

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

# WCSI GAZETTE

## MARCH 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**

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**Sign up begins on Monday, March 3rd @ 9:00am**

Thursday, March 13th

Lunch at Black Bear  
Then off to the  
Japanese American Museum of Oregon  
WCSI will pay the admission fee

**SAVE THE DATE**

Thursday, April 10th

Lunch at White's Restaurant  
Then off to the Salem Carousel

**SPECIAL MEET TIME: 10:00 am**



Please Join us on  
Wednesday, March 5th  
Wednesday, March 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

### **The Empowered Caregiver**

The Empowered Caregiver presented by The Alzheimer's Association will teach caregivers how to navigate the responsibilities of caring for someone living with dementia.

On **Monday, March 10** "Supporting Independence" focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

"Communicating Effectively" will take place on **Monday, March 17** and will explain how dementia affects communication, as well as tips for communicating well with family, friends and health care professionals.

Finally, on **Monday, March 24**, "Responding to Dementia-Related Behaviors" will detail common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

### **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.

On **Monday, March 3** Clackamas County Sheriff will present on the most popular and current list of scams and the methods thieves use. It is important to stay one step ahead of the scammers by learning about current swindles the crooks use, and by recognizing pressuring techniques used by thieves.

Ride Connection and SMART will be at the Center on **Monday, March 31** presenting about safe, independent travel for older adults, people with disabilities, and English Language Learners at no cost. Learn about TriMet's and SMART's transit system in a classroom setting and prepare for an optional field trip on April 24 to Washington Square to practice utilizing the transit system.

### **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 **March 11 through May 1**. Cost for the entire 16 class session is \$80, or participants may drop in for \$10 per class.

### **Grief Support Group**

The group, facilitated by Ed Nelson, CT, will focus on providing education resources and opportunity for attendees to share their grief journey. There is no charge to attend and complimentary workbooks will be provided. The group will meet on **Thursdays, April 10 through May 15, from 1:00 - 2:00 pm** at the Wilsonville Community Center. There is no charge to attend but please call 503-682-3727 to save your spot.

## March 2025 Activities Schedule

	<b>ONGOING ACTIVITIES</b>	<b>CLASSES AND PROGRAMS STARTING SOON</b>
<b><u>Monday</u></b>	<p style="text-align: center;"><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p style="text-align: center;"><b>Poetry Club</b> 1:00 pm - 3:00 pm (1st &amp; 3rd Monday)</p> <p style="text-align: center;"><b>Chicago Bridge</b> 1:00 pm - 4:00 pm (2nd &amp; 4th Monday)</p> <p><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><i>Pre-Registration Required + Please call 503-682-3727 to sign-up *</i></b></p> <p style="text-align: center;"><b>Watercolor Impressionism +</b> Sundays, 3/2 to 3/23 12:00 pm - 2:00 pm (\$120) (Parks &amp; Rec. Admin Office)</p> <p style="text-align: center;"><b>Life 101 Series: ID Theft &amp; Scams *</b> No charge Monday, 3/3 10:30 am</p> <p style="text-align: center;"><b>Oil Painting + “Little Home in the Meadow”</b> Saturday, 3/15 10:00 am - 2:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p> <p style="text-align: center;"><b>Life 101 Series: Ridewise Travel Training *</b> No charge Monday, 3/31 10:30 am</p> <p style="text-align: center;"><b><u>The Empowered Caregiver Series *</u></b> <b>Supporting Independence - 3/10</b> <b>Communicating Effectively - 3/17</b> <b>Respond to Dementia-Related Behaviors - 3/24</b> This education series will teach caregivers how to navigate the responsibilities of caring for someone living with dementia. No charge 10:30 am</p> <p style="text-align: center;"><b><u>Class Spotlight</u></b> <b>Beginning Tai Chi +</b> Tuesday, and Thursday 3/11 - 5/1 Begin your journey of self improvement with Yang style Tai Chi. Improve balance, flexibility, memory &amp; mindfulness while learning the first section of the 108 forms &amp; a variety of Qi-Gong. 2:00 pm - 2:45 pm (\$80) (\$10 drop in)</p>
<b><u>Tuesday</u></b>	<p style="text-align: center;"><b>Piecemakers Quilting</b> 9:00 am – 11:45 am (Tauchman House)</p> <p style="text-align: center;"><b>Ukulele Jam Group</b> 9:30 am– 11:30 am (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><b>Art Club</b> 1:00 pm - 2:30 pm (2nd Tuesday)</p>	
<b><u>Wednesday</u></b>	<p><b>Photography Club</b> 10:00 am - 11:30 am</p> <p style="text-align: center;"><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p style="text-align: center;"><b>Pinocle/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>	
<b><u>Thursday</u></b>	<p style="text-align: center;"><b>Improving Your Bridge</b> 10:00 am - 11:30 am</p> <p style="text-align: center;"><b>I-5 Connection Community Chorus</b> 10:00 am - 12:00 pm</p> <p style="text-align: center;"><b>Ladies Afternoon Out</b> 1:00 pm - 3:00 pm</p>	
<b><u>Friday</u></b>	<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 (\$1 drop in)</p> <p style="text-align: center;"><b>Bridge</b> 11:30 am - 3:00 pm</p> <p><b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm</p>	

# BINGO NIGHT

## WCSI BINGO NITE FUNDRAISER

Adults 18 years or older, enjoy a fun evening of Bingo while supporting Wilsonville Community Seniors, Inc, activities

**SATURDAY, APRIL 5 ,2025 6:30pm - 9:00pm**

Doors will open at 6:00pm  
WILSONVILLE COMMUNITY CENTER

Tickets on sale at the Community Center  
beginning **MONDAY, March 10, 2025**

Sales continue on Mon. Wed, and Fri. 9:00 am to Noon while they last.

**Special evening sales date:  
Thursday, March 13 2025 5:00-7:00pm**

### Seating is Limited

**\$25.00 (cash or check) - 12 games of Bingo**  
Bring your ticket to the event

<b>Raffle Basket Tickets:</b>	<b>\$1.00 each or 6 for \$5.00</b>
<b>50/50 Raffle Tickets:</b>	<b>\$5.00 each</b>
<b>Candy Jar Guess Tickets</b>	<b>\$1.00 each</b>
<b>Hand Made Quilt Tickets:</b>	<b>\$5.00 each</b>
<b>Local Artisan Items</b>	<b>Priced As Marked</b>

**Daubers Available for \$2.00 each**

For more information or questions please contact  
Donna at [WilsonvilleCSI@gmail.com](mailto:WilsonvilleCSI@gmail.com)



# St Patrick's Day

## WORD SCRAMBLE

1. IADLNER \_\_\_\_\_
2. RPAH \_\_\_\_\_
3. NPLCUAHREE \_\_\_\_\_
4. HRCAM \_\_\_\_\_
5. RBWNOIA \_\_\_\_\_
6. CKUL \_\_\_\_\_
7. LDOG \_\_\_\_\_
8. CVEROL \_\_\_\_\_
9. TINAS \_\_\_\_\_
10. NEERG \_\_\_\_\_
11. PIKRCTA \_\_\_\_\_
12. HISRI \_\_\_\_\_
13. HDYIALO \_\_\_\_\_
14. LKCIRMEI \_\_\_\_\_
15. PADERA \_\_\_\_\_
16. SKCORAMH \_\_\_\_\_
17. EADRLEM \_\_\_\_\_
18. OTP FO LDOG \_\_\_\_\_
19. CTICLE \_\_\_\_\_
20. MARHC \_\_\_\_\_

## CELEBRATING BIRTHDAYS

**Wednesday, March 12h**

**Lunch Time**

WCSI will be celebrating all those who have a  
**MARCH and APRIL Birthday**



## WILSONVILLE WALKERS MARCH 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.

- March 4 Tues.        **Memorial Park**, lower, to Boones Ferry Park and return
- March 6 Thurs.     **Canby Logging Road Trail/Eco City Park**, 1314 NE Territorial Rd, Canby. Coffee hour at Denny's in the Fred Meyer shopping center. (Take a left out of the parking lot, a right on the next road, Redmond St., and follow that down and cross 99E, and enter the shopping center at the first right turn.)
- March 11 Tues.      **Graham Oaks Nature Trail**, 11825 SW Wilsonville Road
- March 13 Thurs.    **Tualatin Greenway/Ice Age Trail**, Tualatin Community Park, 8515 SW Tualatin Rd. Meet near the tennis courts. Coffee hour at McDonald's.
- March 18 Tues.      **Villebois** - meet at the WES/Smart Transit Center parking lot, 9699 SW Barber Blvd., Wilsonville.
- March 20 Thurs.    **Tualatin River National Wildlife Refuge**, 19255 SW Pacific Highway, Sherwood. Coffee hour at Panera Bread, 21174 Langer Farms Parkway, Sherwood.
- March 25 Tues.      **Charbonneau** - meet in Village Center parking lot, near Lux Sucre where we will have our coffee hour afterwards
- March 27 Thurs.    **Hazelia Field at Luscher Farms**, 17800 SW Stafford Road, Lake Oswego. Coffee hour following at Rolling Hills Community Church, 3550 SW Borland Road, Tualatin, hosted by Osborns.

## Library News

### Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

It's March at last, and that means that spring is just around the corner! Here's hoping that you can find a way to enjoy the new green grass and suddenly leafy trees—it shouldn't be too hard...unless we have to wait until April!

Here at the library, all March long we're inviting you to be judgmental about art! Whether or not you took part in our Tiny Art competition in February, you can vote for the best tiny canvases in a variety of age groupings. Turn in your ballot (one per person, please!) until March 26<sup>th</sup>, with winners to be announced shortly after!

To kick things off, our popular **SpaceTalks** presentation will touch down at **11am on Saturday, March 1<sup>st</sup>**. The presentation this month is titled *Encounter at Ultima Thule*. The New Horizons spacecraft zipped speedily past Pluto and out into a vast region of our Solar System named the Kuiper Belt. Did it find, approach, and study anything there? YES! What did it find—and what have we learned? Free and open to all, here in the library's Oak Room.

We will host an **intermediate-level ESL class on Tuesdays in March (the 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>) from 10am to 11:30**. These classes 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!

Our ever-popular **PROFILES** lectures will also drop by for a spell (online) on **Wednesday, March 5<sup>th</sup> from 11am to 12:30pm**. Taught by Emeritus Professor Bill Thierfelder, this month we feature a lecture titled *Eleanor Roosevelt*. This program looks at Mrs. Roosevelt's work as a trail-blazing civil rights advocate, a feminist, and one of driving forces behind the United Nations, as well as a deeply lonely woman who found love in a series of extraordinary friendships. Sign up to receive the Zoom meeting code, but act quickly! [www.wilsonvillelibrary.org/classes](http://www.wilsonvillelibrary.org/classes).

Please join us for March's **First Friday Film on Friday, March 7<sup>th</sup> at 3pm!** This time, we're screening *Conclave*, a film based on the bestselling book by Robert Harris. When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the center of a conspiracy that could shake the very foundation of the Catholic Church. The film features Ralph Fiennes, Stanley Tucci, and John Lithgow. 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 **Fridays this month (the 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>)**, 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>

## Library News Continued

On **Saturday, March 8<sup>th</sup>**, at 2pm, please join us at the library's large picture windows for the latest in our popular **Book Notes Concert** performances: *Bernie Sims*, a singer-songwriter who performs songs with influences by Kenny Loggins, Stephen Stills, and Paul McCartney. Mr. Sims will play in the main area of the library for all to enjoy. The concert is free of charge with no reservations necessary. Arrive early to get a good seat!

On **Monday, March 17<sup>th</sup>**, 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 **Thursday, March 20<sup>th</sup>**, beginning at 1 pm, how about joining us to cruise the environs of Wilsonville Library? Our **Book Walk** will host a march to and through Memorial Park (and back) while we chit chat about this month's book: *The Dream of Scipio* by Iain Pears. The novel is set in Provence at three critical moments of Western civilization—the collapse of the Roman Empire in the fifth century, the Black Death in the fourteenth, the Second World War in the twentieth—through which the fortunes of three men are followed. The backstory of each man is woven through the narrative, all linked by their relationship to an ancient text. The stories are united by an extended deliberation of how one resolves ethical conflicts, emotional commitments, and the quest for the true meaning of human life. Walkers should meet in the library's lobby at 1pm. Walks generally last about 45 minutes and will meet rain or shine!

Finally, on **Saturday, March 28<sup>th</sup>**, at 1:30pm, please join us for a **bonus genealogy talk by expert genealogist Pam Vestal**. Titled *Finding What You Need and Using What You Find*. With so much historical information available to us today, it can be hard to know how to find what we seek, or what to do with it after we've found it. Discover an assortment of techniques that can help you search the internet more successfully, extract those useful genealogical nuggets from your documents, organize what you've found, and evaluate your evidence. We'll look at tools for locating overlooked records, understanding codes in documents, recovering missing websites, finding evidence of name changes, and much more. Free and open to all.



**Daylight Savings Time begins at 2:00 am on  
Sunday, March 9, 2025**  
Remember to set your clocks ahead 1 Hour  
before going to bed on the 8th



# ANSWER KEY

1. IADLNER	IRELAND
2. RPAH	HARP
3. NPLCUAHREE	LEPRECHAUN
4. HRCAM	MARCH
5. RBWNOIA	RAINBOW
6. CKUL	LUCK
7. LDOG	GOLD
8. CVEROL	CLOVER
9. TINAS	SAINT
10. NEERG	GREEN
11. PIKRCTA	PATRICK
12. HISRI	IRISH
13. HDYIALO	HOLIDAY
14. LKCIRMEI	LIMERICK
15. PADERA	PARADE
16. SKCORAMH	SHAMROCK
17. EADRLEM	EMERALD
18. OTP FO LDOG	POT OF GOLD
19. CTICLE	CELTIC
20. MARHC	CHARM

# March 2025

Monday	Tuesday	Wednesday	Friday
3  Chicken with Biscuit Vegetable Cookie	4 Chicken Enchiladas Fiesta Rice Chuckwagon Vegetables Pears	5 Albacore Tuna Sandwich Curry Coleslaw w/Cashews Sun Chips Mandarin Oranges	7 Cheeseburger Lettuce/Tomato/Onion Potato wedges Angel Food Cake/Berries
10 Chicken Cordon Bleu Rice Pilaf Broccoli/Cauliflower Brownie	11 Salisbury Steak Mashed Potatoes/Mushroom Gravy Green Beans Fruit	12 Egg Salad Sandwich Macaroni Salad Sun Chips Cookie	14 Chicken Rice Curry Soup ½ Sandwich Tossed Greens Jello 
17 <u>St. Patrick's Day Lunch</u> Corned Beef Sandwich Marbled Rye/Swiss/Sauerkraut Potato Salad Chips Key Lime Pie 	18 Pesto Chicken Pasta Caesar Salad Garlic Toast Strawberry Ice Cream	19 Beef Taco Salad Tomatoes/Cheese/Sour Cream/Sour Cream/Chips Fruit	21 Tomato Basil Soup Ham/Cheese Hawaiian Rolls Dilled Cucumbers Apple Dumpling
24 Breakfast Biscuit Hash Browns Scone Yogurt with Berries	25 Beef Stew Biscuit Fruit	26 Chef Salad Ham/ Turkey/Cheese Tomato Wedge Seeded Roll Cookie	28 Cod Fish and Chips Tartar Sauce Coleslaw Lemon Bar
31 Chili Dogs Tatar Tots Carrot Sticks Peaches 			

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.**