

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

# WCSI GAZETTE

**MAY 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**

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Thursday, May 14th  
Lunch Black Bear Dinner, Newburg  
Oregon Olive Mill

Sign up begins on Friday, May 1st  
@ 9:00 am

## SAVE THE DATE

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



Please Join us on

Wednesday, May 6th

Wednesday May 20th

@ 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**

#### **Nutrition Program - Volunteers Needed**

The Community Center's in-person lunch program is looking for volunteers to help with check in on Tuesdays and/or Fridays. The responsibilities include greeting and checking in lunch attendees. A friendly personality and welcoming demeanor are ideal traits! Volunteer efforts would be between 11 am - noon, then take a seat and enjoy lunch! Please contact Janice at 503-570-1527.

#### **Life 101 Lecture Series - Fall Prevention**

On Monday, May 18 join a fall prevention workshop that will include a comprehensive review of causal factors associated with falls and the importance to address and mitigate these risks. Risk factors include aging, physical, emotional and physiological changes and environmental factors such as home lighting, footwear, and obstacles causing falls. This lecture will be presented at 10:30 am at the Wilsonville Community Center. Please call 503-682-3727 to reserve your spot.

#### **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, May 26 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.

#### **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 *The Frozen River* by Ariel Lawhon (May 27) and *Everything is Tuberculosis* by John Green (June 24).

#### **Estate Planning**

On Monday, June 1 at 10:30 am, 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. There is no charge to attend but please call 503-682-3727 to reserve your spot.

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

Each 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 in June to fill the upcoming 2 year term.

## **WCSI BOARD ELECTIONS**

**WEDNESDAY, JUNE 10TH**

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

**We have 6 board members up for Re Election  
for a two year term, July 1, 2026 – June 30, 2028**

**Nancy Combs, Priscilla Johnson, Donna Atkinson,  
Roberta Crew, Jeanne Kenczka, and Sharon Rebers**



**We Are All A Piece of the Puzzle**

## May 2026 Activities Schedule

	ONGOING ACTIVITIES	CLASSES AND PROGRAMS STARTING SOON
<b><u>Monday</u></b>	<p style="text-align: center;"><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p style="text-align: center;"><b>Weight Loss Support Group</b> 12:00 pm - 1:00 pm</p> <p style="text-align: center;"><b>Chicago Bridge</b> 1:00 pm - 4:00 pm</p> <p style="text-align: center;"><b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm</p>	<p style="text-align: center;"><b>Located at Community Center unless otherwise noted.</b></p> <p style="text-align: center;"><i>Pre-Registration Required + Please call 503-682-3727 to sign-up *</i></p> <p style="text-align: center;"><b>Oil Painting + "Tuscan Sunset"</b> Tuesday, 5/5 5:30 pm - 9:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p>
<b><u>Tuesday</u></b>	<p style="text-align: center;"><b>Piecemakers Quilting</b> 9:00 am - 2:00 pm (Tauchman House)</p> <p style="text-align: center;"><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p style="text-align: center;"><b>Partners Bridge</b> 12:30 pm - 3:30 pm Call 503-449-5855 to sign up</p> <p style="text-align: center;"><b>Virtual Reality Fitness</b> 1:00 pm - 2:00 pm</p>	<p style="text-align: center;"><b>Oil Painting + "Jaguar"</b> Saturday, 5/16 10:00 am - 2:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p> <p style="text-align: center;"><b>Lecture Series: Fall Prevention*</b> Monday, 5/18 10:30 am - 12:00 pm</p>
<b><u>Wednesday</u></b>	<p style="text-align: center;"><b>Photography Club</b> 10:00 am - 11:30 am</p> <p style="text-align: center;"><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p style="text-align: center;"><b>Pinochle/Cribbage Play</b> 1:00 pm - 4:00 pm</p> <p style="text-align: center;"><b>Bingo</b> 1:00 pm - 2:00 pm (1st &amp; 3rd Wednesday)</p> <p style="text-align: center;"><b>Book Club</b> 1:00 pm - 2:30pm (Last Wednesday)</p>	<p style="text-align: center;"><b>Activity Spotlight Light in the Park</b> Opening reception Friday, 5/1 7:30 pm - 9:30 pm Enjoy a temporary light art installation from Foxlight Labs. Artwork will be installed May 1 - 10 Murase Plaza - Memorial Park</p> <p style="text-align: center;"><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>
<b><u>Thursday</u></b>	<p style="text-align: center;"><b>Improving Your Bridge</b> 10:00 am - 11:30 am</p> <p style="text-align: center;"><b>I-5 Connection Community Chorus</b> 10:00 am - 12:00 pm</p> <p style="text-align: center;"><b>Ladies Afternoon Out</b> 1:00 pm - 3:00 pm</p>	<p style="text-align: center;"><b>Soul Flow Yoga</b> Tuesdays, 5/5 - 6/23 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. Create new muscle memory patterns in the body with a series of poses followed by relaxing in a self-nurturing Savasana. 7:15 pm - 8:15 pm \$85 per session (\$10 drop-in)</p>
<b><u>Friday</u></b>	<p style="text-align: center;"><b>Conversational Spanish Group</b> 10:30 am - 11:30 am</p> <p style="text-align: center;"><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p style="text-align: center;"><b>Friday Bridge</b> 11:30 am - 3:00 pm</p> <p style="text-align: center;"><b>Mexican Train Dominoes</b></p>	

## RIGHTSIZING TIPS

By Ben Richardson

Are you thinking about starting the task of going through some items you have in your closets, cupboards, attic or garage? Here are a few tips that may help you.

1. Start by eliminating anything that's damaged, broken or no longer wanted. Making progress in "easier" areas will help build momentum to go through the harder to decide areas.
2. Decide what's really important. Pretend you are moving overseas and are limited on what you can bring. What items would be on your list? Those are the things you should keep. This way you can enjoy your treasures out in your personal space instead of tucked away in a box.
3. Don't be a storage unit for other people. If you have items from relatives or friends that you are holding onto ask them to come pick them up. Set a deadline after which you will donate the items.
4. Do you have items from a different lifestyle that you no longer use/need? For example you have a cupboard full of storage containers but are only cooking for one or two people now. You probably could lose a few sets of containers, dishes, pots and pans, etc.
5. Schedule a regular time each week to work on the project. Rightsizing is a life changing marathon, not a sprint. You didn't accumulate everything overnight, and you won't sort it all out overnight either
6. Ask for help from family members, good friends or even a professional to make the job more manageable.
7. To help prevent new collections forming ask people to spoil you by helping create new experiences. Instead of giving you material gifts maybe indulge you with a spa day, tickets for music or a play— the things you love to do but may not get for yourself.
8. Now is a great time to "gift" items that you want your family to eventually have. Take a photo of them holding the item and create a digital scrapbook of memories. Freeing yourself of extra stuff that you have been keeping for posterity.
9. Acknowledge your accomplishments, big or small. Each time you are able to let something go you have taken a step forward in your journey to Rightsize.

## Library News Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

How many of you came from somewhere else (say, a big warm state to the south) where seasonal clothing decisions revolve around whether you're wearing short or long sleeves? I just love Oregon—when the spring finally comes around every year, I really feel like I've EARNED the good weather! Here at the big library, of course, you've earned some great programs and collections, just for being you (and paying taxes, naturally)!

Our educational and fun **SpaceTalks** program will touch down at **11am on Saturday, May 2<sup>nd</sup>**, when Donn Anderson and John Jennings from the Evergreen Aviation and Space Museum will conduct a presentation called *Visiting NASAs Lucy Mission to Jupiter's Asteroids*. The NASA Lucy spacecraft is over three years into its 12 year mission. Following each of its two Earth gravity assists, it flew by an asteroid in the Main Belt: one preplanned and one serendipitous. Both really surprised scientists! Come find out why, and what lies ahead for this amazingly ambitious mission. This presentation is free and open to all.

**On Mondays - May 4<sup>th</sup>, 11<sup>th</sup>, and 18<sup>th</sup>, from 1:30 to 3:00**, come on down 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 skill levels welcome! For ages 18+. Remember, there will be no Sit and Stitch on Monday, May 27<sup>th</sup>, due to Memorial Day.

The Library will host an **intermediate-level ESL Class every Tuesday in May (the 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<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 May (the 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup>) from 10am to 12pm in the Simmons Room, then (after lunch) from 1-3pm in the Rose Room.

The library's popular **PROFILES** lectures will appear (online) on **Wednesday, May 6<sup>th</sup> from 11am to 12:30pm**. Taught by Emeritus Professor Bill Thierfelder, this month we feature a lecture about *King Arthur!* The historical basis for the King Arthur legend has long been debated by scholars. The first datable mention of King Arthur is in a 9th century text. One school of thought sees Arthur as a genuine historical figure, a Roman-British leader who fought against the invading Anglo-Saxons in the late 5th to early 6th century. In these tales, he is presented as a gallant military commander and a noble king. Yet at the core of this epic hero lies a vulnerable lover eventually undone by his unwavering devotion to the woman he loves. Arthur's story remains one of the indisputable foundations of Western culture. This program examines the many remarkable facets of Arthur--both the facts and the myths. Sign up anytime to receive the Zoom meeting code at: [www.wilsonvillelibrary.org/classes](http://www.wilsonvillelibrary.org/classes).

**On Thursday, May 7<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 *Settlers of Catan!* For ages 18+, please.

## Library News Continued

On **Saturday, May 9<sup>th</sup>**, from 2-3pm, please join us at the library's large picture windows for the latest in our popular **Book Notes Concerts**. *Catarina New and Brazilian Touch* are this month's featured artists. This five-piece band performs Brazilian jazz, along with their traditional and original compositions. No signup necessary—just samba on in and claim a seat!

On **Monday, May 11<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, May 15<sup>th</sup>** from 3 to 5pm, please join us to celebrate the return of **Celebration Cinema!** This month's entry is *Farewell to Manzanar*. This true story follows seven-year-old Jeanne Wakatsuki, her family and 11,000 other Americans of Japanese descent along with their immigrant parents are imprisoned in the internment camp Manzanar in California.

The following **Monday (May 18<sup>th</sup>)**, from 11am to noon, Goodwill returns for a class on 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.

Budding or experienced genealogists can join the **Genealogy Club on Monday, May 18<sup>th</sup>**, from 1:00 to 2:30pm. 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 **Thursday, May 21<sup>st</sup>**, please join us from 6pm - 7:30pm for a traditional **Japanese Tea Ceremony!** Experience the beauty and mindfulness of this cultural touchstone through a live demonstration led by a cultural practitioner. Learn about the history and intriguing philosophy behind this centuries-old tradition. Free and open to all, no sign-up necessary.

**The Library will be closed on Monday, May 25<sup>th</sup> in honor of Memorial Day.**

On **Wednesday, May 27<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 *The Frozen River* by Ariel Lawhon. A strange and breathtaking circus comes to town without warning, promising impossible wonders. Amidst these splendors two magicians, Celia and Marco, are torn between a magical competition begun by their predecessors which will determine the fate of the circus, performers and patrons alike, and a love that has blossomed against the odds. Copies of the book are usually available before the meeting. Just ask at the Reference Desk!

On **Saturday, May 30<sup>th</sup>**, from 10am to 1pm, the latest installment of our popular, free Repair Fair will be held here at the library. Bring in a broken item for repair. What can be repaired depends on the volunteers who staff each event, but good examples of possible repairs include clothing (no alterations, please), textiles, bicycles, small electronics, and small home appliances. Even minor jewelry repair is usually possible. Sometimes knives and tools can be sharpened. Please only bring items small enough to be easily carried by one person, and please do not bring any items that are leaking, dangerous, dirty or have a strong odor. Find out more at: <https://www.clackamas.us/recycling/repairfair.html>. No sign-up required.

That same day (**Saturday, May 30<sup>th</sup>** from 2 to 3pm), please join us in the Main Reading Area of the library for our **May Bonus Concert**. Local ensemble *Oregon Koto-Kai* will perform traditional and modern musical pieces on the Japanese koto, a 13-stringed Japanese zither. Ethereal and beautiful, the music will transport you to a peaceful place, far from broken appliances! Free and open to all!

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

May 5 Tues. - **Canby Logging Road Trail/Eco City Park**, 1314 NE Territorial Road, Canby. Coffee hour following our walk will be at Denny's in the Fred Meyer parking lot. (To reach Denny's, take a left out of the parking lot and a right at the first corner, Redwood Street. Follow this down and cross 99E. After crossing, take the first right into the parking lot and proceed to the far corner of the parking lot where Denny's is located.)

May 7 Thurs. - **Old Town/Boones Bridge** - meet in the Fred Meyer parking lot, near McMenamins.

May 12 Tues. - **Crystal Springs Rhododendron Garden** - We will carpool to Eastmoreland Golf Club, 2425 SE Bybee Blvd, Portland from the US Chef Store parking lot, Wilsonville at 9:30 am or meet at the golf club at 10 am. We will walk to the gardens. Admission is \$9 or \$8 for seniors (apple pay, credit cards and cash are accepted). We will then lunch together at Hopworks Brewery, 2944 SE Powell Blvd, Portland.

May 14 Thurs. - **Mentor Graphics** - meet in the US Chef Store parking lot.

May 19 Tues. - **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 Panera Bread, Nyberg Shopping Center.

May 21 Thurs. - **Villebois** - meet in the WES/SMART parking lot, 9699 SW Barber Blvd, Wilsonville.

May 26 Tues. - **Memorial Park**, lower parking lot - around the track, through the woods and across the bridge to the end of Montgomery Way and back.

May 28 Thurs. - **Charbonneau** - meet in the Village Center parking lot near Lux Sucre Bakery where we will have coffee hour following our walk.

**CELEBRATING BIRTHDAYS**

**Wednesday, May 13th**

WCSI will be celebrating all those who have a  
**May and June Birthdays**



“I DON'T WANT TO GET TO  
THE END OF MY LIFE AND FIND  
THAT I LIVED JUST THE LENGTH OF IT.

*I want to have lived  
the width of it as well.”*

DIANE ACKERMAN

# 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](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)



# May 2026

Monday	Tuesday	Wednesday	Friday
			1
			Meatball Sub Tater Tots Salad Brownie
4	5	6	8
Chicken & Dumpling Green Beans Cookie 	Hawaiian Pizza Salad Ice cream cup	Chicken/Bacon/Guacamole Wrap Salad Chips Fruit	 <b>Mother's Day Lunch</b> Salmon Pasta/ Peas/Dill/Cavatappi Salad with Feta/Strawberries Candied Nuts Garlic Bread Strawberry Cake
11	12	13	15
Loaded Baked Potato Broccoli/Cheese sauce Sour Cream/Bacon Parsley Carrot Coins Jello cup	Parmesan Crusted Cod Rice Pilaf Fresh Salad with Shrimp Roll Lemon Bar	Cobb Salad Chicken/Bacon/Tomatoes Egg/Avocado/Bleu Cheese Roll Yogurt with Berries	 <b>Chef's Choice!</b>
18	19	20	22
Breakfast Burrito Hash Brown Fruit cup Muffin	Wild Rice Soup ½ Turkey Sandwich Lettuce/Tomato/Provolone Cookie	Chicken Caesar Pasta Salad Breadstick Cake with Berries	Chicken Cordon Bleu Rice Pilaf Vegetable Pudding cup
25	26	27	29
 <b>MEMORIAL DAY</b> Center Closed	Lasagna Italian vegetables Garlic Bread Cookie	Tuna Salad Sandwich Rye Bread Lettuce/Tomato Potato Salad Chips & Fruit	Orange Chicken Brown Rice Kyoto Vegetables Pudding

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.**