

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

WCSI GAZETTE

MAY 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, Steven Bushman
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 Friday, May 2nd @ 9:00am

Thursday, May 29th

Lunch at Blondzee's in Salem

Then off to Adelman Peonies Gardens

SAVE THE DATE

Thursday June 12th

MYSTERY TRIP

Be adventurous and join us on a fun excursion



Please Join us on
Wednesday, May 7th
Wednesday, May 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

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 encouraged 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.

Sit, Stand and Be Fit with Kate

The Sit, Stand and Be Fit class is designed for older adults and anyone needing slow gentle movements. Using the chair, the class focuses on resistance training and cardio to give a total body workout without being on your feet. Gain improved core strength, flexibility, balance, coordination, circulation, and reaction time. Standing options available for those who are able. The class is sure to lift your spirits and put a smile on your face! This ongoing, drop-in class meets Mondays, Wednesdays and Fridays at the Community Center at 11am. Class cost is just \$1 per session!

AARP Smart Driver

The Community Center is excited to present the “AARP Smart Driver™” classroom course. 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 and attendees may even be able to save money on their auto insurance with successful completion of the course. The one-day course will take place on **Tuesday, June 18 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.

Ongoing Activity Spotlight - Poetry Club

Whether you're just starting out or have been crafting poems for years, this group encourages you to express yourself through poetry. By sharing poems attendees can learn from each other's unique perspectives and grow together as writers. Whether you write for fun or with serious intentions, the Poetry Group is a place to come together and explore the beauty of language and the power of poetry. This free group meets on the 1st and 3rd Tuesday of the month from 1-3 pm.

Dancing Dust

By Steven T. Bushman

Dust particles dance,

Undulating and ovulating in space
and light.

In their orbit seeming so skilled,
Surfing singularly in Perfect Rhythm.

You too can go there to the
Velocity of Love,

The outer branch, beyond your
pillows edge.

What is this linen creased? Go further
For the lair of grasping awaits you
in dreamland.

In this mystery, Light becomes you.
Snowflakes each are solitary palaces

Drink in the light, take the
seas updraft

The particles of Remembrance hold
the perfect key.

May 2025 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>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 + “Oriental Falls” Tuesday, 5/6 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p>Life 101 Series: Estate Planning * No charge Tuesday, 5/6 10:30 am - 11:30am</p> <p>Oil Painting + “Lakeside Sunset” Saturday, 5/17 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p>AARP Smart Driver* Tuesday, 5/27 9:00am - 4:30pm (\$20 for AARP members) (\$25 for non-members)</p> <p><u>Event Spotlight</u> Goat Petting Event A herd of goats from Go Goat will be descending upon Memorial Park the first two weeks in May to help mitigate invasive blackberry. Come say hello at this free petting event in Memorial Park near Stein-Boozier Barn. Saturday, 5/10 10:00 am - 12:00 pm Free</p> <p><u>Class Spotlight</u> Beginning Tai Chi + Tuesdays and Thursdays, 5/13 - 7/3 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>	<p>Piecemakers Quilting 9:00 am – 11:45 am (Tauchman House)</p> <p>Ukulele Jam Group 9:30 am– 11:30 am (Parks & Rec. Admin Office)</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>Poetry Club 1:00 pm - 3:00 pm (1st & 3rd 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 (4th 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>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>	

WCSI BOARD ELECTIONS

WEDNESDAY, JUNE 11TH

Cast your ballots beginning at 9:00 AM in the lobby
Ending at noon in the Multi Purpose Room

We will be electing 6 board members
for a two year term
July 1, 2025 – June 30, 2027



We Are All A Piece of the Puzzle

Wilsonville Community Seniors, Inc has 11 board members plus an advisor from the Parks & Recreation Department. Each Board Member serves a Two Year Term.

Every year one half of the board seats are up for election. Our Congregate (consisting of all seniors that participates in drop-in activities, classes, exercise, senior trips, and/or the lunch program at the Community Center) votes each June to fill the upcoming 2 year term.

On June 11th come into the Community Center and fill out a ballot to help elect members to the WCSI Board.

CONGREGATE MEETING AGENDA
Wednesday, June 11, 2025 @ 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, 2025 – June 30, 2027

Cynthia Allen
Karen Atkinson
Sandy Bernstein
Jaelithe Formway-Nelson
Aster Getachew
Jim Kendall

Remaining Members of the Board. Term ending June 30, 2026

Donna Atkinson
Nancy Combs
Roberta Crew
Priscilla Johnson

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**

Library News

Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

Are you happy about the warmer days and fine weather? Me too! I can always see all the lovely, sunny days and happy crowds of people enjoying the fine weather so clearly, directly through the large windows here at the library. But I'm not jealous—not at all! I can also see the snow come down in the winter! Winter or summer, there's always something happening at the library—Here are just some of the activities happening this month—

Inaugurating the month, we will host a free public screening on **Thursday, May 1st at 6pm. *Samurai in the Oregon Sky* is a new documentary**, which will be introduced by its director, Ilana Sol-Pich. In 1942, Japanese pilot Nobuo Fujita catapulted his seaplane off a submarine, flew over the forests of southern Oregon, and conducted the only manned aerial bombings of the United States mainland during WWII. He never dreamed he would one day be invited back to the region, where he would begin a 35-year friendship with the people of a small Oregon town. Watch the 48-minute documentary film and then learn all about its creation with a Q&A with the director, Ilana Sol-Pich.

Please join us for May's First Friday Film on **Friday, May 2nd at 3pm!** This time, we're screening *Here* (PG-13), A generational story about families and the special place they inhabit, sharing in love, loss, laughter, and life. The story covers the events of a single plot of land and its inhabitants, spanning the distant past to the 21st century. The film features Tom Hanks. We have comfy padded seats, free snacks, and a break from the hurly-burly of modern life. No admission charge, so what's not to like? Hope to see you there!

Our popular **SpaceTalks** presentation will touch down at **11am on Saturday, May 3rd**. The presentation this month is titled *Touching the Atmosphere of the Sun*. The amazing Parker Solar Probe has been flying closer and closer to our Sun since 2018, most recently into its very corona just last month. Come find out what we've been learning about our nearest star--the Sun. Free and open to all, right here in the library's Oak Room.

Also on **Saturday, May 3rd from 3-5pm**, please join us for the return of the Jedi Goats! Start your Star Wars celebration early, with crafts, activities, and the aforementioned (real) Jedi goats! Star Wars fans of all ages are welcome, entry is free, and costumes are encouraged. Highly recommended for the whole family!

On alternate **Mondays, May 5th and 19th at 10am**, renters can visit representatives from Rent Well. Rent Well is a tenant education program to help people overcome housing barriers related to rental, credit, or criminal history. Participants may sign up for and complete a 15+ hour course that covers renters' rights and responsibilities, affordable housing options, and housing barriers. Participants receive a free background report and create a housing portfolio that they can use during the housing application process. Upon graduation, participants receive a certificate, access to incentive funds for landlords, and the ability to apply for limited one-time move-in cost assistance within 18 months of graduation. Find out more information at www.rentwell.org.

Library News Continued

We will host an intermediate-level ESL class on **Tuesdays in May** (the 6th, 13th, 20th, and 27th) 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!

On **Fridays this month (the 2nd, 9th, 16th, 23rd, and 30th)**, 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 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>.

On **Saturday, May 10th, from 2 - 3pm**, please join us at the library's large picture windows for the latest in our popular **Book Notes Concert** performances: *Sean Gaskell*, a multitalented and experienced musician will play a selections of traditional West African songs on the kora, a 21-string harp. The concert is free of charge with no reservations necessary. Arrive early to get a good seat!

On **Thursday, May 15th, 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: *Gap Creek* by Robert Morgan. The novel's protagonist, young Julie Harmon, works "hard as a man," so hard in fact, that at times she's not sure she can stop. People depend on her to slaughter the hogs, nurse the dying, and much else. There is always more to do. At age seventeen she marries and moves down into the valley of Gap Creek, where perhaps life will be better. But Julie and her husband Hank's new life in the valley, in the last years of the nineteenth century, is more complicated than the couple ever imagined. Sometimes it's hard to tell what to fear most—the fires and floods or the flesh-and-blood grifters, drunks, and busybodies who insinuate themselves into their new life. To survive, they must find out whether love can keep chaos and madness at bay. Their struggles with nature, with work, with the changing century, and with the disappointments and triumphs of their union make Gap Creek a timeless story of a marriage and rural life of long ago.

Walkers should meet in the library's lobby at 1pm. Walks generally last about 45 minutes and will meet rain or shine!

On **Monday, May 19th, 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.

Monday May 26th is Memorial Day in the United States, and the **library will be closed** in its honor. Remember those who made the ultimate sacrifice for your liberty, and those who protect it now. We'll open again on the 27th. See you then!

WILSONVILLE WALKERS MAY 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 following our walk will be at Boston's Pub & Grill unless otherwise indicated.

May 1 Thurs. **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 Dennys: Take a left turn out of the parking lot, a right at the next intersection, Redmond Street, and follow that down and cross 99E, and enter the shopping center at the first right turn)

May 6 Tues. **Old Town/Boones Bridge** - meet in the Fred Meyer parking lot near McMenamins

May 8 Thurs. **Grahams Oaks Nature Trail**, 11825 SW Wilsonville Road

May 13 Tues. **Murase Plaza**, upper Memorial Park

May 15 Thurs. **Villebois** - meet in the SMART/WES transit center parking lot, 9699 SW Barber Blvd.

May 20 Tues. **Brown's Ferry Park**, 5855 SW Nyberg Street, Tualatin. Coffee hour at Panera Bread, Nyberg Shopping Center

May 22 Thurs. **Mentor Graphics** - meet in the parking lot across from the post office in Wilsonville

May 27 Tues. **Lower Memorial Park** to Boones Ferry Park and return

May 29 Thurs. **Charbonneau** - meet in the Village Center parking lot, near Lux Sucre Desserts where we will have our coffee hour after our walk

CELEBRATING BIRTHDAYS

Wednesday, May 14h

Lunch Time

WCSI will be celebrating all those who have a
MAY and JUNE Birthday



WILSONVILLE COMMUNITY SENIORS INC.



WHAT IS NEW WITH WCSI?

**WE HAVE BEEN UP TO A LOT OF FUN
ACTIVITIES THIS YEAR!**

**TO SEE WHAT WE HAVE BEEN DOING
PLEASE VISIT: WWW.WCSI.INFO**

**WE ARE SEEKING A NEW BOARD MEMBER,
PLEASE INQUIRE THROUGH
EMAIL: WILSONVILLECSI@GMAIL.COM**



DID YOU KNOW

The first novel ever written on a typewriter was “Tom Sawyer”

Women invented fire escapes, laser printers, bulletproof vests and windshield wipers

Each year Hasbro prints more play money for Monopoly than the US Treasury prints for the entire country.

In the 1950’s drive in movie theaters were nick named “ the Passion Pit”

Russia launches the first satellite into orbit in 1957

Zip Codes were added by the US Postal Service in 1963

Mary Quant, a British designer, invented the miniskirt in 1964

A “Message in a Bottle” that was put into the sea in the UK in 1907, washed ashore in Amrum Island, Germany in 2015. These bottles were being used by scientist to study ocean currents in the North Sea.

May 2025

Monday	Tuesday	Wednesday	Friday
			2 BBQ Pork Slider Baked Beans Potato Salad Jello 
5	6	7	9
Ham and Grape Jam Hawaiian Roll Macaroni/Pineapple Salad Yogurt with Berries 	Pesto Pasta Chicken Ceasar Salad Garlic Bread Lemon Bar 	Greek Salad Chicken Breast /Kalamata Olives, Feta Tzatziki Sauce Pita Bread Cookie	<u>Mother's Day Lunch</u> Salmon Penne Salad with Strawberry/Feta/Pecans Garlic Toast Strawberry Cake
12	13	14	16
Breakfast Burrito Sausage/Egg/Cheese Hash Browns Fruit cup 	Chicken Bacon Tomato Sandwich on Rustic roll Pesto Mayo Potato Wedges Brownie	Burrito Bowl Chicken/Rice/Black Beans Lettuce/Tomato Sour Cream/Salsa Tortilla Chips Pudding	Pizza! Caesar Salad Ice Cream 
19	20	21	23
Tuna Melt Rye Bread Tots Cake with Berries	Beef Yakisoba Cabbage/Green Onion/Shredded Carrot Egg Roll Melon	Club Sandwich Carrot Salad Chips Cookie 	Hawaiian Haystacks Rice, Chicken, Cheese, Pineapple, Tomatoes, Crunchy Noodles, Green Onions Peaches & Cream Cup
26	27	28	30
 Center Closed	Cheese Ravioli with Marinara Sauce Bread Stick Green Beans Cookie 	French Dip Sandwich Horseradish sauce Au jus Potato Wedges Fruit Salad	 Chef Choice! 

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.