

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

SEPTEMBER 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, September 10th

Lunch at Country Cottage, Woodburn

Then off to Bauman's Gardens

2 Bag Limit (must fit in the seat with you)

Sign up begins on

Tuesday, Sept. 1st. @ 9:00 am

SAVE THE DATE

Thursday October 8th

Hallie Ford Museum of Art, Salem



Please Join us on

Wednesday, Sept. 2nd

Wednesday Sept. 16th

@ 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**

Creativity Club - NEW!

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. Whether you've never picked up a paintbrush or have been creating your whole life, you'll leave with new ways of seeing yourself, your ideas, and the creative potential you already have. Come curious, leave inspired! The free drop in group will meet the **second Tuesday of the month from 1:00 - 2:30 pm at the Wilsonville Community Center.**

Mobile Making Workshop - NEW!

The movement of kinetic sculptures can create a calming effect helping to reduce stress. Learn how to suspend and balance colorful pieces in the making of a mobile. The pieces are made from a proprietary material developed by the artist, Candyce Scott. All materials will be provided. The one-day workshop will take place on **Tuesday, September 15 from 1:00 - 3:00 pm** at the Wilsonville Community Center. Cost is \$50. Register at WilsonvilleParksandRec.com using course #12002.

Jewelry Workshop - NEW!

In this 2-day workshop participants will make a necklace and a pair of earrings that are featherweight and a delight to wear. In the first class you will pour the material into a wire mold which needs to set up overnight. The second class is the time to assemble and complete the set. There will be a choice of colors available. The two-day workshop will take place on Tuesday, September 22 and September 29 from 1:00 - 3:00 pm at the Wilsonville Community Center. Cost is \$125. Register at WilsonvilleParksandRec.com using course #12004.

SHIBA Office Hours

Meet one-on-one with a volunteer Certified SHIBA (Senior Health Insurance Benefits Assistance) Counselor on the 2nd Thursday of each month for assistance with your Medicare questions. Counselors can help with plan comparisons, enrollments, billing issues, Medicare fraud reporting and more. Please call 503-655-8269 to schedule an appointment. SHIBA Counselors do not sell insurance - they are trained volunteers who provide free, objective Medicare education and assistance.

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, September 8 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.

September 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 + Please call 503-682-3727 to sign-up *</i> Stained Glass Workshops + “Water droplets” Saturday, 8/29 10:30 am - 12:30 pm (\$85) (Parks & Rec. Admin Office)
<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	Oil Painting + “Seaside Cave” Tuesday, 9/1 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office) Oil Painting + “Autumn Birches” Saturday, 9/19 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)
<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)	Stained Glass Workshops + “Honeycomb” Tuesday, 9/22 6:00 pm - 9:00 pm (\$98) (Parks & Rec. Admin Office) <u>Class Spotlight</u> <u>Soul Flow Yoga</u> Tuesdays, 9/8 - 10/27 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. 7:15 pm - 8:15 pm (\$10 drop-in) or (\$85 entire session)
<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 (Will resume in September) 10:00 am - 12:00 pm Ladies Afternoon Out 1:00 pm - 3:00 pm	<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) or (\$75 entire session)
<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	*Save the date: Harvest Festival 10/24* Details to come in the October Gazette.

Library News

September 2026

		Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	1 ODHS 10am-12pm 1-3pm Intermediate ESL 10-11:30am Toddler Time 10:30-11am 11:15-11:45am Baby Storytime 12:15-12:55pm	2 Family Storytime 10:30-11am Profiles Lady Chatterley, Ulysses, and Other Banned Books 11-12:30pm Zoom Teen After School Drop-in 3-6pm	3 Family Storytime 10:30-11am	4 Play Group 10:30-12pm	5 Series Saturday Pizza and Taco 2-3pm
6 	7 Library Closed Happy Memorial Day!	8 ODHS 10am-12pm 1-3pm Intermediate ESL 10-11:30am Toddler Time 10:30-11am 11:15-11:45am Baby Storytime 12:15-12:55pm	9 Family Storytime 10:30-11am Teen After School Drop-in 3-6pm	10 Family Storytime 10:30-11am Life Happens: Understanding Mental Health, Substance Use, and Healing 6-7:30pm	11 Play Group 10:30-12pm	12 Space Talks 11am-12:30pm Spanish Storytime 11am-11:30am
13 	14 Gmail 11am-12pm Sit and Stitch 1:30-3pm Teen Advisory Board 4:30-5:30pm	15 ODHS 10am-12pm 1-3pm Intermediate ESL 10-11:30am Toddler Time 10:30-11am 11:15-11:45am Baby Storytime 12:15-12:55pm Intercambio 5-6pm	16 Family Storytime 10:30-11am Teen After School Drop-in 3-6pm	17 Family Storytime 10:30-11am Intercambio 6-7pm Tabletop Night Cascadia 6-7:30pm	18 Play Group 10:30-12pm	19 Heart Strings Mandarin 11-11:30am Wilsonville High School Robotics Team 1-3pm
20 Aaron the Fun-Gi Shares Mushroom Adventures! 2-3:30pm	21 Microsoft Word 11am-12pm Genealogy Club 1-2:30pm Sit and Stitch 1:30-3pm	22 ODHS 10am-12pm 1-3pm Intermediate ESL 10-11:30am Toddler Time 10:30-11am 11:15-11:45am Baby Storytime 12:15-12:55pm	23 Family Storytime 10:30-11am Teen After School Drop-in 3-6pm	24 Family Storytime 10:30-11am	25 Play Group 10:30-12pm SMART's Bike Rodeo and Bike Helmet Decoraction 3-5pm	26 Fall Fun 12-2pm
27 	28 Online Job Seeking 11am-12pm Blood Drive 1-6pm Sit and Stitch 1:30-3pm Teen Advisory Board 4:30-5:30pm	29 ODHS 10am-12pm 1-3pm Intermediate ESL 10-11:30am Toddler Time 10:30-11am 11:15-11:45am Baby Storytime 12:15-12:55pm	30 Family Storytime 10:30-11am Teen After School Drop-in 3-6pm Community Center Book Club James by Percival Everett 1-2pm	SEPTEMBER		

Common Sense Riddles

- 1: Poor people have it. Rich people need it. If you eat it you die. What is it?
- 2: What belongs to you but is used by everyone you meet?
- 3: What building has the most stories?
- 4: What has many teeth but cannot bite?
- 5: What do you lose the moment you share it?
- 6: What question can you never say yes to?
- 7: What goes up but never comes down?
- 8: A man goes out in heavy rain with nothing to protect him from it.
His hair doesn't get wet. How does he do that?
- 9: You have a barrel full of water. What do you add to the barrel to make it lighter?
- 10: What 5-letter word typed in all capital letters can be read the same upside down?
- 11: What starts with T, ends with T, and has T in it?
- 12: What is so fragile that saying its name breaks it?
- 13: What four-letter word can be written forward, backward, or upside down and can still be read from left to right?
- 14: What kind of ship has two mates but no captain?
- 15: The more there is the less you see. What is it?

ANSWERS ON PAGE 9.

It is the mark of an educated mind to be able to
entertain a thought without accepting it.

ARISTOTLE

WILSONVILLE WALKERS SEPTEMBER 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.

September 1 - Tuesday GRAHAM OAKS NATURE TRAIL - 11825 SW Wilsonville Road.

September 3 - Thursday LOWER MEMORIAL PARK - Walk around track, through the woods and across the bridge to the end of Montgomery Way and return.

September 8 - 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).

September 10 - Thursday DARYL & BARB JENSON - Meet at Jenson's home, 7622 SW Honor Loop, Wilsonville. Daryl will lead our walk and coffee will be at their home.

September 15 - Tuesday ARROWHEAD CREEK PARK LOOP - Meet in the Fred Meyer parking lot near McMenamins and walk to Arrowhead Creek Park by the Wilsonville Water Treatment Plant and return.

September 17 - Thursday CHAMPOEG STATE PARK - Purchase your parking pass at one of the 2 Kiosks as you enter the park, one located near the museum and one at the bottom of the hill. Turn right at the bottom of the hill and follow the signs to Loop B in the campground. Coffee hour at Butteville Store.

September 22 - Tuesday VILLEBOIS - Meet in the WES/Smart Transit Center parking area, 9699 SW Barber Blvd, Wilsonville.

September 24 - Thursday BROWNS FERRY PARK - 5855 SW Nyberg Lane, Tualatin. Coffee hour at the Panera Bread on Nyberg Street.

September 29 - Tuesday CHARBONNEAU - Meet in the Village Center parking lot near Lux Sucre Bakery where we will have our coffee hour.



TAKING A WALK By Mary Jackson Ellis

Taking a walk is so much fun.
We don't hurry; We don't run.
We watch for birds; We watch for bees.
We look for all the falling leaves

Stress Less - 5 Activities to Clear Your Mind

by Healthline

Sometimes life can seem a little frantic - it happens to all of us. The next time you're feeling overwhelmed, take a deep breath and step back from whatever is causing the chaos. There are countless activities for adults that can help clear the mind. Here are a few to consider when you're craving calm.

Go Explore

Instead of sitting on the couch, consumed by your own thoughts, try lacing up your sneakers and heading outside. Research indicates that taking a nature walk can help put things in perspective and reduce the tendency to be hard on yourself and others. Breaking up patterned thinking may also be beneficial to boosting your memory and reducing anxiety. When you get stuck in a routine, it can be easy to lose sight of the bigger picture. Sunshine and singing birds have a way of tuning you back in.

Find Your Calm

Some people realize tremendous mind-body benefits from practicing meditation, but it's not for everyone. Many people have a hard time silencing their thoughts while trying to focus. Adding movement to meditation can help, and Tai Chi is a wonderful way to find peace without having to sit still. Using gentle, flowing movements, Tai Chi is like meditation in motion. It's easy on the joints, too. You'll find instructional videos on YouTube, and many community education programs offer Tai Chi classes to help you get started.

Get Organized

Clutter causes anxiety for most people, and it can be tough to focus when you're surrounded by stuff. Luckily, cleaning really can be therapeutic! Performing mundane tasks lets your mind concentrate on what you're currently doing, which brings you into the present moment. The hardest part is getting started! To avoid being overwhelmed, take it one step at a time, and go room by room. When your home is neat and tidy, you'll enjoy how great it feels to be in an open, organized space, with everything in its proper place.

Be an Artist

When you focus on a creative activity, it can allow other parts of your brain to relax and de-stress. Some people get a creative release by building things like boats or birdhouses. For those with artistic talents, sketching or painting with watercolors can be very satisfying. For the rest of us who need a little more direction, coloring books are a great alternative! Publishers are creating coloring books for all ages, for men and women alike, and with different themes like birds, plants and abstract designs that are fun and easy to complete. You can let your imagination run free, combining the colors and textures that you find most pleasing to make something truly original.

Journal

Another great way to clear your mind is to Journal. It can be an effective way to process your stress. There are no rules to what you should include in your journal— you can write about anything. Try to set aside 10 to 15 minutes to write in your journal. Giving yourself a certain amount of time each day merely allows space to write and reflect freely without distractions.

CELEBRATING BIRTHDAYS
Wednesday, September 9th
Lunch Time

WCSI will be celebrating all those who have a birthday in
September and October



DID YOU KNOW

Out of all 12 months of the year, September is spelled with the most letters.
It contains nine letters, and it happens to be the ninth month of the year.
No other month has the same amount of letters as their number in the
calendar year.

A little-known, but highly significant holiday falls in September. September 17th is
Constitution Day, which marks the day that the U.S. Constitution was adopted.

The first newspaper to ever be put into print in the US was published on
September 26, 1690. The paper was called Publick Occurrences Both Foreign
and Domestick and was published in Boston.

The newspaper was to be rather short-lived, as the British were displeased
with its contents and put a stop to it straight away.

September skies are a reminder that every day is
a fresh start filled with opportunities

ANSWERS TO THE RIDDLES

- 1: Nothing
- 2: Your name
- 3: A library
- 4: A comb
- 5: A secret
- 6: Are you asleep?
- 7: Age
- 8: He's bald

- 9: A hole
- 10: SWIMS
- 11 A teapot
- 12 Silence
- 13: NOON
- 14 A relationship
- 15: Darkness



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



September 2026

Monday	Tuesday	Wednesday	Friday
	1	2	4
	Chicken Tortilla Soup Sour cream/Salsa/Tortilla strips Cornbread Salad Cobbler	Chef Salad Ham/Turkey/Cheese Egg/Tomato Fresh Roll Cake with Berries	BBQ Pork Slider Tator Tots Baked Beans Fruit 
7	8	9	11
	Ravioli Italian Vegetables Garlic Bread Ice Cream	Curried Chicken Salad Apples/Grapes/Raisins Spring Mix Roll Cookie	Clam Chowder Fresh Shrimp Salad Garlic Toast Lemon Bar
14	15	16	18
Meatball Sub Mozzarella Potato wedges Jello 	Enchilada Casserole Rice/Beans Chuckwagon Vegetables Brownie	Greek Bowls Chicken/Feta/Olives Cucumber/Tomatoes/Red Onion Tzatziki Cookie	 Pizza Salad Ice Cream
21	22	23	25
Breakfast Casserole Bacon/Hashbrowns/Eggs Muffin Fruit salad	Tuna Noodle Casserole Peas and Carrots WW Roll Brownie	Italian Wedding Soup ½ Sandwich Apple Yogurt with Berries	 Chef's Choice!
28	29	30	
Breakfast Biscuit Sausage/Egg/Cheese Diced Hashbrown Fruit	Chicken and Dumplings Biscuit Fresh Salad Tomato/Cucumber Cookie	Taco Salad Ground beef Cheese/Tomatoes/Tortillas Sour Cream/Guacamole Salsa Corn Muffin	

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.