

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

WCSI GAZETTE

OCTOBER 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, October 2nd

Portland Art Museum

Lunch at Pastini's

MEET AT 9:15 am Leaving at 9:30 am

Art Museum first, Then lunch

SAVE THE DATES

Thursday, November 13th

Backstop for Lunch, Holiday Bazar

Thursday, November 20th

NW Senior Theatre Cost \$5.00

MEET AT 12:45 leaving at 1:00 pm

Returning about 4:15 pm

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



Please Join us on
Wednesday, October 1st
Wednesday, October, 15th

@ 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

Ridewise Travel Training Program

Join Ride Connection and SMART to learn about safe independent travel for older adults. Learn about TriMet's and SMART's transit system in a classroom setting. Bring your phone to practice trip planning. There will be classroom training on **Monday September 29 from 10:30 am - noon** at the Community Center. Then, practice with a group outing on **October 8 from 10:15 am - 2:15 pm to the Portland Farmers Market**. Please call 503-682-3727 to register.

Long Term Care

A representative of Rose Elder Law will present a workshop on **October 6** 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.

Grief Support Group

This five-week group based at the Wilsonville Community Center will focus on bereavement education, resources, and the opportunity to share your grief journey. There will be workbooks provided at no cost. Ed Nelson, CT and group facilitator, has led support groups for over 25 years and is an excellent guide through the wilderness of grief. The group will meet on **Thursdays starting October 23 through November 20 from 1:00 - 2:30 pm**. Please contact Sadie at 503-570-1526 to register for this free group.

Photography Club

The Photography club is a like-minded group that shares photographs that members have taken and helps one another to enhance picture taking. The group increases skills through instructional videos by professionals and willingly helps those interested in learning photography. This free, **drop-in group meets on Wednesdays, 10 - 11:30 am at the Wilsonville Community Center**.

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**.

Fall Harvest Festival

The Harvest Festival will take place on **Saturday, October 18th from 10 am - 1 pm at the Stein-Boozier Barn**. Put on a costume and come enjoy this special event. This event will feature free pumpkins, 30+ vendors, crafts, a costume parade, live music, horse & carriage rides, kid friendly activities and more! Limited ADA parking is available at Murase Plaza. Additional parking at the Community Center or Library.

October 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>
<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 (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>	<p>Lecture Series: Long Term Care* Monday, 10/6 10:30 am - 12:00 pm</p> <p>Oil Painting + “Hazy Day” Tuesday, 10/7 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p>Oil Painting + “Aurora Borealis” Saturday, 10/18 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)</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>	<p><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 (\$80 for session or \$10 drop in)</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>	<p><u>Stained Glass Workshop: Posh Pumpkin+</u> Friday, 10/31 All workshops cover the Tiffany method of foiling. Participants will gain guided experience with soldering technique, learn how to frame with lead came, attach O-rings, and clean and polishing stained glass. Students will receive and work with a pre-cut and ground glass kit of the specific design they select (A, B, or C). Class times may run over depending on individual pace. All materials provided. 10:00 am - 1:00 pm (\$98) (Parks & Rec. Admin Office)</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>	<p><u>Save the Date</u> <u>Toy Drive & Senior Stockings</u> Beginning November 3, 2025 Stay tuned for more info in the November Gazette.</p>

HAPPY HALLOWEEN

Costume Store Word Scramble

The costume store is a mess and Halloween is only a few days away! Can you help to unscramble the costume names so that all of the kids have something to wear on October 31st?

TWCIH

OMEZIB

WRZDAI

TOROB

KOTESLEN

BOCOYW

IESRDP

UKMNIPP

ARYFI

EALGN

MYMUM

OWLCN

PEHRSERUO

OCASCWERR

TOHSG

EISNRPSC

RMNEAIF

IDELV

EMIRPVA

ANIJN

ARPEIT

EMMIRDA



Library News

Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

October has come 'round again, and with it the cooler weather that many of us have missed for a while. You can make autumn a season to discover a new favorite author, right here at your community library. And if you're craving activities, well, we've got that in spades! Here's some of what we're doing this month:

Our ever-popular free *PROFILES lectures* will drop by for a spell (online) on **Wednesday, October 1st from 11am to 12:30pm**. Taught by Emeritus Professor Bill Thierfelder, this month we feature a lecture about the life of Edgar Allen Poe! He was a prominent critic, a short fiction master, a competent poet, and a husband obsessively devoted to his child bride. Now considered one of the great literary geniuses of world literature, Poe was the epitome of the tortured artist, perpetually misunderstood by family and friends—the mad intellect who was often derailed by circumstances of his own making. **Sign up online to receive the Zoom meeting code. www.wilsonvillelibrary.org/classes.**

On **Thursday, October 2nd, 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 October's First Friday Film on **Friday, October 3rd at 3pm!** This time, we're screening *Karate Kid: Legends*. After Kung fu prodigy Li Fong relocates to New York City, he attracts unwanted attention from a local karate champion and embarks on a journey to enter the ultimate karate competition with the help of Mr. Han and Daniel LaRusso. Starring Beng Wang, Jackie Chan, and Ralph Macchio. No admission charge, free snacks, and comfy chairs, so what's not to like? Hope to see you there!

On **Fridays in October** (the 3rd, 10th, 17th, 24th, and 31st), you can meet with the WIC (Women, Infants, and Children) representative in the Library! The Clackamas WIC Program hosts pop-up clinics on Fridays inside the Wilsonville Library Rose Room, or (sometimes) in the Library parking lot (with the *WIC on Wheels* mobile clinic) **from 10am to 12pm and also from 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>.

Our popular **SpaceTalks** presentation will touch down at **11am on Saturday, October 4th**, when Donn Anderson and John Jennings from the Evergreen Aviation and Space Museum will present 'Orbiting and Landing on a Comet' in the Library's cavernous Oak Room. In 2016 an amazing spacecraft from the European Space Agency completed a 12-and-a-half-year mission to travel to, rendezvous with, place a lander on, and conduct an intense, up close study of a comet. Come and be amazed at what they discovered! Free and open to all.

Need a brush-up on basic computer skills? Please join us on **Monday, October 6th 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 **three Mondays in October** (the 6th, 20th, and 27th) **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+.

Library News Continued

For those interested in history, Mr. Darrell Jabin (Oregon's Travelling Historian) will present **'Theaters of Oregon' on Monday, October 6th at 6pm**. Theaters have always captured our imaginations with their unique architecture, lighting and lobbies. Mr. Jabin toured the state, photographing theaters, researching movie palaces and drive-ins, and interviewing historians, theater owners and directors of community theaters to create this free presentation.

The Library will host an **intermediate-level ESL Class on the four Tuesdays** in October (the 7th, 14th, 21st, and 28th) 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 **Saturday, October 11th, from 2-3pm**, please join us at the library's large picture windows for the latest in our popular **Book Notes Concerts**. Singer-songwriter Eric John Kaiser reimagines French music through an American lens. No signup necessary—just come in and claim a seat!

The library will be closed on Monday, October 13th for a staff in-service day. We'll miss you!

On **Thursday, October 16th, beginning at 1 pm**, please join us on our hallowed Wilsonville Library Book Walk! We will walk to and through Memorial Park (and back) while we discuss this month's book: ***The Heaven and Earth Grocery Store***, by James McBride. The novel begins in 1972, when workers in Pottstown, Pennsylvania uncover a human skeleton. Whose skeleton it was, and how it got buried there were just two of the long-held secrets that had been kept for decades by the residents of Chicken Hill, the dilapidated neighborhood where immigrant Jews and African Americans lived side by side, sharing ambitions and sorrows.

Calling all movie lovers! On **Friday, October 17th 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 the 50th anniversary of a classic film! An enormous Great White Shark terrorizes a summer resort town, where a police chief, a grizzled fisherman, and an intrepid Marine Biologist realize that they're 'gonna need a bigger boat' to battle the bloodthirsty beast. Can you possibly guess the movie's title?

On **Monday, October 20th, 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, October 20th, 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, open to all.

For those of you who would like to see a book club without the hike, we have good news! On **Wednesday, October 24th, 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 *Deacon King Kong*, by James McBride. The novel tells the story of an elderly, alcoholic church deacon known as Sportcoat who, in 1969 Brooklyn, shoots a young drug dealer named Deems Clemens in a housing project. This shocking act sets in motion a chain of interconnected events and unravels the secrets within the neighborhood, involving a diverse cast of characters from the church, the local mob, and the police, during a time of social change and upheaval.

On **Saturday, October 24th from 7:00 to 9:00pm**, come join Our Fourth Annual **Murder Mystery Event for adults!** A terrible tragedy has happened at Shiz University -- Madame Morrible is dead! Who did the WICKED deed? Enjoy light snacks, non-alcoholic refreshments, and a murder mystery to solve. Come in your wickedly awesome Shiz University finest! Prizes awarded for the best costume and most accurate murder mystery solutions. For ages 18 and older, please. Find out more at our website!

On **Monday, October 27th, 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.

WILSONVILLE WALKERS OCTOBER 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 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.

Oct. 2 Thurs. **Canby Logging Road Trail/Eco City Park**, 1314 NE Territorial Road, Canby. Coffee hour following our walk at the home of Bob and Sharon Westcott, 538 NW 14th Ave, Canby. (As you exit the parking lot, take a right on Territorial Rd and follow that several blocks to N. Elm Street, take a left for one block. Their home is on the corner of Elm and 14th, to the left.

Oct. 7 Tues. **Villebois** - meet in the WES/Smart Transit Center parking lot, 9699 SW Barber Blvd, Wilsonville

Oct. 9 Thurs. **Hazelia Field at Luscher Farms**, 17800 SW Stafford Road, Lake Oswego. (Remember that Stafford Rd is still closed to traffic - use a different route to get there - like around through downtown) Coffee hour at Chiki's, 2570 Kensington Ct, West Linn, 97068, (503-290-6959 if you get lost).

Oct. 14 Tues. **Tualatin Greenway/Ice Age Trail**, Tualatin Community Park, 8515 SW Tualatin Rd, Tualatin. Meet in the parking lot near the tennis courts. Coffee hour at Donut Land, 19350 SW Boones Ferry Road, Tualatin.

Oct. 16 Thurs. **Old Town/Boones Bridge** - meet in the Fred Meyer parking lot near McMenamins

Oct. 21 Tues. **Murase Plaza**, upper Memorial Park

Oct. 23 Thurs. **Graham Oaks Nature Park**, Wilsonville Road on the west edge of town

Oct. 28 Tues. **Mentor Graphics** - meet in Chef's Store parking lot

Oct. 30 Thurs. **Charbonneau** - meet in the Village Center parking lot, near Lux Sucre, where we will have our coffee hour afterwards.

Welcome to Piecemakers!



The Wilsonville Piecemakers welcome all to join in creating quilts and other sewn items for donation to hospitals and charities.

We meet Tuesdays from 9:00 to 11:45 am (extended to 2 p.m. during certain times of the year) at the Tauchman House, 31240 SW Boones Ferry Road, Wilsonville, OR 97070.

Items are made using donated fabric, purchased batting and notions. We also use our personal stash. Piecemakers fabric, batting and notions are not for personal use; when you have been with the us for three months, you are considered a member and cleared to take materials home to work on projects to be donated. You may also bring a personal project to work on as long as you contribute quilts and items for donation. Should you need help or instruction do not hesitate to ask!

Out of courtesy to those with allergies, please avoid perfumes, and scented cosmetics etc. Help us keep this a "fragrance-free" space so everyone in the group can breathe freely.

We love children and pets, but please do not bring them. We do not wish to put them at risk by exposing them to the sharp and heavy tools involved with quilting.

Our group varies in age and sewing abilities, and the words that best describe us are friendly and motivated. All skill levels are encouraged to join.

Proudly supported by Wilsonville Community Seniors, Inc.

October gave a party;
The leaves by hundred's came --
The Chestnuts, Oaks and Maples,
And leaves of every name.

The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing,
Professor Wind the band.

Then, in the rustic hollow,
At hide-and-seek they played,
The party was to close at sundown,
But everybody stayed.

Professor Wind played louder;
They flew along the ground;
And then the party ended
In jolly "hands around."

By George Cooper



COSTUME STORE WORD SCRAMBLE SOLUTION

TWCIH	<u>WITCH</u>	OWLCN	<u>CLOWN</u>
OMEZIB	<u>ZOMBIE</u>	PEHRSERUO	<u>SUPERHERO</u>
WRZDAI	<u>WIZARD</u>	OCASCWERR	<u>SCARECROW</u>
TOROB	<u>ROBOT</u>	TOHSG	<u>GHOST</u>
KOTESLEN	<u>SKELETON</u>	EISNRPSC	<u>PRINCESS</u>
BOCOYW	<u>COWBOY</u>	RMNEAIF	<u>FIREMAN</u>
IESRDP	<u>SPIDER</u>	IDELV	<u>DEVIL</u>
UKMNIPP	<u>PUMPKIN</u>	EMIRPVA	<u>VAMPIRE</u>
ARYFI	<u>FAIRY</u>	ANIJN	<u>NINJA</u>
EALGN	<u>ANGEL</u>	ARPEIT	<u>PIRATE</u>
MYMUM	<u>MUMMY</u>	EMMIRDA	<u>MERMAID</u>

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: aarpfoundation.org/taxaidevolunteer or call 1-888-227-7669.

October 2025

Monday	Tuesday	Wednesday	Friday
		<p>1</p> <p>Chicken Tortilla Soup Cheese/ Tortilla Strips/Sour Cream Corn Bread Jello</p>	<p>3</p> <p>Menu Update: Chicken Cordon Bleu Rice Pilaf Vegetable Cookie </p>
<p>6</p> <p>Stuffed Pepper Brown Rice Chuckwagon Vegetables Pears </p>	<p>7</p> <p>Fish and Chips Fresh Salad topped with shrimp/Tomato Blue Cheese Cake with Berries</p>	<p>8</p> <p>Crispy Chicken Salad Egg/Cheese/Green Onions Diced Tomatoes Ranch Dressing Croutons Peaches</p>	<p>10</p> <p>Swedish Meatballs Mashed Potatoes Green Beans Lemon Bar </p>
<p>13</p> <p>Enchiladas Green Chili Sauce Sour Cream/Tomatoes/Cheese Fiesta Rice/Corn Pudding </p>	<p>14</p> <p>Chicken, Mushroom, Wild Rice Soup ½ Turkey Sandwich Apple Slices Ice Cream Cup</p>	<p>15</p> <p>Chef Salad Turkey/Ham/Cheese Tomato 1000 Island Dressing Roll Cookie</p>	<p>17</p> <p>Chef Choice!  </p>
<p>20</p> <p>Chicken Cordon Bleu Rice Pilaf Vegetable Yogurt with Berries</p>	<p>21</p> <p>Ham Slice Scalloped Potatoes Vegetable Pumpkin Dessert</p>	<p>22</p> <p>Ham/Swiss Sandwich Macaroni Salad Chips Orange </p>	<p>24</p> <p>Tacos Shredded Lettuce/Cheese/Sour Cream Fiesta Rice Churro</p>
<p>27</p> <p>Sausage/Egg/Cheese Biscuit Hash brown Muffin </p>	<p>28</p> <p>Orange Chicken Brown Rice Kyoto Vegetables Cookie</p>	<p>29</p> <p>Chicken Caesar Parmesan/Tomato Spinach Wrap Chips Fruit</p>	<p>31</p> <p>Halloween Lunch  Chili Cornbread Salad Halloween Dessert</p>

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.