

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

WCSI GAZETTE

JULY 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 Tuesday, July 1st @ 9:00am

Thursday July 10th

International Rose Garden, Portland

Lunch at Skyline Restaurant

SAVE THE DATE

Thursday, August 14th

Walmart

Lunch at Koi Fusion



Please Join us on
Wednesday, July 2nd
Wednesday, July 15th

@ **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



INDEPENDENCE DAY TRIVIA

- When the Declaration of Independence was signed in 1776, 2.5 million people lived in the U.S.. Today there is about 340 million
- The only member of the Continental Congress to formally sign the Declaration of Independence on July 4th, 1776 was John Hancock.
- August 2, 1776 is when most of signers formally signed the Declaration.
- Massachusetts was the first state to declare Independence Day a holiday in 1781.
- Dating back to 1785, Bristol, Rhode Island is home to the world's oldest Independence Day celebration.
- In 1801, the White House hosted its first Fourth of July celebration.
- 1960 is the year our current American Flag design was chosen. There have been 27 official flags used in history. Only the number of stars have changed each time.
- The Yankee Doodle song was originally written by Richard Shuckburgh, a British army officer in an attempt to make fun of backwoods Americans.
- Americans spent \$2.7 billion on fireworks in 2023.
- More than 14,000 firework displays are put on across the country on July Fourth with Macy's Fourth of July Fireworks Display being the largest in the United States.
- Around 150 million hot dogs are consumed on Fourth of July. It is estimated that \$6.78 billion will be spent on food this year reported by the National Retail Federation (NRF).
- 100 places in the U.S. have Independence, Liberty, Freedom or Eagle in their names
- The most popular activity is having a cookout/Barbecue, followed by attending a Fireworks show
- 750 million pounds of chicken was purchased the week leading up to July 4th in 2024

"May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right." -- Peter Marshall

July 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) Chicago Bridge 1:00 pm - 4:00 pm Mexican Train Dominoes 1:00 pm - 4:00 pm	<p>Located at Community Center unless otherwise noted.</p> <p><i>Pre-Registration Required + Please call 503-682-3727 to sign-up *</i></p> <p>Oil Painting + “Twilight Path” Tuesday, 7/1 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p>Oil Painting + “Desert Sunset” Saturday, 7/19 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p>AARP SMART Driver * Tuesday, 7/22 9:00 am - 4:30 pm \$20 for AARP members \$25 for non-members</p> <p><u>Laser Light Show and Concert</u> Join us for the fourth annual laser show & concert! Music will begin at 8:00 pm. Laser light show starts at roughly 9:45 pm. Bring your own blankets and lawn chairs! Town Center Park Friday, 7/4</p> <p><u>Beginning Tai Chi +</u> Tuesdays and Thursdays, 7/8 - 8/28 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 (\$80) (\$10 drop in)</p>
<u>Tuesday</u>	Piecemakers Quilting 9:00 am – 11:45 am (Tauchman House) Ukulele Jam Group 9:30 am– 11:30 am (Parks & Rec. Admin Office) Partners Bridge 12:30 pm - 3:30 pm Call 503-449-5855 to sign up Virtual Reality Fitness 1:00 pm - 2:00 pm 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 (4th Wednesday)	
<u>Thursday</u>	Improving Your Bridge 10:00 am - 11:30 am 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	

Let us live like flowers—wild and beautiful
and drenched in sun.”
By Ellen Everett

Library News

Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

Happy Independence Day to you and yours! Here's hoping you are able to eat copious quantities of your favorite foods and also take some time to reflect on our nation's 249 year history, and where it's going next. If you enjoy all the noisy munitions—have fun! Here at the library, of course, we have a predilection for QUIET (at least sometimes!) Here's what's happening this month, both quiet and noisy, on the adult side:

The Library will host an intermediate-level *ESL class* on Tuesdays in July (the 1st, 8th, 15th, 22nd and 29th) 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!

Our ever-popular ***PROFILES lectures*** will also drop by for a spell (online) on **Wednesday, July 2nd from 11am to 12:30pm**. Taught by Emeritus Professor Bill Thierfelder, this month we feature a lecture about child prodigies! This is the first part of a two-part series, with the second part (in August) recounting the lives of people who first showed their genius in late adulthood. Sign up online to receive the Zoom meeting code! www.wilsonvillelibrary.org/classes.

Don't forget that the library will be closed on July 4th!

On **Thursday, July 3rd, beginning at 6pm**, please join us for *Tabletop 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 **Mondays in July (the 7th, 14th, 21st, and 28th) 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+.

On **July 11th, 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, July 12th**. The presentation this month is titled *The Search for Life in the Universe*. The discoveries concerning the possibilities for life as we know it existing elsewhere in our Solar System, let alone our Universe, are gaining momentum every year. What are some of the recent results from the searches of the incredible James Webb Space Telescope? And what do we plan to investigate with the Europa Clipper Mission to Jupiter's moon? Free and open to all, here in the library's Oak Room.

Library News Continued

On **Thursday, July 17th**, beginning at 1 pm, please join us on our hallowed Wilsonville Library Book Walk! We will gently march to and through Memorial Park (and back) while we discuss this month's book: *Lincoln Highway* by Amor Towles. In June 1954, eighteen-year-old Emmett Watson is driven home to Nebraska by the warden of the juvenile work farm where he has just served fifteen months for involuntary manslaughter. His mother long gone, his father recently deceased, and the family farm foreclosed upon by the bank, Emmett's intention is to pick up his eight-year-old brother, Billy, and head to California where they can start their lives anew. But when the warden drives away, Emmett discovers that two friends from the work farm have hidden themselves in the trunk of the warden's car. Together, they have hatched an altogether different plan for Emmett's future, one that will take them all on a fateful journey in the opposite direction—to the City of New York.

Calling all movie lovers! On **Friday, July 18th** from 3 to 5pm, join us at Celebration Cinema, where every month we celebrate your favorite holidays, traditional and off-beat. This month's film is *The Goonies*, a film that is celebrating its 40th anniversary! The film follows a band of adventurous kids who take on the might of a property developing company which plans to destroy their home to build a country club. When the children discover an old pirate map in the attic, they follow it into an underground cavern in search of lost treasure but come up against plenty of dangerous obstacles along the way.

On **Monday, July 21st**, 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.

For those of you who would like a book club but without the hike, do we have good news for you! On **Wednesday, July 23rd** from 1-2pm, meet us at the **Community Center (not the library!)** for the **monthly Community Center Book Club!** This month, we'll be discussing *Going to Maine: All the Ways to Fall on the Appalachian Trail* by Sally Chaffin. This memoir is written by 25-year-old Sally, who has no reason to upend her comfortable, conventional life to spend 5 months hiking the Appalachian Trail; no reason except that her charismatic best friend, Erin, asked her to come along.

On **Thursday, July 24th** from 6 to 7:30pm, please join us for a *Flash Fiction Workshop!* Unlock your creativity at this fast-paced workshop where we'll guide you through the art of flash fiction, and teach you to craft compelling narratives that pack a punch. Get ready for our August Short Story Contest with this fun, interactive class.

Please don't forget--All this month (and the following month too) our annual Summer Reading Program (which encompasses all ages) will be at the front and center of all we do. If you haven't experienced it before, why not try reading something new this summer? Prizes, activities, and games galore—more information on our website! www.wilsonvillelibrary.org.



WILSONVILLE WALKERS JULY, 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.

July 1 Tues. **Canby Logging Road Trail/Eco City Park**, 1314 NE Territorial Road, Canby.
Coffee hour at Denny's in the Fred Meyer Shopping Center. To reach Denny's: take a left turn out of the parking lot, a right at the next corner, Redmond Street, and follow that down and cross 99E, and enter the shopping center at the first right turn.

July 3 Thurs. **Library** - meet in the parking lot

July 8 Tues. **Graham Oaks Nature Park** - coffee hour at Jay Nims, 31505 SW Orchard Drive, Wilsonville., Follow the path on the right side of the house to the back yard garden area

July 10 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 Lane, 19350 SW Boones Ferry Road, Tualatin.

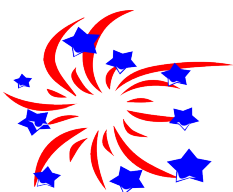
JULY 15 Tues. **Meet at the home of Kris Knudsen**, 29046 SW Costa Circle W, Wilsonville. (Look for the orange door) Kris will lead our **walk in Villebois** and host our morning coffee hour.

July 17 Thurs. **Memorial Park, lower**, around the track, through the woods and to the end of SW Montgomery Way and return.

July 22 Tues. **Mentor Graphics** - meet in the US Chef Store parking lot

July 24 Thurs. **Hazelia Field at Luscher Farms**. 17800 SW Stafford Road, Lake Oswego. Coffee hour at Rolling Hills Community Church, 3550 SW Borland Road, Tualatin, hosted by Osborns.
REMEMBER THAT STAFFORD RD IS STILL CLOSED.
You can come up 65th Ave from Wilsonville, a right at Borland Rd, and at the round about take the third choice, Stafford Rd into Lake Oswego to the field.

July 29 Tues. **Memorial Park, lower**, to Boones Ferry Park and return.



"For to be free is not merely to cast off one's chains,
but to live in a way that respects and enhances the
freedom of others."

Nelson Mandela



July Poems

The summer looks out
from her brazen tower,
through the flashing
bars of July.

– Francis Thompson

ExcellenceInLiterature.com



July is hollyhocks and hammocks, fireworks and vacations,
hot and steamy weather, cool and refreshing swims, beach picnics,
and vegetables all out of the garden."

By Jean Hersey



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



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

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



July 2025

Monday	Tuesday	Wednesday	Friday
	1 Greek Salad Chicken/Feta/Kalamata Olives/Red Onion/Cucumber Bread Stick Ice Cream Sandwich	2 Sausage Dogs Sauerkraut/Mustard Potato Salad Chips Strawberry Cake	4  Center Closed
7	8	9	11
Pesto Chicken Pasta Vegetable Fruit Salad 	Smoked Turkey & Herb Cream Cheese Wrap Chips Brownie	Chicken Strawberry Salad Feta/Red Onion/Almonds Berry Dressing Mixed Greens Roll Fruit	Pizza Caesar Salad Ice Cream cup 
14	15	16	18
Chicken Cordon Bleu Rice Pilaf Green Beans Yogurt with Berries	Taco Bowl Beef/Rice/Black Beans Lettuce/Cheese/Tomatoes Sour Cream/Salsa/Tortilla Strips Ice Cream cup	Cobb Salad Chicken/Tomato/Bacon Egg/Bleu Cheese French Dressing Roll	Italian Focaccia Sandwich Ham, Turkey, Salami Provolone Chips Tropical Melon Salad
21	22	23	25
Thai Peanut Chicken Pasta Salad Pudding 	Chicken Caesar Wrap Pasta Salad Lemon Bar 	Albacore Tuna Salad Celery/Onion/Red Pepper Mixed Greens Roll Cookie	 Chef Choice! 
28	29	30	
Ham and Cheese Croissant Macaroni Salad Cake with Berries	Tzatziki Fish Tacos Shredded Lettuce/Cheese Tomatoes Cole slaw Peaches	Egg Salad Sandwich Rye Bread Carrot Sticks 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.