

Wilsonville Community Seniors, Inc.
c/o Wilsonville Community Center
7965 SW Wilsonville Road
Wilsonville, OR 97070-7756
(503) 682-3727

WCSI GAZETTE

JANUARY 2025

“There are no strangers here,
Only friends you haven’t met yet”

Mission and Purpose

The mission and purpose of Wilsonville Community Seniors, Inc. (WCSI) is to make a positive contribution to the lives of senior citizens, the community of Wilsonville, and maintain positive relationships with other Seniors and the community by providing:

- **Increase Visibility:** Visibility establish WCSI as an independent and cooperative advocate for the Seniors in Wilsonville
- **Collaboration:** Collaboration with the City of Wilsonville and the Wilsonville Community to provide mutually beneficial opportunities for service by the Senior community through the efforts of WCSI
- **Enrichment:** Providing activities for Seniors to interact with each other and with the community at large. Including physical, recreational and educational experiences that promote learning, intellectual growth and enrich social abilities.

2023-2024 WCSI Board of Directors

Chair:	Nancy Combs
Vice Chair:	Priscilla Johnson
Secretary:	Jaelithe Formway Nelson
Treasurer:	Sandy Bernstein
Outreach:	Donna Atkinson
Board Members:	Cynthia Allen, Karen Atkinson, Steven Bushman Roberta Crew, Aster Getachew, Jim Kendall, and Brian Stevenson

Community Center Staff Parks & Recreation:

Director:	Kris Ammerman
Program Manager:	Brian Stevenson
Coordinator:	Erica Behler
Admin. Assistant:	Linda Martinez
Nutrition Coordinator:	Janice Mash
Information & Referral Specialist:	Sadie Wallenberg
Fitness Specialist:	Brad Moore

Social Services

Our Information & Referral Specialist, Sadie Wallenberg, is available to provide:

- Assessment of need and case monitoring
- Information and referrals
- Free loan of health equipment
- Assistance with public transportation

Gazette Editor and Publisher: Nancy Combs

Center Hours

8:00 am to 5:00 pm Monday thru Friday



Meet at City Hall 10:30 am
Bus will leave at 10:45 am, returning approx. 3:30

UNLESS otherwise noted below

Sign up begins on Friday, Jan.3rd @ 9:00am

Thursday Jan. 9th
Lunch at Olive Garden then off to
Trader Joe’s in King City

Limit of 2 grocery bags per person
for your purchases

SAVE THE DATE

Thursday, Feb. 13th

Lunch at MOD Pizza in Salem
Then off to Aunt Bee’s House
for a little shopping



Please Join us on
Wednesday, January 15th

@ 1:00 p.m. for an hour of Bingo

Bingo Games are free with a small prize for
the winners. Meet in the Multi Purpose Room



Wilsonville Community Center Brian Stevenson, Program Manager

Winter session of classes starting soon!

The winter session of Community Center classes is beginning soon. **Tai Chi** with Ulises begins on January 7. This beginning Tai Chi class meets every Tuesday and Thursday at 2 pm until February 27. **Sit, Stand and Be Fit** with Kate continues to meet every Monday, Wednesday and Friday at 11:00 am. There is no need to pre-register but participants are asked to contribute \$1 per class.

AARP Tax Assistance

Free AARP Income Tax assistance will be held at the Wilsonville Community Center in 2025. Income tax preparation and electronic filing for both 2024 Federal and State Returns will be provided by trained and certified IRS-AARP Tax Aide Volunteers. **Appointments will be accepted beginning on Monday, January 6, 2025.** Call 503-682-3727 to schedule an appointment.

Appointments available on Tuesdays, February 4 - April 15 from 9 am - 3:30 pm.

AARP Smart Driver Returns!

The Community Center is proud to partner with AARP to offer their “**Smart Driver**” classroom course. You or your loved one will learn techniques for handling turns, right-of-way, following distance, and roundabouts. Additional lessons on how to reduce traffic violations, crashes, injury risk, and Oregon specific items will be shared. Participants will discover proven driving methods to help keep you and others safe on the road. Insurance discounts may be available for those who complete the course. The one-day program will take place on **Tuesday, January 28 from 9:00 am - 4:30 pm at the Wilsonville Community Center.** Cost is \$20 for AARP members and \$25 for non-members. Call 503-682-3727 to register - payment to be made on the day of the program.

Life 101 Lecture Series

The Community Center is proud to present an informative Life 101 lecture series. All lectures will begin at 10:30 am and will take place at the Wilsonville Community Center. While there is no charge to attend, participants are asked to contact the Community Center at 503-682-3727 to pre-register.

Attorney Michael Rose of Rose Elder Law will present a workshop centered around estate planning basics such as wills, trusts, probate, powers of attorney, advance directives, and Medicaid Planning on **Monday, January 27.**

On **Monday, February 3**, Scientist & Traditional Chinese Medicine Physician, PK Melethil will share how regular daily investments in body and mind integration will build “Swashakti”, (personal power) in a lecture centered around aging and behavioral health. Learn strategies to help offset the adverse impacts of prescribed drugs which may lead to both physiological and mental health challenges.

Finally, on **Monday, February 10** as part of their “Empowered Caregiver” series, The Alzheimer’s Association’s *Building Foundations of Caregiving* lecture will explore the role of the caregiver and changes they may experience, the importance of building a support team and how to manage caregiver stress. This education series will teach caregivers how to navigate the responsibilities of caring for someone living with dementia.

January 2025 Activities Schedule

	ONGOING ACTIVITIES	CLASSES AND PROGRAMS STARTING SOON (PRE-REGISTRATION REQUIRED +)
<u>Monday</u>	Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in) Poetry Club 1:00 pm - 3:00 pm (1st & 3rd Monday) Mexican Train Dominoes 1:00 pm - 4:00 pm	<p>Located at Community Center unless otherwise noted.</p> <p>Meditative Watercolor + Sundays, 1/5 - 1/26 12:00 pm - 2:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p><u>Class Spotlight</u> Beginning Tai Chi + Tuesdays and Thursdays, 1/7 - 2/27 Begin your journey of self improvement with Yang style Tai Chi. Improve balance, flexibility, memory & mindfulness while learning the first section of the 108 form & a variety of Qi-Gong. 2:00 pm - 2:45 pm (\$10 drop in)</p> <p>Oil Painting + “Pacific Coastline” Saturday, 1/18 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p>Life 101 Series: Estate Planning * No charge Monday, 1/27 10:30 am</p> <p>AARP SMART Driver * Tuesday, 1/28 9:00 am - 4:30 pm \$20 for AARP members \$25 for non-members</p> <p>*Please Call 503-682-3727 to sign-up</p> <p><u>Lunar New Year Celebration</u> Welcoming the Year of the Snake: Celebration, cultural performance, traditional treats, and family fun! Saturday, 1/11 Wilsonville Library Oak Room 3:00 pm - 5:00 pm</p>
<u>Tuesday</u>	Piecemakers Quilting 9:00 am – 11:45 am (Tauchman House) Ukulele Jam Group 9:30 am– 11:30 am (Parks & Rec. Admin Office) Partners Bridge 12:30 pm - 3:30 pm Call 503-449-5855 to sign up Virtual Reality Fitness 1:00 pm - 2:00 pm Art Club 1:00 pm - 2:30 pm (2nd Tuesday)	
<u>Wednesday</u>	Photography Club 10:00 am - 11:30 am Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in) Pinochle/Cribbage Play 1:00 pm - 4:00 pm Bingo 1:00 pm - 2:00 pm (1st & 3rd Wednesday)	
<u>Thursday</u>	Improving Your Bridge 10:00 am - 11:30 am I-5 Connection Community Chorus 10:00 am - 12:00 pm Ladies Afternoon Out 1:00 pm - 3:00 pm	
<u>Friday</u>	Conversational Spanish Group 10:30 am - 11:30 am Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in) Bridge 11:30 am - 3:00 pm Mexican Train Dominoes 1:00 pm - 4:00 pm	

HAPPY NEW YEAR

The New Year I hope will be good to us all.
Care and calm, a helping hand when we fall.

Listen more, slow down, and say I love you.
Stop for a moment; take a breath, take in the view.

Appreciate your family; tell them you care.
Do something exciting, a thrill or a dare.

It's a New Year, a brand new start.
Always remember, live from your heart.

Wishing each and every one a year to behold,
And may it be full of wonders for you to unfold.

A very happy New Year from me to you.

CELEBRATING BIRTHDAYS

Wednesday, January 8th

Lunch Time

WCSI will be celebrating all those who have a
JANUARY and **FEBRUARY** Birthday



WILSONVILLE WALKERS JANUARY 2025 SCHEDULE

Every Tuesday and Thursday morning at 9:30 a.m. the Walkers get together to enjoy a walk of about two miles, usually on local paths. Below is the list of those paths and the date for each walk. For directions on how to reach those paths, please call Kenton or Mary Wolfe at 503-694-8376. Our coffee hour will be at Boston's Pub & Grill unless otherwise indicated.

Jan. 2 Thurs. **Memorial Park**, lower - to the Boones Ferry Park and return

Jan. 7 Tues. **Canby Logging Road Trail/Eco City Park**, 1314 NE Territorial Rd, Canby. Coffee hour following our walk will be at Denny's in the Fred Meyer parking lot (turn left as you exit the park, a right turn at the next street, Redwood St., and follow that down, cross 99E and enter the shopping center at the first right turn).

Jan. 9 Thurs. **Mentor Graphics** - meet in the U.S Chef Store parking lot, across from the post office

Jan. 14 Tues. **Hazelia Field at Luscher Farms**, 17800 Stafford Road, Lake Oswego. Coffee hour following our walk will be at New Seasons Market, 1377 McVey Ave., Lake Oswego, down the hill toward city center.

Jan. 16 Thurs. **Villebois** - meet in the WES/Smart Transit Center parking lot, 9699 SW Barber Blvd.

Jan. 21 Tues. **Graham Oaks Nature Park**, 11825 SW Wilsonville Road.

Jan. 23 Thurs. **Tualatin Greenway/Ice Age Trail**, Tualatin Community Park, 8515 SW Tualatin Road, Tualatin. Coffee hour at Donut Land, 19350 SW Boones Ferry Rd, Tualatin (meet near the tennis courts)

Jan. 28 Tues. **Old Town/Boones Bridge** - meet in the Fred Meyer parking lot near McMenamins

Jan. 30 Thurs. **Charbonneau** - meet in the Village Center parking lot for our walk and coffee hour at Lux Sucre Desserts



Library News

Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

Happy New Year! 2024 now joins all of the other historical years that you can read about in the library's History area! What might the future say about the coming year, I wonder!

We'll be closed on both Wednesday, January 1st in celebration of the New Year and on **Monday, January 20th**, in honor of Martin Luther King's birthday.

Did you know that for some other cultures, the New Year sensibly begins on the first day of spring instead of in cold winter? Does anyone want to start a petition? While we're awaiting the change, there are many things to do here at your library this month. Here are a few:

Throughout the month of January, we're showcasing our **Winter Reading Program!** Curl up with a good book and discover new library services. Complete the Bingo challenge and be entered into a fun prize drawing! The fun (for all ages) **begins January 2nd**. Pick up a Bingo game board at the library or download one from our website. The last day to turn in entries is February 28th. If you have any further questions, please call the Library at 503-682-2744 or come see us at the Circulation Desk.

On **Fridays (the 3rd, 10th, 17th, 24th, and 31st)**, you can visit the WIC (Women, Infants, and Children) program in the Wilsonville Library! The Clackamas WIC Program hosts pop-up clinics on Fridays inside the Wilsonville Library Rose Room, or (sometimes) in the Wilsonville Library parking lot (with the *WIC on Wheels* mobile clinic) from 10am to 12p and 1pm to 4pm. WIC helps income-eligible women, infants and children up to age 5 by providing nutritious foods and education, lactation support, health care screenings and referrals to resources. If you know someone who could use the help, please let them know about this service. Find out more about WIC and their services at their website: <https://www.clackamas.us/publichealth/wic>.

Please join us for 2025's inaugural **First Friday Film on Friday, January 3rd at 3pm!** This month we're screening *Thelma*, a film based on a true story. When ninety-three year old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her. We've got comfy padded seats, free snacks, and a break from the hurly-burly of modern life. No admission charge, so what's not to like? Hope to see you there!

Our popular **SpaceTalks** presentation has a new topic, which lands at **11am on Saturday, January 4th**. The presentation is titled *Rocket Engines, Then and Now*. One of the most massive rocket engines ever built powered the Saturn V Moon Rocket over 50 years ago. A huge rocket, the SpaceX Starship, is flying today. How does the Saturn's F-1 compare to the SpaceX Raptor 3? Attend and find out! Free and open to all at the library.

We hold an **intermediate-level ESL class each Tuesday from 10am to 11:30am** on the 7th, 14th, 21st, and 28th. This class are geared toward English as a Second Language learners, but anyone (at any level) who would like to improve their English skills is invited to attend. No sign-up necessary - Just drop in!

Library News Continued

Also, on **Tuesdays, (January 7th, 14th, 21st and 28th)**—you can meet with a representative from ODHS (the Oregon Department of Human Services), who may be able to help with housing or other social service matters. The representative will be at the library from **10am to 12pm, and again after lunch, from 1pm to 3pm**. No appointments or signups are needed, but please do give us a call on the day, just to double check that the ODHS folks have arrived.

Our ever-popular **PROFILES** lectures will also pop up (online) on **Wednesday, January 8th from 11am to 12:30pm**. Taught by Emeritus Professor Bill Thierfelder, this month we feature a lecture titled *Four Cosmic Mysteries*. This program focuses on four intriguing-and cutting edge-mysteries of the Universe. Each of these is now a major field of study, and scientists around the world believe we are on the brink of discovering mind-altering answers.

1. Is there life beyond Earth?
2. What is Dark Matter and Dark Energy?
3. What is the Multiverse?
4. What are Supermassive Black Holes?

Sign up to receive the Zoom meeting code, and prepare to blow your mind-but act quickly!
www.wilsonvillelibrary.org/classes.

Also on **Saturday, January 11th, from 2 - 3pm**, please join us at the library's large picture windows for the latest in our popular **Book Notes Concert** performers: *Bug Toast!* An eclectic sextet, this group features original, genre-bending, world-influenced, progressive folk on bouzouki, accordion, guitar, bass, violin, cello, and percussion. A local area favorite, they will play in the main area of the library for all to enjoy. Free of charge with no reservations necessary. Arrive early to get a good seat!

On **Thursday, January 16th, beginning at 1 pm**, how about joining us for a high-step in the pulchritudinous bailiwick of Wilsonville? Our **Book Walk** will host a tromp through the teeming environs of Memorial Park (and back)! During the walk we'll perorate about this month's book: *Atonement* by Ian McEwan. The novel begins on a hot summer day in 1935, when thirteen-year-old Briony Tallis witnesses a moment's flirtation between her older sister, Cecilia, and Robbie Turner, the son of a servant and Cecilia's childhood friend. But Briony's incomplete grasp of adult motives—together with her precocious literary gifts—brings about a crime that will change all their lives. As it follows that crime's repercussions through the chaos and carnage of World War II and into the close of the twentieth century, the novel engages the reader on every conceivable level, with an ease and authority that mark it as a genuine masterpiece. Walkers should meet in the library's lobby at 1pm. Walks generally last about 45 minutes and will meet rain or shine!

On **Friday, January 17th at 3pm**, please join us in the Oak Room for a bonus film in honor of Martin Luther King's Birthday! The film is *Selma*, a historical drama about events in 1965, when an Alabama city became the battleground in the fight for suffrage. Despite violent opposition, Dr. Martin Luther King Jr. (David Oyelowo) and his followers pressed forward on an epic march from Selma to Montgomery culminating with President Lyndon Johnson signing the Voting Rights Act of 1965.

8 Ways to Fire Up Your Energy

Academy of Nutrition, American Council on Fitness, and
American Heart Association

1. **Put some Pep in your step:** Regular moderate exercise may help boost your strength and stamina. It may also help lower your stress level—a big energy drain.
2. **Take a Power Nap:** It can help refresh you when you are flagging. But don't sleep too long or too late in the day. That may make it hard to fall asleep later. Most of us need about seven hours of nightly sleep to be at our best.
3. **Go Easy on Caffeine:** It does make you feel alert but consuming too much too late in the day may keep you up at night.
4. **Eat for Energy:** Choose a balanced diet that includes fruits, vegetables, whole grains, lean protein and low-fat or fat-free dairy products. A healthy variety gives your body plenty of nutrients for sustained energy.
5. **Drink plenty of Water:** Dehydration may drain your energy. Water needs can vary, talk with your doctor about what amount is right for you.
6. **Stress Less:** Too much stress may be exhausting. Find some time when you can slow down and enjoy activities that help you recharge.
7. **Stay Social:** From volunteer work to group hobbies, exploring your passions in life with like-minded others may help keep you energized and engaged with all life has to offer.
8. **Get at least 15 Minutes of Sunshine a Day:** Your body makes Vitamin D by absorbing sunlight through your skin. Vitamin D helps your body use calcium, which helps to build and maintain healthy bones. Sunshine may also raise levels of serotonin, a brain chemical that helps control moods. It also plays a role in healthy sleep patterns.
Remember to use sunscreen when outside for an extended time to help prevent UV damage.



FUN WINTER FACTS









- ◆ The sun sets and rises only once a year at the North Pole.
- ◆ The largest iceberg ever recorded was 207 miles long and 62 miles wide found in the Arctic in 1956
- ◆ Scientist have observed snow falling on Mars
- ◆ In Feb. 2020 the worlds largest snowman was built in Austria reaching 124.8 feet tall

- ◆ The extreme dislike of snow is called Chionophobia
- ◆ A warm winter wind is called Chinook
- ◆ The latest snowflake ever discovered was in 1887, Measuring 15 inches in diameter
- ◆ The most snowfall in a single day occurred in Silver Lake, Colorado on April 14/15,1921. 75.8 inches fell in 24 hours
- ◆ The Inuit have around 50 words for snow, each describing different conditions and characteristics
- ◆ New York has the most ski resorts in the United States. The state has over 50 ski resorts
- ◆ The first official sled race took place in 1883
- ◆ The lowest temperature recorded in the United States was – 80F in Montana
- ◆ The lowest temperature recorded in the world was – 128.6F in Vostok Station, Antartica in 1983
- ◆ The inside of an Igloo can be as much as 70 degrees warmer than the outside air
- ◆ The snowiest city in the world is Aomori City, Japan
- ◆ The worlds largest snowball fight was held in Saskatoon, Canada in 2016 with 7,681 people
- ◆ Utqiagvik, Alaska enters a period of near total darkness known as Polar Night around Nov. 25th lasting till around Jan. 17th. Only the moon, stars and occasional northern lights are visible
- ◆ The Emperor Penguins can grow up to 48 inches tall, making them the largest of the species



January 2025

Monday	Tuesday	Wednesday	Friday
		1	3
		<p>Center Closed Happy New Year!</p> 	<p>Chicken Cordon Bleu Peas/Carrots Roll Fruit cup</p>
6	7	8	10
<p>Salmon Penne Vegetable Focaccia Jello</p> 	<p>Club Sandwich Turkey/Ham/Bacon Tomato/Lettuce Potato Soup Peaches</p>	<p>Mixed Green Salad Feta/Pear/Pecans/ Butternut/ Chicken/ Vinaigrette Dressing Congregate -Birthday Cupcakes</p>	<p>Rueben Sandwich Potato Wedges Fruit Salad</p>
13	14	15	17
<p>Breakfast Biscuit Sausage/Egg/Cheese Diced Hashbrown Scone</p>	<p>Pasta Bake With Italian Sausage Green Beans Focaccia Bread Lemon Bar</p>	<p>Waldorf Chicken Salad Apples, celery, grapes, walnuts Seeded Roll Orange</p>	<p>Hawaiian Pizza Green Salad Chocolate Cookie</p> 
20	21	22	24
<p>Center Closed Martin Luther King Day</p> 	<p>Chicken Quesadillas Salsa/Sour Cream Rice Chuckwagon Vegetables Fruit</p>	<p>Salisbury Steak Mashed Potatoes/Gravy Green Beans WW Roll Yogurt with Berries</p>	<p>Tamales Diced Tomatoes/Green Onions Sour Cream Fiesta Rice Cookie</p>
27	28	29	31
<p>Lasagna Italian Vegetables Breadstick Pudding</p>	<p>Ham Sandwich with Arugula and Pesto Mayo On Focaccia Macaroni Salad Pears</p>	<p>Waldorf Chicken Salad With Apple/Grapes/Walnuts Seeded Roll Brownie</p>	<p>Chef Choice</p> 

Lunch is served at the Community Center on Mondays, Tuesdays, Wednesdays and Fridays at 12:00 pm. Donations (\$3.50 for those 60 and over and \$4.25 for those under 60) are encouraged but not required.

Menu subject to change due to availability of supplies and produce.

Please note: there will be no HDM on Tuesdays. Meals are subject to change.