

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

WCSI GAZETTE

DECEMBER 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

Thursday, December 4th

**AL's Garden Shop then off to
Boston Pub for lunch**

Thursday, December 11th

MEET AT 3:45 leave at 4:00 PM

**Happy Hour at Jarboes, Camby
Holiday Lights in Canby**

Sign up begins on Tuesday Dec.2nd @ 9:00 am

SAVE THE DATE

Thursday January 8th

**Lunch at Wichita Pub then off to
The Oregon Military Museum**



Please Join us on

Wednesday, December 3rd

@ 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**

Tree Lighting and Toy Drive 2025

This year's Community Tree Lighting Event in Town Center Park will take place on **Thursday, December 4 from 5:30-7 pm**. Come see performances by local choir groups and take a picture with Santa!

'Tis the season for giving. Come drop off a new, unwrapped toy donation under our holiday tree at the Wilsonville Community Center, Monday through Friday from 8 am to 5 pm through December 8. The toys will be collected and distributed to those less fortunate this holiday season.

Fill a Stocking for a Wilsonville Senior!

The Parks and Recreation Department is enlisting the help of the community to fill stockings for seniors enrolled in the Community Center's Home Delivered Meal Program. Filled stockings can be donated to the Wilsonville Community Center, Monday through Friday 8 am to 5 pm through December 8.

Fun items to include in your stocking might be small games/puzzles or a keepsake ornament. Useful gifts include personal care items, greeting cards/stamps, and coffee/tea/cocoa and wrapped snacks.

Las Posadas Celebration

To keep alive locally the cherished holiday traditions meaningful to many Wilsonville-area residents of Latino American descent, the City of Wilsonville welcomes guests to attend the third annual Las Posadas celebration on **Thursday, Dec. 18, 4-6 pm** in at the **Wilsonville Community Center**.

Presented by members of the City's Diversity, Equity and Inclusion Committee, Wilsonville's Las Posadas celebration will include light refreshments, music and other surprises to delight guests of all ages. All are welcome. For more information, contact Zoe Mombert, mombert@wilsonvilleoregon.gov.

Long Term Care

A representative of Rose Elder Law will present a workshop on **December 1** centered around Medicaid planning, preserving and protecting assets, and veteran's benefits. The lecture will begin at **10:30 at the Wilsonville Community Center**.

While there is no cost to attend, participants are asked to call 503-682-3727 to secure their seat.

AARP Tax Aide

Free AARP Income Tax assistance will be held at the Wilsonville Community Center on Tuesdays beginning February 3. Income tax preparation and electronic filing for both 2025 Federal and State Returns will be provided by trained and certified IRS-AARP Tax Aide Volunteers.

Appointments will be accepted beginning on Monday, January 5, 2026.

December 2025 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 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> Lecture Series: Long Term Care* Monday, 12/1 10:30 am - 12:00 pm Oil Painting + “Harvest Moon Mountain” Tuesday, 12/2 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office) Oil Painting + “Mount Adams at Sunset” Saturday, 12/20 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)
<u>Tuesday</u>	Piecemakers Quilting 9:00 am - 2:00 pm (Tauchman House) Ukulele Jam Group 9:30 am– 11:30 am Call 503-694-2300 for more info 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 Art Club 1:00 pm - 2:30 pm (2nd Tuesday) Poetry Club 1:00 pm - 3:00 pm (1st & 3rd Tuesday)	
<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/Cribbage 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>Tree Lighting</u> Join Wilsonville Parks and Recreation for the annual tree lighting event. There will be hot cocoa, choir performances, pictures with Santa, a ‘Letters to Winter Wonderland’ station and more! Thursday, 12/4 Town Center Park 5:30 pm - 7:00 pm <u>Las Posadas</u> Experience family fun, music, and celebration. Cherish holiday traditions by re-enacting the Nativity story, piñata fun, along with rich assortment of food and music. Tuesday, 12/18 4:00 pm - 6:00 pm
<u>Thursday</u>	Improving Your Bridge 10:00 am - 11:30 am I-5 Connection Community Chorus 10:00 am - 12:00 pm Ladies Afternoon Out 1:00 pm - 3:00 pm	<u>Class Spotlight</u> <u>Beginning Tai Chi +</u> Tuesdays and Thursdays, 12/2 - 12/16 Begin your journey of self improvement with Yang style Tai Chi. Improve balance, flexibility, memory & mindfulness while learning the first section of the 108 forms & a variety of Qi-Gong and warm-ups. 2:00 pm - 2:45 pm (\$36) (\$10 drop in)
<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	



WILSONVILLE COMMUNITY SENIORS INC

HOLIDAY PARTY



SIGN UP
AVAILABLE
NOV 10 - DEC 8
*SPACES
ARE LIMITED

WEDNESDAY, DECEMBER 10
1:00-3:00 PM
COMMUNITY CENTER

TEAM TRIVIA GAME CRAFTS HOLIDAY MUSIC

GIFT EXCHANGE - IF YOU PLAN TO PARTICIPATE,
PLEASE BRING A SMALL WRAPPED PRESENT (\$5-\$10 PRICE RANGE)

NO CHARGE
PRE REGISTRATION IS REQUIRED

CALL OR VISIT THE COMMUNITY CENTER
TO ADD YOUR NAME TO THE LIST



When Winter's Here
I think the months of winter are
The finest of the year.
Snowy days, blowy days-
Aren't you glad they're here?
Sleds go coasting down the hills.
Snowmen stand and stare.
The pond is fine for skating,
And snow is everywhere.
Snowy days, snowy days,
Come when winter's here.
Whitest days are brightest days,
Of the whole long year

Elanor Hammond



Library News

Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

We've reached the end of yet another year, can you believe it? There aren't too many days left in 2025, but there are still a goodly number of events happening here at your favorite library! Here are a few:

Need a brush-up on basic computer skills? Please join us on **Monday, December 1st from 11am to 12 noon** when a volunteer teacher from Goodwill Industries will conduct a free Computer Basics class. This class is for those who haven't ever opened a computer, and also for casual users wanting to get the most from time spent in front of a computer. No need to sign up in advance, just come on down!

On **Mondays in December** (the 1st, 8th, 15th, 22nd and 29th) 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 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+.

Need assistance paying for food or child care? Are you looking for health coverage? **ODHS** (Oregon Department of Human Services) may be able to help you! Meet a representative at the library on all five **Tuesdays in December** (the 2nd, 9th, 16th, 23rd, and 30th) from **10am to 12pm in the Simmons Room**, then (after lunch) from 1-3pm in the Rose Room.

The Library will host an **intermediate-level ESL Class** on **five Tuesdays in December** (the 2nd, 9th, 16th, 23rd, and 30th) 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 is necessary - Just drop in!

Please join us on **Wednesday, December 3rd at 11am** (online) for our latest **PROFILES** presentation! This ongoing series of 60-minute presentations is hosted by Dr. Bill Thierfelder, professor emeritus and docent at the American Museum of Natural History. This month we showcase *Holiday Trifecta!* The program explores three works that are the centerpieces of the holiday experience for millions of people across the world: Charles Dickens' A Christmas Carol, George Frederick Handel's Messiah, and Peter Tchaikovsky's The Nutcracker. Sign up online to receive the Zoom meeting code.
www.wilsonvillelibrary.org/classes.

On **Thursday, December 4th, 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+

On two **Fridays in December** (the 5th and 19th), you can meet with the **WIC** (Women, Infants, and Children) representative in the Library! The Clackamas WIC Program hosts pop-up clinics on Fridays inside the Wilsonville Library Rose Room, or (sometimes) in the 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>.

On **Monday, December 8th, from 11am to 12 noon**, please join a Goodwill Industries volunteer to learn how 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. Computers are provided for class use. Free and open to all, no sign-up necessary.

Library News Continued

Ready to unleash your inner trivia master? On **Thursday, December 11th**, beginning at 6pm, come test your knowledge on everything from pop culture to obscure facts in this fun and friendly competition. *Trivia Night - Winter Edition* is ready for you...but are you ready for it? Free, and for ages 18+.

Our popular SpaceTalks presentation will touch down on **Saturday, December 13th**, at 11am, when Donn Anderson and John Jennings from the Evergreen Aviation and Space Museum will present *Touching the Sun's Super Hot Corona, and Surviving!* in the Library's Oak Room. Launched in 2018, NASA's Parker Solar Probe has been coming ever closer to the Sun with the goal of actually flying through the outer edges of the Sun's atmosphere - its corona.

Also on **Saturday, December 13th**, from 2-3pm, please join us at the library's large picture windows for the latest in our popular **Book Notes Concerts**. Pianist John Nilsen will play music inspired by the Pacific Northwest, and combining jazz, new age, and folk music. No signup necessary—just come in and claim a seat!

On **Monday, December 15th**, from 11am to noon, please join a Goodwill Industries volunteer for a class on using Microsoft Word. Begin to master the spectrum of possibilities within the program, gaining practical formatting skills and an introduction to advanced skills like design and layout. Free and open to all, no sign-up necessary.

Also on **Monday, December 15th**, from 1:00 to 2:30pm, 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.

For those of you who would like to join a book club without the hike, we have good news! On **Wednesday, December 17th**, from 1:00 to 2:00pm, meet us at the Community Center (not the library!) for the monthly **Community Center Book Club!** This month's book is *The Antidote* by Karen Russell. *The Antidote* opens on Black Sunday, as a historic dust storm ravages the fictional town of Uz, Nebraska. The Antidote follows numerous characters,

On **Thursday, December 18th**, beginning at 1 pm, please join us on our great Wilsonville Library Book Walk! We will walk to and through Memorial Park (and back) while we discuss this month's book: *North Woods*, by Daniel Mason. When a pair of young lovers abscond from a Puritan colony, little do they know that their humble cabin in the woods will become home to an extraordinary succession of inhabitants.

Calling all movie lovers! On **Friday, December 19th** from 3 to 5pm, join us at *Celebration Cinema*, where every month we celebrate both traditional and off-beat holidays! This month, we'll celebrate, what else? Christmas by screening the 1951 adaptation of Dickens' *A Christmas Carol*, starring Alastair Sim, Jack Warner, and Kathleen Harrison. This adaptation is considered by many as the best film version of the classic Dickens tale.

On **Monday, December 22nd**, from 11am to noon, please join a Goodwill Industries volunteer for a class on Online Job Seeking. This class will guide you through the modern job search process helping you navigate online job postings with confidence. This class will equip you with essential skills to stand out to employers. Free and open to all, no sign-up necessary.

**Need we say that the library will be closed on Wednesday and Thursday, December 24th and 25th?
Need we say We look forward to seeing you again on the 26th! Happy and Merry!**

WILSONVILLE WALKERS DECEMBER 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 the list of 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 will be at Boston's Pub & Grill unless otherwise indicated.

Dec.2 Tues. **Graham Oaks Nature Trail**, Wilsonville Road on the west edge of Wilsonville

Dec.4 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. (To reach Denny's take a left out of the parking lot and a right at the next corner, Redmond Street and follow this across 99E. After you cross 99E, take the first right into the Fred Meyer parking lot and proceed straight ahead to the far end of the parking lot.)

Dec.9 Tues. **Villebois - meet in the WES/Smart Transit Center** parking lot, 9699 SW Barber Blvd, Wilsonville. **No coffee hour today.**
Our Annual Holiday Party will be held at Spring Ridge Retirement Center In Charbonneau beginning at 11:30 a.m., 32200 SW French Prairie Road, Wilsonville. Watch for an email with more details to follow.

Dec.11 Thurs. **Tualatin City Park to Cook Park**, 8549 SW Tualatin Road, Tualatin. Meet in the parking lot after going under the railroad trestle. Coffee hour at Donut Land, 19350 SW Boones Ferry Road in Tualatin.

Dec.16 Tues. **Memorial Park, lower** - around the track, through the woods and across the bridge to the end of Montgomery Way and back.

Dec.18 Thurs. **Old Town/Boones Bridge** - meet near McMenamins in the Fred Meyer parking lot

Dec. 23 Tues. **Charbonneau** - meet in the Village Center parking lot near Lux Sucre Bakery where we will have our coffee hour

Dec. 25 Thurs. **CHRISTMAS - no walk scheduled.**
Enjoy your day with family and friends

Dec. 30 Tues. **Brown's Ferry Park**, 5855 SW Nyberg Street, Tualatin. Coffee hour at Panera Bread in the Nyberg Shopping Center



Did you know

- In Japan it is common to eat KFC for Christmas dinner. Omisoka is celebrated across Japan to welcome the New Year by exchanging gifts, eating special foods and participating in traditional ceremonies.
- Texas holds the world record for the largest gingerbread house
- In European Christmas the Yule log symbolizes warmth and light during the winter solstice. It was traditionally burned to bring good fortune for the coming year.
- People in Spain traditionally eat 12 grapes at midnight on New Year's Eve for good luck
- Hanukkah is known as the Festival of Lights
- Sweden celebrates the holiday of St. Lucia on December 13
- Kwanzaa is an African-American holiday which celebrates principles of unity and self-determination.
- Diwali is the name of the traditional Hindu festival celebrated during the winter season
- China celebrates the Lunar New Year in January or February
- The traditional Christmas pudding in the UK is made from Dried fruits, suet, and spices
- In Brazil Red underwear are worn for good luck
- Scotland's New Year celebration is called Hogmanay and is generally regarded as the most important Scottish holiday.
- In Denmark they smash plates on New Year's Eve for good fortune
- Junkanoo is celebrated across the English-speaking Caribbean in the form of parades full of music, dance, and costumes.



WINTER

Find the words in the grid . When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Jimmy and Evelyn Johnson - www.qets.com

Blizzard
Blustery
Boots
Earmuffs
Fireplace
Frozen
Hibernate

Hypothermia
Icicle
Parka
Shovel
Skates
Skis
Sled

Snow
Snowbound
Snowplow
Snowstorm
Sweater
White
Whiteout

December 2025

Monday	Tuesday	Wednesday	Friday
1	2	3	5
Meatball Sub Sandwich Potato Wedges Fruit Salad 	Tuna Casserole Peas and Carrots Ice Cream Sandwich	Chicken Salad Almonds/Celery/Onion Fresh Greens Roll Cookie	Minestrone Soup Cheese Bread Salad Lemon Bar 
8	9	10	12
Pesto Chicken Penne Pasta Green Beans Garlic Toast Pudding	Chicken Divan Green Salad Roll Cake with Berries	Ham Sandwich Pea Salad Chips Peaches 	Fish and Chips Tartar sauce Fresh Salad Lemon Cookie
15	16	17	19
Hashbrown Casserole Scrambled Eggs Sausage patty Scone	Beef Stew Biscuit Fruit 	Cobb Salad Chicken/Bacon/Tomato Egg/Bleu Cheese Dressing Roll Cookie	Curry Chicken and Rice Soup ½ Turkey Sandwich Brownie
22	23	24	26
Ham/Swiss Sandwich Lettuce/Tomato Potato Salad Cookie 	<u>Holiday Dinner</u> Beef Wellington Mashed potatoes/Gravy Hot Vegetable Roll Holiday Dessert	 Happy Holidays! Center is Closed	
29	30	31	
Chicken Parmesan Noodles Green Beans Jello	French Dip Sandwich Potato Wedges Fresh Salad Yogurt with Berries	Cranberry Chicken Wrap Pasta Salad Chips 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.

PLEASE NOTE: THERE WILL BE NO HDM ON TUESDAYS. MEALS ARE SUBJECT TO CHANGE.