

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

# WCSI GAZETTE

**JANUARY 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  
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 January 8th**

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

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

**SAVE THE DATE**

**Thursday February 12th**

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



Please Join us on

Wednesday, January 7th

Wednesday, January 21st

@ **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**

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

The winter session of Community Center classes is beginning soon. Tai Chi with Ulises begins on January 6. This beginning Tai Chi class meets every Tuesday and Thursday at 2 pm until February 26. Sit, Stand and Be Fit with Kate continues to meet every Monday, Tuesday, Wednesday and Friday at 11:00 am. There is no need to pre-register but participants are asked to contribute \$1 per class.

#### **AARP Tax Assistance**

Free AARP Income Tax assistance will be held at the Wilsonville Community Center in 2026. 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. Call 503-682-3727 to schedule an appointment. Appointments available on Tuesdays, February 3 - April 14.

#### **Life 101 Lecture Series**

Presented by Clackamas County SHIBA (Senior Health Insurance Benefits Assistance). SHIBA Counselors do not sell insurance - they are trained volunteers who provide free, objective Medicare education and assistance.

All lectures are offered at no charge and presented at 10:30 am at the Wilsonville Community Center. Please call 503-682-3727 to reserve your spot.

#### **Medicare 101 - January 12**

Are you new to Medicare, or do you already have Medicare and have questions about your coverage? Clackamas County SHIBA (Senior Health Insurance Benefits Assistance) Counselors\* will explain Medicare eligibility and enrollment, parts A, B, C, and D, covered services and optional coverage choices. Financial assistance programs and Medicare fraud prevention tips will also be discussed.

#### **Medicare Prescription Drug Coverage presentation - February 9**

Learn about Medicare prescription drug coverage, how to manage those costs, and financial assistance programs that you might be eligible for.

#### **Estate Planning**

On January 26 at 10:30 am, 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. There is no charge to attend but please call 503-682-3727 to reserve your spot.

## New Year's Eve Trivia

The first New Year's Eve party held in Times Square was in 1904, the ball drop was added in 1907

More than 1 ton of confetti is dropped in Times Square on New Year's Eve

In Denmark it is traditional to jump off a chair at midnight to avoid having bad luck

In Hershey Pennsylvania they drop a giant chocolate kiss at midnight

In Greece they place a coin into the New Year's Cake for good luck

In London people gather around the London Eye to watch the fireworks and celebrate the New Year

In Spain it is tradition to eat 12 grapes at midnight

In Ireland they add an extra place setting at the dinner table on New Year's Eve to pay tribute to loved ones that have passed away during the year

In Scotland they call New Year's Eve Hogmanay. The celebration often lasts for two days

In Italy people wear Red underwear to bring good luck and love in the New Year

In Russia people write their New Year's wish on a piece of paper then burn it, sending it out to the universe

The Sydney Opera House in Australia has one of the worlds largest fireworks display on New Year's Eve

The ancient Babylonians are credited with being the first to make New Year's resolutions, some 4000 years ago

Making New Year's resolutions is more popular with people between the ages of 18 and 29 than older adults

Most people give up on their resolutions on the second Friday in January, informally known as Quitters Day

## CELEBRATING BIRTHDAYS

**Wednesday, January 14th**

**Lunch Time**

WCSI will be celebrating all those who have a  
**January and February Birthdays**



## January 2026 Activities Schedule

	ONGOING ACTIVITIES	CLASSES AND PROGRAMS STARTING SOON
<u><b>Monday</b></u>	<p><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p><b>Weight Loss Support Group</b> 12:00 pm - 1:00 pm</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 + “Cardinal in the Window”</b> Tuesday, 1/6 5:30 pm - 9:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p> <p><b>Lecture Series: Medicare 101 Presentation*</b> Monday, 1/12 10:30 am - 12:00 pm</p> <p><b>Oil Painting + “Fisherman’s Trail”</b> Saturday, 1/17 10:00 am - 2:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p>
<u><b>Tuesday</b></u>	<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 Call 503-694-2300 for more info</p> <p><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</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>Art Club</b> 1:00 pm - 2:30 pm (2nd Tuesday)</p>	<p><b>Preparing for the Future: Estate Planning*</b> Monday, 1/26 10:30 am - 12:00 pm</p> <p><b><u>Class Spotlight</u> <u>Beginning Tai Chi +</u></b> Tuesdays and Thursdays, 1/6 - 2/26 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 (\$85) (\$10 drop in)</p> <p><b><u>Soul Flow Yoga +</u></b> Tuesdays, 1/6 - 2/24 Experience a 60 minute mindful and engaging movement with Soul Flow for all levels. Cultivating peace, calm, and confidence within your movement practice and in life. Awareness of the mind-body connection and quieting the nervous system. Create new muscle memory patterns in the body with a series of poses followed by relaxing in a self-nurturing savasana. Bring your own mat. 7:15 pm - 8:15 pm (\$85) (\$10 drop in)</p>
<u><b>Wednesday</b></u>	<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 (Last Wednesday)</p>	
<u><b>Thursday</b></u>	<p><b>Improving Your Bridge</b> 10:00 am - 11:30 am</p> <p><b>I-5 Connection Community Chorus</b> 10:00 am - 12:00 pm</p> <p><b>Ladies Afternoon Out</b> 1:00 pm - 3:00 pm</p>	
<u><b>Friday</b></u>	<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>	

## Library News

### Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

Happy New Year! What does 2026 have in store for you? Here's hoping it's a future so bright you'll need sunglasses. This month, however, will likely not require protection from sunlight! Nevertheless, the library has a full slate of offerings for you. Here's what's happening this month:

Just like all public institutions, **the library will be closed on New Year's Day. We'll see you again on January 2<sup>nd</sup>**, not very coincidentally also the beginning of the Winter Reading Challenge! This winter, read books and discover new library services. Complete the Bingo challenge and enter a fun prize drawing! Pick up a Bingo game board at the library or download it from our website. The last day to turn in Winter Reading Challenge entries is February 28<sup>th</sup>. If you have any questions, please call us at 503-682-2744, check the website, or come see us at the Reference Desk.

Need a brush-up on basic computer skills? Please join us on **Monday, January 5<sup>th</sup> 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, 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 three Mondays in January (the 5<sup>th</sup>, 12<sup>th</sup>, and 26<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 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 **Tuesdays in January (the 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>) 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 Tuesdays in January (the 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<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 is necessary - Just drop in!

Please join us on **Wednesday, January 7<sup>th</sup> at 11am (online)** for our latest **PROFILES** presentation! This ongoing series of 60-minute presentations explores the people, places, and events that shape our lives, our world, our universe and is hosted by Dr. Bill Thierfelder, professor emeritus and docent at the American Museum of Natural History. This month we feature a lecture on a little-known 20<sup>th</sup> century scientist: *Albert Einstein*! The life behind the equations of this obscure figure is as fascinating and baffling as the formulas themselves. From his work as patent office clerk to the honored Princeton University professor, from his marriages to the tangled relationships with his children and grandchildren, and his winning hair care secrets, Einstein's personal story is fascinating, all the more so when juxtaposed with his work as the "greatest mind of his age." Sign up online to receive the Zoom meeting code. [www.wilsonvillelibrary.org/classes](http://www.wilsonvillelibrary.org/classes).

On **Thursday, January 8<sup>th</sup>, 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. This month's theme: Forbidden Island! For ages



## Library News Continued

On **Friday January 16<sup>th</sup>**, 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, 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>.

Also on **Saturday, January 10<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! Local musical group *Two Bass Hit* will play selections from the Great American Songbook, along with Bird, Monk, Strayhorn and many more, as well as original compositions on dual basses. No signup necessary—just come in and claim a seat!

Our popular SpaceTalks presentation will also touch down on **Saturday, January 10<sup>th</sup>**, at 11am, when Donn Anderson and John Jennings from the Evergreen Aviation and Space Museum will present *NASA Continues Flying to the Moon at a Fast CLPS*! NASA continues utilizing CLPS, Commercial Lunar Payload Services, to deliver scientific instruments to the Moon's surface in preparation for the proposed Artemis III crew landing. Find out what has worked and what hasn't so far! Free and open to all.

On **Monday, January 12<sup>th</sup>**, 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.

On **Saturday, January 17<sup>th</sup>**, join us in the library from 2 - 4pm for an afternoon of classical Indian dance! Experience the vibrant rhythms of India at this program where local dancers perform the Kuchipudi, Bharatanatyam, Dandiya, Sambalpuri, and Bollywood dances. Free Henna, crafts, and food samples (while supplies last) that celebrate the rich cultural heritage of the region. Free and open to all!

The library (and other City offices) will be closed on **Monday, January 19<sup>th</sup>**, in honor of Martin Luther King, Jr. We'll see you again on **Tuesday, the 20<sup>th</sup>**!

On **Saturday, January 24<sup>th</sup>**, please step into the world of Bridgerton at our enchanting Bridgerton Tea Party! Enjoy trivia, themed games like pall-mall, delightful tea and refreshments, and take some Regency-inspired photo ops. Guests are encouraged to don Regency-era or character-inspired attire as we chat all things Bridgerton, the Regency period, and the art of proper English tea. No reservations required, and free to all

On **Monday, January 26<sup>th</sup>**, 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. Free and open to all, no sign-up necessary.

On **Wednesday, January 28<sup>th</sup>**, from 1:00 to 2:00pm, meet us at the Community Center (not the library!) for the monthly *Book Club at the Community Center*! Bring along your library card to check out the following month's title. At press time, January's book was not yet decided, but now you can check the website for greater clarity: <https://www.wilsonvillelibrary.org/lib/page/book-club-community-center>.

## WILSONVILLE WALKERS JANUARY 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 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.

**Jan. 1 Thurs.      NEW YEARS DAY: No walk scheduled**

Jan 6 Tues.      **Graham Oaks Nature Trail**, on west edge of Wilsonville on Wilsonville Road

Jan. 8 Thurs.      **Canby Logging Road Trail/Eco City Park**, 1314 Territorial Road, Canby. Coffee hour following our walk will be held at Denny's in the Fred Meyer parking lot. (To reach Denny's take a left out of the parking lot following our walk, 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.)

Jan. 13 Tues.      **Mentor Graphics** - meet in the US Chef Store parking lot

Jan. 15 Thurs.      **Hazelia Field at Luscher Farm**, 17800 SW Stafford Road, Lake Oswego. Coffee hour following our walk will be at Rolling Hills Community Church, 3550 SW Borland Road, Tualatin, hosted by the Osborns.

Jan. 20 Tues.      **Villebois** - meet in the WES/Smart Transit Center Parking Lot, 9699 SW Barber Blvd, Wilsonville.

Jan. 22 Thurs.      **Tualatin Greenway/Ice Age Trail**, Tualatin Community Park, 8515 SW Tualatin Road, Tualatin. Meet near the tennis courts. Coffee hour at McDonald's, south of park on Boones Ferry Road.

Jan. 27 Tues.      **Old Town/Boones Bridge** - meet in the Fred Meyer parking lot near McMenamins

Jan. 29 Thurs.      **Charbonneau** - meet in the Village Center parking lot near Lux Sucre Bakery where we will have our coffee hour





I met you as a stranger,  
Took you as a friend.  
I hope our friendship will never end.

Friendship is like a magnet;  
It pulls us together,  
Because no matter where we are,  
Friendship will last forever!





## FRIENDSHIP WORD SEARCH

E	E	A	T	H	O	U	G	H	T	F	U	L	A	L
C	V	N	E	I	L	L	O	T	G	G	T	D	L	H
O	E	F	O	A	N	I	U	E	T	C	N	G	N	E
N	I	V	Y	I	U	S	N	F	L	G	N	N	M	L
F	H	O	I	R	T	E	E	U	H	I	V	P	S	O
I	L	O	R	T	R	A	F	P	V	T	A	I	G	C
D	B	L	N	O	C	H	C	I	A	T	U	N	F	L
E	R	A	U	E	T	E	G	I	H	R	I	R	O	S
N	A	S	K	I	S	R	T	E	N	R	A	V	T	D
T	V	A	A	F	O	T	T	O	A	U	I	B	N	T
I	E	F	U	F	I	I	O	C	R	N	M	I	L	G
A	C	N	R	I	C	O	I	E	G	P	K	M	P	E
L	N	T	R	U	S	T	W	O	R	T	H	Y	O	C
Y	A	C	O	N	S	I	D	E	R	A	T	E	S	C
E	E	A	L	I	S	T	E	N	E	R	M	G	L	U

### WORDS TO FIND

BRAVE	EMPATHETIC	HONEST	LOYAL
CARING	FAITHFUL	INSEPARABLE	PROTECTIVE
COMMUNICATION	FORGIVING	KIND	THOUGHTFUL
CONFIDENTIAL	FUNNY	LISTENER	TRUTHFUL
CONSIDERATE	GENEROUS	LOVING	TRUSTWORTHY

# January 2026

Monday	Tuesday	Wednesday	Friday
			2 Chicken Enchiladas Green Chili Sauce Sour Cream/Cheese & Tomatoes Fiesta Rice Tapioca Pudding
5	6	7	9
Salmon Penne Vegetable Focaccia Cookie 	Club Sandwich Turkey/Ham/Bacon Tomato/Lettuce Potato Soup Brownie	Curried Chicken Salad Celery/Onion/Raisins Spring Salad Mix Roll Cake with Berries	Rueben Sandwich Potato Wedges Peaches
12	13	14	16
Breakfast Biscuit Sausage/Egg/Cheese Diced Hashbrown Scone	Gyro Wrap Spinach Wrap Chicken/Tomatoes/Onions Tzatziki Sauce Chips Jello	Waldorf Chicken Salad Apples, celery, grapes, walnuts Seeded Roll Orange	Hawaiian Pizza Green Salad Chocolate Cookie 
19	20	21	23
 <b>Center Closed</b>	Chicken Quesadillas Salsa/Sour Cream Rice Chuckwagon Vegetables Yogurt with Berries	BBQ Chicken Salad Tomatoes/Tortilla strips/Cheese/Corn/Beans Spicy Ranch Dressing Cornbread Cookie	Swedish Meatballs Mashed Potatoes Green Beans Fruit Salad 
26	27	28	30
Lasagna Italian Vegetables Breadstick Cookie 	Ham Sandwich with Arugula and Pesto Mayo On Focaccia Macaroni Salad Pears	Chopped Salad Salami/Provolone/Pepperoni/Chickpeas/Red Onion/Tomatoes Vinaigrette Dressing Roll & Lemon Bar	 <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.**