

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

WCSI GAZETTE

JUNE 2024

*"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, Steven Bushman Roberta Crew, Joan Ericksen 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 pm UNLESS otherwise noted below

Thursday, June 13th
Tour Champoeg State Park
Lunch at Butteville Store Restaurant
Sign up begins Monday, June 3rd at 9:00 am

SAVE THE DATE

Thursday, July 11th
Oregon Donkey Sanctuary in Oregon City
Sign Up begins on Monday July 1st @ 9:00 am

UPCOMING ALL DAY TRIP



Thursday August 15th
Tillamook Air Museum
More information on page 5



Please Join us on
 Wednesday, June 5th and
 Wednesday, June 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



Wilsonville Community Center Brian Stevenson, Program Manager

Life 101 Lecture Series

The Community Center's popular Life 101 lecture series continues in June. All lectures will begin at 10:30 am and will take place at the Wilsonville Community Center. While there is no charge to attend, participants are asked to contact the Community Center at 503-682-3727 to pre-register.

June 3 will bring physical therapist and vestibular specialist Sydney Neumann, PT, DPT to the Center to present a dizziness workshop. Dizziness is more common with age and can lead to falls. Hear what can be done to decrease symptoms, and how physical therapy can help.

Monday, June 10, an AARP representative will teach participants how to protect themselves from scammers and identity theft. Learn about the latest research on the psychology of scams, how to identify scams and scammers, resources to prevent and protect you from being scammed, the recent scams in your area, and fraud prevention resources.

Finally, on **June 24**, "Brain Health" will be presented by AARP. This interactive session will present the six pillars of brain health and activities that support it. This session is a good overview for anyone interested in learning more and will provide attendees with information on the latest research, lifestyle suggestions, and resources to learn more.

Community Center Lunch Program and Special 'Father's Day' Lunch on June 14

Join your friends and make new friends at the Center's lunch program. Meals are served on Monday, Tuesday, Wednesday and Friday at 12 pm. Donations (\$3.50 for those 60 and over or \$4.25 for those under 60) are encouraged but not required.

Honor your father, celebrate being a dad, or simply enjoy a special meal. The June 14 Father's Day menu will include beef Wellington, mashed potatoes with gravy, vegetables and a chocolate cupcake. To assist staff in creating the best possible dining experience, please call 503-682-3727 to secure your seat for this special day.

Juneteenth Celebration: June 19, 5-7 pm at Town Center Park

This year's theme is Freedom to Create & Contribute, and features a keynote by Kimberly Howard Wade, the executive director of Caldera Arts, which empowers at-risk youth through art, environment, and mentoring. KMHD's Bryson Wallace will be spinning music, and Cafe Yumm will be available (while supplies last). This free event is put on by the City's Diversity, Equity and Inclusion Committee.

Korean War Remembrance Ceremony: June 29, 10 am at Town Center Park

The Korean War Memorial Foundation of Oregon will commemorate the 74th Anniversary of the start of the Korean War and celebrate the grand opening of the Oregon Korean War Memorial Interpretive Center. The event will welcome surviving Korean War veterans and their families, award the Ambassador for Peace medal to veterans who have not received it, feature an array of speakers, and open the Interpretive Center for viewing.

June 2024 Activities Schedule

	ONGOING ACTIVITIES (MAY BE A FEE)	CLASSES AND PROGRAMS STARTING SOON (PRE-REGISTRATION REQUIRED +)
<u>Monday</u>	<p>Sit, Stand, and Be Fit 11:00 am - 11:45 am</p> <p>Bridge 1:00 pm - 4:00 pm</p> <p>Weight Loss Support Group 12:30 pm - 1:15 pm</p> <p>Mexican Train Dominoes 1:00 pm - 4:00 pm</p>	<p>Located at Community Center unless otherwise noted.</p> <p>Beginning Tai Chi + Tuesdays and Thursdays, 5/7 - 6/27 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. 2:00 pm - 2:45 pm (\$70 for session or \$10 Drop In)</p> <p>Life 101 Series: Dizziness Workshop* Monday, 6/3 10:30 am - 12:00 pm</p> <p>Oil Painting + “Falls in the Summer” Tuesday, 6/4 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p>Life 101 Series: Fighting Fraud* Monday, 6/10 10:30 am - 12:00 pm</p> <p>Oil Painting + “Pastel Seascape” Saturday, 6/15 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p>Life 101 Series: Brain Health* Monday, 6/24 10:30 am - 12:00 pm</p> <p><u>Event Spotlight</u></p> <p>Memorial Day Remembrance Ceremony Honor veterans and pay your respect to those who made the ultimate sacrifice. Oregon Korean War Memorial Town Center Park Monday, 5/27 10:00 am</p>
<u>Tuesday</u>	<p>Piecemakers Quilting 9:00 am – 11:45 am (Tauchman House)</p> <p>Ukulele Jam Group 9:00 am– 11:00 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 Tuesday)</p>	
<u>Wednesday</u>	<p>Photography Club 10:00 am - 11:30 am</p> <p>Conversational Spanish Group 10:30 am - 11:30 am</p> <p>Sit, Stand, and Be Fit 11:00 am - 11:45 am</p> <p>Pinochle/Cribbage Play 1:00 pm - 4:00 pm</p> <p>Bingo 1:00 pm - 2:00 pm (1st & 3rd Wednesday)</p>	
<u>Thursday</u>	<p>Bridge Basics: Drop-in Lessons 10:00 am - 11:30 am</p> <p>Ladies Afternoon Out 1:00 pm - 3:00 pm</p> <p>Art Club 1:00 pm - 2:30 pm (2nd Thursday)</p> <p>I-5 Connection Community Chorus 10:00 am - 12:00 pm</p>	
<u>Friday</u>	<p>Sit, Stand, and Be Fit 11:00 am - 11:45 am</p> <p>Bridge 11:30 am - 3:00 pm</p> <p>Mexican Train Dominoes 1:00 pm - 4:00 pm</p>	<p>*Please call 503-682-3727 to pre-register.</p>

**WCSI BOARD ELECTIONS
FRIDAY, JUNE 7TH
11:45 am
Multi Purpose Room**

**We will be electing 5 board members
for a two year term
July 1, 2024 – June 30, 2026
and voting
on 2 proposed changes to our ByLaws**



We Are All A Piece of the Puzzle

PROPOSED BYLAW CHANGES:

At the Congregate meeting on June 7th we will be asking you to vote on 2 proposed ByLaw changes as well as the Five (5) board members seeking reelection.

The Two (2) proposed changes to WCSI ByLaws on the ballot are:

ARTICLE IV CONGREGATE MEETING: Currently we meet on the First Friday of June each year.

Change: Meet the Second Wednesday of June to correspond with our regular monthly Board Meeting

ARTICLE VII OFFICERS MEETING: Currently states the Officers meet prior to each regular meeting.

Change: Officers will meet In Person once quarterly.
(Officers are in contact by email on a regular basis)

**WILSONVILLE COMMUNITY SENIORS ALL DAY TRIP
(SENIORS 55+)**

THURSDAY, AUGUST 15, 2024

8:30 AM TO 5:30 PM

Meet :City Hall Parking Lot at 8:30 am Bus leaves at 8:45

**TILLAMOOK AIR MUSEUM
and
Lunch in Tillamook/Bay City area**



**YOUR COST
\$15.00 AT SIGN UP
(CASH OR CHECK)**

**TRIP SIGN UP BEGINS ON
THURSDAY, JULY 18TH
AT 9:00 AM AT THE
COMMUNITY CENTER
(50 SPACES AVAILABLE)**

you also pay
for your lunch
at the
restaurant

**THIS TRIP MADE POSSIBLE IN PART BY A.
GRANT FROM THE CITY OF WILSONVILLE**

WILSONVILLE WALKERS JUNE 2024 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.

June 4 Tues. **Graham Oaks Nature Park**

June 6 Thurs. **Foothills Park**, 199 Foothills Drive, Lake Oswego. Coffee hour at Rolling Hills Community Church, 3550 SW. Borland Rd, Tualatin, hosted by Paul & Peggy Osborn

June 11 Tues. **Mentor Graphics** - meeting in the old bowling alley parking lot

June 13 Thurs. **Tualatin City Park to Cook Park**, 8549 SW Tualatin Road, Tualatin. Meet in the parking lot after going under the railroad trestle. Coffee hour following our walk will be at Donut Land, 19350 SW Boones Ferry Road, Tualatin.

June 18 Tues. **Walk will be in Charbonneau** and we will meet outside the home of Karen Cary, 32513 SW Juliette Drive. As you enter Charbonneau off of Miley Rd, take the first left into the Louvonne neighborhood. Proceed straight ahead until you come to a T intersection and take a right. Karen's home will be on the left a few houses in. Shirley Tomas is next door at 32509 SW Juliette Drive. Our coffee hour will be on the decks of both homes following our walk and hosted by Karen, Shirley, Paula Johnson and Reita Campbell, all Louvonne residents. More info on parking to follow.

June 20 Thurs. **Browns Ferry Park**, 5855 SW Nyberg Street, Tualatin. Coffee hour will be at Panera in the Nyberg shopping center.

June 25 Tues. **Meet at the home of Bob and Barb Ziel**, 10920 SW Matzen, Wilsonville for walk and coffee hour. Barb and Bob will lead the walk to the Water Treatment Plant area.

June 27 Thurs. **Murase Park**, upper Memorial Park



Library News

Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

It's already June—but as I write this, it still seems like an early, cold spring. Is it, perchance, summer where you are?

Of course, any season of the year is the right one to find all manner of interesting and informative programs here at your library. And this month also begins our annual Summer Reading Extravaganza for kids, adults, and teens. You can get the skinny on all the summer's events at our website: www.wilsonvillelibrary.org

The next time you're in the library, take a peek at our fancy new signage. We chose a 'leaves of Oregon' theme, in keeping with our hope that you'll leaf the library with more happiness than when you arrived!

And finally, before delving into this month's events, I'd like to remind you that we have a very effective volunteer-driven service that brings library materials straight to the homes of those who are disabled or otherwise physically unable to make it to the library. If you are interested (and you qualify), please call Angee at 503-570-1598 (or email her at aglastravanloon@wilsonvillelibrary.org) to sign up. Additionally, if you would like to help us out as a home delivery volunteer, please also contact Angee via the above methods. For those who can drive to the library, we can also do curbside delivery service, if you make advance arrangements with us.

Now...What's happening this month?

On **Saturday, June 1st, at 11am**, please attend our free **Space Talk: Rockets, Rockets, and More Rockets!** In order to escape Earth's powerful gravity well, we need rockets. For a rocket to go anywhere requires a rocket engine. Perfecting the design, construction, and launch of rocket engines continues to this very day. Come learn about the history of liquid and electrical rocket engines, culminating with the active development of the game-changing (though scary-sounding) *nuclear thermal rocket!* Presented by two experienced docents from the Evergreen Air and Space Museum.

Also on **Saturday June 1st, but from 3pm to 4pm**, come and join us for a beautiful concert by the **Wilsonville Choral Arts Society**. Both Adult and Children's choirs will be featured in this recently-scheduled presentation. Free and open to all, the concert will be presented in our reading area.

On **Mondays and Tuesdays in June**, feel free to join us for free informal English classes at the library. We have both a beginning ESL class (from 11am-12:30pm on Mondays, the 3rd, 10th, 17th, and 24th); and an intermediate ESL class (from 10am to 12pm on Tuesdays, the 4th, 11th, 18th, and 25th). These are English as a Second Language classes, but anyone who would like to improve their English skills may attend. No sign-up necessary - Just drop in!

On **Tuesday, June 4th at 10:30**, please join us for a visit with author **Lian Dolan!** Ms. Dolan is the creator, producer, and host of *Satellite Sisters*, the award-winning podcast that she created with her four real sisters. She will talk about her latest novel, *The Marriage Sabbatical*, a People Magazine Pick for April and a USA Today Bestseller. (Check it out here at the library!)

Library News Continued

Every Tuesday in June (namely the 4th, 11th, 18th, and 25th)—you can meet with a representative from ODHS (the Oregon Department of Human Services), who may be able to help with housing or other social service matters. The representative will be at the library from 10am to 12pm, and again after lunch, from 1pm to 3pm. No appointments or signups are needed, but please do give us a call on the day, just to double check that the ODHS folks are available.

Our ever-popular **PROFILES** lectures will continue on **Wednesday, June 5th at 11am**. Taught by Emeritus Professor Bill Thierfelder, this month we'll be treated to an online talk on Juneteenth! In June of 2021, President Biden signed a bill making June 19th—known as Juneteenth—a federal holiday. Although Juneteenth has been celebrated in African-American communities since its inception over a century and a half ago, many Americans only learned about it recently. If you're among those still learning about the holiday and you're not sure exactly what it celebrates, this program explores the remarkable history behind this holiday, which is rooted in slavery but celebrates the triumph of freedom. Sign up to receive the Zoom meeting code, but act quickly! www.wilsonvillelibrary.org/classes

Our free and fun **First Friday Films matinee** continues on **Friday, June 7th at 3pm**. June's film is Next Goal Wins!, starring Michael Fassbender, Oscar Kightley, and Kaimana. The film recounts the story of the infamously terrible American Samoa soccer team, known for a brutal 2001 FIFA match, which they lost 31-0. Ouch! Please join us for this no-cost film, featuring snacks, popcorn, and even padded chairs. No reservations necessary—just show up!

On **Saturday, June 8th, from 2 to 3pm**, the library will present its latest Booknotes Concert! Come on in and fall to the thrall of Sean Gaskill together with his African Kora. The Kora is a 21-string instrument with a beautiful, shimmering range. The program is euphoniously free and open to all—Join us!

On **Saturday, June 15th, beginning at 10am**, please join us for our Summer Reading Program Kickoff with special guest Gideon Freudman, star of *Cellobop* (at 1pm). What is Cellobop, you ask? It's playful, adventurous fun for all ages featuring a unique blend of classical, blues, jazz, funk, and folk, all played on an electric cello. And if that doesn't thrill you, we'll also have cake! Who wouldn't be there?!

On **Monday, June 17th at 1pm**, 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 informal in nature and are moderated (this month) by Librarian Greg Martin, who will discuss the joys of adding found photographs from Ebay (and other sources) to FamilySearch. New members at any level are always welcome.

On **Thursday, June 20th, at 1 pm**, how about joining us to walk around and see what the local pollinators are doing? With a vigorous step, and jaunty toss of the head, our **Walking Book Club** departs from the **library lobby at 1pm** and journeys all the way to the deepest recesses of Memorial Park (and back)! During the walk we'll talk about this month's book: *The Push* by Ashley Audrain (or, in fact, any other book you've been reading!) Blythe Connor is determined that she will be the warm, comforting mother to her new baby that she herself never had. But Blythe becomes convinced that something is wrong with her daughter—she doesn't behave like most children do. Or is it all in Blythe's head?

On **Tuesday, June 25th at 6pm**, please join us for a presentation by local historian **Darrell Jabin, Samuel Boardman and the History of Oregon State Parks**. Explore the history of Oregon's more than 250 park properties and the life of Samuel Boardman, the man who many consider to be the father of our State Park system. Free and open to all.

CELEBRATING BIRTHDAYS

Wednesday, June 12th

Lunch Time

WCSI will be celebrating all those who have a birthday in May and June.



Walk Wednesday Summer 2024

Walks begin at 12:00

Each walk begins at a different location.

June 5	Therapeutic Assoc. Physical Therapy
June 12	The Salon Academy
June 19	Club Pilates Wilsonville
June 26	San Francisco Tienda Mexicana
July 3	No Walk- Holiday Week
July 10	MiNa's Closet Consignment
July 17	Lux Sucre - in Charbonneau
July 24	CrossFit Wilsonville
July 31	Soak Box

June 2024

Monday	Tuesday	Wednesday	Friday
3	4	5	7
Curry Chicken Potato/Carrot/Garbanzo Beans Brown Rice Cauliflower/Broccoli Pears	Philly Steak Sandwich w/Peppers and Onions Chuck wagon Vegetable Cookie	Chicken Salad w/ Grapes, Almonds, Tossed Greens, Croissant Pudding	Cheeseburger Potato Salad BBQ Chips Mixed Fruit
10	11	12	14
Fish and Chips Tartar Sauce Potato Wedges Peach Cup	BBQ Chicken Potato Salad Cole slaw Lemon Bar	Turkey/Avocado/Bacon Wrap Broccoli Salad Chips Oranges-HDM Birthday Congregate	 <u>Father's Day</u> Beef Wellington  Mashed Potatoes Mushroom Gravy Vegetable Chocolate Cupcakes
17	18	19	21
Stuffed Pepper Brown Rice Vegetable Yogurt cup	Shrimp melt On English muffin Coleslaw Tomato wedge Fruited Jello Cup	Club Sandwich Turkey/Ham/Swiss Tomato/lettuce Carrot sticks/Tzatziki Chips Cookie	Sloppy Joes WW Bun Chuck wagon Vegetables Tator Tots Pie
24	25	26	28
Baked Pasta With Sausage Green Beans Cookie	Tacos Tomatoes/Lettuce/Cheese Rice/Corn Melon Cubes	Chicken Caesar Salad Breadstick Tomato wedge Apple	Sweet and Sour Meatballs Rice Stir Fry 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.