

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

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:	
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

WCSI GAZETTE

OCTOBER 2026

*"There are no strangers here,
Only friends you haven't met yet"*



Meet at City Hall 10:30 am

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

UNLESS otherwise noted below

Thursday, October 8th

Lunch at White's Restaurant, Salem

Hallie Ford Museum of Art, Salem

WCSI will pay the admission fee

MEET @10:15 City Hall, leaving by 10:30

Sign up begins on

Wednesday, Sept. 30th @ 9:00 am

SAVE THE DATE

Thursday November 19th. 1:00 pm

NW Senior Theatre



Please Join us on

Wednesday, Oct. 7th

Wednesday Oct 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

Grief Support Group

This five-week group 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 support group will take place on **Tuesdays, October 6 - November 10, 1:00 - 2:30 am at the Wilsonville Community Center**. There is no charge but please call 503-682-3727 to reserve your spot.

Creativity Club

You don't have to be an artist to be creative. Creativity begins the moment you become curious. Join creative director and facilitator Candice Laxton for a fun, engaging workshop designed to help you discover your unique creative voice through conversation, playful activities, art, storytelling, and simple creative exercises. The free drop in group will meet the **second Tuesday of the month from 1:00 - 2:30 pm at the Wilsonville Community Center**.

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.**

Fall & Halloween Cupcake & Cake Decorating Workshops

In each Cake Workshop participants will take home a decorated 6-inch cake. In each Cupcake Workshop participants will take home a dozen decorated cupcakes. All classes are held at the Wilsonville Community Center. Cupcake/Cake flavors and additional details can be found in the class listings online at WilsonvilleParksandRec.com.

- Pumpkin CUPCAKE Workshop - Sat. 10/10 - 11am - 12:30pm - \$65
- Cozy Pumpkin CAKE Workshop - Sat. 10/10 - 1:30 - 3pm - \$85
- Halloween CUPCAKE Workshop - Sat. 10/31 - 11am - 12:30pm - \$65
- Hey Boo! CAKE Workshop - Sat. 10/31 - 1:30pm - 3pm - \$85

Fall Harvest Festival

The Harvest Festival will take place on **Saturday, October 24th from 10 am - 1 pm at the Stein-Boozier Barn**. This event will feature free pumpkins, 20+ vendors, crafts, coffee and treat trucks, 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 2026 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 (1st Monday) 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 +</i> <i>Please call 503-682-3727 to sign-up *</i> Oil Painting + "Barn at Sunset" Tuesday, 10/6 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office) Stained Glass Workshops + "Pumpkin" Friday, 10/16 6:00 am - 9:00 pm (\$98) (Parks & Rec. Admin Office) Oil Painting + "Mountain Ridge" Saturday, 10/17 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office) Stained Glass Workshops + "Spidey Leaf" Sunday, 10/25 3:00 pm - 7:00 pm (\$104) (Parks & Rec. Admin Office) <u>Event Spotlight</u> <u>Harvest Festival</u> Saturday, 10/24 Music, free pumpkins, horse & carriage rides, craft vendors, and face painting. Great fun for all ages. 10:00 am - 1:00 pm Free Public Event <u>Beginning Tai Chi</u> Tuesdays and Thursdays, 9/29 - 10/29 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 (\$10 drop-in)
<u>Tuesday</u>	Piecemakers Quilting 9:00 am - 2:00 pm (Tauchman House) Wilsonville Ukulele Players Society 9:30am - 11:30am (Parks Operational Building) Sit, Stand, and Be Fit 11:00 am - 11:45 am (\$1 drop in) Partners Bridge 12:30 pm - 3:30 pm Call 503-449-5855 to sign up Virtual Reality Fitness 1:00 pm - 2:00 pm	
<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 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 Every other week, call 503-682-3727 for schedule 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	

THANKFUL CHAIN

Please join WCSI in creating a Thankful Chain to display in the Multi Purpose room for Thanksgiving.

The materials will be available starting Oct. 21st in the lobby next to our office.

Take a strip of paper (or several) and write one thing you are thankful for on each strip of paper



Drop it into the box on the table.

We will add loops to the chain as we get them.

"Gratitude unlocks the fullness of life.
It turns what we have into enough, and more."

Melody Beattie



WCSI will be hosting a Special Event

Yahtzee and Dessert

Friday, November 6th

3:30 to 5:30 pm. Multi Purpose Room

Sign Ups will begin on Monday, October 26th

Join us for a fun afternoon event

EVER WONDER HOW THEY FIGURE THE COST OF LABOR?

Here is one example

Standard cost	\$ 9.50 an hour
If you watch it goes up to	\$ 11.00 an hour
If you watch and talk it goes up to	\$13.50 an hour
If you try to help it goes up to	\$15.50 an hour

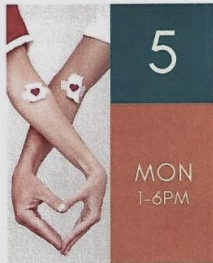
Shared by one of our congregate



How many words can you make using the letters from both words
HALLOWEEN and PUMPKIN

1. WHOLE (TO START YOU OFF)
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____

Find words on page 9



5

MON
1-6PM

Blood Drive

MONDAY, OCTOBER 5
1-6PM

To schedule an appointment, please contact the American Red Cross at redcrossblood.org. You can also give them a call at 1-800-733-2767 to schedule a time to donate. Your blood donation can make a significant impact and help save a life!
OAK ROOM



5+

MON
1:30-3PM

Sit & Stitch

MONDAYS, OCTOBER 5, 12, 19, 26
1:30-3PM

Join a casual afternoon of crafting and connection with knitting, crocheting, or embroidery projects. Share stories and tips in this informal drop-in group, welcoming all skill levels ages 18 and up.
ROSE ROOM



10

SAT
2-3PM

Book Notes Concerts

ARYEH FRANKFURTER AND LISA LYNNE
SATURDAY, OCTOBER 10
2-3PM

Celtic harps, rare instruments, and wondrous stories.
CENTRAL AREA



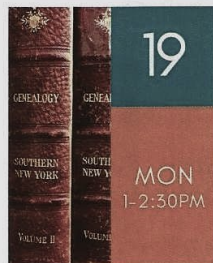
15

THU
6-7:30PM

Tabletop Game Night

BETRAYAL AT HOUSE ON THE HILL
THURSDAY, OCTOBER 15
6-7:30PM

Whether you're a seasoned gamer or a complete newbie, come unwind, enjoy some snacks, and discover new friends over board games.
OAK ROOM



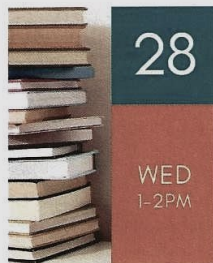
19

MON
1-2:30PM

Genealogy Club

MONDAY, OCTOBER 19
1-2:30PM

Join the Wilsonville genealogy community to share insights and learn tips, regardless of experience level. Informal discussions are led by Librarian Malia, and new members are welcome!
OAK ROOM



28

WED
1-2PM

Community Center Book Club

RECURSION BY BLAKE CROUCH
WEDNESDAY, OCTOBER 28
1-2PM

New York City cop Barry Sutton investigates a suicide linked to False Memory Syndrome, a disease where victims are driven mad by vivid memories of lives they never lived.
COMMUNITY CENTER



20

TUE
5-6PM

Intercambio

TUESDAY, OCTOBER 20
5-6PM

Enjoy casual conversations with native speakers of Spanish and English in a fun supportive environment. This is not a formal language class, but an opportunity to practice your language skills.
ROSE ROOM

Computer Basics

MONDAY, OCTOBER 5
11AM-12PM

Establish a solid foundation in computer use with this class. Designed for beginners and casual users seeking to feel more comfortable navigating the basics.
ROSE ROOM

Gmail

MONDAY, OCTOBER 12
11AM-12PM

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.
ROSE ROOM

Microsoft Word

MONDAY, OCTOBER 19
11AM-12PM

Begin to master the spectrum of capabilities within Microsoft Word, gaining practical formatting skills and an introduction to advanced skills like design and layout.
ROSE ROOM

Online Job Searches

MONDAY, OCTOBER 26
11AM-12PM

We will help you navigate the current job search process, enhancing your confidence with the online environment. Improve your strategies and learn essential skills to attract employers.
ROSE ROOM



Intermediate ESL

TUESDAYS
10-11:30AM

ODHS Drop-in Assistance

TUESDAYS
10AM-12PM Simmons Room
1-3PM Rose Room



WILSONVILLE WALKERS OCTOBER 2026 SCHEDULE

Every Tuesday and Thursday morning at 9:30 a.m. the Wilsonville Walkers gather 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 this month. For questions on the paths please contact Mary Frinell at 503-970-9685. Our coffee hour will be at Boston's Pub & Grill in Wilsonville unless otherwise indicated.

October 1 - Thursday GRAHAM OAKS NATURE TRAIL - 11825 SW Wilsonville Road.

October 6 - Tuesday OLD TOWN/BOONES BRIDGE - Meet in the Fred Meyer parking lot, near McMenamins, and walk to Arrowhead Creek Park next to Wilsonville Water Treatment Plant and return.

October 8 - Thursday TUALATIN CITY PARK - 8549 SW Tualatin Road, Tualatin to Cook Park and return. Meet in the parking lot after going under the railroad trestle. Coffee hour at Panera Bread on Nyberg Street.

October 13 - Tuesday MENTOR GRAPHICS - Meet in the San Blas/US Foods Chef Store parking lot on Town Center Loop E (across from the Wilsonville post office).

October 15 - Thursday LOWER MEMORIAL PARK parking lot, to Boones Ferry Park and return.

October 20 - Tuesday LUSCHER FARM Hazelia Field - 17800 SW Stafford Road, Lake Oswego. Coffee hour following our walk will be at Rolling Hills Community Church, 3550 SW Borland Road, Tualatin, hosted by the Osborns. Stafford Road should be open.

October 22 - Thursday CANBY LOGGING ROAD - 1314 NE Territorial Rd. Canby. Coffee hour is at Denny's in Fred Meyer parking lot: take a left out of the logging road parking lot and a right on Redwood St. Cross 99E and turn right into the FM parking lot and go straight ahead to Denny's.

October 27 - Tuesday CHARBONNEAU - Meet in the Village Center parking lot near Lux Sucre Bakery where we will have our coffee hour.

October 29 - Thursday VILLEBOIS - Meet in the WES/Smart Transit Center parking area, 9699 SW Barber Blvd, Wilsonville.



"In every walk with nature,
one receives far more than he seeks."

John Muir

DID YOU FIND THESE WORDS?

ALLOW	ALONE	ALEE	HELLO
HOLLA	IN	INK	IMP
KIN	MINK	MUNI	NEWEL
NIP	PIN	PINK	PINUP
PIP	PUMP	PUN	UMP
UP	WHALE	WHEEL	WHOLE



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



October 2026

Monday	Tuesday	Wednesday	Friday
 			
5	6	7	2
Rueben Sandwich Tater Tots Fruit	Parmesan Crusted Cod Rice Pilaf Peas & Carrots Brownie	Tuna Salad Sandwich Chips Cake with Berries	Salisbury Steak Mashed potatoes Green Beans Roll Lemon Bar
12	13	14	9
Chicken Fajitas with Onions & Peppers Sour Cream/Salsa Fiesta Rice/Beans Pears	No Congregate Lunch	Ham & Scalloped Potato Casserole Vegetable WW Roll Pudding	Chef's Choice! 
19	20	21	16
Spaghetti and Meatballs Green Beans Garlic Toast Cookie	No Congregate Lunch	Chopped Salad Salami/Provolone/Pepperoni/Chickpeas/Red Onion/Tomatoes Vinaigrette Dressing Roll & Jello	No Congregate Lunch
26	27	28	23
Chicken Parmesan With Pasta Italian Vegetables Cookie	Loaded Baked Potato Broccoli/Cheese/Sour Cream Carrot Coins Cobbler	Chicken Gyro Wrap Tomatoes Tzatziki Sauce Potato Salad Tropical Fruit Salad	Halloween Lunch Witches Stew Biscuit Spooky Dessert 
26	27	28	30

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.