

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

# WCSI GAZETTE

## SEPTEMBER 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, 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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**Thursday, September 19th**  
 Niners Fall Revue @ Charbonneau  
 Lunch at Langdon Farms

### SPECIAL BUS TIME

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

### SAVE THE DATES

**Thursday Oct. 10th**  
**MYSTERY TRIP**

Sign up begins on Tuesday, Oct. 1st

**Thursday, Oct. 24th**  
**Rescheduled Donkey Sanctuary**



Please Join us on  
 Wednesday, September 4th and  
 Wednesday, September 18th  
 @ 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

### **Fall session of classes starting soon!**

The fall session of popular Community Center fitness classes is beginning soon. Tai Chi with Ulises begins on September 10. This beginning Tai Chi class meets every Tuesday and Thursday at 2 pm until October 19. 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.

### **Sourdough Bread at Home**

Learn the basics of sourdough baking at home. Participants will learn how to shape, fold and score a loaf, how to take care of your starter, and what to do with leftover starter. 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) Workshop takes place September 19, from 6:00- 8:30 pm at the Community Center. Cost is \$52. Please pre-register.

### **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, will take place at the Wilsonville Community Center and while there is no charge to attend participants are asked to contact the Community Center at 503-682-3727 to pre-register.

#### **September 9 - Ridewise Travel Training**

Join Ride Connection and SMART to learn 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.

#### **September 16 - Funeral Planning 101**

Wilsonville Funeral Home will present an informative seminar to learn about how you can plan for and protect your family on one of the hardest days they will have. Learn about the planning process and the important details needed by your family. Be a part of this dynamic discussion and take the first steps toward making your pre-arrangement plans.

#### **September 23 - Balance the Fall**

With balance, you gain confidence – at any age. Balance exercises are especially important for older adults because they can help prevent falls. Should you fall, your flexibility and the strength of your muscles will help you stand up. It's a good idea to include balance training along with stretching and strength training in your regular activity. Certified Fitness Instructor, Christina Lucy shares tips on doing just that. Wear comfortable shoes and clothing just in case you want to try a balancing activity.

#### **September 30 - Estate Planning**

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

## September 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>	<b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am <b>Bridge</b> 1:00 pm - 4:00 pm <b>Weight Loss Support Group</b> 12:30 pm - 1:15 pm <b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm	Located at Community Center unless otherwise noted.  <b>Oil Painting + “Pathway to Autumn”</b> Tuesday, 9/3 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office)
<b><u>Tuesday</u></b>	<b>Piecemakers Quilting</b> 9:00 am – 11:45 am (Tauchman House) <b>Ukulele Jam Group</b> 9:30 am– 11:30 am (Parks & Rec. Admin Office) <b>Partners Bridge</b> 12:30 pm - 3:30 pm Call 503-449-5855 to sign up <b>Virtual Reality Fitness</b> 1:00 pm - 2:00 pm <b>Poetry Club</b> 1:00 pm - 3:00 pm (1st & 3rd Tuesday)	<b>Life 101 Series: Ridewise Travel Training*</b> Monday, 9/9 10:30 am - 12:00pm  <b>Oil Painting + “Wilderness Falls”</b> Saturday, 9/14 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)
<b><u>Wednesday</u></b>	<b>Photography Club</b> 10:00 am - 11:30 am <b>Conversational Spanish Group</b> 10:30 am - 11:30 am <b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am <b>Pinochle/Cribbage Play</b> 1:00 pm - 4:00 pm <b>Bingo</b> 1:00 pm - 2:00 pm (1st & 3rd Wednesday)	<b>Life 101 Series: Balance the Fall*</b> Monday, 9/23 10:30 am - 12:00pm  <b><u>Class Spotlight</u></b>  <b>Baking with Sam- Perfecting Scones +</b> Thursday, 9/5 Scones can be sweet/savory, perfect with coffee & tea, as a snack or really, anytime of day! Learn tips & tricks to master uniquely crisp & buttery scones with crumbly corners & a soft, flaky interior. Participants will leave with delicious scones to bake the following day plus a packet of recipes & info. 6:00 pm - 8:00pm (\$45 for course)
<b><u>Thursday</u></b>	<b>Bridge Basics: Drop-in Lessons</b> 10:00 am - 11:30 am <b>Ladies Afternoon Out</b> 1:00 pm - 3:00 pm <b>I-5 Connection Community Chorus</b> Resumes 9/12 10:00 am - 12:00pm	<b>Beginning Tai Chi</b> Tuesdays and Thursdays, 9/10 - 10/24 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 (\$70 for session or \$10 Drop In)
<b><u>Friday</u></b>	<b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am <b>Bridge</b> 11:30 am - 3:00 pm <b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm	<b>* Please call 503-682-3727 to sign-up</b>



## CELEBRATING BIRTHDAYS

Wednesday, September 11th

Lunch Time

WCSI will be celebrating all those who have a birthday in September and October.



### Some Fun Birthday Traditions from Around The World

In **Ireland**, the birthday child was lifted by his hands and feet and "bumped" on the floor, once for every year he has lived, and once for good luck.

In **Denmark**, a flag is flown outside the window when someone in the house is celebrating a birthday.

**Korea** has an interesting birthday tradition. When a child's first birthday is celebrated, the child is dressed in special clothes. Guests gather for a huge feast and leave money for the child's future.

In **Russia**, a birthday pie is served in lieu of a cake. A message is carved on the crust.

Traditionally, children in **Japan** celebrated their birthdays on January 1. Family and friends gathered around to protect them and that's how birthday parties originated.

In **India** children celebrate their day on Nov. 14th— the birthday of Nehru in memory of his love for children

**French and Italian** celebrate Name Day more so than birthdays

The **Maltese** tradition of the '*Quċċija*' is a unique event that takes place on a child's first birthday. At the birthday party, a number of items are laid out on the floor, and the child is encouraged to pick one. The objects symbolize various professions, and whichever one they pick is believed to foretell their future career.

**Canadians** often get "greased" on their birthdays, which means their friends and relatives ambush them and smear butter on their noses. Apparently, this practice is for warding off bad luck.

## Just Desserts

Unscramble these sweet treats and desserts.  
An \* indicates the answer is made of more than one word.

1. GEFDU. \_\_\_\_\_
2. SOIOECK. \_\_\_\_\_
3. TRIPAF A \_\_\_\_\_
4. CAREEMCI \*. \_\_\_\_\_
5. WIRENOB \_\_\_\_\_
6. EEMYEKLIPI\* \_\_\_\_\_
7. RETTO \_\_\_\_\_
8. MUSPINO. \_\_\_\_\_
9. OATIPAC \_\_\_\_\_
10. RALICE \_\_\_\_\_
11. DURSCAT \_\_\_\_\_
12. PLEASPRCIP\*. \_\_\_\_\_
13. AAAABDEKKLS\*. \_\_\_\_\_
14. INGRIPEDCUD\* \_\_\_\_\_
15. HAKKLIMES \_\_\_\_\_
16. GRASHETROBEEN\* \_\_\_\_\_
17. TOUND \_\_\_\_\_
18. FUNGHOSTADUDEE\* \_\_\_\_\_

A mind is like a parachute. It doesn't work if it is not open." –Frank Zappa

## WILSONVILLE WALKERS SEPTEMBER 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.

**Sept 3 Tues.** Charbonneau - meeting in Village Center for our walk and coffee hour at Lux Sucre Desserts.

**Sept 5 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 park following our walk, a right at the next corner, Redwood Street, and follow that down, cross 99E and enter the shopping center at the first right turn.)

**Sept 10 Tues.** Meet at the home of Joe and Tara Anderson, 28112 Iceland Avenue, in Villebois for our walk and coffee hour. Joe will lead our walk around Villebois.

**Sept 12 Thurs.** Memorial Park, lower

**Sept 17 Tues.** Mentor Graphics - meet in the old bowling alley parking lot (across from the post office)

**Sept 19 Thurs.** Meet at Foothills Park, 199 Foothills Drive, Lake Oswego for our walk and coffee hour. The Wolfe girls will provide coffee and treats

**Sept 24 Tues.** Graham Oaks Nature Park, 11825 SW Wilsonville Road

**Sept 26 Thurs.** Meet in the old bowling alley parking lot to carpool at 9:30 a.m. or at the parking lot of Ye Olde Spaghetti Factory, 715 S. Bancroft, Portland, at 10 a.m. for a walk along the river to the Boat Club and return. Lunch will be at the Ye Olde Spaghetti Factory. Come and enjoy the walk and lunch with this great group!!





## Library News

### Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

September is here at last! As temperatures (hopefully) cool, and kids go back to school, you can join us here for some of our programs, both new and classic, as well as our traditional collections of books, DVDs and other services. In case you didn't know, we have notaries on staff, offer basic computer and phone literacy lessons, and can deliver library materials to you at the curb, or even to your own door (if you're unable to make it into the library due to age or disability). Come visit us and interact with your community!

We'll be **CLOSED on Monday, September 2<sup>nd</sup>**, in celebration of Labor Day. To celebrate, put your feet up and do your best to avoid any and all actual labor!

We'll return on **Tuesday, September 3<sup>rd</sup>**, just in time to present one of our free **informal English classes**. We hold a Beginning ESL class on Mondays from 11:00am to 12:30pm on the 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup> of September. We also have an intermediate ESL class held on Tuesdays from 10am to 11:30am on the 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<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!

Also, during those same **Tuesdays (September 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<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.

Our ever-popular **PROFILES lectures** will resume (online) on **Wednesday, September 4<sup>th</sup> from 11am to 12:30pm**. Taught by Emeritus Professor Bill Thierfelder, this month we feature a lecture titled ***Judy Garland: Over the Rainbow***. Using a baker's dozen of her all-time hits, Dr. Bill explores the life of Judy Garland, telling a deeply personal saga filled with laughter and tears, triumphs and tragedies. From quintessential numbers like *Over the Rainbow* and *You Made Me Love You* to melting torch songs such as *The Man That Got Away* and *But Not for Me*, Garland knew how to connect with the words, the music, and--above all--the audience. Indeed, watching Garland present a song is attending a master class in artistic expression. **Sign up to receive the Zoom meeting code but act quickly!**  
[www.wilsonvillelibrary.org/classes](http://www.wilsonvillelibrary.org/classes).

Our free and fun **First Friday Films** matinee continues **Friday, September 6<sup>th</sup> at 3pm**. September's film is ***Fall Guy***, starring Ryan Gosling and Emily Blunt. A down-and-out stuntman must find the missing star of his ex-girlfriend's blockbuster film. Please join us for this free movie, featuring snacks, popcorn, and now even padded chairs! No reservations necessary—just show up!

SpaceTalks has a new program, which will touch down at **11am on Saturday, September 7<sup>th</sup>**. This time, our **Space Talk is titled *Meteorites: Ambassadors to Earth from Our Solar System***. Every 24 hours an average of 50 to 100 tons of material from space lands on the Earth! Come learn more about meteorites, the bigger pieces of all that stuff from our solar system falling onto the surface of the Earth.

## Library News Continued

On Saturday, **September 14<sup>th</sup>**, from 2 -3pm, please join us at the library's large picture windows for the latest in our popular **Book Notes Concerts!** **Musician Spud Spiegel** will perform a show featuring mandolins and more in a variety of genres, including Bluegrass, Latin, Celtic, and a crowd-pleasing melange Spud likes to call *Beachgrass*. No sign-up necessary—just come and claim a seat!

On **Monday, September 16<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 and informal, and are moderated by Librarian Malia Laughton. New members at any level are always welcome.

On **Thursday, September 19<sup>th</sup>**, beginning at 1 pm, how about joining us for a walkabout in the beautiful weather? Upsurging with alacrity from languid mid-September torpor, the convivial **Walking Book Club** jubilantly departs from the library and peregrinates all the way to the deepest recesses of Memorial Park (and back), apricating all the while! During the walk we'll natter on about this month's book: ***The Invisible Life of Addie LaRue* by V. E. Schwab** (or, in fact, any other book you've been reading). The novel chronicles the story of Addie LaRue, an 18th-century Frenchwoman who gains eternal life through a bargain with a demonic entity. However, the deal comes at a great cost: Everybody who meets Addie immediately forgets her! We'll meet in the library's lobby at 1pm. Walks generally last about 45 minutes and will meet rain or shine!

On that very same day (**Thursday, September 19<sup>th</sup>**), but at 6pm, you can also join us for a lecture on **Mushroom Hunting!** Mushroom foraging is a popular pursuit in the Northwest and beyond. Learn where to search for edible mushrooms and how to identify common wild mushrooms and poisonous species. Discover more facts about the fungi in your backyard! Join us in the Library's Oak Room—no sign-up necessary!

**"To succeed in life, you need three things: a wishbone, a backbone, and a funny bone." —Reba McEntire**



### Walk Wednesday Summer 2024

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

September 4	<b>No Walk- Holiday Week</b>
September 11	Divine Complexions Beauty Medspa
September 18	Revitalize Health & Wellness
September 25	Nichols Family agency



**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.

**“Do not let what you cannot do interfere with what you can do.” –John Wooden**

**Answers to Just desserts**

- |                     |                  |                      |
|---------------------|------------------|----------------------|
| 1. Fudge            | 2. Cookies       | 3. Parfait           |
| 4. Ice Cream        | 5. Brownie       | 6. Key Lime Pie      |
| 7. Torte            | 8. Spumoni       | 9. Tapioca           |
| 10. Eclair          | 11. Custard      | 12. Apple Crisp      |
| 13. Baked Alaska    | 14. Rice Pudding | 15. MilkShake        |
| 16. Orange Sherbert | 17. Donut        | 18. Hot Fudge Sundae |

# September 2024

Monday	Tuesday	Wednesday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>6</b>
<p><b>LABOR DAY</b></p>  <p><b>Center Closed</b></p>	<p>Stuffed Pepper Italian Blend Vegetables Breadstick Banana Pudding</p>	<p>Chicken Caesar Wrap Pasta Salad Cookie</p> 	<p>Salisbury Steak Mashed Potatoes Gravy California Blend Vegetables WW Roll Fruit</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>13</b>
<p>Chili With Toppings Cornbread Jello</p> 	<p>Tuna Salad Sandwich Tossed Greens Sun chips Fruit</p>	<p>Layered Fiesta Rice Bowl Ground Turkey Sour Cream/Salsa Avocado &amp; Tortilla Chips Melon cubes</p>	 <p>Chef Choice!</p> 
<b>16</b>	<b>17</b>	<b>18</b>	<b>20</b>
<p>Chicken Teriyaki Brown Rice Kyoto Vegetables Brownie</p>	<p>Egg Salad Sandwich Carrot Sticks Chips Fresh Fruit</p>	<p>Pesto Chicken Breast Strawberries/Avocado Spinach Salad WW Roll Cookie</p>	<p>Pizza Green Salad Ice Cream Cup HDM-Peaches &amp; Cream Cup</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>27</b>
<p>Broccoli Beef Brown Rice Sugar snap Pea Blend  Mixed Fruit</p>	<p>½ Toasted Ham &amp; Cheese Sandwich Cup of Tomato Soup Cookie</p> 	<p>Southwest Salad Chicken/Corn/Beans/Red Onion/Olives/Cheese Salsa/Chips Fruit</p>	<p>Roasted Turkey Mashed Potatoes/Gravy Green Beans Apple Crisp</p>
<b>30</b>			
<p>Tortellini with Meatballs Vegetables Garlic Toast Pudding cup</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.*

**“Change your thoughts and you change your world.” –Norman Vincent Peale**