

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

WCSI GAZETTE

JULY 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
Bus will leave at 10:45 am, returning approx. 3:30 pm UNLESS otherwise noted below

Thursday, July 11th
Oregon Donkey Sanctuary in Oregon City
Lunch at Wichita Pub & Grill
Sign Up begins on Monday July 1st @ 9:00 am

SAVE THE DATE

ALL DAY TRIP

Thursday August 15th
Tillamook Air Museum
Meet in City Hall Parking Lot at 8:30 am
Returning by 5:30pm
SIGN UP BEGINS: Thursday, July 18TH 9:00 AM
\$15.00 at sign up

More information on page 4



Please Join us on
 Wednesday, July 3rd and
 Wednesday, July 17th
 @ **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

Grief Support Group

Chaplain Hannah Dewing, M.Div and Ed Nelson, CT will lead the group with the focus on providing education, resources and opportunities to share your grief journey. The group will use materials by Dr. Alan Wolfelt and material from The Grief Toolbox. The no-charge, drop-in group will meet on Thursdays, July 11 - August 8 from 1-2:30 pm at the Community Center.

Life 101 Lecture Series

The Community Center's popular Life 101 lecture series continues in July. 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.

On **Monday, July 15**, Attorney Michael Rose of Rose Elder Law will present a workshop centered around **long term care**, Medicaid planning, preserving assets, and veteran's benefits.

Join the Alzheimer's Association on **Monday, July 22** to learn **how to recognize common signs of the Alzheimer's**, how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, and assessments for the diagnostic process.

Attorney Michael Rose will be back on **Monday, July 29** to present an **estate planning** workshop centered around basics such as wills, trusts, probate, powers of attorney, advance directives, and Medicaid Planning.

Finally, 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, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Summer Event Highlights:

July 4 Laser Light Show and Concert: Music by Jacob Westfall will begin at 8 pm, laser light show will begin at roughly 9:45 pm. This is a free event at Town Center Park.

Farmers Market: Every Thursday, except 4th of July, in Town Center Park, from 4 until 8 pm, through September 4.

Movies in the Park: Fridays - July 12, July 26, August 9, and August 23. Park location varies.

Rotary Summer Concerts: Thursdays, July 18 - August 8. 5:30 pm at Town Center Park.

Community Party in the Park with live music by Nate Botsford: Thursday, August 22 at 5:30 pm.

For information on summer events, please visit WilsonvilleParksandRec.com.

July 2024 Activities Schedule

	ONGOING ACTIVITIES (MAY BE A FEE)	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</p> <p style="text-align: center;">Bridge 1:00 pm - 4:00 pm</p> <p style="text-align: center;">Weight Loss Support Group 12:30 pm - 1:15 pm</p> <p style="text-align: center;">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;">Beginning Tai Chi + 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 (\$70 for session or \$10 Drop In)</p> <p style="text-align: center;">Oil Painting + “Frolicking Whale” Tuesday, 7/2 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p style="text-align: center;">Oil Painting + “Evergreens at Sunset” Saturday, 7/13 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)</p>
<u>Tuesday</u>	<p style="text-align: center;">Ukulele Jam Group 9:00 am– 11:00 am 7/2, 7/16, & 7/23 (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 style="text-align: center;">Poetry Club 1:00 pm - 3:00 pm (1st & 3rd Tuesday)</p>	<p style="text-align: center;">Life 101 Series: Long Term Care* Monday, 7/15 10:30 am - 12:00 pm</p> <p style="text-align: center;">Life 101 Series: Know the 10 Warning Signs of Alzheimer’s* Monday, 7/22 10:30 am - 12:00 pm</p> <p style="text-align: center;">Life 101 Series: Estate Planning* Monday, 7/29 10:30 am - 12:00 pm</p>
<u>Wednesday</u>	<p style="text-align: center;">Photography Club 10:00 am - 11:30 am</p> <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</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;">Event Spotlight</p> <p style="text-align: center;">Laser Light Show Join us for the third annual laser show & concert! Music will begin at 8:00 pm. Laser light show starts at roughly 9:45 pm. Bring your own blankets and lawn chairs! Town Center Park Thursday, 7/4 ~9:45 pm</p>
<u>Thursday</u>	<p style="text-align: center;">Bridge Basics: Drop-in Lessons 10:00 am - 11:30 am</p> <p style="text-align: center;">Ladies Afternoon Out 1:00 pm - 3:00 pm</p> <p style="text-align: center;">Art Club 1:00 pm - 2:30 pm (2nd Thursday)</p> <p style="text-align: center;">I-5 Connection Community Chorus 10:00 am - 12:00 pm</p>	
<u>Friday</u>	<p style="text-align: center;">Sit, Stand, and Be Fit 11:00 am - 11:45 am</p> <p style="text-align: center;">Bridge 11:30 am - 3:00 pm</p> <p style="text-align: center;">Mexican Train Dominoes 1:00 pm - 4:00 pm</p>	<p style="text-align: center;">*Please call 503-682-3727 to pre-register.</p>

CELEBRATING BIRTHDAYS

Wednesday, July 10th

Lunch Time

WCSI will be celebrating all those who have a birthday in July and Aug.



**WILSONVILLE COMMUNITY SENIORS ALL DAY TRIP
(SENIORS 55+)**

THURSDAY, AUGUST 15, 2024

8:30 AM TO 5:30 PM

Meet :City Hall Parking Lot at 8:30 am Bus leaves at 8:45

TILLAMOOK AIR MUSEUM
and
Lunch in Tillamook/Bay City area



**YOUR COST
\$15.00 AT SIGN UP
(CASH OR CHECK)**

**TRIP SIGN UP BEGINS ON
THURSDAY, JULY 18TH
AT 9:00 AM AT THE
COMMUNITY CENTER
(50 SPACES AVAILABLE)**

you also pay
for your lunch
at the
restaurant

**THIS TRIP MADE POSSIBLE IN PART BY A.
GRANT FROM THE CITY OF WILSONVILLE**

RESULTS OF THE CONGREGATE ELECTIONS

Our annual Congregate Elections for the Wilsonville Community Senior Board was held on Friday, June 7, 2024. The following 5 Board members were approved for a two year term July 2024 - June 2026.

Donna Atkinson

Steven Bushman

Nancy Combs

Roberta Crew

Priscilla Johnson

2 ByLaws Changes were approved:

Annual Congregate Meeting will be held on the 2nd Wednesday of June each year

Board Officers will meet in person once quarterly and keep in touch by email, throughout the month

WILSONVILLE WALKERS JULY 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.

July 2 Tues. **Memorial Park, lower**, around the track and through park and down Montgomery Way to mail box and return

July 4 Thurs. **NO WALK**

July 9 Tues. **Charbonneau** - meet in Village Center parking lot, near Lux Sucre Desserts. Coffee hour will be there following our walk

July 11 Thurs. **Hazelia Field at Luscher Farms**, 17800 Stafford Road, Lake Oswego. Our coffee hour following our walk will be at New Seasons Market, 1377 McVey Ave, Lake Oswego, down the hill toward city center.

July 16 Tues. **Library**

July 18 Thurs. **Villebois** - meet in the Wilsonville Transit Center Parking lot, 9699 SW Barber

July 23 Tues. **Graham Oaks Nature Park**. Our coffee hour following our walk will be at the home of Jay Nims, 31505 SW Orchard Drive, Wilsonville.

July 25 Thurs. **Canby Logging Road Trail/Eco City Park** - 1314 NE Territorial Road, Canby. Coffee hour following our walk will be at Denny's in the Fred Meyer parking lot (turn left as you exit the parking lot following our walk and 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.)

July 30 Tues. **Tualatin Greenway Trail/ice Age Trail**, Tualatin City Park, 8515 SW Tualatin Road, Tualatin. Meet in the tennis courts parking lot. Coffee hour will be at McDonald's, south of park on Boones Ferry Road.

4th of July Word Search

F O U R T H A U N I T E D S O
R R E F I R E W O R K S Y B D
E I E P A R A D E R W H I R A
E B E V A S F L A T G A T I T
N B L E O L U L I B E R E T H
A S D E C L A R A T I O N A I
T A U C D J U L Y G J U E I R
I M E M R E O T O A N M A N T
O I F A M A M R I G H T S T E
N C R C A E R A D O S O T H E
W J E R I G R E D A N S A I N
H U E A L I B E R T Y R T L I
I N D E P E N D E N C E E R B
T D O M E T A C P A T R S T Y
E A M E R I C A N B L U E W I



AMERICA
BLUE
BRITAIN
DECLARATION
FIREWORKS
FLAG
FOURTH

FREEDOM
INDEPENDENCE
JULY
LIBERTY
NATION
PARADE
RED

REVOLUTION
RIGHTS
STATES
SUMMER
THIRTEEN
UNITED
WHITE





Walk Wednesday Summer 2024

Walks begin at 12:00
 Each walk begins at a different location.

July 10	MiNa's Closet Consignment
July 17	Lux Sucre - in Charbonneau
July 24	CrossFit Wilsonville
July 31	Soak Box

Library News

Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

Happy July to all! Not surprisingly, the library will be closed on July 4th for Independence Day. Celebrate with joy and gratitude, but try to tamp down some of the noisier explosions, so unloved by veterans, dogs, and librarians!

July is the peak month for our Summer Reading Program (for adults, teens and kids)! Lots of Summer Fun Shows and assorted learning/chaos for all comers! There's still time to sign up for our Summer Reading Program, with activities and prizes for adults, teens, and (especially) kids throughout the month! Find out more when you visit, or on our website: www.wilsonvillelibrary.org!

Finally, if you missed the announcement last month I'd like to remind you 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) 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.

Our ever-popular **PROFILES** lectures will continue on **Wednesday, July 3rd at 11am**. Taught by Emeritus Professor Bill Thierfelder, this month we'll be treated to an online talk titled *Roswell and Beyond...* In 1947, a reported crash of a "flying saucer" in Roswell, New Mexico opened up the proverbial floodgates. This presentation explores the possibilities of life beyond Earth and that we've been having alien visitations for thousands if not millions of years. The truth is out there! Sign up to receive the Zoom meeting code, but act quickly! www.wilsonvillelibrary.org/classes.

Our free and fun **First Friday Films** matinee continues on **Friday, July 5th at 3pm**. June's film is ***Ordinary Angels***, starring Hillary Swank and Alan Ritchardson. The film is based on a remarkable true story, and centers on Sharon Steves (Swank), a fierce but struggling hairdresser in small-town Kentucky who discovers a renewed sense of purpose when she meets Ed Schmitt (Ritchson), a widower working hard to make ends meet for his two daughters. With his youngest daughter waiting for a liver transplant, Sharon sets her mind to helping the family and will move mountains to do it. Please join us for this no-cost film, featuring snacks, popcorn, and even padded chairs. No reservations necessary—just show up!

On **Monday, July 15th 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.

On **Thursday, July 20th, at 1 pm**, how about joining **The *Walking Book Club*** departing from the library and journey all the way to the deepest recesses of Memorial Park (and back)! During the walk we'll talk about this month's book: *Mad Honey* by Jodi Picoult (or, in fact, any other book you've been reading. *Mad Honey* has all of the things: alternating narratives, suspense, courtroom drama, and a love story at its core. It's about authenticity, identity, and it explores the secrets we keep and the risks we take in order to become our true selves. We'll meet in the library's lobby at 1pm. Walks generally last about 45 minutes, and will meet rain or shine!

Library News Continued

On Thursday, July 25th, from 6 to 7:30pm, join us for a free **Flash Fiction Workshop** in the Library's Oak Room. This fun, interactive and fast-paced workshop is perfect for budding or experienced writers. Turn out a completed story, or bust!

Stories and Science is a great way for kids K - 5 to spend a lazy summer afternoon. Join the Wilsonville Youth Service Librarians in the Oak Room on **Wednesdays, July 3rd, 10th, 17th, 24th and 31st** at 10:30am or 12pm (twice per day) for a science demonstration with a related story.

On Saturday, July 20th, from 1-2pm, kids can join us for *They're Alive! Fantastic Freshwater Ecosystems Presented by Rick Reynolds*. Come learn about freshwater ecosystems and creatures found in them. Discover differences between natural wetlands and backyard standing water. Investigate mosquitoes and how to stay safe from them. Explore ways to help wildlife, including creating habitat and stopping invasive animals and plants. Perfect for school-age children, and free, with no sign-up required. For more information, visit the Summer Reading Program page at: <https://www.wilsonvillelibrary.org/lib/page/kids-summer-reading-program>.

THURSDAY FUN SHOWS 11:00 am at the Grove Shelter in Memorial Park

Thursday, July 11th The amazing magician Seth Howard!
Thursday, July 18th Rick Huddle, unique blend of music and story telling.
Thursday, July 25th, Paradise of Samoa Dancers! (Polynesian dances)

Tuesday, July 30th at 1:30, please join us for *Storywalk with the Artist: Kate Berube!* Join us at Tivoli Park to welcome Kate Berube, children's book author and illustrator of *The Summer Nick Taught his Cats to Read*, our newest addition to the Storywalk. Kate will read the book for us and answer your questions. The event will take place at the start of the Storywalk (not at the Library!), which is located at the intersection of SW Denmark St. and SW Coffee Lake Dr. in Villebois.

For Teens: 6th-12th Graders

Teens can attend a TAB (Teen Advisory Board) meeting on any of the FIVE Tuesdays in July, (namely July 2nd, 9th, 16th, 23rd, and 30th), from 12-2pm! The **Teen Advisory Board (T.A.B.) is a group of students who meet to plan future programs and events for teens**, hang out, eat, and have fun, help choose books, music, and movies for the library to buy, and help make the teen space a comfortable and attractive place to hang out. Contact Brad at the library for more details!

Teen Tuesday July 23rd from 10:00 -11:30 PM Library After Dark! renew books, and enjoy a chill night with friends including Jackbox games, snacks and drinks, and wandering through the stacks of books after everyone else has gone home!

Teen Tuesday, July 30th. At 2:00 pm, Party in the Park. Teens can enjoy our annual end of summer party with exploding watermelons, water-fights, ice cream and a Bonus Grand Prize Drawing. One lucky attendee goes home with a summer grand prize!

July 2024

Monday	Tuesday	Wednesday	Friday
1	2	3	5
Chicken Cordon Bleu Rice Pilaf Green Beans Yogurt w/Berries	Chef Salad Turkey/Ham/Cheese Tomatoes 1000 Island Dressing Roll Fruit	Burger Bowl Lettuce/ Tomato/Onion/Dill Pickle/Cheese Burger Sauce Strawberry Pound Cake	Hot Dogs Potato Salad Chips Brownie
8	9	10	12
Chicken Parmesan Green Beans Breadstick Cookie	Asian Chicken Salad Peanuts/Mandarins/Chow Mein Noodles WW Roll Lemon Bar	Ham and Cheese Croissant Cole Slaw Craisins/Sunflower Seeds Melon	Salmon Penne Fresh Salad Garlic Toast Fruit
15	16	17	19
BBQ Pork Slider Tatar Tots Cashew Curry Coleslaw Jello cup	Egg salad Sandwich Cucumber/Tomato Salad Chips Cookie	Tuna Macaroni Salad Egg/Red Onion/Shredded Carrot/Celery/Dill Roll Fruit	 Chef Choice!
22	23	24	26
Orange Tempura Chicken Brown Rice Kyoto Vegetables Lemon Bar	Greek Salad Tuscan Chicken Kalamata Olives/Feta/Red Onion/Balsamic Dressing WW Roll Cantaloupe	Tuna Sandwich Celery, Onion, Red pepper Rye Bread Chips Peaches	Cabbage Rolls Brown Rice Vegetable Jell o cup
29	30	31	
Sausage Gravy/Biscuit Scrambled Eggs Fig Bar	Taco Salad Lettuce/Tomatoes/Corn tortilla Strips/Olives Sour Cream/Salsa Dessert	Chicken Caesar Wrap Pasta Salad Cookie	

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.