calendar](#).

VWW Virtual Village Happy Hour, Fri, Mar 3, 10, 17, 24 and 31, 4 pm. Come share your news and laugh a little. Get to know other members and volunteers. Join us [here](#) or call 253-215-8782 (audio only). *Everyone welcome.*

Live! VWW In Person Coffee Hour, Tues, Mar 21, 10:30 – 11:30 am, Tous les Jours - Orenco Station, 6221 NE Cornell Rd, Hillsboro. This a great way to get acquainted and learn more about the Village community. Everyone welcome! Korean/French bakery with coffee, tea, and other treats available for purchase. Look for our table in the seating area.

Live! Village In-Person Happy Hour, Fri, Mar 3 and Tues, Mar 21, 3 – 5 pm, Copper River Restaurant, 7370 NE Cornell Rd, Hillsboro. Join 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! Age Café - Hosted by Viva Village, Fri, Mar 3, 11 am – 12 pm. Beaverton City Library, Meeting Rooms A & B, 12375 SW 5th Street, Beaverton. Topic: *Passage of Time*. Small group discussions 11 am–noon. Stay and mingle afterward. Register [here](#). “Doors” open at 10:45 am.

LIVE FITNESS

Trainer Deanne Michaud holds free classes for Silver&Fit and SilverSneakers participants. Call Deanne at 503-799-8283 about credentials or class information.

- **Senior Stretch, Mon & Thurs, 10:15 am, Forest Grove Senior & Community Center, 2037 Douglas St, Forest Grove.**
- **Strength & Balance, Wed & Fri, 10 am, Elks Lodge, 2810 Pacific Ave, Forest Grove.**
- **Walk Group @ Fernhill Wetlands, Tues, 10:30 am & Thurs, 9 am, Fernhill Wetlands, 1399 SW Fern Hill Rd, Forest Grove.**

Better Brains and Balance, Tues & Thurs, 9 – 9:50 am, 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

COMMUNITY EVENTS (Online and Live)

Live! Nature at Noon, Weds, Mar 1, 8, and 15, 12 pm, Hamby Park, 1035 NE Jackson School Road, Hillsboro. Join us for a nature walk and learn bird identification tips, local plants, natural history facts and more. We meet rain or shine and spend our time outside.



Live! Hillsboro Symphony, Fri, Mar 10, 7:30 - 9:30 pm, Walters Cultural Arts Center, 527 E. Main St, Hillsboro. Three of the Orchestra's small ensembles perform for this night full of musical magic: the *Unexpected Trio* (cello, violin, and piano), the

Silver Linings Ensemble (violins and bass), and *Jazz & the Harpist* (harp, drums, bass, horns, and vocalist). Tickets: \$15 (in advance), \$18 (day of show). Purchase tickets online [here](#).

Live! The 25th Annual Putnam County Spelling Bee – Spring Musical, Fri, Mar 10 & Sat, Mar 11, 7:30 pm & Sun, Mar 12, 2:30 pm, Pacific University, Taylor-Meade Performing Arts Center, McCready Hall, 2043 College Way, Forest Grove. An eclectic group of tweens vie for the spelling championship of a lifetime.



While candidly disclosing hilarious and touching stories from their lives, they spell their way through a series of (sometimes questionable) words, hoping never to hear the soul-crushing “ding” of the bell that signals a spelling mistake. Check Pacific University website [here](#) for ticket information.

Virtual Death Café, Sat, Mar 18, 10 – 11:30 am. Registration required to receive Zoom link. Register [here](#). Conversations about any and all things related to death, dying, end of life, and more. Death cafes provide safe, supportive, and confidential spaces for people, often strangers, to come together and share their understanding, thoughts, dreams, and fears about all aspects of death and dying.



Live! Hillsboro Library Author Expo, Sat, Mar 18, 12:00 – 4:30 pm, Hillsboro Brookwood Library, 2850 NE Brookwood Pkwy, Hillsboro. Meet and mingle with over 30 local authors from across Oregon at the **Hillsboro Reads Local Authors Expo!** Book signings, pop-up readings, and story times will occur throughout the expo in various spaces in the library. There will be family-friendly activities going on throughout the day.

