

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

WCSI GAZETTE

AUGUST 2026

*"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, Roberta Crew
Jeanne Kenczka, Jim Kendall, Sharon Rebers and
Brian Stevenson

Community Center Staff Parks & Recreation:

Director:	Megan Bigjohn
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

Thursday, August 13th

MOD pizza for lunch

Swan Island Dahlia Farm, Canby

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

SAVE THE DATE

Thursday September 10th

Mt. Angle Oktoberfest



Please Join us on

Wednesday, Aug. 5th

Wednesday May 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**

Estate Planning

A representative 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 at the Wilsonville Community Center. The workshop will take place on Monday, August 3 at 10:30 am at the Wilsonville Community Center. There is no charge to attend but please call 503-682-3727 to reserve your spot.

Photography Club

The Photography club is a like-minded group that shares photographs that members have taken and, at times, critiques them in order to enhance picture taking. The group increases skills through instructional videos by professionals and willingly helps those interested in learning photography. The free drop-in group meets on **Wednesdays from 10:00 - 11:30 am at the Wilsonville Community Center.**

Community Center Book Club

Join a monthly book discussion facilitated by a Wilsonville Public Librarian with a different title each month. Bring your library card to check out the next month's title! Books will also be held at the reference desk until the week before the meeting and will be available for checkout upon request. Meets on the last **Wednesday of the month, 1-2pm, at the Wilsonville Community Center.**

July 29: *Pony Confidential* by Christina Lynch

August 26: BYOB Bring Your Own Book Party

September 30: *James* by Percival Everett

Alzheimer's Support Group

This group will provide support, education, and community for those who are caring for a person diagnosed with some form of dementia, such as Alzheimer's disease. Participants are encouraged to share their journey, knowledge, and questions. Meetings will take place the 2nd Tuesday of the month from 1:00-2:30 pm at the Charbonneau Activity Center (32000 SW Charbonneau Drive) in the Kalapuya Room. Contact Sadie Wallenberg at 503-570-1526 for more information.

Summer Event Highlights:

Rotary Summer Concert 8/6 - Band After Midnight (ABBA Tribute) - Town Center Park at 5:30 pm

Movies in the Park 8/7 - The Super Mario Galaxy Movie - Town Center Park at approx. 8:30 pm

Parks and Rec Concert 8/13 - Sabroso - Town Center Park at 6:00 pm

Movies in the Park 8/14 - Hoppers - Town Center Park at approx. 8:15 pm

Community Party in the Park with live music by Brandon Jones Band 8/20 - Town Center Park at 5:30 pm. Food trucks, farmers market, games and civic engagement.

August 2026 Activities Schedule

	ONGOING ACTIVITIES	CLASSES AND PROGRAMS STARTING SOON
<u>Monday</u>	Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in) Weight Loss Support Group (1st Monday) 12:00 pm - 1:00 pm Chicago Bridge 1:00 pm - 4:00 pm Mexican Train Dominoes 1:00 pm - 4:00 pm	Located at Community Center unless otherwise noted. <i>Pre-Registration Required + Please call 503-682-3727 to sign-up *</i> Stained Glass Workshops + “Balloon Dog” Sunday, 8/2 10:00 am - 2:00 pm (\$104) (Parks & Rec. Admin Office) Lecture Series: Estate Planning* Monday, 8/3 10:30 am - 12:00 pm Oil Painting + “View from Manzanita” Saturday, 8/15 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)
<u>Tuesday</u>	Piecemakers Quilting 9:00 am - 2:00 pm (Tauchman House) Wilsonville Ukulele Players Society 9:30am - 11:30am (Parks Operational Building) Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in) Partners Bridge 12:30 pm - 3:30 pm Call 503-449-5855 to sign up Virtual Reality Fitness 1:00 pm - 2:00 pm	<u>Class Spotlight</u> <u>Soul Flow Yoga</u> Tuesdays, 7/7 - 8/25 Experience a 60-minute mindful and engaging movement with Soul Flow for all levels. Bring awareness to the mind-body connection while quieting the nervous system. 7:15 pm - 8:15 pm (\$10 drop-in) <u>Beginning Tai Chi</u> Tuesdays and Thursdays, 7/7 - 8/27 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. 2:00 pm - 2:45 pm (\$10 drop-in)
<u>Wednesday</u>	Photography Club 10:00 am - 11:30 am Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in) Pinochle Play 1:00 pm - 4:00 pm Bingo 1:00 pm - 2:00 pm (1st & 3rd Wednesday) Book Club 1:00 pm - 2:30pm (Last Wednesday)	<u>Event Spotlight</u> <u>Party in the Park</u> Thursday, 8/20 Food Trucks, Games, Activities, Civic Engagement, Face Painting, Water Features, Duck Races and More! Starts at 5:30 pm (Free)
<u>Thursday</u>	Improving Your Bridge 10:00 am - 11:30 am Every other week, call 503-682-3727 for schedule I-5 Connection Community Chorus (Will resume in September) 10:00 am - 12:00 pm Ladies Afternoon Out 1:00 pm - 3:00 pm	
<u>Friday</u>	Conversational Spanish Group 10:30 am - 11:30 am Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in) Friday Bridge 11:30 am - 3:00 pm Mexican Train Dominoes 1:00 pm - 4:00 pm	



WCSI will be hosting a Special Event

Ice Cream Social & Trivia

Friday, August 14th from 3:30 to 5:30 pm

Multi Purpose Room

Sign Ups will begin on Monday, August 3rd.

Join us for a fun afternoon event

Beach Trivia

1. What country has the most coastline in the world?
2. When you're standing on the beach looking at the horizon, approximately how far can you see?
3. Where was the first public beach in the United States?
4. How many beaches are there in Australia?
5. How long do seagulls live?
6. In what US state was the beach ball invented?
7. Which actress has broken her nose four times while surfing?
8. In what year did the first official surf contest take place?
9. How tall is the Guinness world record-holding sand castle?
10. What is the largest species of shark?

Answers on Page 9



AUGUST FUN FACTS

August is known for many things, including the Dog Days of Summer, National Watermelon Day (Aug.3) and National Smile Week (Aug. 5-11). And it was on Aug. 21,1911, that the Mona Lisa was stolen from the Louvre Gallery and not recovered for two years.

August is also a little bit unique, most of the time at least. In a standard year, there is no other month that begins on the same day of the week as August. In a leap year, however, August begins on the same day of the week as February.

There are many other fun facts associated with summer's last full month.

1. The Romans called August Sextilis which is latin for sixth. In the original ten-month Roman calendar, August was the sixth month. It was renamed in 8 BC. In honor of the Roman Emperor, Augusts Ceasar because many important events in his life occurred in that month.
 2. It wasn't until around 700BC that August was rudely shoved back in the order of months when January and February were added to the beginning of the year by King Numa Pompilius.
 3. On **August 6, 1762**, the first-ever sandwich was created, at least with such a name. It was named after the Earl of Sandwich when he requested a dish involving meat between two pieces of bread. As the story goes, he requested it as he was in the middle of a gambling game and didn't want to interrupt it to have a meal.
 4. The Anglo Saxons called it Weod month, which means weed, because it is the month when weeds grow most rapidly.
 5. 'August' is a very popular baby name in Sweden.
 6. On **August 1st**, we have World Scout Scarf Day, as well as the Official Birthday and Coronation of the King of Tonga. **August 5th** is National Underwear Day (US), **August 11th** is Mountain Day (Japan), **August 16th** is National Rum Day (US) and **August 20th** is World Mosquito Day. What a month!
 7. Both Jamaica and Trinidad and Tobago celebrate their Independence Day in August.
 8. To date, only one US president, (Warren G. Harding) has died in the month of August.
 9. August was the only month in 2015 to begin on a Saturday.
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WILSONVILLE WALKERS AUGUST 2026

Every Tuesday and Thursday morning at 9:30 a.m. the Wilsonville Walkers gather 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 this month. For questions on the paths please contact Mary Frinell at 503-970-9685. Our coffee hour will be at Boston's Pub & Grill in Wilsonville unless otherwise indicated.

August 4 Tues. **TUALATIN CITY PARK** - 8549 SW Tualatin Road, Tualatin to Cook Park and return. Meet in the parking lot after going under the railroad trestle. Coffee hour at **Panera Bread** on Nyberg Street

August 6 Thurs. **VILLEBOIS** - Meet in the WES/Smart Transit Center parking area, 9699 SW Barber Blvd, Wilsonville.

August 11 Tues. **LOWER MEMORIAL PARK** parking lot, to Boones Ferry Park and return.

August 13 Thurs. **MIKE & PATTI LAMA** - Meet at Lama's home, 28425 SW Canyon Creek Road S. Please park only on the EAST side of their street. They will lead a walk across Boeckman Creek bridge.

August 18 Tues. **GRAHAM OAKS NATURE TRAIL** - 11825 SW Wilsonville Road.

August 20 Thurs. **SPAGHETTI FACTORY** - Meet at 9:30 a.m. in the San Blas/US Foods Chef Store parking lot on Town Center Loop E (across from the Wilsonville post office) to carpool 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 Willamette Park boat ramp and return.
Lunch will be at Ye Olde Spaghetti Factory where they **validate parking**.

August 25 Tues. **CHARBONNEAU** - Meet in the Village Center parking lot near Lux Sucre Bakery where we will have our coffee hour.

August 27 Thurs. **CANBY LOGGING ROAD** - 1314 NE Territorial Rd. Canby.
Coffee hour is at Denny's in the Fred Meyer parking lot: take a left out of the logging road parking lot and a right on Redwood St. Cross 99E and turn right into the FM parking lot and go straight ahead to Denny



Library News

August 2026

AUGUST

ADULT PROGRAMS & EVENTS



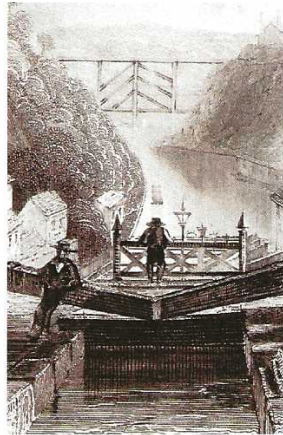
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ALL
MONTH

Short Story Contest

ALL MONTH

Writers of all ages are invited to submit short stories (up to 1,500 words) to be judged by a panel of Wilsonville Public Library's expert librarians for creativity, style, and voice. Winners from each age group will receive prizes, have their stories published on the Library's website, and most importantly they will receive bragging rights! Submit your story August 1-31. Forms and rules available at: wilsonvillelibrary.org/story



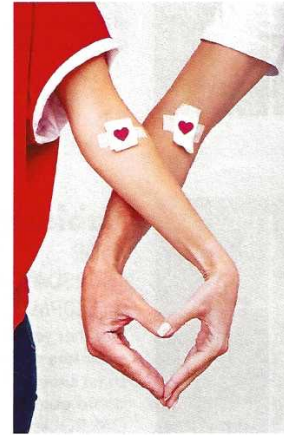
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WED
11-12:30

Profiles

TWO HUNDRED YEARS
OF THE ERIE CANAL
WEDNESDAY, AUGUST 5
11AM-12:30PM

Constructed in the early 1800s, the Erie Canal established New York as the Empire State—leading in population, industry, and economic prowess. It converted New York City into the country's primary seaport while facilitating the settlement of North America's interior.
ZOOM



12

31

Blood Drive

WEDNESDAY, AUGUST 12
1-6PM &
MONDAY, AUGUST 31
1-6PM

To schedule an appointment, please visit their website redcrossblood.org. You can also give them a call at 1-800-733-2767 to schedule a time to donate. Your blood donation can make a significant impact and help save a life!
OAK ROOM



Computer Basics

MONDAY, AUGUST 3
11AM-12PM

Establish a solid foundation in computer use with this class. Designed for beginners and casual users seeking to feel more comfortable navigating the basics.
ROSE ROOM



Gmail

MONDAY, AUGUST 10
11AM-12PM

Learn to create, or better utilize, a Google email (Gmail) account. This class will guide you through the process of account creation and help you navigate the use of tools to enhance email productivity.
ROSE ROOM



Microsoft Word

MONDAY, AUGUST 17
11AM-12PM

Begin to master the spectrum of capabilities within Microsoft Word, gaining practical formatting skills and an introduction to advanced skills like design and layout.
ROSE ROOM



Online Job Searches

MONDAY, AUGUST 24
11AM-12PM

We will help you navigate the current job search process, enhancing your confidence with the online environment. Improve your strategies and learn essential skills to attract employers.
ROSE ROOM

AUGUST



Saturday

1

Short Story Contest
August 1-31

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

2

3

Computer Basics
11am-12pm
Sit and Stitch
1:30-3pm

4

ODHS
10am-12pm 1-3pm
Intermediate ESL
10-11:30am

5

Profiles
Two Hundred Years of the Erie Canal
11-12:30pm
Zoom

6

Tabletop Night
Clue
6-7:30pm

7

8

R

9

10

Gmail
11am-12pm
Sit and Stitch
1:30-3pm

11

ODHS
10am-12pm 1-3pm
Intermediate ESL
10-11:30am

12

Blood Drive
1-6pm

13

14

15

E

16

17

Microsoft Word
11am-12pm
Genealogy Club
1-2:30pm
Sit and Stitch
1:30-3pm

18

ODHS
10am-12pm 1-3pm
Intermediate ESL
10-11:30am

19

20

21

22

A

23

24

Online Job Seeking
11am-12pm
Sit and Stitch
1:30-3pm
Birdwatching for Beginners
6-7:30pm

25

26

Library Closed
Staff Training
Community Center Book Club
BYOB Bring Your Own Book Party
1-2pm

27

28

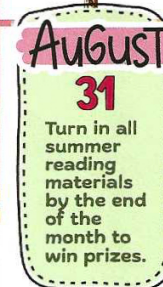
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D

30

31

Blood Drive
1-6pm
Sit and Stitch
1:30-3pm



8200 SW Wilsonville Road
Wilsonville, OR 97070
(503) 692-2744
wilsonvillelibrary.org
reference@wilsonvillelibrary.org
Monday - Thursday 10-8
Friday - Saturday 10-6
Sunday 1-6



WILSONVILLE PUBLIC LIBRARY

ANSWERS TO BEACH TRIVIA

1. Canada, 125,567 miles and boarded by three oceans— - Atlantic, Pacific and Arctic
2. Three miles
3. Revere Beach in Massachusetts, opened in July of 1896
4. 11,761 recorded beaches
5. Typically 10-15 years in the wild, larger species can live up to 20 years
6. Santa Ana, California in 1938 by Jonathon DeLonge
7. Cameron Diaz
8. 1928, Corona del Mar, California
9. 69 ft 5.4 inches, Denmark
10. Whale Shark, females up to 46 feet, males up to 62 feet

“An obstacle is often just a stepping stone.” - by Prescott Bush



SMART
SOUTH METRO AREA REGIONAL TRANSIT

SMART's **FREE in town** Dial-a-Ride bus service provides shared, door-to-door rides for seniors.
Perfect for appointments, errands, and getting around town.

- Get your application here: [RideSMART.com/DAR](https://www.rideSMART.com/DAR)
- Rides can be reserved up to two weeks in advance
- Questions? ☎ 503-682-7790
- Learn more 🌐 [RideSMART.com/DAR](https://www.rideSMART.com/DAR)



August 2026

Monday	Tuesday	Wednesday	Friday
3	4	5	7
 Lasagna Green Beans Garlic Bread Chocolate Pudding	Beef Yakisoba Cabbage/Green Onion/Shredded Carrot Egg Roll Cobbler 	Chicken Pasta Salad Artichokes/Tomatoes Olives/Salami/Parmesan Breadstick Cookie	Chipotle Bowl Chicken/Rice/Corn Guacamole/Cheese/Sour Cream Tortilla Strips Lemon Bar
10	11	12	14
Orange Chicken with rice Fruit Kyoto vegetables	 Salmon Caesar Salad Tomato Wedge Roll Ice Cream cup	Asian Chicken Salad Cabbage/Celery/Green Onion/Chow Mein Noodles Mandarin Oranges Roll Cake/Berries	Cheeseburger Lettuce/Tomato/Onion Pickles Potato Wedges Melon
17	18	19	21
Wild Rice Soup Turkey Sandwich Lettuce/Tomato/Provolone Fruit	Shrimp Salad Egg/Tomato/Blue Cheese Crumbles Roll Lemon Bar	Fajitas Chicken/Peppers Onion Tortilla Salsa/Sour Cream Rice Cookie	 Fish and Chips Tartar Sauce Coleslaw Yogurt/Berries
24	25	26	28
 Chicken Cordon Bleu Rice Pilaf Vegetable Jello	Tuscan Chicken Wrap Chicken/Sun Dried Tomatoes/Spinach Mozzarella Cup of Soup Ice Cream Bar	Egg Salad Sandwich Celery/Onion/Red Pepper Carrot Salad Chips Melon	Chili Dogs Onions/Cheese WW Bun Green Salad Chips Brownie 
31			
Philly Cheesesteak Sandwich Onions/Peppers Mozzarella Potato Salad 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 welcome 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.