

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

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.

2025-2026 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
Jim Kendall, and Brian Stevenson

Community Center Staff Parks & Recreation:

Interim Director:	Steve Rymer
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

WCSI GAZETTE

FEBRUARY 2026

*"There are no strangers here,
Only friends you haven't met yet"*



Meet at City Hall 10:30 am

Bus will leave at 10:45 am, returning approx. 3:30

UNLESS otherwise noted below

Thursday February 12th

**Olive Garden for Lunch
Trader Joe's in King City**

Sign up begins on Monday, Feb. 2nd @ 9:00 am

SAVE THE DATE

Thursday, March 12th

**Old Spaghetti Factory, Sherwood
Al's Garden, Sherwood**

Please Join us on

Wednesday, February 4th

Wednesday, February 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 Room**



SAVE THE DATE

WCSI BINGO NIGHT FUNDRAISER
SATURDAY, April 18th
6:30 - 9:00 PM
Tickets go on sale Wednesday, March 18, 2026

For more information check the Activity Guide and look for our March Gazette



FUN FACTS ABOUT FEBRUARY

February is the only month with an even number of letters in its name in English.

February 2nd is Ground Hog Day. According to tradition if he sees his shadow there will be 6 more weeks of winter. The Old Farmer's Almanac weather forecast for Punxsutawney, PA says there will be snow showers on Feb. 2, 2026.

February's 29th day only occurs every 4 years during leap years. The length of February was finalized when Julius Caesar remade the Roman calendar in 713 B.C.

Of all the words you can misspell, February is one of the most misspelled in the English language.

February is the only month that can pass without a single full moon. This last happened in 1999 and will happen again in 2037

The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day are often referred to as "leapers".

February always starts on the same day of the week unless it is a leap year.

February is National Cherry Month, National Bird-Feeding Month, National Snack Food Month, National Heart Month, and National Black History Month.

February is full of Hearts as we celebrate Valentine's Day on the 14th.

Esther Howland is the first manufacturer of Valentine's Day cards. She became known as the "Mother of the American Valentine" for the artistry and sentiment of her designs. Her inspiration came from the thoughtful and sweet greeting cards that were circulating in England. During the 1850s she earned \$100,000 annually, which is about \$4.3 million today.

February 2026 Activities Schedule

	ONGOING ACTIVITIES	CLASSES AND PROGRAMS STARTING SOON
<u>Monday</u>	<p>Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in)</p> <p>Weight Loss Support Group 12:00 pm - 1:00 pm</p> <p>Chicago Bridge 1:00 pm - 4:00 pm</p> <p>Mexican Train Dominoes 1:00 pm - 4:00 pm</p>	<p>Located at Community Center unless otherwise noted.</p> <p>Pre-Registration Required + Please call 503-682-3727 to sign-up *</p>
<u>Tuesday</u>	<p>Piecemakers Quilting 9:00 am - 2:00 pm (Tauchman House)</p> <p>Ukuleke Jam Group 9:30 am- 11:30 am Call 503-694-2300 for more info</p> <p>Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in)</p> <p>Partners Bridge 12:30 pm - 3:30 pm Call 503-449-5855 to sign up</p> <p>Virtual Reality Fitness 1:00 pm - 2:00 pm</p> <p>Art Club 1:00 pm - 2:30 pm (2nd Tuesday)</p>	<p>Oil Painting + “Island in the Wilderness” Tuesday, 2/3 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p>Lecture Series: Medicare Prescription Drug Coverage Presentation* Monday, 2/9 10:30 am - 12:00 pm</p> <p>Oil Painting + “Haystack Rock” Saturday, 2/21 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p>Preparing for the Future: Long Term Care* Monday, 2/23 10:30 am - 12:00 pm</p>
<u>Wednesday</u>	<p>Photography Club 10:00 am - 11:30 am</p> <p>Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in)</p> <p>Pinochle/Cribbage Play 1:00 pm - 4:00 pm</p> <p>Bingo 1:00 pm - 2:00 pm (1st & 3rd Wednesday)</p> <p>Book Club 1:00 pm - 2:30pm (Last Wednesday)</p>	<p>Event Spotlight <u>Lunar New Year Celebration</u> Saturday, 2/7 Welcoming the year of the horse: Celebration, cultural performance, traditional treats, and family fun! 2:00 - 4:00 pm</p>
<u>Thursday</u>	<p>Improving Your Bridge 10:00 am - 11:30 am</p> <p>I-5 Connection Community Chorus 10:00 am - 12:00 pm</p> <p>Ladies Afternoon Out 1:00 pm - 3:00 pm</p>	<p>Class Spotlight <u>Beginning Tai Chi +</u> Tuesdays and Thursdays, 1/6 - 2/26 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 (\$10 drop in)</p>
<u>Friday</u>	<p>Conversational Spanish Group 10:30 am - 11:30 am</p> <p>Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in)</p> <p>Friday Bridge 11:30 am - 3:00 pm</p> <p>Mexican Train Dominoes 1:00 pm - 4:00 pm</p>	

Fred Meyers Community Rewards Program

Use your Fred Meyer card while shopping and Fred Meyer will make a donation to the non-profit of your choice. If you select Wilsonville Community Senior's Inc. organization you can give back to our senior community by simply shopping with your rewards card.

Go to fredmeyer.com/communityrewards and click on the Link Your Rewards Card Now box. If you have an account, sign in with your log in information to link your card. If you do not have an account click on Create an account. Then follow the instructions listed.

Go to My Account and click on Community Rewards. You can choose which non profit to support. Then each time you shop at Fred Meyer's using your rewards card Fred Meyer's will make a donation to that organization.



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
- Rides can be reserved up to two weeks in advance
- Questions? 503-682-7790
- Learn more RideSMART.com/DAR



Library News

Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

February is the month with the shortest number of days in the year. But here at the big library, this month isn't short on all kinds of activities for adults and children both. Here's some of what we're doing this month:

Display your artistic talents in our **Tiny Art Show!** Starting Sunday, February 1st, pick up a mini art kit (while supplies last) and create your masterpiece. When completed, return it to the Library (by February 27th) to be part of the March show. Mini art kits are not required. Submissions are welcome that meet the Tiny Art Show requirements (3"x3" canvas, family-friendly theme). Just make sure to turn your masterpiece (with entry form and label on the back of the artwork) into the Library no later than February 27th.

Need a brush-up on basic computer skills? Please join us on **Monday, February 2nd from 11am to 12 noon** when a volunteer teacher from Goodwill Industries will conduct a free Computer Basics class. Build a strong foundation in your educational journey by learning the basics of computer use. This class is for those who haven't ever opened a computer, but 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!

Also on **Monday, February 2nd, 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. February brings a special guest—Laurel Smith will introduce attendees to the wonderful resources and collections that the Genealogical Forum of Oregon has to offer genealogists. With the largest genealogical library in the Pacific Northwest, the GFO offers access to more than 60,000 holdings with records from around the globe and to many popular subscription genealogy websites.

On three Mondays in **February (the 2nd, 9th, and 23rd) 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+.

The Library will host an intermediate-level *ESL Class* on the four Tuesdays in **February (the 3rd, 10th, 17th, and 24th) 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!

Need assistance paying for food or child care? Are you looking for health coverage? ODHS (The Oregon Department of Human Services) may be able to help you! Meet a representative at the library on **Tuesdays in February (the 3rd, 10th, 17th, and 24th) from 10am to 12pm** in the Simmons Room, then (after lunch) from 1-3pm in the Rose Room.

Our ever-popular **PROFILES** lectures will also drop by for a spell (online) on **Wednesday, February 4th from 11am to 12:30pm**. Taught by Emeritus Professor Bill Thierfelder, this month we feature a lecture on Harriet Tubman (born Araminta Ross), often referred to as the "Black Moses" of the Underground Railroad. Tubman dedicated her life to creating safe passages for slaves to escape to freedom. This presentation delves into her life and impact, as well as the need to embrace her story in our fractured times. Sign up to receive the Zoom meeting code at: www.wilsonvillelibrary.org/classes.

Library News Continued

February is Black History Month, honoring the triumphs and struggles of African Americans throughout U.S. history. Learn more about the history of African Americans through film at the library on Fridays in February. All films start at 3pm:

Friday, Feb. 6 (our First Friday Film): John Lewis: Good Trouble (PG). Feb. 13: Ruby Bridges (PG)
Friday, Feb. 20: Loving (PG-13) Friday, Feb. 27: Fences (PG-13)

On 2 Fridays in February (the 6th, and 20th), 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>.

Our popular SpaceTalks presentation will touch down at **11am on Saturday, February 7th**, when Donn Anderson and John Jennings from the Evergreen Aviation and Space Museum will present *Interstellar Objects from Outside our Solar System* in the Library's cavernous Oak Room. Our ability to detect objects flying by has dramatically increased in recent years, and Astronomers have already spotted THREE. What are they, and what have we learned about them so far? Free and open to all.

A further celebration of Black History in February occurs on **Monday, February 9th, beginning at 6pm**, with a presentation by Mariah Rocker from Oregon Black Pioneers: "A Man Called York," a presentation on York of the Lewis and Clark Expedition. York was a Black man born in Virginia around 1772. Upon reaching the Pacific Ocean in 1805, York became the first Black person to cross North America above Mexico. Free and open to all, so please join us for this intriguing presentation!

Also on **Monday, February 9th from 11am to noon**, please join a Goodwill Industries volunteer here at the library for a class focusing on Gmail. 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. Free and open to all.

On **Thursday, February 12th, 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+, please.

On **Saturday, February 14th, from 2-3pm**, please join us at the library's large picture windows for the latest in our popular Book Notes Concerts. The JT Wise Band will headline this month, playing NW roots music. No signup necessary—just come in and claim a seat!

Did you know your favorite library turns 44 years old on Valentine's Day? That's right, we're officially middle-aged, but still going strong! Please join us for cake (while supplies last), beginning around opening time at 10!

The party will be so raucous that we'll need to be **closed on Monday, February 16th** (but we'll just blame it on Washington's Birthday!)

On **Monday, February 23rd, 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. Whether you are new to online job searching or looking to refine your approach, this class will equip you with essential skills to stand out to employers.

**WILSONVILLE WALKERS
FEBRUARY 2026 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 reach those paths please call Kenton or Mary Wolfe at 503-694-8376. Our coffee hour will be held at Boston's Pub & Grill unless otherwise indicated.

Feb. 3 Tues. **Brown's Ferry Park**, 5855 SW Nyberg Street, Tualatin.
 Coffee hour at Panera Bread in the Nyberg Shopping Center

Feb. 5 Thurs. **Memorial Park, lower parking lot**

Feb. 10 Tues. **Mentor Graphics** - meet in the US Chef's Store parking lot in Wilsonville

Feb. 12 Thurs. **Canby Logging Road Trail/Eco City Park**, 1314 NE Territorial Road, Canby.
 Coffee hour following our walk at Denny's, in the Fred Meyer parking lot. (To reach Denny's take a left out of the parking lot of the park and a right at the next corner, Redmond Street, and follow this across 99E. After you cross 99E, take the first right into Fred Meyer parking lot and proceed straight ahead to the far end of the parking lot.)

Feb. 17 Tues. **Old Town/Boones Bridge** - meet near McMenamins in the Fred Meyer parking lot

Feb. 19 Thurs. **Villebois** - meet in the WES/SMART parking lot, 9699 SW Barber Blvd, Wilsonville

Feb. 24 Tues. **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 Panera Bread, Nyberg Shopping Center. **Be on the look out for large glass decorated HEARTS now being placed in Tualatin city parks**

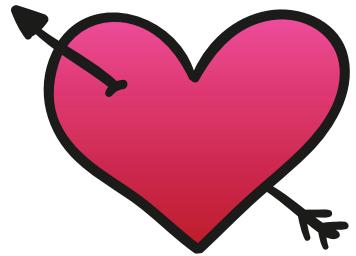
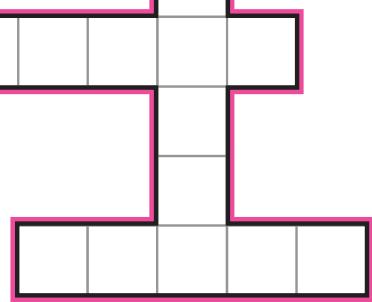
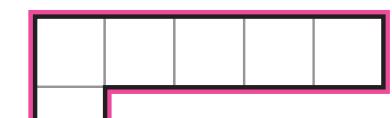
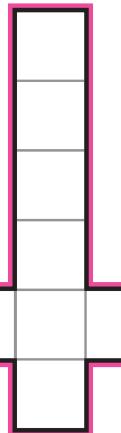
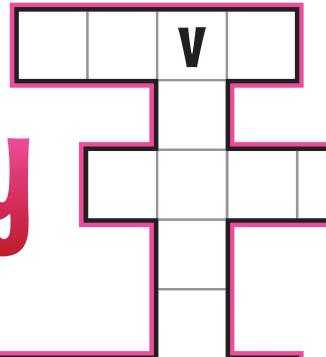
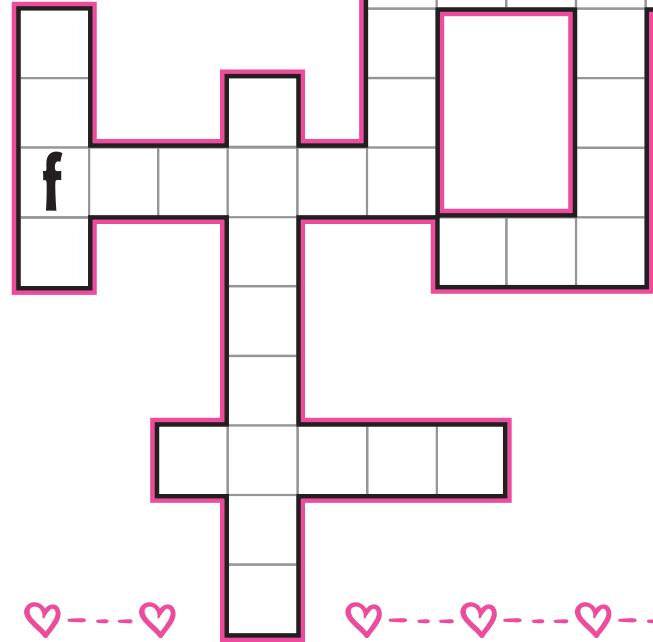
Feb. 26 Thurs. **Charbonneau** - meet in the Village Center parking lot near Lux Sucre Bakery where we will have our coffee hour





Valentine's Day

crossword



Find a spot for each word:

Candy, Card, Chocolate, Cupid, February
Flowers, Friend, Gift, Heart, Hugs
Kisses, Love, Red, Sweet, Valentine



www.artsyfartsymama.com | ©Artsy-Fartsy Mama



ADOPT A Grandparent

DAY

Friday,
February 27

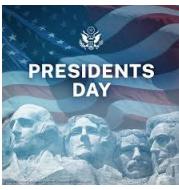


1 - 2 PM - AFTER LUNCH
SIGN UP WITH LINDA @ THE
CENTER
OR CALL 503-682-3727

Presidential Fun Facts

- **John Quincy Adams** actually signed off on a real-life expedition to the center of the Earth. Very little was known about planets at the time, and the idea that the Earth was hollow was not necessarily viewed as completely outrageous for this era. However, when Andrew Jackson succeeded Adams, he scrapped the idea, and the journey never happened.
- **Martin Van Buren** is sometimes credited with creating the expression "OK." Van Buren was from Kinderhook, New York. During his campaign, Old Kinderhook (O.K.) clubs formed to support the president. Later "OK" came to mean "all right."
- **John Tyler** was the father of 15 children, the most of any president. He and his first wife, Letitia Christian, had eight children. After her passing, he remarried with Julia Gardiner with whom he fathered seven more children. They were born between 1815 and 1860.
- In 1849, **James K. Polk** was the first president to have his picture taken while in office. The photographer was Matthew Brady and the shot was snapped in New York City.
- In 1872 **Ulysses S. Grant**, was given a \$20 speeding ticket for riding his horse and buggy too fast down a street in Washington, D.C.
- The first telephone was installed in the White House in 1877 during the presidency of **Rutherford B. Hayes**. Believe it or not, the phone number was simply 1.
- In 1891 during the presidency of **Benjamin Harrison**, electricity was introduced in the White House.
- **William McKinley** was the first U.S. president to ride in an automobile. The trip was in a Stanley Steamer, a steam-powered vehicle. **Theodore Roosevelt** would later ride in a government-operated Stanley Steamer during his presidency, foreshadowing the modern-day motorcade. **Franklin D. Roosevelt** became the first sitting president to take an airplane flight.
- After sustaining an injury in a boxing match with Col. Daniel T. Moore, his military aide, **Teddy Roosevelt** was permanently blinded in his left eye. Roosevelt was known to box at the White House and even competed against professional boxers of the early 20th century.
- **William Howard Taft** was the first sitting president to toss the ceremonial first pitch at a Major League Baseball game. He threw it on April 14, 1910 before the Washington Senators defeated the Philadelphia Athletics, 3-0. However, Taft did not actually throw the ball from the mound. He tossed the ball to Senators pitcher Walter Johnson, and Johnson then threw it to his catcher, Gabby Street.
- **Calvin Coolidge** was the first president to appear in a synchronized sound film (1924) and the first whose inauguration was broadcast on radio.
- **Gerald Ford** was a model on the cover of *Cosmopolitan* magazine in 1942. However, he was not credited for the appearance. In the illustration, designed by acclaimed artist Bradshaw Crandell, Ford is donning his Navy uniform and posing with his then-girlfriend Phyllis Brown.
- Harry S. Truman had the first White House bowling alley built in 1947. It was later removed. Eisenhower had it rebuilt and it's still being used today by the sitting presidents
 - The White House's first website went online in October 1994 during President **Bill Clinton's** administration.

February 2026

Monday	Tuesday	Wednesday	Friday
2	3	4	6
Chicken & Dumpling Green Beans Pudding	Pasta Primavera Pesto Broccoli/Red Pepper/Zucchini Parmesan Garlic Toast Fruit	Tuna Salad Lettuce/Tomato Croissant Chips Cookie	Burrito Bowl Chicken, Rice, Beans Lettuce, Tomato Sour Cream, Salsa Tortilla Chips Cake with Berries
9	10	11	13
Orange Chicken Brown Rice Kyoto Vegetables Yogurt with Berries	Parmesan Cod Tartar Sauce Rice Pilaf Fresh Broccoli Lemon Bar	Turkey/Swiss Sandwich Lettuce/Tomato Macaroni Salad Jello	<u>Valentine's Lunch</u>  Grilled Chicken Salad Mixed greens Candied Pecans/Strawberries/Feta Roll Cake
16	17	18	20
 Center <u>CLOSED</u> Presidents Day	Tacos Lettuce/Cheese/Sour Cream Fiesta Rice/Beans Cookie	Chicken Caesar Wrap Pasta Salad Fruit Salad	Pepperoni Pizza Caesar Salad Brownie
23	24	25	27
Swedish Meatballs Mashed Potatoes Green Beans Pudding	Chicken Tortilla Soup Cheese/Tortilla Strips/Sour Cream Salad & Corn Bread Churro	Cobb Salad Chicken/Bacon/ Egg Bleu Cheese/Tomato/Avocado 1000 Island Dressing Roll Cookie	Cheeseburger Lettuce/Tomato/Onion Potato Wedges Fruit

Happy
Valentine's
Day

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.