

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

# WCSI GAZETTE

**AUGUST 2024**

*“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 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**

**SPECIAL BUS TIMES listed below**

\*\*\*\*\*

**ALL DAY TRIP**

**Thursday August 15th**

**Tillamook Air Museum**

**Lunch at Fern Resturant**

**Meet in City Hall Parking Lot at 8:30 am**

**Returning by 5:30pm**

**Sign up for this trip began on July 18th**

**SAVE THE DATE**

**Thursday, September 19th**

**Niner’s Fall Revue @ Charbonneau**

**Lunch at Langdon Farms**

**Meet at City Hall 11:30 am**

**Bus leaves at 11:45 am, returns by 4:00 pm**

**Sign up begins on Tuesday, Sept. 3rd at 9:00 am**

**WCSI will pay for the tickets**



Please Join us on  
 Wednesday, August 7th and  
 Wednesday, August 21st  
 @ 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**



## Wilsonville Community Center Brian Stevenson, Program Manager

### Healthy Living for your Brain and Body

The Community Center's Life 101 lecture series wraps up for the summer in August. On **Monday, August 5**, the Alzheimer's Association will present "**Healthy Living for your Brain and Body**". For centuries, it's been known that the health of the brain and the body are connected. Science is now able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. The lecture will begin at 10:30 am and 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.

### AARP Smart Driver Program Returns

Learn techniques for handling left turns, right-of-way, following distance, and roundabouts. Understand how to reduce traffic violations, crashes, injury risk, and learn state specific items. Discover proven driving methods to help keep you and your loved ones safe on the road. Insurance discounts may be available. The one day program will take place on **Monday, August 20 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.

### Medicare 101

Learn the **basics of Medicare** including what to expect when turning 65 or qualifying on the basis of disability, Medicare advantage, Medicare supplement overview or help with prescription drugs, or other programs available. This free program will take place on **Tuesday, August 13 at 10:30 am** and be held at the Wilsonville Community Center. Register at: [NWMedicareAdvisors.com](http://NWMedicareAdvisors.com)

### Summer Event Highlights:

#### **Farmers Market:**

Thursdays in Town Center Park from 4 until 8 pm through September 4

#### **Rotary Summer Concerts:** Thursdays in Town Center Park at 5:30 pm

August 1 - Curtis Salgado

August 8 - Hit Machine

#### **Movies in the Park:** Fridays, movie starts at dusk

August 9 - 'Migration' at Town Center Park

August 23 - 'Wish' at the River Shelter in Memorial Park

#### **Community Party in the Park with live music by Nate Botsford:**

Thursday, August 22 at 5:30 pm in Town Center Park

For information on summer events, please visit [WilsonvilleParksandRec.com](http://WilsonvilleParksandRec.com).

## August 2024 Activities Schedule

	<b>ONGOING ACTIVITIES (MAY BE A FEE)</b>	<b>CLASSES AND PROGRAMS STARTING SOON (PRE-REGISTRATION REQUIRED + )</b>
<b><u>Monday</u></b>	<p style="text-align: center;"><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am</p> <p style="text-align: center;"><b>Bridge</b> 1:00 pm - 4:00 pm</p> <p style="text-align: center;"><b>Weight Loss Support Group</b> 12:30 pm - 1:15 pm</p> <p style="text-align: center;"><b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm</p>	<p style="text-align: center;"><b>Located at Community Center unless otherwise noted.</b></p> <p style="text-align: center;"><b>Beginning Tai Chi</b> Tuesdays and Thursdays, 7/11 - 8/29 Begin your journey of self improvement with Yang style Tai Chi. Improve balance, flexibility, memory and mindfulness while learning the first section of the 108 form and a variety of Qi-Gong. 2:00 pm - 2:45 pm (\$10 Drop In)</p> <p style="text-align: center;"><b>Oil Painting + “Misty Morning”</b> Tuesday, 8/6 5:30 pm - 9:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p> <p style="text-align: center;"><b>Oil Painting + “Ocean Breeze”</b> Saturday, 8/10 10:00 am - 2:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p>
<b><u>Tuesday</u></b>	<p style="text-align: center;"><b>Ukuleke Jam Group</b> 9:00 am– 11:00 am 8/6, 8/20 &amp; 8/27 (Parks &amp; Rec. Admin Office)</p> <p style="text-align: center;"><b>Partners Bridge</b> 12:30 pm - 3:30 pm Call 503-449-5855 to sign up</p> <p style="text-align: center;"><b>Virtual Reality Fitness</b> 1:00 pm - 2:00 pm</p> <p style="text-align: center;"><b>Poetry Club</b> 1:00 pm - 3:00 pm (1st &amp; 3rd Tuesday)</p>	<p style="text-align: center;"><b>Life 101 Series: Healthy Living for your Brain and Body*</b> Monday, 8/5 10:30 am - 12:00pm</p> <p style="text-align: center;"><b>AARP Smart Driver*</b> Tuesday, 8/20 9:00am - 4:30pm (\$20 for AARP members) (\$25 for non-members)</p> <p style="text-align: center;"><b><u>Event Spotlight</u></b></p>
<b><u>Wednesday</u></b>	<p style="text-align: center;"><b>Photography Club</b> 10:00 am - 11:30 am</p> <p style="text-align: center;"><b>Conversational Spanish Group</b> 10:30 am - 11:30 am</p> <p style="text-align: center;"><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am</p> <p style="text-align: center;"><b>Pinochle/Cribbage Play</b> 1:00 pm - 4:00 pm</p> <p style="text-align: center;"><b>Bingo</b> 1:00 pm - 2:00 pm (1st &amp; 3rd Wednesday)</p>	<p style="text-align: center;"><b>AARP Smart Driver*</b> Tuesday, 8/20 9:00am - 4:30pm (\$20 for AARP members) (\$25 for non-members)</p> <p style="text-align: center;"><b><u>Event Spotlight</u></b></p>
<b><u>Thursday</u></b>	<p style="text-align: center;"><b>Bridge Basics: Drop-in Lessons</b> 10:00 am - 11:30 am</p> <p style="text-align: center;"><b>Ladies Afternoon Out</b> 1:00 pm - 3:00 pm</p> <p style="text-align: center;"><b>I-5 Connection Community Chorus</b> (Will resume in September)</p>	<p style="text-align: center;"><b>Movies in the Park</b> All movies begin at dusk, don't forget to bring your own blanket or lawn chair! Google 'dust time, (date)' for estimated time.</p> <p style="text-align: center;"><b>Migration</b> Town Center Park Friday, 8/9</p> <p style="text-align: center;"><b>Wish</b> Memorial Park (River Shelter) Friday, 8/23</p>
<b><u>Friday</u></b>	<p style="text-align: center;"><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am</p> <p style="text-align: center;"><b>Bridge</b> 11:30 am - 3:00 pm</p> <p style="text-align: center;"><b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm</p>	<p style="text-align: center;"><b>*Please call 503-682-3727 to pre-register.</b></p>



# BEACH

## WORD SCRAMBLE

MSNIMIGW \_\_\_\_\_

CABR \_\_\_\_\_

NADS \_\_\_\_\_

EKUCBT \_\_\_\_\_

ESHASLEL \_\_\_\_\_

FGULIARDE \_\_\_\_\_

USLGELA \_\_\_\_\_

WOLET \_\_\_\_\_

SAESGLUSNS \_\_\_\_\_

OSRSTH \_\_\_\_\_

WUISSITM \_\_\_\_\_

ELLARMBU \_\_\_\_\_

EVWSA \_\_\_\_\_

UNCRESENS \_\_\_\_\_

BTAO \_\_\_\_\_

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Library News  
Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

August means that the dog days of summer are upon us, and while our canine friends are not allowed in the library (excepting service animals, of course), we've always got something bubbling up around the place—Come on in and see what it is!

Our all-ages **Summer Reading Program Series** wraps up at the end of this month, but the grand finale happens on **Thursday, August 1<sup>st</sup>**! Come and see the grand finale—**The Reptile Man, Rich Ritchie**, who will share his love of scaly and slithery critters with you and your kids. The event will take place at the **Grove Shelter in Memorial Park, beginning at 11am!**

If you missed the announcement last month, I'd like to remind you just once more that we have a very effective volunteer-driven service that brings library materials straight to the homes of those who are disabled or otherwise physically unable to make it to the library. If you are interested (and you qualify), please call Angee at 503-570-1598 (or email her at [aglastravanloon@wilsonvillelibrary.org](mailto:aglastravanloon@wilsonvillelibrary.org)) to sign up. Additionally, if you would like to help us out as a home delivery volunteer, please also contact Angee via the above methods. For those who can drive to the library, we can also do curbside delivery service, if you make advance arrangements with us.

If you have a muse waiting to break free, please enter our **Short Story Contest!** Writers of all ages are invited to submit short stories (up to 1,500 words) to be appraised by a panel of Wilsonville Public Library's expert librarians for creativity, style, and voice. Winners from several age groupings will receive prizes, have their stories published on the Library's website, and, most importantly, receive bragging rights! Submit your story any time in August. Forms and rules are available online: [wilsonvillelibrary.org/story](http://wilsonvillelibrary.org/story).

Our free and fun **First Friday Films** matinee continues on Friday, **August 2<sup>nd</sup> at 3pm**. **August's film is *Arthur the King (PG-13)***, starring Mark Wahlberg & Simu Liu. The captain of an adventure racing team, befriends a wounded stray dog named Arthur, who accompanies the team on its grueling 435-mile (700-km) endurance race through the Dominican Republic. This film is based on a true story! Please join us for this free movie, featuring snacks, popcorn, and even padded chairs. No reservations necessary—just show up!

Our ever-popular **PROFILES** lectures will continue (online) on **Wednesday, August 7<sup>th</sup> at 11am**. Taught by Emeritus Professor Bill Thierfelder, this month we feature a lecture on **Mark Twain!** Born Samuel Langhorne Clemens, Twain (1835-1910) was a humorist, journalist, lecturer, and novelist who garnered international fame for his travel narratives and for his adventure stories of boyhood. A gifted raconteur and irascible moralist, he transcended the apparent limitations of his humble Missouri origins to become one of America's best and most beloved writers. Sign up to receive the Zoom meeting code, but act quickly! [www.wilsonvillelibrary.org/classes](http://www.wilsonvillelibrary.org/classes).

On **Tuesdays in August**, feel free to join us for **free informal English classes** at the library. We will hold a Beginning ESL class on Mondays from 11:00am to 12pm on the 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup> of August). We also have an intermediate ESL class held on Tuesdays at 10am (the 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup>). These classes are geared toward English as a Second Language learners, but anyone who would like to improve their English skills is invited to attend. No sign-up necessary - Just drop in!

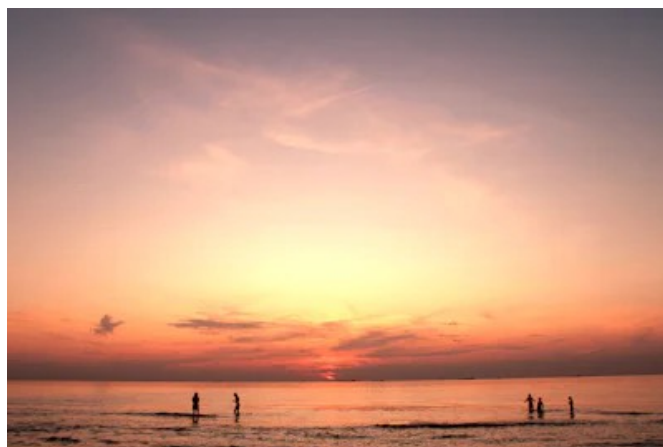
## Library News Continued

Also during those same Tuesdays (August 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup>)—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.

On Thursday, August 15<sup>th</sup>, at 1 pm, how about joining us for a walkabout in the beautiful weather? With a barely-suppressed frisson of exhilaration amid the susurrations of the surrounding thickets, the **Walking Book Club** departs from the library and journeys all the way to the deepest recesses of Memorial Park (and back)! During the walk we'll talk about this month's book: *Major Pettigrew's Last Stand* by Helen Simonson (or, in fact, any other book you've been reading). When retired Major Pettigrew strikes up an unlikely friendship with Mrs. Ali, the Pakistani village shopkeeper, he is drawn out of his regimented world and forced to confront the realities of life in the twenty-first century. Brought together by a shared love of literature and the loss of their respective spouses, the Major and Mrs. Ali soon find their friendship on the cusp of blossoming into something more. But although the Major was actually born in Lahore, and Mrs. Ali was born in Cambridge, village society insists on embracing him as the quintessential local and her as a permanent foreigner. The Major has always taken special pride in the village, but will he be forced to choose between the place he calls home and a future with Mrs. Ali? We'll meet in the library's lobby at 1pm. Walks generally last about 45 minutes and will meet rain or shine!

On Monday, August 19<sup>th</sup> at 1pm, budding or experienced genealogists can join a growing group of like-minded folks of all levels from the Wilsonville area to discuss genealogy tips, tricks and research. One of the library's most popular offerings, these discussions are free, informal in nature and are moderated by Librarian Malia Laughton. New members at any level are always welcome.

Finally, on Thursday, August 29<sup>th</sup>, from 6pm to 8pm, please join us for **Backyard Birdwatching!** If you're just getting started with birdwatching, then look no further! In this class you'll learn what sort of equipment might be helpful, safe and ethical bird feeding, some common backyard birds to look for, and other useful tips and resources.





## FUN FOOD TRIVIA

Answers on Page 9

1. Why was the Animal Cracker box designed with a string handle?
2. On what vegetable did an Egyptian place his right hand when taking an oath?
3. What was the original name of margarine when it was marketed in England?
4. What are the top two selling spices in the world?
5. What flavor of ice cream did Baskin Robbins introduce in July 1969?
6. What is the most widely eaten fish in the world?
7. Why did the candy maker Milton Hersey switch from making caramels to chocolate bars in 1903?
8. What was the original name of the drink Bloody Mary?
9. What was the first commercially manufactured breakfast cereal?
10. What American city produces the most egg rolls sold in the United States grocery stores?
11. What was the first of H.J. Heinz' 57 varieties?
12. What is the literal meaning of the Italian word Linguine?
13. What animal's milk is used to make authentic Italian mozzarella cheese?
14. What nation produces two thirds of the world's vanilla?

### SEEKING VOLUNTEERS TO HELP OREGON TAXPAYERS

AARP Foundation Tax-Aide Program now recruiting volunteers for in-person and virtual Tax-Aide service

Looking for a volunteering opportunity where you can make a real impact? The AARP Tax-Aide program is looking for people interested in helping low to moderate income people with free tax preparation. Because of the complexity of the U.S. tax code, many taxpayers overpay their taxes or turn to paid tax services they cannot afford. Tax-Aide volunteers can help by providing necessary services in communities where there is the greatest need.

We are recruiting now for volunteers across Oregon. Volunteers may sign up to assist taxpayers either in person or virtually, with several roles available. We are looking for volunteers to be tax preparers, technical support, interpreters, and client facilitators.

We will begin providing our free online training for the 2024 tax season in November. All volunteers will be trained to be IRS certified. Volunteers come from a variety of backgrounds including teachers, bus drivers, CPA's, military, technology, and range from retirees to university students. You don't need to be a tax expert. All levels and types of experience are welcome.

#### Signup to Volunteer

To learn about our volunteer opportunities, visit [aarpfoundation.org/taxaide](https://aarpfoundation.org/taxaide). If you would like to register to be contacted for more information or training, go to our volunteer application: [aarpfoundation.org/taxaidevolunteer](https://aarpfoundation.org/taxaidevolunteer) or call 1-888-227-7669.

## WILSONVILLE WALKERS AUGUST 2024

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 a 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 following our walk will be at Boston's Pub & Grill unless otherwise indicated.

Aug 1 Thurs. **Memorial Park**, lower, to Boones Ferry Park and return

Aug 6 Tues. **Mentor Graphics** - meet in the old bowling alley parking lot. Our coffee hour will be at the house of Mike and Patti Lama, 28425 SW Canyon Creek Rd S, Wilsonville.

Aug 8 Thurs. **Murase Plaza**, upper Memorial Park

Aug 13 Tues. **Meet at the home of Kris Knudsen**, 29046 SW Costa Circle W, Wilsonville. Look for the orange front door. Kris will lead our walk in Villebois and host our morning coffee

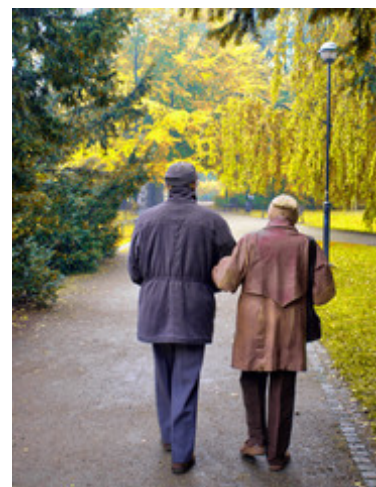
Aug 15 Thurs. **Brown's Ferry Park**, 5855 SW Nyberg Street, Tualatin.  
Coffee hour at Panera Bread, Nyberg Shopping Center

Aug 20 Tues. **Champoeg State Park**, purchase your parking pass at either of the two KIOSKS as you enter the park, one located near the museum and the other one at the bottom of the hill. Turn right and proceed to the campground, Loop B for parking.  
Coffee hour at the Butteville Store.

Aug 22 Thurs. **Old Town/Boones Bridge** -  
meet in the Fred Meyer parking lot near McMenamins.

Aug 27 Tues. **Tualatin City Park to Cook Park**, 8549 SW Tualatin Rd, Tualatin.  
Meet in the parking lot after going under the railroad trestle.  
Coffee hour at Donut Land, 19350 SW Boones Ferry Road.

Aug 29 Thurs. **Graham Oaks Nature Park**, 11825 SW Wilsonville Road, Wilsonville.





## ANSWERS TO TRIVIA QUESTIONS

1. Introduced as a Christmas novelty and designed to hang from the tree
2. Onion—it's round shape symbolized eternity
3. Butterine
4. 1-Pepper 2-Mustard
5. Lunar Cheesecake
6. Herring
7. Carmel didn't retain the imprint of his name as well as chocolate
8. Red Snapper
9. Shredded Wheat
10. Houston, TX
11. Horseradish produced in 1898
12. Little Tongues
13. Water Buffalo
14. Madagascar

## BEACH WORD SCRAMBLE KEY

- |              |               |
|--------------|---------------|
| 1. SWIMMING  | 9. SUNGLASSES |
| 2. CRAB      | 10. SHORTS    |
| 3. SAND      | 11. SWIMSUIT  |
| 4. BUCKET    | 12. UMBRELLA  |
| 5. SEASHELL  | 13. WAVES     |
| 6. LIFEGUARD | 14. SUNSCREEN |
| 7. SEAGULL   | 15. BOAT      |
| 8. TOWEL     |               |

# August 2024

Monday	Tuesday	Wednesday	Friday
			2
			Turkey Club Bacon/Tomato/Lettuce Chips Fruit Salad 
5	6	7	9
Chicken Fettuccine Normandy Vegetables Focaccia Bread Pudding	 Meatball Sub Potato wedges Green Salad Brownie	Artichoke/Chicken Caesar Pasta Salad With Tomatoes/Parmesan Breadstick Cookie	Mushroom/Swiss Turkey Burger Tots Tropical Fruit
12	13	14	16
Spaghetti and Meatballs Italian Vegetables Breadstick Yogurt with Berries	SW BBQ Chicken Salad Black beans/Corn/Cilantro Cheese/ Tortilla Strips Ranch Fruit	Smoked Turkey and Herb Cream Cheese Wrap Pea Salad Cookie-HDM	Burger Bowl Lemon Bar-HDM Ice Cream-Congregate 
19	20	21	23
Parmesan Crusted Cod Rice Pilaf Vegetable Cookie	Fields Salad Chicken/Strawberries/ Watermelon/Feta Cheese Balsamic Dressing Roll-Cherry Cobbler	Chicken Gyro Lettuce/Tomato/Onion Tzatziki Side Greek Salad Fruit	 CHEF CHOICE!
26	27	28	30
Veggie Burger WW Bun Tots Jello/Fruit Cup	 Ham/Swiss Slider Baked Beans BBQ Chips Cookie	Italian Chopped Salad Turkey/Salami/Garbanzo Beans/Mozzarella Italian Dressing Breadstick Fruit	Tamales Green Chili sauce Sour cream/Tomatoes Fiesta Rice/Corn Cake

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.