

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

WCSI GAZETTE

JULY 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
 Jeanne Kenczka, Jim Kendall, Sharon Rebers and
 Brian Stevenson

Community Center Staff Parks & Recreation:

Director:	Megan Bigjohn
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, July 9th

**Lunch at Black Bear, Wilsonville
 Mt. Angel Abby**

**Sign up begins on Monday, July 1st
 @ 9:00 am**

SAVE THE DATE

Thursday Aug. 13th

**Lunch at MOD Pizza, Wilsonville
 Swan Island Dahlia Farm, Canby**



Please Join us on

Wednesday, July 1st

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**



Wilsonville Community Center Brian Stevenson, Program Manager

SHIBA Office Hours

Meet one-on-one with a volunteer Certified SHIBA (Senior Health Insurance Benefits Assistance) Counselor on the 2nd Thursday of each month for assistance with your Medicare questions. Counselors can help with plan comparisons, enrollments, billing issues, Medicare fraud reporting and more. Please call 503-655-8269 to schedule an appointment. SHIBA Counselors do not sell insurance - they are trained volunteers who provide free, objective Medicare education and assistance.

Conversational Spanish Returns

After a brief hiatus, the conversational Spanish group has returned to the Center. This free drop-in group meets weekly on **Fridays from 10:30 to 11:30 am**. The group provides an opportunity to individuals with a small Spanish speaking background an opportunity to meet up and improve their Spanish fluency.

AARP Smart Driver

Participants will learn techniques for handling left turns, right-of-way, following distance, and roundabouts, as well as how to reduce traffic violations, crashes, injury risk, and learn Oregon specific items. Proven driving methods to help keep participants and their loved ones safe on the road will be shared. The one-day course will take place on **Tuesday, July 14 from 9 am to 4:30 pm at the Wilsonville Community Center**. Cost is \$20 for AARP members and \$25 for non-members. Call 503-682-3727 to register and secure your spot as this course will sell out.

Life 101 Lecture Series – Lectures/workshops will be presented at 10:30 am at the Wilsonville Community Center at no charge. Please call 503-682-3727 to reserve your spot.

Medicare 101 - Monday, July 27

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. Workshop will also discuss covered services, optional coverage choices, financial assistance programs and Medicare fraud prevention tips.

Estate Planning – Monday, August 3

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.

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 suggested but not required.

July 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 (1st Monday) 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. Pre-Registration Required + Please call 503-682-3727 to sign-up *</p> <p>Oil Painting + “Forest River” Tuesday, 7/7 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p>AARP Smart Driver* Tuesday, 7/14 9:00 am - 4:30 pm \$20 for AARP members \$25 for non-members</p> <p>Oil Painting + “Footbridge” Saturday, 7/18 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p>Lecture Series: Medicare 101* Monday, 7/27 10:30 am - 12:00 pm</p> <p><u>Class Spotlight</u> <u>Beginning Tai Chi</u> Tuesdays and Thursdays, 7/7 - 8/27 Begin your journey of self improvement with Yang style Tai Chi. Improve balance, flexibility, memory, and mindfulness while learning the first section of the 108 form and a variety of Qi-Gong and warm-ups. 2:00 pm - 2:45 pm \$117 for session (\$10 drop-in)</p> <p><u>Soul Flow Yoga</u> Tuesdays, 7/7 - 8/25 Experience a 60-minute mindful and engaging movement with Soul Flow for all levels. Bring awareness to the mind-body connection while quieting the nervous system. 7:15 pm - 8:15 pm \$85 per session (\$10 drop-in)</p>
<u>Tuesday</u>	<p>Piecemakers Quilting 9:00 am - 2:00 pm (Tauchman House)</p> <p>Wilsonville Ukulele Players Society 9:30am - 11:30am (Stafford Christian Church)</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>	
<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>	
<u>Thursday</u>	<p>Improving Your Bridge 10:00 am - 11:30 am Every other week, call 503-682-3727 for schedule</p> <p>I-5 Connection Community Chorus (Will resume in September) 10:00 am - 12:00 pm</p> <p>Ladies Afternoon Out 1:00 pm - 3:00 pm</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>	

RESULTS OF THE CONGREGATE ELECTIONS

Our annual congregate elections for the Wilsonville Community Senior Board was held on Wednesday, June 10th. The following 6 Board members were approved for a two year term July 1, 2026 - June 30, 2028.

Nancy Combs

Priscilla Johnson

Donna Atkinson

Roberta Crew

Jeanne Kenczka

Sharon Rebers

SAVE THE DATE

WCSI will be hosting a Special Event

Ice Cream Social & Trivia

Friday, August 14th from 3:30 to 5:30 pm

Multi Purpose Room

Sign Ups will begin on Monday, August 3rd.

Join us for a fun afternoon event



WILSONVILLE WALKERS JULY 2026

Every Tuesday and Thursday morning at 9:30 a.m. the Wilsonville Walkers gather 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 this month. For questions on the paths please contact **Mary Frinell at 503-970-9685**. Our coffee hour will be at Boston's Pub & Grill unless otherwise indicated.

July 2, Thurs. **TUALATIN CITY PARK** - 8515 SW Tualatin Rd. Park at Tennis Courts to walk Greenway/Ice Age Trail. Coffee at **Panera Bread** on Nyberg Street.

July 7, Tues. **OLD TOWN/BOONES BRIDGE** - Meet in the Fred Meyer parking lot, near McMenamins.

July 9, Thurs. **FOOTHILLS PARK** - 199 Foothills Drive, Lake Oswego. Coffee hour will be at New Seasons Market, 1377 McVey Ave., Lake Oswego. Remember that Stafford Road is closed between Borland and Rosemont.

July 14, Tues. **CANBY LOGGING ROAD** - 1314 NE Territorial Rd. Canby. Coffee hour is at Denny's in Fred Meyer parking lot: take a left out of the logging road parking lot and a right on Redwood St. Cross 99E and turn right into the FM parking lot and go straight ahead to Denny's.

July 16, Thurs. **LOWER MEMORIAL PARK** parking lot, around track, through the woods and across the bridge to the end of Montgomery Way and return.

July 21, Tues. **TUALATIN RIVER NATIONAL WILDLIFE REFUGE** - 19255 SW Pacific Highway, Sherwood. Coffee hour at Panera Bread, 21174 Langer Farms Parkway, Sherwood.

July 23, Thurs. **GRAHAM OAKS NATURE TRAIL** - 11825 SW Wilsonville Road.

July 28, Tues. **LOWER MEMORIAL PARK** parking lot, to Boones Ferry Park and return.

July 30, Thurs. **CHARBONNEAU** - Meet in the Village Center parking lot near Lux Sucre Bakery where we will have our coffee hour.

Library News

The Library News article is taking a sabbatical, now that Greg has retired.

You can find all the information on the Library webpage

wilsonvillelibrary.org



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

4TH OF JULY

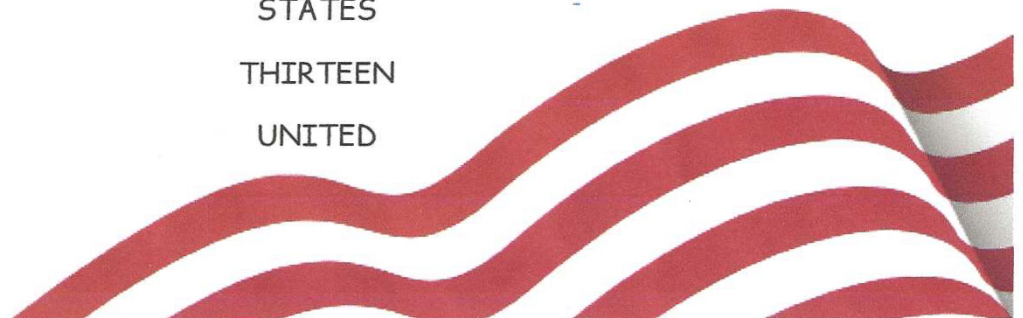
- ADAMS
- AMERICA
- BARBECUE
- COLONIES
- CONGRESS
- DECLARATION
- EQUALITY
- FIREWORKS
- FOURTH
- FREEDOM
- HOTDOGS
- INDEPENDENCE
- JEFFERSON
- JULY
- LIBERTY
- NATION
- PARADE
- REVOLUTION
- RIGHTS

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

STATES

THIRTEEN

UNITED





“It is not what we
have that will
make us a great
nation; it is the
way in which we
use it.”

THEODORE ROOSEVELT



*With
Freedom comes
Responsibility.*

Eleanor Roosevelt

@therandoverher

CELEBRATING BIRTHDAYS

Wednesday, July 8th

Lunch Time

WCSI will be celebrating all those who have a birthday in July and Aug.



SMART

SOUTH METRO AREA REGIONAL TRANSIT

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



What Was It Like to Live in 1776?

Drinking and eating were dangerous affairs. Before modern sanitation, water was often ridden with bacteria. Cholera visited horrors upon the world. Before modern refrigeration—the first modern ice-harvesting business didn't get going in the U.S. until the early 1800s—meat on a hot summer's day could spoil in hours. If keeping things cold was one problem, keeping things warm was another. “Monticello was so frigid in winter,” Mann writes, “that Jefferson's ink froze in his inkwell, preventing him from writing to complain about the cold.” An underrated reason why we celebrate Independence Day in July might be that Thomas Jefferson did not have the technology to write a declaration of independence in deep winter.

Words are witnesses which often speak louder than documents. Let us consider a few English words which were invented, or gained their modern meanings [after the 1780s]: They are such words as 'industry', 'industrialist', 'factory', 'middle class', 'working class', 'capitalism' and 'socialism'. They include 'aristocracy' as well as 'railway', 'liberal' and 'conservative' as political terms, 'nationality', 'scientist' and 'engineer,' 'proletariat,' and (economic) 'crisis'. 'Utilitarian' and 'statistics', 'sociology' and several other names of modern sciences, 'journalism' and 'ideology', are all coinages or adaptations of this period. So are 'strike' and 'pauperism.'

Imagine gathering your ten closest friends in a room, proportionately representing the global population of the 1770s. Out of these ten, nine lived in poverty, eight were illiterate, and four died before their fifth birthday. Paradoxically, the earth was both incomprehensibly large and incredibly small, compared to our own. Without planes or cars or rail, people and news traveled by ship or horse, which made Earth a place of unfathomable vastness. Because travel was so difficult, it was exceedingly rare for anybody to leave their village, tribe, or town. So, in a very real way, the world according to any one inhabitant of the late 1700s was not large at all. It was no bigger than the plot of land on which they happened to be born.

Colonists did not identify themselves as Americans. At least, they did not view themselves as a continental people. Most colonists viewed themselves as members of whichever town or colony they resided in.

Politically speaking, the colonies shared many similarities in their governing makeup. Nearly all of the colonies held Royal charters with Parliament. Each colony had a Royal governor appointed by the King. This individual held ultimate say over the decisions in the colony. However, most colonies also had colonial assemblies, bodies of elected officials who conducted local affairs and business.

New England was primarily a merchant based economy where fishing and trade provided the backbone of everyday life. Farming, too, played a huge role in rural life. Port cities such as Boston, New York, Philadelphia, and Charles Town, South Carolina, were the hubs for all trade from the Caribbean and European markets. The middle colonies tended to be more farm based even though they benefited from merchant imports. The Southern economy was primarily agrarian and based on the plantation culture to raise crops and livestock.

July 2026

Monday	Tuesday	Wednesday	Friday
		1	3
		Hot Dog Baked Beans Chips Lemon Bar	
6	7	8	10
Spaghetti and Meatballs Green Beans Garlic Toast Cookie	Smoked Turkey & Herb Cream Cheese Wrap Lettuce/Tomato Chips Brownie	BBQ Chicken Salad Black Beans/Corn/Cilantro Tomatoes/Cheese/Tortilla Strips Ranch Dressing Congregate-Cupcakes	Cheeseburger Lettuce/Tomatoes/Onion WW Bun Macaroni Salad Chips Fruit
13	14	15	17
Stuffed Peppers Brown Rice Chuckwagon Vegetable Jello	Hawaiian Pizza Caesar Salad Ice cream cup	Chicken Caprese Salad Mozzarella/Tomatoes Balsamic Vinaigrette Dressing Roll Cookie	Italian Focaccia Sandwich Ham, Turkey, Salami Provolone Chips Tropical Fruit Salad
20	21	22	24
Chicken Cordon Bleu Rice Pilaf Green Beans Pudding	Fish and Chips Coleslaw Ice Cream Sandwich	Ham and Swiss Cheese Croissant Tomato/Lettuce Chips Watermelon	Crispy Chicken Burger with lettuce & tomato Fries Cookie
27	28	29	31
Quiche Fresh Biscuit Fruit Muffin	Tacos Lettuce/Tomato/Cheese Sour Cream/Salsa Rice/Beans Coleslaw Yogurt with Berries	Tuna Salad Sandwich Rye Bread Pea Salad Chips Melon	

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.