

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

# WCSI GAZETTE

## AUGUST 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, 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 Friday, August 1st @ 9:00am

Thursday, August 14th

Walmart in Sherwood  
(LIMIT 2 Bags)

Lunch at Koi Fusion

SAVE THE DATE

Thursday, September 11th

Oktoberfest  
Mt. Angel



Please Join us on  
Wednesday, August 6th  
Wednesday, August, 20th

@ 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**

#### **Long Term Care Presentation**

A representative of Rose Elder Law will present the workshop centered around Medicaid planning, preserving and protecting assets, and veteran's benefits. This free program will take place on **Tuesday, August 5 at 10:30 am** and be held at the Wilsonville Community Center. Please call 503-682-3727 to reserve your spot.

#### **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 program will take place on **Tuesday, August 12 at 11:00 am** and be held at the Wilsonville Community Center. **Register at: [NWMedicareAdvisors.com](http://NWMedicareAdvisors.com)**

#### **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 Nutrition Program**

You are invited to lunch at the Community Center every Monday, Tuesday, Wednesday, and Friday. Lunch is served at noon and no reservations are needed. Donations (\$3.50 for those 60 and over or \$4.25 for those under 60) are encouraged but not required.

Do you know a senior who is home-bound or is recuperating from an illness and needs a meal? The Home Delivered Meal Program provides daily weekday meals. There is no charge for this service but donations are gladly accepted. To determine eligibility and to register for the program please call 503-570-1526.

#### **Summer Event Highlights:**

**Rotary Summer Concerts:** Thursdays in Town Center Park at 5:30 pm  
July 31 - Hit Machine and August 7 - Norman Sylvester Band

**Movies in the Park:** Fridays, movie starts at dusk  
August 8 - Inside Out 2 in Town Center Park  
August 22 - Wild Robot at the River Shelter in Memorial Park

**Community Party in the Park with live music by Fox and Bones:**  
Thursday, August 21 at 5:00 pm in Town Center Park.

## August 2025 Activities Schedule

	ONGOING ACTIVITIES	CLASSES AND PROGRAMS STARTING SOON
<b><u>Monday</u></b>	<p><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p><b>Chicago Bridge</b> 1:00 pm - 4:00 pm</p> <p><b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm</p>	<p><b>Located at Community Center unless otherwise noted.</b></p> <p><b><i>Pre-Registration Required + Please call 503-682-3727 to sign-up *</i></b></p> <p><b>Oil Painting + “Moonlight Falls”</b> Tuesday, 8/5 5:30 pm - 9:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p> <p><b>Oil Painting + “Tropical Paradise”</b> Saturday, 8/16 10:00 am - 2:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p> <p><b><u>Movies in the Park</u></b> Friday, 8/8 Inside Out 2 (Town Center Park) Friday, 8/22 Wild Robot (River Shelter-Memorial Park) All movies begin at dusk, don't forget to bring your own blanket or lawn chair! Google 'dust time, (date)' for estimated time.</p> <p><b><u>Party in the Park</u></b> Thursday, 8/21 Live music, food trucks, games, &amp; more! Great fun for all ages. 5:00 pm - 8:00 pm (Town Center Park)</p> <p><b><u>Beginning Tai Chi +</u></b> Tuesdays and Thursdays, 7/8 - 8/28 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 and warm-ups. 2:00 pm - 2:45 pm (\$10 drop in)</p>
<b><u>Tuesday</u></b>	<p><b>Piecemakers Quilting</b> 9:00 am - 2:00 pm (Tauchman House)</p> <p><b>Ukulele Jam Group</b> 9:30 am– 11:30 am (Parks &amp; Rec. Admin Office)</p> <p><b>Partners Bridge</b> 12:30 pm - 3:30 pm Call 503-449-5855 to sign up</p> <p><b>Virtual Reality Fitness</b> 1:00 pm - 2:00 pm</p> <p><b>Poetry Club</b> 1:00 pm - 3:00 pm (1st &amp; 3rd Tuesday)</p>	
<b><u>Wednesday</u></b>	<p><b>Photography Club</b> 10:00 am - 11:30 am</p> <p><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p><b>Pinochle/Cribbage Play</b> 1:00 pm - 4:00 pm</p> <p><b>Bingo</b> 1:00 pm - 2:00 pm (1st &amp; 3rd Wednesday)</p> <p><b>Book Club</b> 1:00 pm - 2:30pm (4th Wednesday)</p>	
<b><u>Thursday</u></b>	<p><b>Improving Your Bridge</b> 10:00 am - 11:30 am</p> <p><b>Ladies Afternoon Out</b> 1:00 pm - 3:00 pm</p>	
<b><u>Friday</u></b>	<p><b>Conversational Spanish Group</b> 10:30 am - 11:30 am</p> <p><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p><b>Friday Bridge</b> 11:30 am - 3:00 pm</p> <p><b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm</p>	

## WILSONVILLE COMMUNITY SENIORS

### TEA, DESSERT, & CONVERSATION PARTY



**Saturday, September 27<sup>th</sup>**

**1:30 pm - 3:30 pm**

**Community Center**

**Seating is Limited**

**Reserve your place beginning**  
**Tuesday, September 2<sup>nd</sup> @ 9:00 am**  
**Call or visit the Community Center**

#### FUN FACTS

The average temperature outside an airplane in flight is 60 degrees Fahrenheit

Germany has the world's biggest waterpark, Tropical Island Resort, which was built in an airship hanger 360 meters long, 210 meters wide and 107 meters high

The most visited tourist attraction in the world is Times Square

The beach ball was invented in 1938 by Jonathon DeLong in California. First patent was filed in 1958

In 1928 the first official surfing contest was held in Corona del Mar, California

The tallest record holding sand castle is 45 ft. 10.25 inches

It takes approximately 90 days for a watermelon to grow, It is 92% water

Approximately 2 Billion popsicles are sold annually

The world record for the most marshmallows eaten in One minute is 25

The drink Hawaiian Punch was originally invented as an ice cream topping

You can see approximately 3 miles when on the beach looking at the horizon

The Grand Canyon is the most visited National Park in the United States

The most commonly purchased BBQ meat in the US is Hot Dogs

National Water Balloon Day is the first Friday in August, Play in the Sand Day is Aug. 11th,

Relaxation Day is Aug. 15th and ending the month is National Beach Day on Aug. 30th

# BEACH

## WORD SCRAMBLE

MSNIMIGW \_\_\_\_\_

CABR \_\_\_\_\_

NADS \_\_\_\_\_

EKUCBT \_\_\_\_\_

ESHASLEL \_\_\_\_\_

FGULIARDE \_\_\_\_\_

USLGELA \_\_\_\_\_

WOLET \_\_\_\_\_

SAESGLUSNS \_\_\_\_\_

OSRSTH \_\_\_\_\_

WUISSITM \_\_\_\_\_

ELLARMBU \_\_\_\_\_

EVWSA \_\_\_\_\_

UNCRESENS \_\_\_\_\_

BTAO \_\_\_\_\_

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Answers on Page 8



## Library News

### Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

How has your summer turned out this year? Here at the library, we've been busy with all our traditional library tasks, in addition to more than a few extra jobs as well! This is the last month of 2025's Summer Reading Program—find more details on our website ([www.wilsonvillelibrary.org](http://www.wilsonvillelibrary.org)). Meanwhile, here's what's happening (for adults) around here during the month of August:

Please join us for August's **First Friday Film on Friday, August 1st at 3pm!** This time, we're screening *A Minecraft Movie* (PG). Four misfits are suddenly pulled through a mysterious portal into a bizarre cubic wonderland that thrives on imagination. To get back home they'll have to master this world while embarking on a quest with an unexpected expert crafter. No admission charge, free snacks, and comfy chairs, so what's not to like? Hope to see you there!

Our ever-popular free *PROFILES lectures* will also drop by for a spell (online) on **Wednesday, August 6<sup>th</sup> from 11am to 12:30pm**. Taught by Emeritus Professor Bill Thierfelder, this month we feature a lecture called 'Never Too Late' about the lives of some well-known people who first displayed their genius in late adulthood. Sign up online to receive the Zoom meeting code!  
[www.wilsonvillelibrary.org/classes](http://www.wilsonvillelibrary.org/classes).

On **Friday, August 8<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 also from 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>.

Our popular **SpaceTalks** presentation will touch down at **11am on Saturday, August 2<sup>nd</sup>**. The presentation this month is titled *Lucy - The First Mission to Explore the Jupiter Trojan Asteroids*. Leading and following the planet Jupiter are asteroids thought to be remnants of the primordial material that formed the outer planets. Launched in October 2021, the spacecraft Lucy is on a nine-year mission that involves numerous trajectory changes. Lucy is also on a very high delta-v mission consisting of three Earth gravity assists, six asteroid encounters, and five deep space maneuvers. Stop in to find out what all that verbiage means here in the Library's Oak Room. Free and open to all.

On **Mondays in August** (the 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>) from **1:30 to 3pm**, come on down for our newest library program, ***Sit and Stitch!*** Enjoy a laid-back afternoon of crafting and connection, and bring in your knitting, crocheting, embroidery, or any other yarn project you're working on to this informal drop-in group. Share stories, tips, and laughter with new friends. All levels welcome! For ages 18+.

The Library will host an intermediate-level **ESL class on Tuesdays in August** (the 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup>) from 10 to 11:30am. 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!

## Library News Continued

On **Thursday, August 7th**, beginning at 6pm, please join us for **Tabletop Game Night!** Laughter, strategy, and friendships are just a game away! Whether you're a seasoned gamer or a complete newbie, come unwind, enjoy some snacks, and discover new friends over classic and modern board games. For ages 18+.

Calling all movie lovers! On **Friday, August 15<sup>th</sup>** from 3 to 5pm, join us at **Celebration Cinema**, where every month we celebrate both traditional and off-beat holidays! This month, in honor of Elvis Week, we're showing *King Creole* (PG), A troubled youth's singing (guess who?) sets New Orleans rockin'. With a sweet girl to love him and nightclubbers cheering, it seems he will shake off his past and head for the top. But will a mobster and his man-trap moll turn him to a life of crime? Starring Elvis Presley, Carolyn Jones (from the TV show 'The Addams Family'), and a young Walter Matthau. A critical and commercial success, the film was released in 1958, and stars Presley in the favorite character role of his acting career.

On **Monday, August 18<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, August 21<sup>st</sup>**, beginning at 1 pm, please join us on our revered Wilsonville Library **Book Walk!** We will traipse to and through Memorial Park (and back) while we chinwag about this month's book: *Oryx and Crake* by Margaret Atwood. (a Kirkus Reviews Best Fiction Book of the Century)! Snowman, known as Jimmy before mankind was overwhelmed by a plague, is struggling to survive in a world where he may be the last human, and mourning the loss of his best friend, Crake, and the beautiful and elusive Oryx whom they both loved. In search of answers, Snowman embarks on a journey—with the help of the green-eyed Children of Crake—through the lush wilderness that was so recently a great city, until powerful corporations took mankind on an uncontrolled genetic engineering ride. Margaret Atwood projects us into a near future that is both all too familiar and beyond our imagination

For those of you who would like a book club but without the hike, do we have good news for you! On **Wednesday, August 27<sup>th</sup>**, from 1-2pm, meet us at the **Community Center (not the library!)** for the **monthly Community Center Book Club!** This month's book remains a mystery at press time, but take a look at our website for the answer.

Finally, please don't forget about our annual **Summer Reading Program (which concludes at the end of the month)** and is at the front and center of all we do. If you haven't already started, there's still time! Read 20 minutes a day for 20 days and maybe you'll develop a reading habit! Prizes, activities, and games galore—find more information on our website! [www.wilsonvillelibrary.org](http://www.wilsonvillelibrary.org)

We can complain because rose bushes have thorns,  
OR rejoice because thorns have roses.

Alphonse Karr

## WILSONVILLE WALKERS AUGUST 2025 SCHEDULE

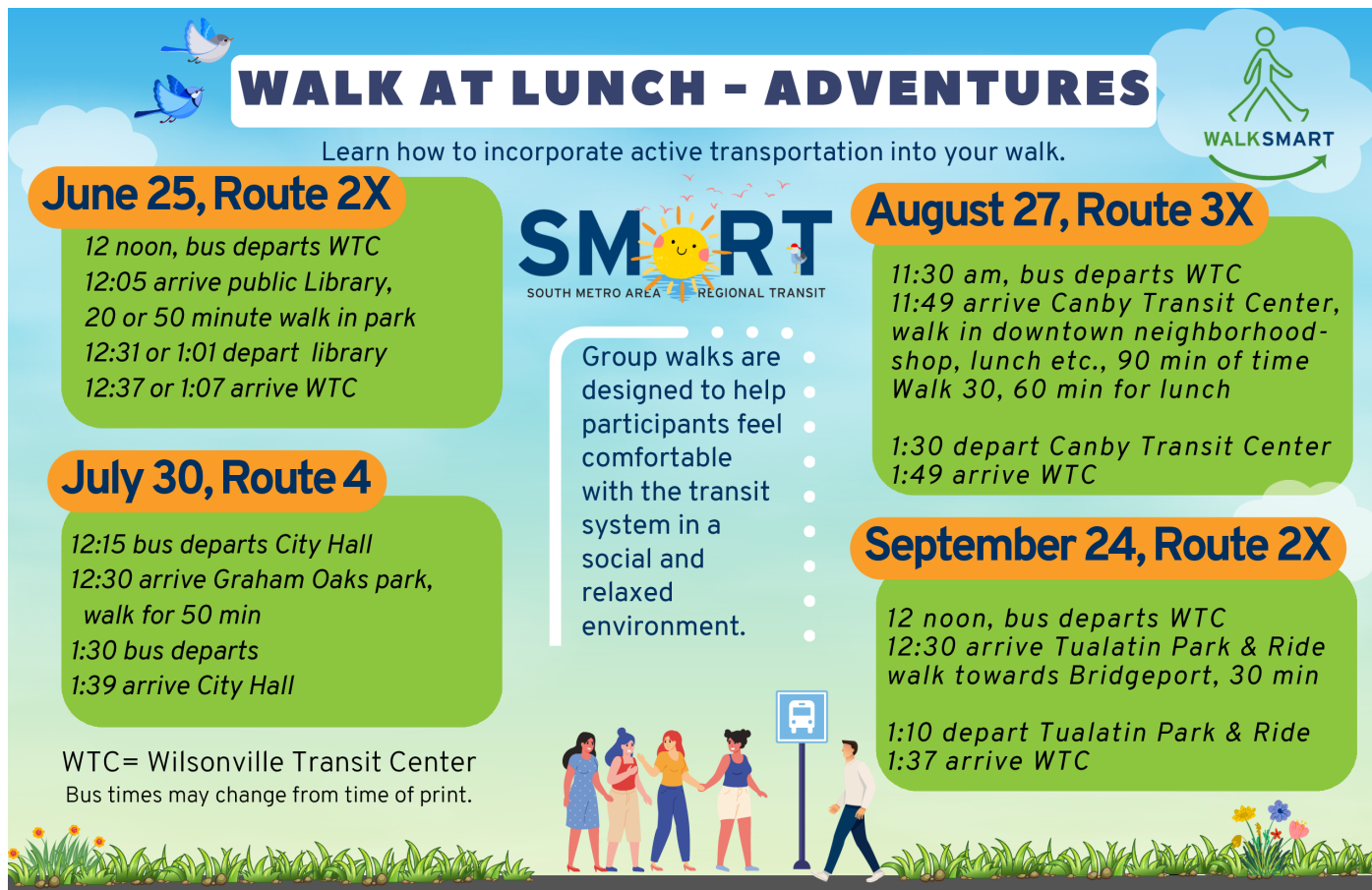
Every Tuesday and Thursday morning at 9:30 a.m. the Walkers get together to enjoy a walk of about two miles, usually on local paths. Below is a list of those paths and dates for each walk. For directions on how to reach those paths, please call Kenton or Mary Wolfe at 503-694-8376. Our coffee hour will be at Boston's Pub & Grill unless otherwise indicated.

- Aug. 5 Tues.        **Graham Oaks Nature Park**, Wilsonville Road on west edge of town
- Aug. 7 Thurs.       **Canby Logging Road Trail/Eco City Park**, 1314 NE Territorial Road, Canby.  
Coffee hour at Denny's in the Fred Meyer parking lot. (To reach Denny's, take a left out of the parking lot, a right at the first corner, onto Redmond St., and follow this street down and cross 99E, and enter the shopping center parking lot at the first right turn. Denny's is straight ahead on the right)
- Aug. 12 Tues.       **Mentor Graphics** - meet in the US Chef Store parking lot
- Aug. 14 Thurs.       **Brown's Ferry Park**, 5855 SW Nyberg Street, Tualatin. Coffee hour at Panera Bread in Nyberg Shopping Center
- Aug. 19 Tues.       **Charbonneau** - meet in the Village Center parking lot, near Lux Sucre. Coffee hour at the home of Daryl & Barb Jenson, 7522 Honor Loop, in Charbonneau.
- Aug. 21 Thurs.       **Memorial Park, lower**, around the track, through the woods and to the end of SW Montgomery Way and return
- Aug. 26 Tues.       **Boones Ferry Park**, 31240 SW Boones Ferry Park, (Tauchman House parking lot) to lower Memorial Park and back
- Aug. 28 Thurs.       **Champoeg State Park** - purchase your parking pass at one of the 2 Kiosks as you enter the park, one located near the museum and one at the bottom of the hill. Turn right at the bottom of the hill and follow the signs to Loop B in the campground.  
Coffee hour at Butteville Store.

### Answers to Beach Word Scramble

Swimming	Crab	Sand	Bucket	Seashell
Lifeguard	Seagull	Towel	Sunglasses	Shorts
Swimsuit	Umbrella	Waves	Sunscreen	Boat





**WALK AT LUNCH - ADVENTURES**

Learn how to incorporate active transportation into your walk.

**June 25, Route 2X**

- 12 noon, bus departs WTC
- 12:05 arrive public Library,
- 20 or 50 minute walk in park
- 12:31 or 1:01 depart library
- 12:37 or 1:07 arrive WTC

**July 30, Route 4**

- 12:15 bus departs City Hall
- 12:30 arrive Graham Oaks park,
- walk for 50 min
- 1:30 bus departs
- 1:39 arrive City Hall

WTC= Wilsonville Transit Center  
Bus times may change from time of print.

**SMART**  
SOUTH METRO AREA REGIONAL TRANSIT

Group walks are designed to help participants feel comfortable with the transit system in a social and relaxed environment.

**August 27, Route 3X**

- 11:30 am, bus departs WTC
- 11:49 arrive Canby Transit Center,
- walk in downtown neighborhood-shop, lunch etc., 90 min of time
- Walk 30, 60 min for lunch
- 1:30 depart Canby Transit Center
- 1:49 arrive WTC

**September 24, Route 2X**

- 12 noon, bus departs WTC
- 12:30 arrive Tualatin Park & Ride
- walk towards Bridgeport, 30 min
- 1:10 depart Tualatin Park & Ride
- 1:37 arrive WTC

**WALKSMART**

## 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. Some may forgo filing their taxes and miss out on the credits and deductions they've earned because they are unable to pay for assistance. 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 2025 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.

# August 2025

Monday	Tuesday	Wednesday	Friday
			<b>1</b> Chicken Salad Sandwich Celery/Onion/Lettuce/Tomato Curry Cashew Coleslaw Potato Chips Pudding 
<b>4</b>	<b>5</b>	<b>6</b>	<b>8</b>
 Pasta Bake With Italian Sausage Green Beans Garlic Bread Jello	Chipotle Bowl Chicken/Rice/Corn/ Guacamole Cheese/Sour Cream Tortilla Strips Lemon Bar	Chicken Caesar Pasta Salad Breadstick Brownie 	Burger Bowl Lettuce/Tomato/Onion Pickles Burger Sauce Dressing Fruit
<b>11</b>	<b>12</b>	<b>13</b>	<b>15</b>
Reuben Sandwich Sauerkraut/Swiss/1000 Island Dressing  Tater Tots Fruit	BBQ Pork Sandwich WW Bun Corn Salsa Salad BBQ Chips Melon	Chicken Tortellini Salad Artichokes/ Tomatoes/Olives/Parmesan Roll Cookie	 Fish and Chips Coleslaw Tarter Sauce Cake with Berries
<b>18</b>	<b>19</b>	<b>20</b>	<b>22</b>
Philly Cheesesteak Sandwich Potato Wedges Yogurt with Berries	Tuscan Chicken Wrap Chicken/Sun Dried Tomatoes/Spinach Mozzarella Fruit Salad Ice Cream Bar	Chili Dog Onions/Cheese WW Bun Chips Melon 	Chicken/Bacon Sandwich on Tuscan Roll Tomato, Onion, Lettuce Pesto Mayo Macaroni Salad Pudding
<b>25</b>	<b>26</b>	<b>27</b>	<b>29</b>
Pesto Chicken Pasta Vegetable Cookie 	Chicken, Potato, Carrot, Garbanzo Curry With Brown Rice Vegetable Strawberry Pretzel Jello Salad	Egg Salad Sandwich Carrot Salad Chips Fruit 	 <b>Chef Choice!</b>

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.**