

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

WCSI GAZETTE

FEBRUARY 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 Monday, February 3rd @ 9:00am

Thursday, Feb. 13th

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

SAVE THE DATE

Thursday, March 13th

**Lunch TBA
Japanese American Museum of Oregon**



Please Join us on
Wednesday, Feb. 5th
Wednesday, Feb. 19th

@ 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

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.

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.

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 seminar will take place on **February 11, 10:30 am**, at the Community Center. **There is no charge to attend but please pre-register at NWMedicareAdvisors.com**

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. Please call 503-682-3727 to schedule an appointment. **Appointments available on Tuesdays, February 4 - April 15 from 9 am - 3:30 pm. Appointment availability is limited!**

Beginning Tai Chi

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 and warm-ups. The class will take place on **Tuesdays and Thursdays from 2:00 - 2:45 pm** at the Community Center through February 27 and then resume on March 11. Drop in for just \$10 per class.

February 2025 Activities Schedule

	ONGOING ACTIVITIES	CLASSES AND PROGRAMS STARTING SOON (PRE-REGISTRATION REQUIRED +)
<u>Monday</u>	<p style="text-align: center;">Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in)</p> <p style="text-align: center;">Poetry Club 1:00 pm - 3:00 pm (1st & 3rd Monday)</p> <p style="text-align: center;">Chicago Bridge 1:00 pm - 4:00 pm (2nd & 4th Monday)</p> <p>Mexican Train Dominoes 1:00 pm - 4:00 pm</p>	<p style="text-align: center;">Located at Community Center unless otherwise noted.</p> <p style="text-align: center;">(Please call 503-682-3727 to sign-up *)</p> <p style="text-align: center;">Sketchbook/Journal Workshop + Saturday, 2/1 or 2/22 12:00 pm - 3:00 pm (\$60) (Parks & Rec. Admin Office)</p>
<u>Tuesday</u>	<p style="text-align: center;">Piecemakers Quilting 9:00 am – 11:45 am (Tauchman House)</p> <p style="text-align: center;">Ukulele Jam Group 9:30 am– 11:30 am (Parks & Rec. Admin Office)</p> <p style="text-align: center;">Partners Bridge 12:30 pm - 3:30 pm Call 503-449-5855 to sign up</p> <p style="text-align: center;">Virtual Reality Fitness 1:00 pm - 2:00 pm</p> <p>Art Club 1:00 pm - 2:30 pm (2nd Tuesday)</p>	<p style="text-align: center;">Life 101 Series: Building Foundations of Caregiving * No charge Monday, 2/10 10:30 am</p> <p style="text-align: center;">Oil Painting + “Silver Falls” Saturday, 2/15 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p style="text-align: center;">Life 101 Series: Protect the Middle Burner (TCM) * No charge Monday, 2/24 10:30 am</p>
<u>Wednesday</u>	<p>Photography Club 10:00 am - 11:30 am</p> <p style="text-align: center;">Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in)</p> <p style="text-align: center;">Pinochle/Cribbage Play 1:00 pm - 4:00 pm</p> <p style="text-align: center;">Bingo 1:00 pm - 2:00 pm (1st & 3rd Wednesday)</p>	<p style="text-align: center;">Class Spotlight</p> <p>Baking with Sam: Sourdough Bread at Home + Wednesday, 2/26 Learn the basics of sourdough baking at home. You'll take home a strong sourdough starter, a loaf to bake at home, a packet of recipes and a proving basket! (Please bring a small jar or container to take your starter home as well as a bowl for your dough!) 6:00 pm - 8:30 pm (\$52)</p>
<u>Thursday</u>	<p style="text-align: center;">Improving Your Bridge 10:00 am - 11:30 am</p> <p style="text-align: center;">I-5 Connection Community Chorus 10:00 am - 12:00 pm</p> <p style="text-align: center;">Ladies Afternoon Out 1:00 pm - 3:00 pm</p>	<p style="text-align: center;">Senior to “Senior” Conversations * Share your life experiences and impart knowledge to Wilsonville And Riverside High School Students. Students will bring conversational starters but you will have a chance to ask them questions too! Friday, 2/28 Community Center 1:00 pm - 2:30 pm</p>
<u>Friday</u>	<p style="text-align: center;">Conversational Spanish Group 10:30 am - 11:30 am</p> <p style="text-align: center;">Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in)</p> <p style="text-align: center;">Bridge 11:30 am - 3:00 pm</p> <p>Mexican Train Dominoes 1:00 pm - 4:00 pm</p>	

BINGO NIGHT

SAVE THE DATE
WCSI BINGO NIGHT FUNDRAISER
SATURDAY, APRIL 5TH
6:30 - 9:00 PM



Tickets go on sale Monday, March 10th @ 9:00 am. At the Community Center
Cost is \$25.00/ 12 games of Bingo

For more information check the Activity Guide and look for our March Gazette

♥ HAPPY
Valentine's
DAY ♥

WILSONVILLE WALKERS FEBRUARY 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 a list of those paths and the date for each walk. For directions on how to get to 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.

- Feb. 4 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.
- Feb. 6 Thurs. **Memorial Park**, lower, around the track and to the end of SW Montgomery Way and return
- Feb. 11 Tues. **Brown's Ferry Park**, 5855 SW Nyberg Street, Tualatin. Coffee hour at Panera Bread, Nyberg Shopping Center
- Feb. 13 Thurs. **Mentor Graphics** - meet in the US Foods Chef Store parking lot
- Feb. 18 Tues. **Graham Oaks Nature Park**
- Feb. 20 Thurs. **Trip out to PDX** via public transportation to visit the remodeled international airport. Watch for email closer to trip date with the specifics. Plan on having lunch with the group before returning to Wilsonville.
- Feb. 25 Tues. **Villebois** - meet in the WES/Smart Transit Center parking lot, 9699 SW Barber Blvd, Wilsonville
- Feb. 27 Thurs. **Charbonneau** - meeting in Village Center parking lot for our walk and coffee at Lux Sucre Desserts



Library News

Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

February is here already, and although it's a short month, we're doing all we can to make it a memorable one. Here are some of the events you'll find at the library this month:

Throughout the month of February, 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) began January 2nd, but there's still time! Pick up a Bingo game board at the library or download one from our website. The last day to turn in entries will be February 28th. If you have any further questions, please call the Library at 503-682-2744 or come see us at the Circulation Desk.

Also all February long, for those with (or without) artistic flair, you are invited to display your talents in our **Tiny Art Show!** Starting February 1st, pick up a mini art kit at the library (while supplies last) and create your masterpiece. When completed, return it to the Library by February 26th to take part in the March show. Mini art kits are not required. Submissions are welcome that meet the Tiny Art Show's tiny requirements (namely a 3" x 3" canvas, and artwork with a family-friendly theme). Just make sure to turn your masterpiece (with entry form and label on the back) into the Library by February 26th.

Another special event occurs at the library in February! It's not involved with St. Valentine, but it does coincidentally occur on the same day! Please come and join us any time on **Friday, February 14th to celebrate the library's 43rd birthday!** As a birthday gift to you, we'll waive up to \$10 in overdue fines from your record just for stopping by on that day. There might even be cake!

But please *don't* stop by on **Monday, February 17th!** We'll be closed in celebration of **Presidents' Day, so we'll see you again on the 18th!**

Our popular **SpaceTalks** presentation will lift off at **11am on Saturday, February 1st.** The presentation this month is titled *A Close Encounter with Pluto*. When Pluto was first discovered, it was considered the 9th planet. But we knew very little about it. Everything changed with the New Horizons flyby. Scientists were thrilled and astounded. Come hear what the excitement was all about! Free and open to all here in the library's Oak Room.

On **Monday, February 3rd, beginning 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 and informal and moderated by Librarian Malia Laughton. New members at any level are always welcome.

On **Tuesdays, (February 4th, 11th, 18th, and 25th)**—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.

We will host an **intermediate-level ESL class on those same Tuesdays (the 4th, 11th, 18th, and 25th) from 10am to 11:30.** This class is 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

Our ever-popular **PROFILES lectures** will also drop by for a spell (online) on **Wednesday, February 5th from 11am to 12:30pm**. Taught by Emeritus Professor Bill Thierfelder, this month we feature a lecture titled *The Unknown MLK*. Every third Monday in January, the nation pauses to remember the life and legacy of Martin Luther King. This program delves into Martin Luther King, Jr.'s life and his legacy to see why his story is still meaningful and relevant to our own lives today. Sign up to receive the Zoom meeting code, but act quickly! www.wilsonvillelibrary.org/classes.

On Fridays (the 7th, 14th, 21st, and 28th), 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 12pm 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 February's **First Friday Film on Friday, February 7th at 3pm!** *Twisters* brings back the blockbuster disaster epic with a whirlwind of heart-stopping action and exhilarating thrills. Ever since a devastating tornado encounter, Kate (Daisy Edgar-Jones) gave up chasing to safely study them on screens in New York City. Lured back to the field, Kate crosses paths with Tyler (Glen Powell), a charming daredevil. As storm season intensifies, Kate and Tyler realize they must work together to survive. Please join us for this important screening. We have 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!

On Saturday, February 8th, from 2 - 3pm, please join us at the library's large picture windows for the latest in our popular **Book Notes Concert** performances: *The Swing and Standards Trio!* Come and bop the afternoon away with jazz music from the American Songbook, including romantic-era standards, sentimental classics, and tunes from the shows and musicals of yore. 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, February 20th, beginning at 1 pm, how about joining us for a ramble in the shadow of the Wilsonville Library? Our **Book Walk** will host a tromp through the fecund and verdant realm of Memorial Park (and back) while we parley about this month's book: *Cloud Cuckoo Land* by Anthony Doerr. The novel tells the story of several characters across different time periods, all connected by a fictional ancient Greek manuscript detailing the journey of a shepherd named Aethon, who seeks a utopian city in the clouds, not surprisingly called Cloud Cuckoo Land. Walkers should meet in the library's lobby at 1pm. Walks generally last about 45 minutes and will meet rain or shine!

On Friday, February 21st, we'll be showing the film *Ruby Bridges*. The film showcases the true story of Ruby Bridges, a bright six-year-old who is chosen to be the first African-American student to integrate her local New Orleans elementary school, where she is subjected to the true ugliness of racism for the very first time. But guided by the love of her mother and father, Ruby's heroic struggle for a better education becomes a lesson for us all.

On Tuesday, February 25th, also in honor of Black History Month, we'll be hosting **Mariah Rocker, a speaker from the Oregon Black Pioneers**, who will speak on the topic of Black Exclusion in Oregon. Amidst the historical backdrop of Oregon's formation, the State grappled with Black exclusion laws, pro-slavery influence, and the free state versus slave state debate. This presentation explores these dynamics and their profound impact on Oregon's Black community. Free and open to all!

A WISH FOR YOU
ON THIS VALENTINE'S DAY

THAT YOU'LL TAKE TIME TO
LAUGH AND MAYBE TO PLAY.

JUST BURY THE BLUES,
LET GO YOUR WORRIES,

DO SOMETHING HAPPY,
AND GIGGLE IN FLURRIES.

JUST FOR THIS DAY,
BE PERFECTLY FREE,

FOR THAT IS THE WAY
YOU WERE MEANT TO BE.

WATCH HOW YOUR MAGIC
BLOSSOMS IN WONDER

THIS VALENTINE'S DAY.





Washington's Birthday (Presidents Day)

On the third Monday in February, we honor our first President, George Washington, whose birthday is February 22. We also traditionally honor President Abraham Lincoln, whose birthday is February 12.

Historically, Americans began celebrating George Washington's Birthday just months after his death, long before Congress declared it a federal holiday. Washington's Birthday was the first federal holiday to honor an individual's birth date. In 1885, Congress designated February 22 as a holiday for all federal workers. Nearly a century later, in 1971, the Uniform Monday Holiday Law changed the date to the third Monday in February.

Congress passed the Monday Holiday Law to "provide uniform annual observances of certain legal public holidays on Mondays." By creating more 3-day weekends, Congress hoped to "bring substantial benefits to both the spiritual and economic life of the Nation." The position of the holiday between the birthdays of Washington and Abraham Lincoln gave rise to the popular name of Presidents Day.

George Washington was born when the Julian calendar was in use. During Washington's lifetime, people in Great Britain and America switched the official calendar system from the Julian to the Gregorian calendar (something that most of Europe had already done in 1582).

As a result of this calendar reform, people born before 1752 were told to add 11 days to their birth dates. Those born between January 1 and March 25, as Washington was, also had to add 1 year to be in sync with the new calendar. By the time Washington became president in 1789, he celebrated his birthday on February 22 and listed his birth year as 1732.

Legend has it that George Washington chopped down a cherry tree when he was 6 years old and, when confronted by his father, said, "I can not tell a lie. I did it with my hatchet." Washington didn't say this; he didn't even chop down the tree! This tale was, in fact, concocted by Parson Mason Weems (1759-1825), one of Washington's biographers, who made up the story hoping to demonstrate Washington's honesty.

This tale is not the only myth about Washington. His wooden dentures? They weren't made of wood; they were made of hippopotamus teeth that had been filed down to fit into Washington's mouth.

February 2025

Monday	Tuesday	Wednesday	Friday
3	4	5	7
Turkey/Swiss Croissant Cup of Soup Chips Tropical Fruit	Mashed Potatoes With Hamburger Gravy Vegetable Roll  Jello	BBQ Chicken Salad Black Bean, Corn, Tortilla strips, Cheese, Tomatoes, Scallions Ranch Cookie	Meat lovers Pizza Fresh Salad Congregate- Ice Cream cup HDM- Peach and Crème cup
10	11	12	14
Stuffed Green Pepper Brown Rice Chuckwagon Vegetables Pudding	Chicken Marsala Pasta Vegetable Brownie	Egg Salad Sandwich Macaroni Salad Chips Orange	<u>Valentines Day Lunch</u> Beef Wellington Mashed Potatoes/Gravy Vegetable  Strawberry cake
17	18	19	21
Center Closed 	Vegetarian Lasagna Green Beans Garlic Toast Applesauce	Sloppy Joes WW Bun Chuckwagon Vegetables Cookie 	Crispy Chicken Salad Eggs/Cheese/ Tomatoes Bleu Cheese Crumbles Tortilla Strips Lemon Bar
24	25	26	28
Fish and Chips Tartar Sauce Coleslaw Yogurt 	Ham Slice Potluck Potatoes With cornflakes Green Beans Cherry crisp	Pesto Pasta Primavera Zucchini/Broccoli/Red Pepper Parmesan Cheese Breadstick Fruit	Clam Chowder Cheese bread Fresh Salad Cake with Berries
			

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.