

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

# WCSI GAZETTE

**JUNE 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, June 11th  
 Special Trip  
 Lunch at Oswego Grill, Vancouver  
 Outdoor Tour

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

**SAVE THE DATE**

Thursday July 9th

Mt. Angle Abby & Benedictine Brewery



Please Join us on

Wednesday, June 3rd

Wednesday June 17th

@ 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**

**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.**

### **Estate Planning - Monday, June 1**

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.

### **Medicare 101 - Monday, June 8**

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.

### **Fraud Prevention - Monday, June 22,**

MAPS Credit Union invites the Wilsonville senior community to a free fraud prevention presentation focused on protecting yourself in today's digital world. Learn about common scams currently targeting seniors, how to recognize red flags, and simple steps you can take to reduce risk. Join us for this informative session designed to help you stay confident and safe.

### **The Occupation of Retirement - Monday, June 29**

This presentation focuses on the occupations in life that guide Occupational Therapy and provides information to stay healthy in balancing these occupations through the retirement years. The occupations are; Self care, Work (Volunteer), Play, Leisure, Health Management, Rest and Sleep Hygiene, Higher level Activities of Daily Living such as home management, financial management, cooking, pet care), Socialization Engagement, Education (learning).

### **Community Center Book Club**

Join a monthly book discussion facilitated by a Wilsonville Public Librarian with a different title each month. Bring your library card to check out the next month's title! Books will also be held at the reference desk until the week before the meeting and will be available for checkout upon request. Meets on the **last Wednesday of the month, 1-2pm**, at the Wilsonville Community Center. Upcoming Titles include *Everything is Tuberculosis* by John Green (June 24).

### **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.

## June 2026 Activities Schedule

	<b>ONGOING ACTIVITIES</b>	<b>CLASSES AND PROGRAMS STARTING SOON</b>
<b><u>Monday</u></b>	<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> (1st Monday) 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>Located at Community Center unless otherwise noted.</p> <p><i>Pre-Registration Required + Please call 503-682-3727 to sign-up *</i></p> <p><b>Oil Painting + "Crimson Sunset"</b> Tuesday, 6/2 5:30 pm - 9:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p>
<b><u>Tuesday</u></b>	<p><b>Piecemakers Quilting</b> 9:00 am - 2:00 pm (Tauchman House)</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>Oil Painting + "Sunlit Forest"</b> Saturday, 6/20 10:00 am - 2:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p> <p><b>Lecture Series: Estate Planning*</b> Monday, 6/1 10:30 am - 12:00 pm</p>
<b><u>Wednesday</u></b>	<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>	<p><b>Lecture Series: Medicare 101*</b> Monday, 6/8 10:30 am - 12:00 pm</p> <p><b>Lecture Series: Fraud Prevention*</b> Monday, 6/22 10:30 am - 12:00 pm</p>
<b><u>Thursday</u></b>	<p><b>Improving Your Bridge</b> 10:00 am - 11:30 am</p> <p><b>I-5 Connection Community Chorus</b> (Will resume in September) 10:00 am - 12:00 pm</p> <p><b>Ladies Afternoon Out</b> 1:00 pm - 3:00 pm</p>	<p><b>Lecture Series: The Occupation of Retirement*</b> Monday, 6/29 10:30 am - 12:00 pm</p>
<b><u>Friday</u></b>	<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>	<p><b>Class Spotlight Beginning Tai Chi</b> Tuesdays and Thursdays, 5/12 - 7/2 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>

**CONGREGATE MEETING AGENDA**  
**Wednesday, June 10, 2026 @ 11:45 a.m.**  
**Multi Purpose Room, Community Center**

The mission and purpose of Wilsonville Community Seniors, Inc. (WCSI) is to make a positive contribution to the lives of senior citizens and the community of Wilsonville. To provide opportunities for promoting, developing, and maintaining positive relationships with other seniors and the community by:

Establishing WCSI as an independent and cooperative advocate for the Seniors in Wilsonville

Providing activities for Seniors to interact with each other and the community at large, including physical, recreational and educational experiences that promote learning, intellectual growth and enriching social abilities.

**I. Introduction of Board Members**

**II. Nominations to Board of Directors      Term : July 1, 2026 – June 30, 2028**

Nancy Combs

Priscilla Johnson

Donna Atkinson

Roberta Crew

Jeanne Kenczka

Sharon Rebers

**Remaining Members of the Board.**

**Term ending June 30, 2027**

Sandy Bernstein

Karen Atkinson

Jim Kendall

Jaelithe Formway-Nelson

Cynthia Allen

**III. Vote**

**\*\*Our Congregate consists of all seniors that participates in drop-in activities, classes, exercise, senior trips, and/or the lunch program at the Community Center**

**CONGREGATE ELECTIONS**  
**Wednesday, June 10, 2026**  
**9:00 am - Noon, Community Center**

**Wilsonville Community Seniors, Inc Board Members up for Election**

**Term : July 1, 2026 – June 30, 2028**



**Nancy Combs**



**Priscilla  
Johnson**



**Donna Atkinson**



**Roberta Crew**



**Jeanne Kenczka**



**Sharon Rebers**

**“Have gratitude for all that you have,  
Then you can be happy exactly as you are.”**

**Mandy Ingber**



Pictured are members of the Wilsonville Piecemakers, a quilting and sewing group serving as a representative committee of Wilsonville Community Seniors, Inc.

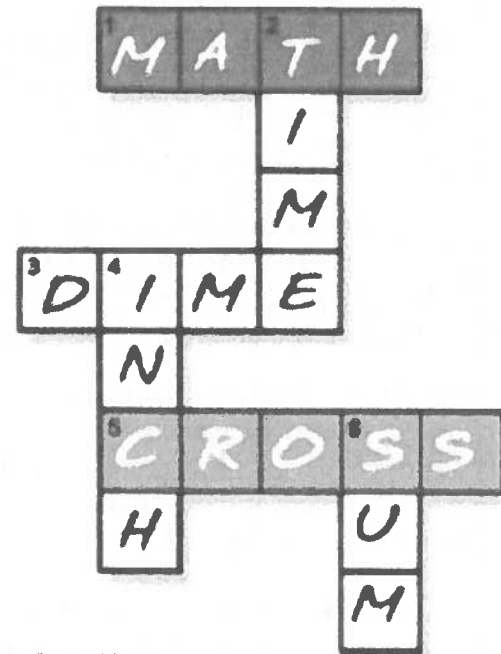
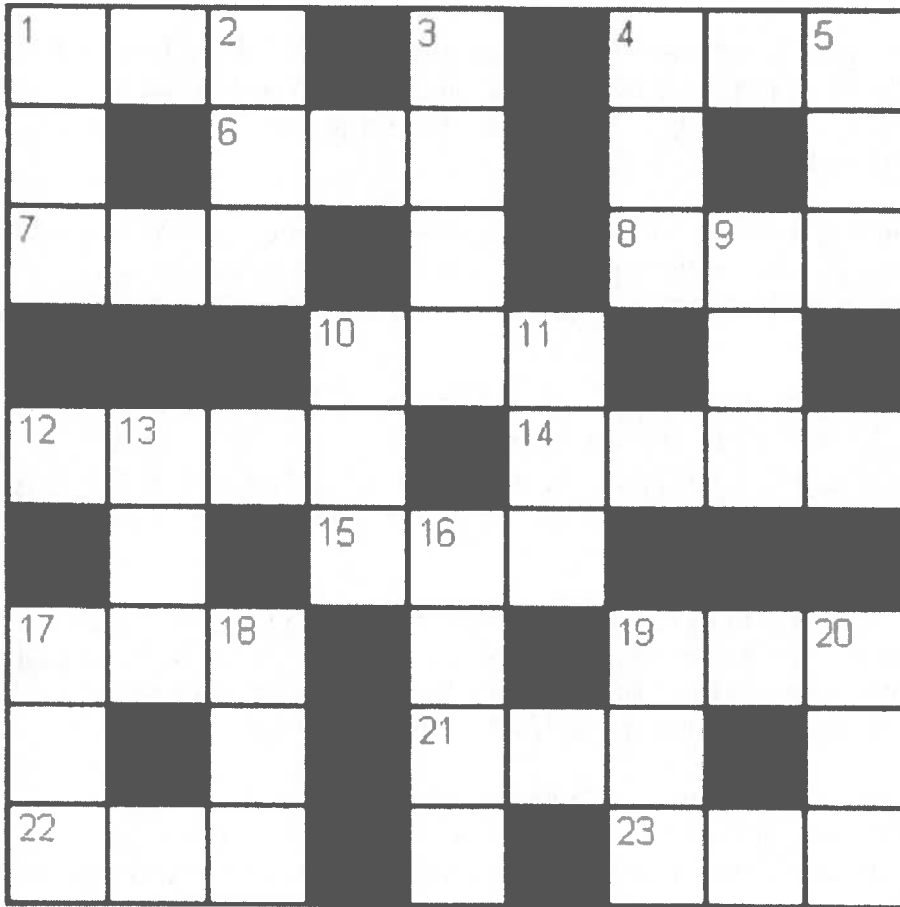
They meet weekly at Tauchman House in Wilsonville welcoming seasoned quilters, sewers, knitters and those who are just beginning. The group shares skills and ideas while also offering encouragement and fellowship to anyone wishing to be a member.

Their mission is to provide comfort to those in hospitals and others in need of comfort by donations of quilts, doll blankets, placemats, knitted hats and other sewn items.

Quilting/sewing, days are Tuesdays from 9:00 to 11:30 at Tauchman House unless otherwise posted.

“Quilting is the art of finding harmony in pieces.”  
—Angela Walters

# MATH CROSS PUZZLE



**Puzzle #2**

**ACROSS**

1.  $634 - 231 =$
4. 1 Down + 100 =
6.  $900 - 600 =$
7. 800, 802, 804, \_\_\_\_, 808...
8. 16 Down - 100 =
10. 121, 122, \_\_\_\_, 124, 125...
12.  $452 + 892 =$
14. The number that comes after 999
15. 800, 804, 808, 812, \_\_\_\_, 820...
17.  $222 + 222 =$
19. 15 Across - 17 Across =
21. 7 Across - 1 Across =
22. 600, \_\_\_\_, 602, 603...
23. The number before 318

**DOWN**

1.  $927 - 509 =$
2. 330, 333, \_\_\_\_, 339, 342...
3.  $556 + 506 =$
4.  $299 + 240 =$
5.  $1000 - 200 =$
9. 400, 410, \_\_\_\_, 430, 440...
10. 136, 140, 144, \_\_\_\_, 152...
11. The number immediately before 317
13. 12 Across - 16 Down =
16.  $248 + 792 =$
17.  $400 + 50 + 6 =$
18. 8 Across - 4 Down =
19. 111, 222, \_\_\_\_, 444, 555...
20. 7 Across - 4 Down =

ANSWERS ON PAGE 11

## Library News

### Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

As I write these words, the sun has come out with a vengeance! So is it too soon to wish for a bit of rain already? Oh well, the vegetables in our library's Community Garden plot (located just a short walk downhill from the library) are looking good and getting bigger, so I guess there's something to be said for sunshine too! Here's what else is growing at the big library:

Everyone loves the Scavenger Hunt, and starting **June 5**, our **Summer Scavenger Hunt** is on! Your goal: Find all 15 corn pigs throughout the library building to solve the puzzle and win a prize. But can you solve the puzzle in time? Turn in your completed Scavenger Hunt form to the Circulation Desk to receive a small prize. Last day of the Hunt will be July 3<sup>rd</sup>.

On all five **Mondays in June**, (the 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>), from **1:30 to 3:00**, come on down for one of our most popular library programs, *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 skill levels welcome! For ages 18+.

On **Monday, June 1<sup>st</sup> from 11am to 12pm**, Please join us for a free *Computer Basics* class, taught by an instructor from Goodwill. This class is for those who haven't ever opened a computer, and also for casual users wanting to get the most from their time spent in front of the computer screen. Computers provided for the class use Windows 11. No advance sign-ups are necessary. Just show up!

The Library will host an intermediate-level *ESL Class* on all five **Tuesdays in June** (the 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<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!

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 June** (the 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup>) from **10am to 12pm in the Simmons Room**, then (after lunch) from **1-3pm in the Rose Room**.

The latest installment of the library's popular *PROFILES* lecture will appear (online) on **Wednesday, June 3<sup>rd</sup> from 11am to 12:30pm**. Taught by Emeritus Professor Bill Thierfelder, this month we feature a lecture titled *Governing with Pride*. This program explores the accomplishments of seven LGBTQ+ political leaders in America, from Harvey Milk to more recent leaders like Pete Buttigieg. Sign up anytime to receive the Zoom meeting code at: [www.wilsonvillelibrary.org/classes](http://www.wilsonvillelibrary.org/classes).

On **Thursday, June 4<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, we're featuring the game *Pictionary!* For ages 18+, please.

On **Friday, June 5<sup>th</sup> from 10-12am** and (after lunch) from **1 to 4 pm**, The Clackamas WIC Program will host a monthly clinic inside the Wilsonville Library Rose Room. 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. Check out more about WIC and its services here: <https://www.clackamas.us/publichealth/wic>

## Library News Continued

Our educational and fun SpaceTalks program will touch down at 11am on Saturday, June 6<sup>th</sup>, when Donn Anderson and John Jennings from the Evergreen Aviation and Space Museum will present *Artemis: Back To The Moon, This Time To Stay*. After a 53-year “pause” according to NASA Administrator Isaacman, we have finally returned humans to (the vicinity of) the Moon! Artemis I tested the Orion capsule, and Artemis II took a crew of 4 all the way around the Moon! Artemis III and IV are yet to come. What went well? What didn’t? What comes next? This presentation is free and open to all.

On Monday, June 8<sup>th</sup> 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, with no sign-up necessary.

Friday, June 12<sup>th</sup> from 3 to 5pm, please join us for *Celebration Cinema!* This month’s entry is *Pride Month: Pieces of Us*, an award-winning documentary film focusing on the intimate and personal journeys of five gay, straight and transgender LGBTQ+ hate crime survivors whose lives intertwine through the brave choice to take their recovery public, inspiring the survivor in all of us.

Monday, June 15<sup>th</sup>, from 11am to noon, Goodwill returns for a class about 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.

That same day (Monday, June 15<sup>th</sup>) from 1:00 to 2:30pm, budding or experienced genealogists can join the *Genealogy Club*. We’ll discuss genealogy tips, tricks and research, all organized and presented by Librarian Malia Laughton. The club is free and open to all ages and skill levels!

On Monday, June 15<sup>th</sup>, from 6:00 to 7:30pm, please join us for *Beyond 250: Who Are “We the People”?* Our stories about who we are—as a nation or as a community—often don’t match the reality of who is actually part of our community. When the Declaration of Independence was written, people living in what would become the United States didn’t all have the same rights. What does that mean for us 250 years later? This conversation is a chance to reflect on what the Declaration of Independence means today, what it means to be American, and what it takes to work together for the benefit of all. The discussion will be facilitated by Eliot Feenstra.

On Friday, June 19<sup>th</sup>, the Library will be closed in celebration of Juneteenth. Please join us when we reopen on Saturday!

If you’re looking for a job, perhaps our Job Search class might help. On Monday, June 22<sup>nd</sup> at 11am, the 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. Computers provided for class use run on Windows 11. Free to all, no signup required.

On Wednesday, June 24<sup>th</sup>, from 1:00 to 2:00pm, meet us at the Community Center (not the library!) for the monthly *Community Center Book Club*, hosted by Librarian Crystal Reynolds. This month’s read is *Everything is Tuberculosis* by John Green. In 2019, Green met Henry Reider, a young tuberculosis patient at Lakka Government Hospital in Sierra Leone and they became friends. In the years since, Green has become a vocal advocate for increased access to treatment and wider awareness of the healthcare inequities that allow this curable, preventable infectious disease to also be the deadliest, killing over a million people every year.

## Library News Continued

In *Everything Is Tuberculosis*, John tells Henry's story, woven through with the scientific and social histories of how tuberculosis has shaped our world—and how our choices will shape the future of tuberculosis. Copies of the book are usually available to check out in the month before the meeting. Just ask at the Reference Desk!

Finally, on a personal note, this column will be my last. After more than 25 years of working here at the Wilsonville Library, I am retiring to a stress-free life of leisure and fun...or at least, that's my plan! I wish all of you the very best, now and in the future, and hope you will continue to love your Wilsonville Library just as much as I do. Stay tuned to see what's next!

### ANSWERS TO MATH CROSS PUZZLE

1	4	0	7	3	1	4	5	1	5	8		
1		6	3	0	0		3		0			
7	8	0	6		6		8	9	4	0		
			10	1	2	11	3		2			
12	13	1	3	4	4		14	1	0	0	0	
		0		15	8	16	1	6				
17	4	4	18	4		0		19	3	7	20	2
5			0		21	4	0	3			6	
22	6	0	1		0		23	3	1	7		

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# HAPPY FATHER'S DAY

The nation's first Father's Day was celebrated on June 19, 1910 in the state of Washington. It all began when Sonora Smart Dodd was inspired by a Mother's Day celebration at her church, to plan a day to honor fathers.

Father's Day celebrations gained national attention when President Calvin Coolidge stated he wanted to impress upon fathers the full measure of their importance and obligations to their children.

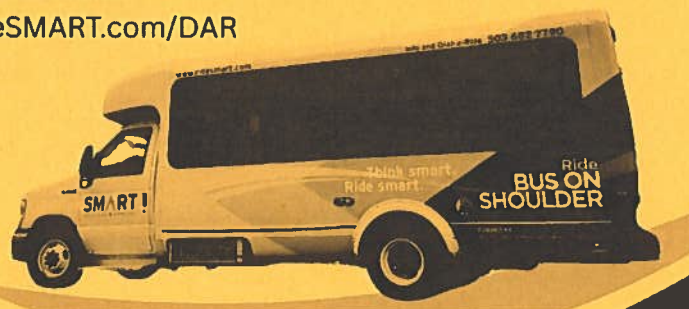
The holiday gained further traction during WWII. Then in 1966 President Lyndon Johnson proclaimed the third Sunday of June to be Father's Day. It became a federal holiday 6 years later.



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](http://RideSMART.com/DAR)
- Rides can be reserved up to two weeks in advance
  
- Questions? ☎ 503-682-7790
- Learn more 🌐 [RideSMART.com/DAR](http://RideSMART.com/DAR)



# June 2026

Monday	Tuesday	Wednesday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>5</b>
Terriyaki Meatballs Green Pepper/Pineapple Sweet and Sour Sauce Brown Rice Stir fry Vegetables Fruit	Tomato Basil Soup ½ Turkey Sandwich Lettuce/Tomatoes/Provolone Chips Ice Cream bar 	Waldorf Chicken Salad Green Apples/Raisins/Celery/ Onion Spring Mix & Roll Cookie	BBQ Pork Slider  Potato Salad Baked Beans Angel Food Cake with Fruit Topping
<b>8</b>	<b>9</b>	<b>10</b>	<b>12</b>
Chicken Quesadillas Sour Cream/Salsa Rice Chuckwagon Vegetables Yogurt with Berries	Ham/ Swiss Sandwich Arugula/Focaccia Bun Macaroni Salad Peaches	Bowtie Pasta Caesar Salad Chicken/ Cherry Tomatoes/Parmesan Caesar Dressing Roll Lemon Bar	Egg Salad Sandwich Celery/Onion/Red Pepper Salad Chips  Cookie
<b>15</b>	<b>16</b>	<b>17</b>	<b>19</b>
Ravioli Italian Vegetables Garlic Bread Pudding 	Chicken Greek Salad Feta, Cucumbers, Red Onion, Olives Focaccia Ice Cream Cup	<u><b>Father's Day Lunch</b></u> Beef Wellington Mashed Potatoes/Gravy  Hot Vegetables Roll Banana Cream Pie	<b>JUNETEENTH</b>  <u><b>Center Closed</b></u>
<b>22</b>	<b>23</b>	<b>24</b>	<b>26</b>
Pesto Chicken Pasta Mixed Vegetables Focaccia Cookie	Rueben Sandwich Potato Salad Brownie	Chicken Caesar Wrap Chips Fruit	 <u><b>Chef's Choice</b></u>
<b>29</b>	<b>30</b>		
Breakfast Biscuit Sausage/Egg/Cheese Hashbrowns Fruit	 Turkey and Cheese Croissant 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.**