

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

WCSI GAZETTE

MARCH 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
Jenne Kenczka, Jim Kendall, Sharon Rebers 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



Meet at City Hall 10:30 am

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

UNLESS otherwise noted below

Thursday, March 12th

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

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

SAVE THE DATE

Thursday April 9th

**Berties Cafe for lunch then off to
Portland Puppet Museum**



Please Join us on

Wednesday, March 4th

Wednesday March 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**



Wilsonville Community Center

Brian Stevenson, Program Manager

Medicare.gov Plan Finder Workshop

On **March 9**, join Clackamas County SHIBA (Senior Health Insurance Benefits Assistance) for an interactive workshop to find the best Medicare plan for you. Bring your laptop (or simply watch the demonstration) and learn how to use the Plan Finder tool on Medicare.gov to compare Medicare Advantage plans. SHIBA Counselors are trained volunteers who provide free, objective Medicare education. The workshop will begin at 10:30 am and will take place at the Wilsonville Community Center. Participants are asked to contact the Community Center at 503-682-3727 to pre-register.

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:

Mar. 25: *Pony Confidential* by Christina Lynch

Apr. 22: *The Night Circus* by Erin Morgenstern

May 27: *The Frozen River* by Ariel Lawhon

Alzheimer's Support Group

This group provides support, education, and community for those who are caring for a person diagnosed with some form of dementia, such as Alzheimer's disease. Participants are encouraged to share their journey, knowledge, and questions. Meetings will take place the 2nd Tuesday of the month at the Charbonneau Activity Center (32000 SW Charbonneau Drive) from 1:00 - 2:00 pm. Contact Sadie Wallenberg at 503- 570-1526 for more information.

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 accepted but not required. Do you know a senior who is home-bound and needs a meal? The Home Delivered Meal Program provides daily weekday meals. To determine eligibility for the program please call 503-570-1526.

Beginning Tai Chi

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. The class will take place on **Tuesdays and Thursdays from 2:00 - 2:45 pm at the Community Center**. The cost for the entire session which runs 3/10 - 4/30 is \$85, or drop-in for just \$10 per class.

BINGO NIGHT

WCSI BINGO NIGHT FUNDRAISER

Adults 18 years or older, enjoy a fun evening of Bingo while supporting Wilsonville Community Seniors, Inc, activities

SATURDAY, APRIL 18, 2026 6:30pm - 9:00pm

Doors will open at 6:00pm
WILSONVILLE COMMUNITY CENTER

Tickets on sale at the Community Center
beginning Wednesday, March 18, 2025

Sales continue on Mon. Wed, and Fri. 9:00 am to Noon while they last.

Special evening sales date:
APRIL 2ND 5:00-7:00pm

Seating is Limited

\$30.00 (cash or check) - 11 games of Bingo, 2 Special Games
Bring your ticket to the event

| | |
|---------------------------------|------------------------------------|
| Raffle Basket Tickets: | \$1.00 each or 6 for \$5.00 |
| 50/50 Raffle Tickets: | \$5.00 each |
| Candy Jar Guess Tickets | \$1.00 each |
| Hand Made Quilt Tickets: | \$5.00 each |
| Daubers | \$2.00 each |

For more information or questions please contact
Donna at WilsonvilleCSL@gmail.com

You should never iron a Four leaf Clover,
You don't want to press your luck



March 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><i>Pre-Registration Required + Please call 503-682-3727 to sign-up *</i></p> <p>Oil Painting + “Lighthouse” Tuesday, 3/3 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p>Lecture Series: Medicare.gov Plan Finder Demonstration* Monday, 3/9 10:30 am - 12:00 pm</p> <p>Oil Painting + “Haven in the Valley” Saturday, 3/21 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p><u>Class Spotlight</u> <u>Soul Flow Yoga +</u> Tuesdays, 3/3 - 4/21 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 for entire session (\$10 drop in)</p> <p><u>Activity Spotlight</u> <u>Conversational Spanish Group</u> Fridays, on-going A relaxed, conversational Spanish group to encourage adults with some Spanish background to meetup and improve their Spanish speaking fluency. The group will try to speak primarily in Spanish and will have some suggested topics, as well as Spanish speaking guests. 10:30 am - 11:30 am No charge</p> <p>-Stay tuned for Egg Hunt info in the next gazette issue.</p> |
| <u>Tuesday</u> | <p>Piecemakers Quilting 9:00 am - 2:00 pm (Tauchman House)</p> <p>Ukulele 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> | |
| <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</p> <p>I-5 Connection Community Chorus 10:00 am - 12:00 pm</p> <p>Poetry Club 1:00 pm - 2:00 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> | |

Library News

Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

March, we're told, comes in like a lion, rain or shine, your library is going to be here with lots of programs, events, and, wow--even books! Here's some of what we're doing this month:

Whether or not you entered the library's Tiny Art Show, the whole month of March is when we're displaying the entries and asking for your opinions. There are so many talented artists in our community, and they have provided a slew of entries this year (in all age categories). So, when you're in the library this month, let us know your favorites using our convenient pre-printed forms. Winners in each category will receive great renown, and even prizes (commensurate with our status as a taxpayer-funded non-profit organization!)

Need a brush-up on basic computer skills? Please join us on **Monday, March 2nd from 11am to 12 noon** when a volunteer teacher from Goodwill Industries will conduct a free Computer Basics class. Build a strong foundation by learning the basics of computer use. This class is for those who haven't ever opened a computer, but also for casual users. No need to sign up in advance, just come on down!

On all five (!) **Mondays in March (the 2nd, 9th, 16th, 23rd, and 30th) from 1:30 to 3pm**, 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 five Tuesdays in March (the 3rd, 10th, 17th, and 24th and 31st) 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 March (the 3rd, 10th, 17th, 24th, and 31st) 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, March 4th from 11am to 12:30pm**. Taught by Emeritus Professor Bill Thierfelder, this month we feature a lecture on Gertrude Stein. Gertrude Stein was an American novelist, poet, playwright, and art collector. Born in America, Stein moved to Paris in 1903 and made France her home for the remainder of her life. She hosted a Saturday evening salon where the leading figures of modernism in literature, music, and art, would meet. This program explores some of the luminaries who made Gertrude Stein's salon one of the most remarkable artistic and creative experiences of the 20th century. Sign up anytime to receive the Zoom meeting code at: www.wilsonvillelibrary.org/classes.

On **Thursday, March 5th, 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.

Our popular SpaceTalks presentation is **11am on Saturday, March 7th**, when Donn Anderson and John Jennings from the Evergreen Aviation and Space Museum will present *My Rocket Engines* in the Library's cavernous Oak Room. During his career as a Rocket Engineer, John Jennings has had the privilege to be involved in the development and testing of amazing rocket engines. Learn about them, and the rocket engine development going on at SpaceX right now! Free and open to all

Library News Continued

On **Monday, March 9th from 11am to noon**, please join a Goodwill Industries volunteer for a class focusing on Gmail. Learn to create, or better utilize a Google email account. This class will guide you through the process of account creation and navigate the use of tools to enhance email productivity. Free and open to all.

Our recently-introduced **Trivia Nights** have proven a success! On **Thursday, March 12th at 6pm**, get ready for March Madness Trivia. This night is all about wild facts and delightfully unpredictable questions that celebrate the “madness” of March in the most unexpected ways. Bring your sharpest teammates and your silliest energy. For ages 18+, no reservations needed, but come (a bit) early!

On **Saturday, March 14th, from 2-3pm**, please join us for the latest in our popular Book Notes Concerts. *The Early Music Guild of Oregon* will headline this month. This head banging quintet performs Baroque music of the early 17th century on period instruments. (Will they smash their guitars after the concert? Attend and find out!) No signup necessary—just come in and claim a seat!

Also on **Saturday, March 14th at 1pm**, we'll present a book talk by local author George Sorensen. Mr. Sorensen's new book, *The Cello Who Loved Me: An Accidental Pilgrimage to Master the World's Most Beautiful Instrument*, details how a surprise recital while walking the Camino de Santiago turned into another kind of pilgrimage: learning to play the cello! Free and open to all.

On **Monday, March 16th, from 11am to noon**, please join a Goodwill Industries volunteer for a class on Microsoft Word. Begin to gain practical formatting skills and an introduction to advanced skills like design and layout. Free and open to all, no sign-up necessary.

Also on **Monday, March 16th, 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. Chaired by Librarian Malia Laughton, it is open to all ages, and guaranteed to be completely free of guitar smashing!

Beginning **Friday, March 20th**, join us for our latest Scavenger Hunt! This Spring Break, be on the lookout for bees! The Spring Scavenger Hunt is on, and your goal is to find all 16 bees 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. The last day of the Hunt is the last day of the month.

On **Monday, March 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.

On **Wednesday, March 25th, 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 *Pony Confidential*, by Christina Lynch. The novel takes the form of a mystery about a grumpy pony who goes on a cross-country journey to clear the name of his former owner, Penny, who has been wrongly accused of murder. Copies are usually available before the meeting. Ask at the Reference Desk!

Last but certainly not least, if you're searching for a better job, or looking to find one, the library will be hosting the **Goodwill Job and Resource Fair on Friday, March 27th from 11am to 1pm**. You can connect with local employers who might just be offering the perfect role for your next career move. Information about Goodwill Job Connections and the services they provide will also be available.

WILSONVILLE WALKERS
MARCH 2026

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.

March 3 Tues. **Memorial Park**, lower parking lot, to Boones Ferry Park and return

March 5 Thurs. **Mentor Graphics** - meet in the US Chef's Store parking lot across from the post office

March 10 Tues. **Tualatin River National Wildlife Refuge**, 19255 SW Pacific Highway, Sherwood.
Coffee hour at Panera Bread, 21174 Langer Farms Parkway, Sherwood

March 12 Thurs. **Villebois** - meet in the WES/Smart Transit Center parking lot, 9699 SW Barber Blvd, Wilsonville

March 17 Tues. **Wilsonville Public Library parking lot**

March 19 Thurs. **Brown's Ferry Park**, 5855 SW Nyberg Street, Tualatin.
Coffee hour at Panera Bread in the Nyberg Shopping Center

March 24 Tues. **Murase Plaza**, upper Memorial Park

March 26 Thurs. **Canby Logging Road Trail/Eco City Park**, 1314 NE Territorial Road, Canby. Coffee hour at Denny's in the Fred Meyer parking lot. (to reach Denny's take a left out of the park's parking lot, a right at the next corner, Redwood St., continue on and cross 99E, and take the first right into the FM parking lot. Denny's is at the far end)

March 31 Tues. **Charbonneau** - meet in the Village Center parking lot near Lux Sucre Bakery where we will be having our coffee hour following our walk



Daylight Savings Time begins at 2:00 am on
Sunday, March 8, 2026

Remember to set your clocks ahead 1 Hour
before going to bed on the 7th

CELEBRATING BIRTHDAYS

Wednesday, March 11th

Lunch Time

WCSI will be celebrating all those who have a
March and April Birthdays



SOME INTERESTING FACTS ABOUT MARCH

March 1, 2007 a detachment of 170 Swiss infantrymen accidentally invaded Liechtenstein after getting lost on a training mission. Once they explained the mistake, the Swiss army was given directions to return home safely.

March 6, 1912 the Oreo cookie was created. They quickly became one of the most popular snacks in the world

Monopoly board game was invented on **March 7, 1933**

March 10, 1876 the first successful phone call was made to Alexander Graham Bell's assistance

Pi Day is celebrated on **March 14th** with math jokes, competitions and eating pie.

March 17th Chicago River turns green among other festivities celebrating St. Patrick's Day.

March 17, 1973 Pink Floyd's Dark Side of the Moon first hit the Billboards chart at number 95. 14 years later it finally left the top 200, setting a still unbroken world record.

March 20th is the vernal equinox, giving us a near 50 - 50 split of day and night.

March 31, 1889 was the inauguration of the Eiffel Tower. A group of government officials, press and Mr. Gustave Eiffel walked to the top of the tower, it took them over an hour.

When you cross a four leaf clover with poison ivy
You get a
Rash of Good Luck

BE A
rainbow
IN SOMEONE ELSE'S
cloud



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



It's impossible to borrow money from a leprechaun
Because they are always
just a little short



March 2026

| Monday | Tuesday | Wednesday | Friday |
|--|---|--|--|
| 2 | 3 | 4 | 6 |
| Chicken Cordon Bleu Rice Pilaf Vegetable Pudding cup | Minestrone Soup Cheese Bread Salad Lemon Bar  | Egg Salad Sandwich Pea Salad Chips Fruit Salad | Tater Tot Casserole Fresh Salad Roll Cookie  |
| 9 | 10 | 11 | 13 |
| Breakfast Burrito Sausage/Egg/Cheese Tri Colored Potatoes Filled Muffin  | Salisbury Steak Mushroom Gravy & Mashed Potatoes Green Beans Fruit | Turkey & Cheese Croissant Macaroni Potato Salad Chips Cake with Berries | Fish Tacos Lettuce/Cheese/Tomatoes Salsa/Sour Cream Rice/Beans Cookie |
| 16 | 17 | 18 | 20 |
| Pasta Bake with Italian Sausage Green Beans Focaccia Bread Fruit | Reuben Sandwich Tater Tots Tiger Brownie  | Asian Chicken Salad Chow Mein Noodles/Celery/Green Onion Roll Cookie |  Chef Choice!  |
| 23 | 24 | 25 | 27 |
| Spaghetti and Meatballs Green Beans Garlic Toast Fruit Salad  | Ham/Swiss Slider Cup of Soup Chips Peaches | Curried Chicken Salad Celery/Onion/Raisins & Cashews on Spring Mix Roll Brownie | Crispy Chicken Sandwich Shredded Lettuce/Tomato Potato Wedges Cookie  |
| 30 | 31 | | |
| Ham & Scalloped Potato Casserole Vegetable Jello | Chicken Enchiladas Green Sauce/Sour Cream/Cheese & Salsa Fiesta Rice Churro |  | |

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 welcome 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.