

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

WCSI GAZETTE

NOVEMBER 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, 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

Thursday, November 13th
Backstop in Camby for Lunch,
Bauman's Farm & Garden, Gervis

Thursday, November 20th
NW Senior Theatre Cost \$5.00

MEET AT 12:45 leaving at 1:00 pm
Returning around 4:00 pm

Sign ups begin for Both Trips on
Monday, Nov. 3rd, 9:00 am

SAVE THE DATE

Thursday, December 11th
MEET AT 3:45 leave at 4:00 PM
Happy Hour at Jarboes, Camby
Holiday Lights in Canby



Please Join us on
Wednesday, November 5th
Wednesday, November 19th

@ 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

Estate Planning

A representative of Rose Elder Law will present a workshop on November 3 centered around estate planning basics such as wills, trusts, probate, powers of attorney, advance directives, and Medicaid Planning. This free lecture takes place at 10:30 am at the Community Center. Please call 503-682-3727 to register.

Long Term Care

A representative of Rose Elder Law will present a workshop on December 1 centered around Medicaid planning, preserving and protecting assets, and veteran's benefits. This free lecture takes place at 10:30 am at the Community Center. Please call 503-682-3727 to register.

Fill a Stocking for a Wilsonville Senior!

The Parks and Recreation Department is enlisting the help of the community to fill and donate stockings for seniors enrolled in the Community Center's Home Delivered Meal Program. Filled stockings can be donated to the Wilsonville Community Center, Monday through Friday 8 am to 5 pm from November 3 - December 8.

Fun items to include in your stocking might be small games/puzzles or a keepsake ornament. Useful gifts include personal care items, greeting cards/stamps, gift cards to local grocery stores, coffee/tea/cocoa and wrapped snacks.

For more information visit www.WilsonvilleParksandRec.com/SeniorStocking or call 503-570-1523.

Tree Lighting and Toy Drive 2025

This year's Community Tree Lighting Event in Town Center Park will take place on Thursday, December 4 from 5:30 - 7 pm. Come see performances by local choir groups and take a picture with Santa!

The beloved "Letters to Winter Wonderland" program will run from December 1 - December 17 out of the Parks and Recreation Admin Building. Pick up the letter template and drop off completed letters Monday-Friday between 8 am and 5 pm.

'Tis the season for giving. The annual Toy Drive begins this month on Monday, November 3. Come drop off a new, unwrapped toy donation under our holiday tree at the Wilsonville Community Center, Monday through Friday from 8 am to 5 pm from November 3 through December 8. The toys will be collected and distributed to those less fortunate this holiday season.

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, or is recuperating from an illness and needs a meal? The Home Delivered Meal Program provides daily weekday meals. There is no charge for this service but donations are gladly accepted. To determine eligibility and to register for the program please call 503-570-1526.

November 2025 Activities Schedule

	ONGOING ACTIVITIES	CLASSES AND PROGRAMS STARTING SOON
<u>Monday</u>	Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in) Weight Loss Support Group 12:00 pm - 1:00 pm Chicago Bridge 1:00 pm - 4:00 pm Mexican Train Dominoes 1:00 pm - 4:00 pm	Located at Community Center unless otherwise noted. <i>Pre-Registration Required + Please call 503-682-3727 to sign-up *</i> Lecture Series: Estate Planning* Monday, 11/3 10:30 am - 12:00 pm Oil Painting + “At Dawn’s Light” Tuesday, 11/4 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office) Oil Painting + “Magnolia Blossom” Saturday, 11/22 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office) <u>Toy Drive and Senior Stockings</u> Toy Drive: Drop off new, unwrapped toys for kids in need this holiday season. Toys will be donated to the Wilsonville Family Empowerment Center and Clackamas County Compassion in Action. Stockings: Donate a stocking for a senior this holiday season. Items needed include snacks, games, personal hygiene items, etc. Drop off at the Community Center 11/3 - 12/8 Monday - Friday 8:00 am - 5:00 pm <u>Class Spotlight</u> <u>Beginning Tai Chi +</u> Tuesdays and Thursdays, 9/30 - 11/20 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 (\$10 drop in)
<u>Tuesday</u>	Piecemakers Quilting 9:00 am - 2:00 pm (Tauchman House) Ukulele Jam Group 9:30 am– 11:30 am (Parks & Rec. Admin Office) Partners Bridge 12:30 pm - 3:30 pm Call 503-449-5855 to sign up Virtual Reality Fitness 1:00 pm - 2:00 pm Art Club 1:00 pm - 2:30 pm (2nd Tuesday) Poetry Club 1:00 pm - 3:00 pm (1st & 3rd Tuesday)	
<u>Wednesday</u>	Photography Club 10:00 am - 11:30 am Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in) Pinochle/Cribbage Play 1:00 pm - 4:00 pm Bingo 1:00 pm - 2:00 pm (1st & 3rd Wednesday) Book Club 1:00 pm - 2:30pm (Last Wednesday)	
<u>Thursday</u>	Improving Your Bridge 10:00 am - 11:30 am I-5 Connection Community Chorus 10:00 am - 12:00 pm Ladies Afternoon Out 1:00 pm - 3:00 pm	
<u>Friday</u>	Conversational Spanish Group 10:30 am - 11:30 am Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in) Friday Bridge 11:30 am - 3:00 pm Mexican Train Dominoes 1:00 pm - 4:00 pm	

Nov 2, 2025 - Daylight Saving Time Ends



Sunday, November 2, 2025, **2:00:00 am** clocks are turned **backward** 1 hour
There will be more light in the morning and less light in the evening.

SEEKING VOLUNTEERS TO HELP OREGON TAXPAYERS

AARP Foundation Tax-Aide Program now recruiting volunteers for
in-person and virtual Tax-Aide service

Looking for a volunteering opportunity where you can make a real impact? The AARP Tax-Aide program is looking for people interested in helping low to moderate income people with free tax preparation. Tax-Aide volunteers can help by providing necessary services in communities where there is the greatest need.

We are recruiting now for volunteers across Oregon. Volunteers may sign up to assist taxpayers either in person or virtually, with several roles available. We are looking for volunteers to be tax preparers, technical support, interpreters, and client facilitators.

We will begin providing our free online training for the 2025 tax season in November. All volunteers will be trained to be IRS certified. Volunteers come from a variety of backgrounds including teachers, bus drivers, CPA's, military, technology, and range from retirees to university students. You don't need to be a tax expert. All levels and types of experience are welcome.

Signup to Volunteer

To learn about our volunteer opportunities, visit aarpfoundation.org/taxaide. If you would like to register to be contacted for more information or training, go to our volunteer application:

Library News

Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

How can it be November already? Where has 2025 gone? Happily, your favorite library has been around for 43 quickly-passing years so far, and we'll be here for many years to come. We've got a lot going on this month. We'll be **closed on November 11th**, for Veterans' Day (Please thank a vet!) and **November 27th and 28th for Thanksgiving**. Have a wonderful holiday and enjoy the company of your loved ones!

Our popular **SpaceTalks** presentation will touch down at **11am on Saturday, November 1st**, when Donn Anderson and John Jennings from the Evergreen Aviation and Space Museum will present 'LRO and MRO: **Our Lunar and Martian Reconnaissance Orbiters**' in the Library's 'space'ous Oak Room. The Lunar Reconnaissance Orbiter (LRO) has been circling the Moon since 2009. The Mars Reconnaissance Orbiter has been doing the same at our nearest potentially habitable planet since 2006. Both have high-resolution cameras that continually photograph everything from orbit. You'll be amazed at what we've learned, and continue to learn from them! Free and open to all.

Need a brush-up on **basic computer skills**? Please join us on **Monday, November 3rd from 11am to 12 noon** when a volunteer teacher from Goodwill Industries will conduct a free Computer Basics class. Build a strong foundation in your educational journey by learning the basics of computer use. This class is for those who haven't ever opened a computer, and also for casual users wanting to get the most from time spent in front of a computer. No need to sign up in advance, just come on down!

On **Mondays in November (the 3rd, 10th, 17th, and 24th) from 1:30 to 3pm**, 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 levels welcome! For ages 18+.

Need assistance paying for food or child care? Are you looking for health coverage? **ODHS** (Oregon Department of Human Services) may be able to help you! Meet a representative at the library on **3 Tuesdays in November (the 4th, 18th, and 25th) from 10am to 12pm in the Simmons Room**, then (after lunch) from **1-3pm in the Rose Room**.

The Library will host an **intermediate-level ESL Class** on **three Tuesdays in November (the 4th, 18th, and 25th) 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!

On **Thursday, November 6th, 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 join us for November's **First Friday Film on Friday, November 7th at 3pm!** This time, we're screening ***Superman (2025 version)*** When Superman gets drawn into conflicts at home and abroad, his actions are questioned, giving tech billionaire Lex Luthor the opportunity to get the Man of Steel out of the way for good. Will intrepid reporter Lois Lane and Superman's four-legged companion, Krypto, be able to help him before it's too late? No admission charge, free snacks, and comfy chairs, so what's not to like? Hope to see you there!

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Library News Continued

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On **Saturday, November 8th**, from 2-3pm, please join us at the library's large picture windows for the latest in our popular Book Notes Concerts. Come and experience the real-life adventures and love story of two people who came from different cultures separated by the Iron Curtain in this cabaret performance. No sign-up necessary—just come in and claim a seat!

On **Monday, November 10th**, from 11am to 12 noon, please join a Goodwill Industries volunteer to learn how 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. Computers are provided for class use. Free and open to all, no sign-up necessary.

On **Monday, November 17th**, 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. 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.

Also on **Monday, November 17th**, from 11am to noon, please join a Goodwill Industries volunteer 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.

On **Thursday, November 20th**, beginning at 1 pm, please join us on our great Wilsonville Library **Book Walk!** We will walk to and through Memorial Park (and back) while we discuss this month's book: *People of the Book*, by Geraldine Brooks. When it falls to Australian rare book expert Hanna Heath to conserve this priceless work, the tiny artifacts she discovers in its ancient binding—a butterfly wing fragment, wine stains, salt crystals, a white hair—only begin to unlock the book's deep mysteries and unexpectedly plunges Hanna into the intrigues of fine art forgers and ultra-nationalist fanatics.

Calling all movie lovers! On **Friday, November 21st** from 3 to 5pm, join us at *Celebration Cinema*, where every month we celebrate both traditional and off-beat holidays! This month, we'll celebrate National Native American Heritage Month by screening the film 'Geronimo: An American Legend'. This film depicts events of the 1885-86 US Army campaign against the Apache leader, as seen from the viewpoint of a young officer. Starring Jason Patrick, Gene Hackman, Robert Duvall, and Matt Damon.

On **Monday, November 24th**, 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. Free and open to all, no sign-up necessary.

For those of you who would like to see a book club without the hike, we have good news! On **Wednesday, November 26th**, from 1:00 to 2:00pm, meet us at the Community Center (not the library!) for the monthly *Community Center Book Club!* This month's book is *Defending Jacob* by William Landay. Assistant DA Andy Barber is torn between loyalty and justice when his 14-year-old son is charged with the murder of a fellow student.

WILSONVILLE WALKERS NOVEMBER 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 the list of 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 at Boston's Pub & Grill unless otherwise indicated.

Nov. 4 Tues. Villebois - meet in the WES/Smart Transit Center Parking lot,
9699 SW Barber Blvd, Wilsonville

Nov. 6 Thurs. Canby Logging Road Trail/Eco City Park, 1314 NE Territorial Road, Canby, Coffee hour following our walk at Denny's in Fred Meyer parking lot. (To reach Denny's take a left out of the parking lot and a right at the first corner, Redmond St. and follow this across 99E. After you cross 99E, take the first right into the Fred Meyer parking lot and proceed straight ahead to the far end of the parking lot.)

Nov. 11 Tues. Memorial Park, lower

Nov. 13 Thurs. Hazelia Field, Luscher Farms, 17800 SW Stafford Road, Lake Oswego. Coffee hour will be at Rolling Hills Community Church, 3550 SW Borland Road, Tualatin hosted by the Osborns

Nov. 18 Tues. Graham Oaks, Wilsonville Road on the west edge of Wilsonville

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

Nov. 25 Tues. Mentor Graphics - US Chef Store parking lot in Wilsonville

Nov. 27 Thurs. THANKSGIVING - no planned walk for Wilsonville Walkers.
Enjoy the day with family and friends. Take a walk after dinner



THANKSGIVING

BREMONVE _____
 TERAIDUGT _____
 KTURYE _____
 ASMY _____
 SATEF _____
 EALSEV _____
 LAFL _____
 AESNB _____
 FAHKLUNT _____
 MPAWGNAOA _____
 BAFOLTLO _____
 YIMLFA _____
 VAHTRSE _____
 GSLENSBIS _____
 OONCPRUACI _____
 REBNARYRC _____
 UTSFGINF _____
 LGIRSIPM _____
 RINDEN _____
 NROC _____
 IPUKNMP _____
 HRSATDYU _____



BEANS	FALL	HARVEST	STUFFING
BLESSINGS	FAMILY	LEAVES	THANKFUL
CORN	FEAST	NOVEMBER	THURSDAY
CORNUCOPIA	FOOTBALL	PILGRIMS	TURKEY
CRANBERRY	GRATITUDE	PUMPKIN	WAMPANOAG
DINNER			YAMS



WWW.ALWAYSTHEHOLIDAYS.COM



UPCOMING EVENT

WILSONVILLE COMMUNITY SENIORS INC

HOLIDAY PARTY

SIGN UP
AVAILABLE
NOV 10 - DEC 8
*SPACES
ARE LIMITED

WEDNESDAY, DECEMBER 10
1:00-3:00 PM
COMMUNITY CENTER

TEAM TRIVIA GAME CRAFTS HOLIDAY MUSIC

GIFT EXCHANGE - IF YOU PLAN TO PARTICIPATE,
PLEASE BRING A SMALL WRAPPED PRESENT (\$5-\$10 PRICE RANGE)

NO CHARGE
PRE REGISTRATION IS REQUIRED

CALL OR VISIT THE COMMUNITY CENTER
TO ADD YOUR NAME TO THE LIST

November 2025

Monday	Tuesday	Wednesday	Friday
3	4	5	7
Parmesan Cod Rice Pilaf Peas and Carrots Lemon Bar	Beef Broccoli Yakisoba Celery/Cabbage/Onion Kyoto Vegetables Cookie	Chicken Waldorf Salad Apples/Craisins/Celery Onion & Almonds Roll Pumpkin Dessert	Reuben Bowls Corned Beef/Rye Bread/Swiss Cheese/1000 Island Dressing Potatoes Brownie
10	11	12	14
Sausage Gravy Biscuit Scrambled Egg Fruit Cup	 Center Closed	Calzone Caesar Salad Pudding	Shepherd's Pie Mashed Potato top Vegetable Roll Strawberry Pretzel Bar
17	18	19	21
Stuffed Cabbage Rolls Brown Rice Vegetable Yogurt with Berries	Lentil Soup with Spinach ½ Ham Swiss toasted sandwich Apple Crisp	Sloppy Joe Potato Wedges Salad Cookie	Egg Salad Sandwich Macaroni Salad Chips Pudding
24	25	26	28
Chicken Quesadilla Sour Cream/Salsa Rice Fruit	Harvest Salad Roll Pumpkin Bread	<u>Thanksgiving Dinner</u> Turkey Stuffing Mashed Potatoes/Gravy + Roll Pie	 Center Closed



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.