



Village Without Walls

March '24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations: A Aloha B Beaverton C Cornelius H Hillsboro F Forest Grove P Portland V Virtual Z Zoom online <i>Silver = Free events</i> <i>Gold = Fee events</i>					1	2
Wanna Play Around? Bingo W, 5:30p Bunco F, 1p Duplicate Bridge M, 11:30a Cribbage W 1p; Th, 12:30p Lotería - en español W, 1:30p Mahjong M / F, 1p Mex Train Dominoes M, 9:30a Nickle Bingo M, 9a <i>GAMES RANGE FROM FREE TO \$1</i> Hillsboro Senior Center - H					Strength & Balance 10a - F VWW Virtual Happy Hour - 4p - Z	Great Decisions <i>Pandemic Preparedness</i> 10a - H
3	4 Strength & Balance 9:15a - F Senior Stretch 10:15a - F Active Adult Strength 11a - H WLO VILLAGE: Ted Talk 11a - V Remembering Series 1950 - 1970 2p - Z	5 Better Brains and Balance 9a - H Walk at Fernhill Wetlands - 10a - F	6 Strength & Balance 10a - F Active Adult Strength 11a - H	7 Walk Fernhill Wetlands 9a F Better Brains and Balance - 9a - H Senior Stretch 10:15a - F	8 Strength & Balance 10a - F VWW Virtual Happy Hour - 4p - Z She's Speaking Live! 7:30p - H	9
10 SPRING <i>Daylight Savings Time</i>	11 <i>Ramadan</i> Strength & Balance 9:15a - F Senior Stretch 10:15a - F Active Adult Strength 11a - H WLO VILLAGE: Ted Talk 11a - V	12 Better Brains and Balance 9a - H Walk at Fernhill Wetlands - 10a F	13 Strength & Balance 10a - F Active Adult Strength 11a - H	14 Walk at Fernhill Wetlands - 9a - F Better Brains and Balance - 9a - H Senior Stretch 10:15a - F	15 Strength & Balance 10a - F NORTHSTAR VILLAGE: DOWNSIZING & LETTING GO - 2p - P VWW Virtual Happy Hour - 4p - Z	16 Great Decisions <i>NATO's Future</i> 10a - H <i>Planting Gardens to Attract Pollinators</i> 1p - C
17 <i>St. Patrick's Day</i>	18 Senior Stretch 10:15a - F Strength & Balance 9:15a - F Active Adult Strength 11a - H WLO VILLAGE: Ted Talk 11a - V Remembering Series 1950 - 1970 2p - Z	19 Better Brains and Balance 9a - H Walk at Fernhill Wetlands - 10a F In-Person Coffee Hour 10:30a - H	20 Strength & Balance 10a - F Active Adult Strength 11a - H	21 Walk Fernhill Wetlands 9a F Better Brains and Balance - 9a - H Senior Stretch 10:15a - F Feature film: Gather 6p - H	22 Strength & Balance 10a - F Village In-Person Happy Hour 3p - H Virtual Happy Hour - 4p - Z	23
24 <i>Holi</i>	25 Strength & Balance 9:15a - F Senior Stretch 10:15a - F Active Adult Strength 11a - H WLO VILLAGE: Ted Talk 11a - V	26 Better Brains and Balance 9a - H Walk at Fernhill Wetlands - 10a F Last Tuesday Social Hour 12p - A	27 Strength & Balance 10a - F Active Adult Strength 11a - H	28 Walk at Fernhill Wetlands - 9a - F Better Brains and Balance - 9a - H Senior Stretch 10:15a - F	29 Strength & Balance 10a - F Virtual Happy Hour - 4p - Z	30
31 <i>Easter</i>						



VWW Live and Online Events

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

VWW Virtual Village Happy Hour, Fri, Mar 1, 8, 15, 22 and 29, 4 pm. Come share your news and laugh a little. Get to know other members and volunteers. Join at [this link](#) or call 253-215-8782 (audio only). *Everyone welcome.*

Remembering Series, Mon, Mar 4 & 18, 2 – 3:30 pm, online. *For members and volunteers.* The "Remembering" series is led by Sarah Bobson, VWW volunteer, which focuses on years 1950 – 1970. We look at pictures, listen to music, watch clips of movies and television shows and commercials of the decade, and much more. We not only journey back through our own lives but we also hear the memories and experiences of others in the group. Check the [website calendar](#) for the Zoom link.

Live! VWW In-Person Coffee Hour, Tues, Mar 19, 10:30 – 11:30 am, Tous les Jours - Orenco Station, 6221 NE Cornell Rd, Hillsboro. Informal social gathering on the third Tuesday of each month at 10:30 am. A great way to get acquainted and visit with fellow members and volunteers. **Not a Villager?** Drop by to meet us. Everyone welcome! French/Korean 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 22, 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.

EVENTS Hosted by Other Villages

(Villages NW Members & Volunteers Only)

TED Talk and Discussion, Mon, Mar 4, 11, 18 and 25, 11 am, Hosted by WLLO Village. We meet on Mondays to view and discuss thought provoking, educational and fun videos from Ted Talks and other resources. Contact WLLO Village for the meeting link at 503-308-8223 or info@wllovillage.org.

Downsizing and Letting Go, NorthStar Village's 2024 Aging Well Speaker Series, Fri, Mar 15, 2 – 3:30 pm, at Daybreak Cohousing, 2525 N. Killingsworth, Portland. Jill Williams,

MA of Multnomah County Older Adult Behavioral Health Team leads this talk that focuses on exploring our attachments to our possessions, downsizing, and strategies that may help or hurt. The presentation will break through stigma and help participants understand what drives most of us when it comes to acquiring and saving items.



LIVE FITNESS

Active Adult Strength, Mon & Wed, 11 am, Hidden Creek Community Center, 5100 NE Hidden Creek Drive, Hillsboro. Strength, endurance, mobility, and flexibility are components of the workout. Chairs are available for support. \$6 resident, \$8 non-resident.

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.

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

• **Senior Stretch, Mon & Thurs, 10:15 – 11 am, Forest Grove Senior & Community Center, 2037 Douglas St, Forest Grove.**

• **Strength & Balance, Mon, 9:15 – 10 am; and Wed & Fri 10 – 10:45 am, Forest Grove Senior & Community Center, 2037 Douglas St, Forest Grove.**

• **Walk Group @ Fernhill Wetlands, Tues 10 – 10:45 am & Thurs 9 – 9:45 am, Fernhill Wetlands, 1399 SW Fern Hill Rd, Forest Grove.**

Online and Live Community Events

Live! Great Decisions – Discussion, Sat, Mar 2 & 16, 10 am – 12 pm, Social Hall Unitarian Universalist Community Church of Washington County, 6815 NE Birch St, Hillsboro. Mar



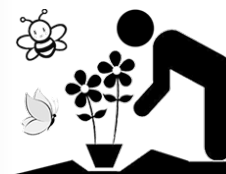
2nd Topic: Pandemic Preparedness and Mar 16th Topic: NATO's Future. National, grassroots foreign policy discussion program considers eight topics of current importance. Additional information about this program can be found [here](#).

Live! She's Speaking Live!, Fri, Mar 8, 7:30 – 9:30 pm, Walters Cultural Arts Center, Walters Cultural Arts Center, 527 E Main St, Hillsboro.

Eight phenomenal Oregon women songwriters take the Walters stage for a night of original songs by women, about women, for everyone. Backed by a killer band, they'll share their artistry and voices, while also paying tribute to some of their musical heroes. More information and purchase tickets [here](#).



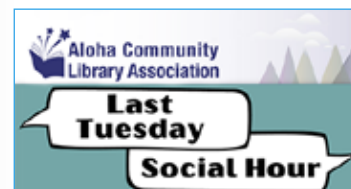
Live! Planting Gardens to Attract Pollinators, Sat, Mar 16, 1 – 1:45 pm, Cornelius Public Library, 1370 N Adair St, Cornelius. OSU Master Gardeners provide information on why pollinators are essential and how to create an environment that will support them. This guide offers suggestions for selecting plants based on traits and bloom times to develop a pollinator-friendly habitat.



Live! Gather, Thurs, Mar 21, 6 – 7:30 pm, Hillsboro Brookwood Library, 2850 NE Brookwood Pkwy, Hillsboro. Join us for a captivating movie experience as we present the feature film, *Gather*. A New York Times Critic's Pick, this film tells the story of the resilience of Native Americans and the reclamations of their native lands and culture through food and connection.



Live! Last Tuesday Social Hour, Tues, Mar 26, 12 – 1 pm, Aloha Community Library, 17455 SW Farmington Rd, Suite 26A, Aloha. Join us at the Aloha



Community Library on the last Tuesday of each month for an hour of coffee and chat with your community. You bring the conversation, and we'll provide the refreshments!