

MAY - AUGUST 2024

# WILSONVILLE ACTIVITY GUIDE

COMMUNITY PROGRAMS | SPECIAL EVENTS | FACILITY RENTALS

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MAY 1 TO GET A  
10% DISCOUNT ON  
ALL CLASSES AND  
PROGRAMS



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# PARK RULES

Park & Trail Hours are 5 am-10 pm

*Alcohol is not permitted in Wilsonville parks or on trails unless approved by permit.*

*All Wilsonville parks and trails are smoke and tobacco free.*

*Keep pets on leash except in dog parks; properly dispose of pet waste.*

*Overnight camping is not allowed in Wilsonville parks or on trails.*

*No open flames, fires, charcoal grills, or camp stoves shall be allowed; Propane grills may be used but must be kept on paved surfaces.*

*No person shall possess any loaded firearm or discharge any firearm, pellet gun, or other weapon capable of inflicting injury.*

*No removal or damage to park grounds, structures, or facilities.*

*Pickleball, tennis, and basketball courts are first come, first serve; limit court time to 60 minutes when others are waiting.*

*Thank you for keeping our parks clean.*

*Other Restrictions and Enforcements per Wilsonville Code Sections 3.000 - 3.030*

*Have a park concern? Text it to 503-570-1678  
Please include a brief description and specific location of the concern in your text.*

[WilsonvilleParksandRec.com/ParkRules](http://WilsonvilleParksandRec.com/ParkRules)

503-783-7529

[ParksandRec@ci.wilsonville.or.us](mailto:ParksandRec@ci.wilsonville.or.us)



CONTACT US:

[PARKSANDREC@CI.WILSONVILLE.OR.US](mailto:PARKSANDREC@CI.WILSONVILLE.OR.US)  
[COMMUNITYCENTER@CI.WILSONVILLE.OR.US](mailto:COMMUNITYCENTER@CI.WILSONVILLE.OR.US)

ADMINISTRATIVE OFFICES  
29600 SW PARK PLACE  
503-783-7529

COMMUNITY CENTER  
7965 SW WILSONVILLE ROAD  
503-682-3727

## 6 RENTALS & SPECIAL EVENTS

*Arboretum Grand Opening, April 20  
WERK Day, May 18  
Mobility Month Event, May 27- June 2  
Pride Mural Reception, June 1  
Juneteenth, June 19  
Laser Light Show, July 4  
Movies in the Park, July 12, 26 & August 9, 23  
Community Party in the Park, August 22  
Skate Jam, August 24*

## 14 YOUTH PROGRAMS & SUMMER CAMPS

*SMART Programs  
YMCA  
Skyhawks  
Jordan Kent  
Kidokinetics  
Fun4All  
Play-Well TEKnologies  
Soccer Shots  
Chess Wizards  
STARS Camp  
Coyle Outside  
Youth Library Programs*

## 32 ADULT & 55+ PROGRAMS

*Library Programs  
Oil Painting & Water Color  
Barre, Yoga, and Body Sculpt  
Tai Chi & Sit, Stand and Be Fit  
Personal Training  
Life 101 Lecture Series  
Nutrition Services*

# Facility Rental Opportunities



Are you looking for a venue for your next gathering? Wilsonville Parks and Recreation has a variety of facilities available for rent. Whether it's a company party, wedding, family reunion, or a business meeting, we can help you find the facility to best suit your needs. Applications are currently being accepted for both residents and non-residents. The shelter season runs mid-April through mid-October.

## STEIN-BOOZIER BARN

The Stein-Boozier Barn is a rustic barn located in Murase Plaza with a main gathering space of 1,325 square feet. Amenities include 14 60" round tables, 96 folding chairs, a 21 cu/ft refrigerator, and a 10' bar with a sink. The patio in front of the barn contains terraced basalt stone seating with the back of the barn looking out to Boeckman Creek. Both the front and rear sliding doors can be opened. Max Capacity = 96  
Weekend rentals include a 1/2 day before and a 1/2 day after.

FOR MORE INFORMATION, PLEASE CALL: 503-570-1530  
OR VISIT [WILSONVILLEPARKSANDREC.COM/RENTALS](http://WILSONVILLEPARKSANDREC.COM/RENTALS)

## PARKS AND REC FACILITY RENTALS



## THE RIVER SHELTER

The River Shelter at Memorial Park sits in the southwest corner of the park near the Willamette River. Amenities include: electricity, water, 16 picnic tables, and a large private grassy area suitable for lawn games. Max Capacity = 200

## Other rentals:

### MEMORIAL PARK

- Forest Shelter (Max = 150)
- River Shelter (Max = 200)
- Sports Fields (Max = varies)

### MURASE PLAZA

- Stein-Boozier Barn (Max = 96)
- Grove Shelter (Max = 48)
- Splash Shelter (Max = 20)

### BOONES FERRY PARK:

- Tauchman House (Max = 40)

### INDOOR SPACES:

- Community Center (Max = 150)
- Mt. Hood Meeting Room (Max = 20)



## Addresses:

Administrative Office  
29600 SW Park Place (Mt. Hood Room)

Community Center  
7965 SW Wilsonville Road

Memorial Park  
Entrance at 8300 Memorial Drive

Art Tech Building  
29796 SW Town Center Loop East

Murase Plaza  
Entrance at 8100 Memorial Drive

Tauchman House  
31240 SW Boones Ferry Road

# Wilsonville COMMUNITY GARDEN

Garden plots  
open for  
online  
registration  
April 8

## REGISTRATION OPENS APRIL 8 AT 8 AM

[WilsonvilleParksandRec.com/CommunityGarden](http://WilsonvilleParksandRec.com/CommunityGarden)

The City of Wilsonville Community Garden offers year-round gardening, with 134 in-ground plots and 21 raised beds. Plots are limited to one per household. The garden has on-site water, a compost area, and is protected by a deer fence.

- 9'x10' foot in-ground plot: \$22 for the year
- 4'x8' foot raised bed: \$25 for the year

Visit the website above for additional information.  
Still have questions? Email - [Garden@ci.wilsonville.or.us](mailto:Garden@ci.wilsonville.or.us)

# Murase Arboretum Grand Opening

Saturday, April 20 | 9:30-11 am  
Murase Plaza Pollinator Garden  
(near Stein Boozier Barn and Murase Playground)

Prize Entry  
for  
Attendees

Join Wilsonville Parks and Recreation for an Arbor Day Event to celebrate the grand opening of the Murase Arboretum.

- The Arboretum features community selected trees, as well as trees that have ties to significant historical events, such as the Moon Tree, Peace Tree, and the Champion Oak.
- Oregon Department of Forestry's "Community Assistance Forester" will be present to discuss the peace tree project.
- Celebrate the importance of an Arboretum in the urban environment and let us know what trees you would like to vote for next year.
- There will be Arbor Day resources and coloring handouts.

# WERK Day & Goats!

May 18, 9-11 am  
Wilsonville Community Center

Join Wilsonville Parks and Recreation for a morning of park beautification and clean up projects.

Includes breakfast courtesy of the Wilsonville Rotary Club from 8-9 am at the Wilsonville Community Center.

Volunteers will leave from the Community Center at 9 am for work projects located in Memorial Park.

Pre-registration is highly encouraged.



All volunteers will  
receive a \$10 Fun  
Card from  
Bullwinkle's  
Wilsonville

# Did Someone Say Goats?



## FREE GOAT PETTING EVENT

May 18 at 10 am-12 pm  
Memorial Park  
Maintenance Barn

A herd of goats from Go Goat will be descending upon Memorial Park the first two weeks in May to help mitigate invasive blackberry. Come say hello at this free petting event in Memorial Park.



# MAY IS NATIONAL MOBILITY AWARENESS MONTH

To celebrate, Wilsonville Parks and Recreation is teaming up with the Diversity, Equity, and Inclusion (DEI) Committee and non-profit David's Chair to provide

## TRACK CHAIR RENTAL WEEK MONDAY 5/27 - SUNDAY 6/2!

Come test out an action track chair at the Memorial Park maintenance barn. Rental appointments available daily. To make an appointment email Recreation Coordinator Erica Behler at [behler@ci.wilsonville.or.us](mailto:behler@ci.wilsonville.or.us)  
Learn more at:

[WilsonvilleParksandRec.com/MobilityMonth](http://WilsonvilleParksandRec.com/MobilityMonth)



# PRIDE MONTH MURAL RECEPTION



The Arts, Culture, and Heritage Commission (ACHC) and the Diversity, Equity and Inclusion (DEI) Committee are presenting a mural at the Parks and Recreation Admin Building, painted by an Oregon artist to celebrate Pride Month!

Join us for the Pride Month Mural Reception! The mural will be viewable all of June for Pride Month and you can pick up your very own Wilsonville Pride Pin. There will also be a Pride themed Story Time from the Wilsonville Public Library. Light refreshments will be served.



Saturday, June 1  
2-4 pm at Town Center Park

THE CITY OF WILSONVILLE'S DIVERSITY, EQUITY AND INCLUSION COMMITTEE PRESENTS

# JUNETEENTH CELEBRATION



WEDNESDAY  
19 JUNE 5 PM  
TOWN CENTER PARK



SPEAKERS | MUSIC | FAMILY FUN

SPONSORS



# KOREAN WAR REMEMBRANCE CEREMONY

June 29, 10 am | Oregon Korean War Memorial, Town Center Park

Honor veterans and acknowledge the start of the Korean War  
Following the event, tour the newly opened  
Oregon Korean War Memorial Interpretive Center



# LASER LIGHT SHOW

JULY 4 | TOWN CENTER PARK

LAWN OPENS AT 9 PM, SHOW STARTS AT 10PM



# Wilsonville Rotary Summer Concerts



JULY 18 / Johnny Limbo & the Lugnuts  
Classic Rock n' Roll



JULY 25 / Rockit Radio  
Hits/Dance/Pop Music



AUGUST 1 / Curtis Salgado  
Blues / Soul



AUGUST 8 / Hit Machine  
Hits/Dance/Pop Music

5:30 pm Thursdays • Town Center Park • [www.WilsonvilleConcerts.com](http://www.WilsonvilleConcerts.com) • FREE

Thanks to our 2024 sponsors & partners:  
This project is made possible in part by a grant from the City of Wilsonville.



# Wilsonville SKATE JAM



Join us for a community focused afternoon of skateboarding! ●●●●●●●●

Date : **August 24**  
Time : **1 - 3 PM**  
Location : **Memorial Park Skatepark**

- Beginner and Advanced Jam Sessions
- Prize Raffle
- Gear and Apparel Giveaways
- Kona Ice Truck

Presented by:  
Wilsonville Skatepark Association

THE CITY OF WILSONVILLE PRESENTS



# PARTY IN THE PARK

22 August

📍 Town Center Park

Start  
5:30 PM



Free!



Food Trucks,  
Games & Activities

**LIVE MUSIC FROM NATE BOTSFORD**



- Live music
- Games
- Civic Engagement
- Giveaways
- Water feature



# MOVIES IN THE PARK

Sponsored by:



PROPERTY GROUP





**kw** SUNSET CORRIDOR KELLERWILLIAMS

POWERED BY **PLACE**

Each Office is Independently Owned and Operated

Come enjoy a movie under the stars. No charge!

Thank you to our 2024 Gold sponsor!

<p>July 12 Barbie Town Center Park</p> 	<p>July 26 Elemental Edelweiss Park</p> 
<p>August 9 Migration Town Center Park</p> 	<p>August 23 Wish Memorial Park River Shelter</p> 

All Movies begin at Dusk  
Bring your own blanket or lawn chair!  
Google 'Dusk time, (date)' for estimate

WILSONVILLE PARKS & RECREATION

pax PROPERTY GROUP



COMING SOON!

## BOONES FERRY PARK PLAYGROUND

This new inclusive playground will feature:

- Turf Surfacing
- A Fenced Perimeter
- Accessible Whirl Spinner
- Companion Swing
- Roller Slide
- New Restroom





## Walk Wednesday Summer 2024

Walks begin at 12:00  
Each walk begins at a different location.


Wednesday	Meeting Location
May 1	Pearl Bakery
May 8	Academy Mortgage - Josh Dalglish
May 15	Edward Jones - Josh Golston
May 22	TriMet
May 29	<b>No Walk- Holiday Week</b>
June 5	Therapeutic Assoc. Physical Therapy
June 12	The Salon Academy
June 19	Club Pilates Wilsonville
June 26	San Francisco Tienda Mexicana
July 3	<b>No Walk- Holiday Week</b>
July 10	MiNa's Closet Consignment
July 17	Lux Sucre - in Charbonneau
July 24	CrossFit Wilsonville
July 31	Soak Box
September 4	<b>No Walk- Holiday Week</b>
September 11	Divine Complexions Beauty Medspa
September 18	Revitalize Health & Wellness
September 25	Nichols Family agency



# SMART SUMMER BIKE EVENTS

SOUTH METRO AREA REGIONAL TRANSIT


### MAY



8	NATIONAL BIKE+ROLL TO SCHOOL DAY
13-17	LEARN-TO-RIDE BIKE CLINICS
18	BIKE REPAIR 101 (HANDS ON)

### JUNE

6	"THE SLOW WAY HOME" DOCUMENTARY
10-14	LEARN-TO-RIDE BIKE CLINICS
19	MINOR BIKE REPAIRS (TECHNICIAN PROVIDED)



### JULY



8-12	BIKE ADVENTURE CAMP
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Learn more at [RideSMART.com](https://RideSMART.com)

Si requiere asistencia con estos programas en español, por favor llame a Patty Tiburcio al 503-570-1670



Made possible with support from Metro and the Federal Transit Administration.



# SKYHAWKS SUMMER SPORTS CAMPS



Register Now for Summer Skyhawks Sports Academy Programs in the Wilsonville Area!

**Multi-Sport**  
 June 24-28  
 • 9am-12pm (\$159)  
 July 1-3  
 • 9am-12pm (\$95)  
 July 8-12  
 • 9am-12pm (\$159)  
 July 15-19  
 • 9am-12pm (\$159)  
 • 9am-3pm (\$319)  
 July 29-August 2  
 • 9am-12pm (\$159)  
 August 12-16  
 • 9am-12pm (\$159)

**Volleyball**  
 July 1-3  
 • 9am-3pm (\$191)  
 July 22-26  
 • 9am-12pm (\$159)

**Tennis**  
 June 17-21  
 • 9am-12pm (\$127)  
 July 1-3  
 • 9am-12pm (\$95)  
 July 8-12  
 • 9am-12pm (\$159)  
 July 22-26  
 • 9am-12pm (\$159)  
 August 12-16  
 • 9am-12pm (\$159)

**Soccer**  
 July 8-12  
 • 9am-12pm (\$159)  
 • 9am-3pm (\$319)

**Cheer**  
 August 5-9  
 • 9am-12pm (\$159)  
 • 9am-3pm (\$319)

**Flag Football**  
 June 17-21  
 • 9am-12pm (\$127)  
 July 15-19  
 • 9am-12pm (\$159)  
 • 9am-3pm (\$319)

**Basketball**  
 June 17-21  
 • 9am-12pm (\$127)  
 August 5-9  
 • 9am-12pm (\$159)  
 • 9am-3pm (\$319)



Scan here to register, then sort by distance or date!



VIEW AVAILABLE PROGRAMS AT  
[REGISTER.SKYHAWKS.COM](https://register.skyhawks.com)

# SKATEBOARD

## LESSONS

Come out to Memorial Park Skatepark for a free learn to skate day. Members and advanced skaters from the Wilsonville Skatepark Association will teach the basics needed to get rolling including: skateboard construction, foot placement, pushing, dropping in, kick turns and ollies. Participants will be given a foundation of skills to build on to become a proficient skater. **\*\*Helmets are required\*\***



JUNE 15 10 am - Noon Course #: 11157

Ages: 6-14 (participants will be separated by age/ability as needed)

## SING WITH US



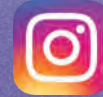
Community Choir for Adults  
 Children's Choir  
 Summer Camp



[www.wilsonvillechoirs.com](https://www.wilsonvillechoirs.com)

Wilsonville Choral Arts Society

## FIND PARKS AND REC ON SOCIAL MEDIA



Instagram:  
 @WilsonvilleParksandRec  
 @Steinboozierbarn



Website:  
[WilsonvilleParksandRec.com](https://WilsonvilleParksandRec.com)



Facebook:  
 @WilsonvilleParksandRec



# JORDAN KENT'S JUST KIDS SKILL CAMPS



## SUMMER CAMPS STARTING AT \$169.95

The Jordan Kent Skill Camps hosted by University of Oregon Hall-of-Famer Jordan Kent are energetic, positive sport camps open to boys and girls ages 6-12! We offer training in football, basketball, or soccer, along with life skills, nutrition education, agility training, games, contests, prizes and memories aplenty! Camps include a t-shirt and post camp goodie!

## WILSONVILLE SUMMER CAMPS JUNE 24-27 // JULY 29-AUG 1



**WILSONVILLE MEMORIAL PARK**  
**MON-THURS**  
**9AM-3PM \$199.95**  
**9AM-1PM \$169.95**

Presented by:  
**PARR**  
LUMBER

FOR MORE INFO,  
REGISTRATION, &  
COMPLETE SCHEDULE,  
SCAN THE QR CODE  
OR VISIT:

[WWW.JORDANKENTCAMPS.COM](http://WWW.JORDANKENTCAMPS.COM)



## Y SUMMER CAMPS

### JR. CAMPS

9:00 AM – 12:00 PM  
4–6 Years Old  
Price: \$215

\* Holiday week: \$172

Jr. STEM | Course #: 11114  
July 1-5 (No camp July 4th)  
Memorial Park River Shelter

Jr. A Bugs Life | Course #: 11118  
July 22-26  
Memorial Park River Shelter

Jr. Outdoor Science | Course #: 11120  
August 5- 9  
Art Tech Building Outside

Jr. Picasso | Course #: 11123  
August 12-16  
Memorial Park River Shelter

### Sports CAMPS

8:30 AM – 2:30 PM  
6–12 Years Old  
Price: \$385

Ultimate Sports | Course #: 11121  
August 5-9  
Memorial Park River Shelter

### Enrichment CAMPS

8:30 AM – 2:30 PM  
6–12 Years Old  
Price: \$385  
\*Holiday week: \$308

Outdoor Science | Course #: 11113  
July 1-5 (No Camp July 4th)

Memorial Park River Shelter  
Stop Motion Animation: Out of this World | Course #: 11115  
July 15-19  
Art Tech Building Inside

Outdoor STEM | Course #: 11116  
July 15-19  
Memorial Park River Shelter

Kitchen Science | Course #: 11117  
July 22-26  
Memorial Park River Shelter

Fabric Arts | Course #: 11119  
August 5-9  
Art Tech Building Inside

A Bug's Life | Course #: 11122  
August 12-16  
Memorial Park River Shelter

Outdoor STEM | Course #: 11125  
August 19-23  
Memorial Park Forest Shelter

Y-Chef Celebrity | Course #: 11124  
August 19-23  
Tauchman House

### REGISTRATION INFORMATION

For more detailed information visit [WilsonvilleParksandRec.com](http://WilsonvilleParksandRec.com) or call the YMCA at 503-862-4017. Still have questions? Call Wilsonville Parks and Rec at 503-783-PLAY.

» Dream, discover, create at [ymcacw.io/camps24](http://ymcacw.io/camps24)

### YMCA OF COLUMBIA-WILLAMETTE

- Battle Ground • Ridgefield • Vancouver
- Beaverton • Camp Collins • Clackamas • Hillsboro • Oregon City
- Portland • Sherwood • Tigard • West Linn • Wilsonville





# KIDOKINETICS CAMPS



**RUN THE BASES (AGES 3-7) COURSE #: 11092**  
**JUNE 17-21, 9AM-12PM | MEMORIAL PARK FIELD #5 | COST \$205**

There is no better feeling than running across home plate. We will learn the basics of what it means to run bases while we rotate between kickball, T-ball and cricket. Kids will learn basic skills for each of these sports as well as work on their cardiovascular endurance and teamwork.



**NINJA PLAY (AGES 3-7) COURSE #: 11093**  
**AUGUST 19-23, 9AM-12PM | MEMORIAL PARK RIVER SHELTER | COST \$205**

During NinjaPlay, kids develop skills around stability, agility, balance, jump distance and more. Every class is designed for optimal skill development and optimal FUN! Each week features a warm up, sport-specific skills and drills, free play, cool down and an age-appropriate anatomy and physiology lesson.



**SPORTS PLAY (AGES 3-6) | MEMORIAL PARK SOCCER SPOT | \$267/SESSION**  
**TUESDAY PM SESSION: TUES. JUNE 4-AUG. 20, 4-4:45PM | COURSE # 11094**  
**SATURDAY AM SESSION: SAT. JUNE 8-AUG. 24, 10-10:45AM | COURSE # 11095**

A fun introduction to sports designed to help kids get moving and build confidence! Each week features a warm up, an introduction to a new sport or activity, free play, cool down and an age appropriate anatomy and physiology lesson.

# Fun 4 All Camps



## Survivor Challenge - June 17-21

**Ages 7-11 | 9am-3pm | Tauchman House | Cost \$349 | Course #: 11108**  
 Prepare for the ultimate summer adventure during Fun4All's Survivor Challenge week. This thrilling week-long program is designed to test kids' problem-solving skills, teamwork, and resilience while providing an unforgettable experience and building lasting friendships. Work together to navigate through obstacle courses, solve challenges, and learn skills to help you survive in the great outdoors.



## Cosmic Curiosity - June 24-28

**Ages 7-11 | 9am-3pm | Tauchman House | Cost \$349 | Course #: 11109**  
 Blast off into a space themed week of adventure with Fun4All's Cosmic Curiosity program. This immersive, educational program will take young explorers on an out of this world journey through our galaxy and beyond. Throughout the week, students will embark on simulated space missions and work together to complete challenges and design and test model rockets.



## Slime Week - July 15-19

**Ages 6-10 | 9am-3pm | Tauchman House | Cost \$349 | Course #: 11110**  
 It's slime time as we spend a week with students to create new slime recipes that are only limited to your imagination! Our popular Slime Week teaches students the basics of how to make their own slime, and then shows students some of the most popular and trending slime recipes. Some of the slime is even edible! Our coordinators show students the latest slime tips and tricks and encourage creative thinking and working with friends. Students can customize their own slime by adding colors, scents, and textures. Once the slime is made, students can mold and play with their new creations. Slime Week lets kids get their hands dirty and have fun, but leaves the mess in the classroom and out of the car and home!



## Science Week - July 29-August 2

**Ages 7-11 | 9am-3pm | Tauchman House | Cost \$349 | Course #: 11111**  
 Join us as we ignite the spark of curiosity in the next generation of young scientists during Fun4All's Science Week program. Instructors will guide students through fun projects and challenges like creating the highest rocket, making colorful elephant toothpaste, and designing and racing balloon powered cars.



## Outside the Lines Art - August 5-9

**Ages 5-9 | 9am-3pm | Tauchman House | Cost \$349 | Course #: 11112**  
 Get your creativity on with Fun4All's Outside the Lines Art Week! Each jam packed day will have a different theme including Zoo Animals, Beach Day and Bored at Home to explore art through many types of mediums! Our instructors will combine brief art lessons with fun projects that are sure to give kids a great summer experience.

# PLAY-WELL TEKNOLOGIES



*"We use the power of play and LEGO-inspired engineering to teach kids about STEM."*

All 5-7 year old camps take place at the Tauchman House in Boones Ferry Park (31240 SW Boones Ferry Rd). All of the 7-12 year old camps take place at the Art Tech Building (29796 SW Town Center Loop E).

## WEEK OF JULY 8-12

**Adventures in STEM & Minecraft Engineering | Ages 5-7 | 9am-4pm | Tauchman House**  
Cost \$355 | Course #: 11127

Morning Lesson - Adventures in STEM: Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system.

Afternoon Lesson - Minecraft Engineering: Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor.

**STEM Explorations & Minecraft Master Engineering | Ages 7-12 | 9am-4pm**  
Art Tech | Cost \$355 | Course #: 11128

Morning Lesson - STEM Explorations: Master your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Projects are rotated seasonally to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas.

Afternoon Lesson - Minecraft Master Engineering: Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO® resources, we will build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither from taking over! If you can imagine it, we can build it.



## WEEK OF JULY 22-26

**Adventures in STEM & Animal Adventures | Ages 5-7 | 9am-4pm | Tauchman House**  
Cost \$355 | Course #: 11129

Morning Lesson - Adventures in STEM: (see previous description)

Afternoon Lesson - Animal Adventures: Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.

**STEM Explorations & Wizarding World | Ages 7-12 | 9am-4pm | Art Tech**  
Cost \$355 | Course #: 11130

Morning Lesson - STEM Explorations: (see previous description)

Afternoon Lesson - Wizarding World: Master the magic of Harry Potter using LEGO®! Visit Diagon Alley, play a game of Quidditch, and duel the evil Lord Voldemort. Hone your magical skills while learning about advanced Muggle (STEM) concepts.

## WEEK OF AUGUST 12-16

**Adventures in STEM & Pokémon Engineering | Ages 5-7 | 9am-4pm | Tauchman House**  
Cost \$355 | Course #: 11131

Morning Lesson - Adventures in STEM: (see previous description)

Afternoon Lesson - Pokémon Engineering: Calling all Pokémon trainers! With the Pokémon Championship approaching, join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch 'em all!!

**STEM Explorations & Master Pokémon Engineering | Ages 7-12 | 9am-4pm | Art Tech**  
Cost \$355 | Course #: 11132

Morning Lesson - STEM Explorations: (See previous description above)

Afternoon Lesson - Master Pokémon Engineering: LEGO® Master, I choose you!! In the race to be crowned the Ultimate Pokémon Champion, we need your help! Learn to build your favorite Pokémon, level up by teaching them special moves, evolve them into more powerful versions, and come face to face with the current champion in an epic battle for the title. Learn from our Play-Well Pokémon Masters so you can make it to the top!



# SOCCER SHOTS

## MINI - 2 TO 3 YEAR OLDS

SOCCER SHOTS MINI IS A HIGH-ENERGY PROGRAM INTRODUCING CHILDREN TO FUNDAMENTAL SOCCER PRINCIPLES SUCH AS USING YOUR FEET, DRIBBLING, AND THE BASIC RULES OF THE GAME. THROUGH FUN GAMES, SONGS, AND POSITIVE REINFORCEMENT, CHILDREN WILL BEGIN TO EXPERIENCE THE JOY OF PLAYING SOCCER AND BEING ACTIVE. WE ENCOURAGE PARENT INVOLVEMENT IN OUR MINI CLASSES.

## CLASSIC - 3 TO 4 YEAR OLDS & 4 TO 5 YEAR OLDS

USING CREATIVE AND IMAGINATIVE GAMES, WEEKLY SESSIONS FOCUS ON BASIC SOCCER SKILLS LIKE DRIBBLING, PASSING, AND SHOOTING. WE ALSO HIGHLIGHT A POSITIVE CHARACTER TRAIT IN EACH SESSION SUCH AS RESPECT, TEAMWORK, AND APPRECIATION. SOCCER SHOTS WILL EXPOSE YOUR CHILD TO THE FUN OF SOCCER AND PROVIDE THE FOUNDATION NEEDED TO GET STARTED IN THE SPORT.

## PREMIER - 5 TO 7 YEAR OLDS

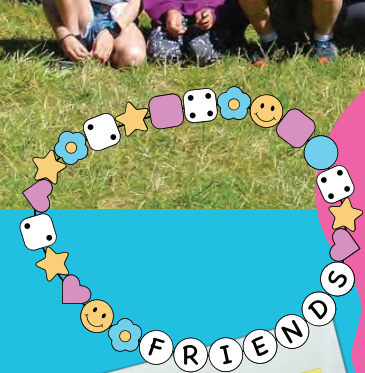
STILL USING OUR FUN, NONCOMPETITIVE FORMAT, THE PREMIER PROGRAM TEACHES MORE MATURE SKILLS AND CONCEPTS AT A FASTER PACE THROUGH MORE COMPLEX GAME PLAY.

**A NOTE ON AGE:** PLAYERS MUST BE WITHIN THE AGE OF THE CLASS ON OR BEFORE THE FIRST LESSON.

**DATE:** SAT. 6/15 - 8/17 **LOCATION:** WILSONVILLE MEMORIAL PARK "SOCCER SPOT" (NEAR TENNIS COURTS)

**COST:** \$199 (MINI) \$209 (CLASSIC & PREMIER)

SECTION:	AGE:	TIME:	COURSE #:
MINI:	2-3.5	4:40-5:10 pm	#11088
CLASSIC:	3.5-4.5	3:50-4:25 pm	#11089
CLASSIC:	4.5-5	3-3:35 pm	#11090
PREMIER:	6-7	2-2:45pm	#11091



Programs include Science, Art, Sport & Adventure

**JULY**  
**8-10**  
**9 AM-3 PM**

# Chess Wizards Camps

**Ages 6 - 12 | Parks and Rec Admin Offices**

**Full Day : 9am-3pm | \$390**

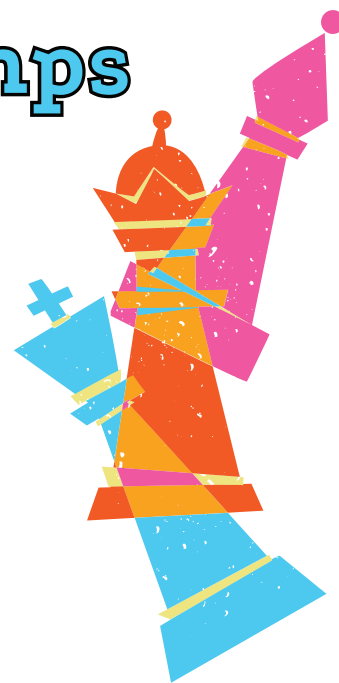
**Half Day: 9am-12pm OR 12-3pm | \$260**

**Week 1: June 24 - 28**

**AM Session #10911| PM Session #10913| Full Day #10912**

**Week 2: July 29 - August 2**

**AM Session #11097| PM Session #11098| Full Day #11096**



Chess Wizards has been teaching the game of chess since 2002. Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You will improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Our camps include fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary for your child to participate, but kids should bring their own lunch. Unleash your brainpower and spend part of your vacation with Chess Wizards!



**AGES 7-12**

Stars Camp is intended for those families on the free or reduced lunch program. There is no fee for the camp, but pre-registration is required. Limited spots are available.

For more information, visit: [WilsonvilleParksandRec.com](http://WilsonvilleParksandRec.com) | **Course #: 11160**  
River Shelter, Memorial Park

# COYLE

# OUTSIDE



ALL CAMPS TAKE PLACE AT MARY S. YOUNG PARK IN WEST LINN EXCEPT FOR INTRO TO WILDERNESS SURVIVAL CAMPS

## FISH, FORAGE, FIRE

9 AM-4 PM | AGES 8-13 | \$418  
JUNE 24-28 | COURSE #: 11099  
JULY 29-AUGUST 2 | COURSE #: 11100

Learn the art of being a true outdoors person! Our primary activities will be fishing, archery, and foraging. Learn and develop a diversity of food acquisition skills! Fishing lessons, as allows, will include; baiting, cleaning, and cooking as well as gear, casting, and of course fishing. Foraging will include plant ID and how to safely harvest in various seasons. Archery practice will occur several times throughout the week with an emphasis on safety, practical use, and form.

## GIRLS EARTH SKILLS

JULY 8-12  
9 AM-4 PM | AGES 9-14 | \$399 | COURSE #: 11101

Work in teams to build communication and leadership skills, and work independently to build focus, self-esteem, and self-sufficiency. Campers will practice an array of wilderness skills, such as shelter construction, fire building, tool and knife use, knots and ropes, navigation, and plant identification. Instructors make it both fun and challenging with creative team scenarios to problem solve in small groups. Play fun games, make new friends, and earn a skills certificate!

## IMMERSION WEEK

JULY 15-26 (2 WEEKS MONDAY-FRIDAY)  
9 AM-4 PM | AGES 9-13 | \$786 | COURSE #: 11102

This new offering is for the most dedicated survival and skills campers! Two consecutive weeks of camp go deeply into shelter, fire, knife work, knots, cordage, foraging, tracking, traps, navigation and more. Be with a group longer to build leadership and cohesion (and friendship!) benefitting from the experience of taking more time to create connections with skills, nature, and peers. This class ends with a certification process and final demonstration to parents and may involve a field trip or alternate local drop off/pick up points on some days.



## INTRO WILDERNESS SURVIVAL

9 AM-2:30 PM | AGES 6-9 | \$341 | MEMORIAL PARK FOREST SHELTER  
JULY 15-19 | COURSE #: 11103  
AUGUST 5-9 | COURSE #: 11104

No prerequisites needed. Learn the basics of thriving in the wild. Campers learn confidence, initiative, communication and common sense through fun survival scenarios in teams and on their own. Skills taught include shelters, fire building, cordage, navigation, knots, traps, primitive skills and more. We play survival themed games and the week ends with an exciting final scenario and a certificate of achievement.

## ADV. WILDERNESS SURVIVAL

AUGUST 5-9  
9 AM-4 PM | AGES 9-14 | \$399 | COURSE #: 11105

No prerequisites needed. This camp goes in depth into critical survival skills using fun, challenging scenarios. Participants work on their own and in teams to problem solve various skills challenges such as shelter, fire, tool use, knife safety, traps, rope and knots, plant uses, animal tracking, primitive skills, navigation, and more (we can't cover all of it in one week!) Instructors help participants build initiative, self-control, confidence, and communication skills while making new friends. We play survival themed games and the week ends with an exciting final scenario and a certificate of achievement.

## CRAFTERS CAMP

AUGUST 12-16  
9 AM-4 PM | AGES 9-14 | \$418 | COURSE #: 11106

Build. Cool. Stuff. This camp is all about tool use, creativity, and engineering. Each day we will introduce a new building project that participants will work on throughout the week to bring home. Projects are generally themed for camping and outdoors. Projects may include assembling a bushcraft knife, a bone awl, natural fiber cordage, hand carved wood spoon and/or bowl, paracord survival bracelets or belts, bamboo walking sticks, gourd drinking bottle, rocket stove, and more. We take breaks to explore the park and look for materials. Participants practice focus, follow through, patience, and develop problem-solving and common sense as they work through projects.

## INTERMEDIATE WILDERNESS SURVIVAL

AUGUST 19-23  
9 AM-4 PM | AGES 8-10 | \$399 | COURSE #: 11107

No prerequisites needed. Skills taught and practiced will include shelters, fire safety and building, knife safety, tracking, foraging teamwork, traps, orienteering, cordage and knots, and primitive skills. Test yourself against survival scenarios! Our goal for this week is building initiative, self-control, and judgment skills while connecting with the natural world and having fun. We use teaching scenarios based on real life survival and play survival themed games. The week ends with an exciting final scenario and a certificate of achievement.

# WILSONVILLE PUBLIC LIBRARY



8200 SW WILSONVILLE RD.  
WILSONVILLE OREGON, 97070  
503-682-2744  
WILSONVILLELIBRARY.ORG



Come explore the Wilsonville Public Library! We provide a wide variety of services for Wilsonville area residents and businesses. Our mission is to serve as a reference and resource center for practical information needs, lifelong learning, and entertainment.

Our collection comprises over 100,000 items in many formats, supplemented by local and far-reaching electronic resources, professional services, and a friendly, knowledgeable staff with a commitment to top-quality service.

Free library cards are available to all Clackamas County citizens served by the Library District of Clackamas County. Preferred ID is a valid driver's license with current address, but residents may also provide other photo ID and proof of current address.

Keep up to date on upcoming Library events with eNotify. Sign up for these email notifications by visiting our website: [www.wilsonvillelibrary.org](http://www.wilsonvillelibrary.org).

## LIBRARY YOUTH PROGRAMS:

### Thursday Fun Shows

Fun shows for kids and their families at the Grove Shelter in Memorial Park.

Ages: 3 & older

Dates: Thurs. 6/20 - 8/1 (No program 7/4)

Time: 11 am - 11:45 am

Location: Grove Shelter in Memorial Park

Cost: No Charge

**Get email reminders for Kids Programs**

Sign up for email reminders of every special library event for kids. Register through the library website at [www.WilsonvilleLibrary.org/subscribe](http://www.WilsonvilleLibrary.org/subscribe)

### Toddler & Baby Time

Our amazing librarians engage toddlers in interactive stories, songs, rhymes, and play to help build skills for reading readiness!

Ages: Birth to 2 years old

Dates: Tues. 6/18 - 7/30

Time: 10:30 - 11 am & 11:15 - 11:45am

Location: Oak Room

Cost: No Charge.

### Science in August

August 6-9. Activities, dates, and registration information available at: [www.wilsonvillelibrary.org/SRP](http://www.wilsonvillelibrary.org/SRP).

## LIBRARY TEEN PROGRAMS

Teen programs are free and open to students in grades 6-12.

### Teen Advisory Board

The Teen Advisory Board (TAB) is made up of 6th through 12th graders like you who meet to:

- Hang out, eat, and have fun
- Help choose books, music, and movies for the library to buy
- Help make the teen space a comfy and attractive place to hang out
- Plan events

If you're interested in joining, call Brad at 503-570-1592 or send us an e-mail at [teens@wilsonvillelibrary.org](mailto:teens@wilsonvillelibrary.org).

### Teen Tuesdays at 2pm

Weekly events just for teens!

Ages: 13-18

Dates: Tues. 6/18-7/30

Time: 2-4 pm, except for special events. See website for more details:

[www.wilsonvillelibrary.org/TSRP](http://www.wilsonvillelibrary.org/TSRP)

Location: Oak Room

Cost: No Charge

### Teen Summer Reading Program

All students entering 6th through 12th grades are invited to sign up for the Teen Summer Reading Program.

Starting June 1, read at least 20 minutes a day for 20 days to win a free book and qualify for fun prize drawings. Complete 10 STEAM explorations and receive a STEAM prize.

Find out more at:

[www.wilsonvillelibrary.org/TSRP](http://www.wilsonvillelibrary.org/TSRP)

### Teen E-mail List

Want to come to an event, but need a little reminder?

Send us an e-mail at

[teens@wilsonvillelibrary.org](mailto:teens@wilsonvillelibrary.org)

to get added to our eNews list.

Or become a Facebook friend of

"Wilsonville Library" to get event updates!

## LIBRARY ADULT PROGRAMS



### Profiles

Dr. Bill Thierfelder looks at the people, places, and events that shape our lives in this online program series.

Ages: High School through Adult

Dates:

- Wed. 5/01 - Monet's Garden
- Wed. 6/05 - Juneteenth
- Wed. 7/03 - Roswell and Beyond
- Wed. 8/07 - Mark Twain

Time: 11 am-12:30 pm

Location: Online - Zoom

Fee: No Charge - Sign up online to receive the Zoom meeting code:

[www.wilsonvillelibrary.org/classes](http://www.wilsonvillelibrary.org/classes)

### First Friday Films

Watch the latest releases, from blockbusters to independent films, for free on our big screen the first Friday afternoon of the month. Visit our website for film titles.

Ages: High School through Adult

Dates:

- Fri. 5/03
- Fri. 6/07
- Fri. 7/05
- Fri. 8/02

Time: 3-5 pm

Location: Oak Room

Fee: No Charge

## LIBRARY ADULT PROGRAMS CONTINUED...

### Walking Book Club

Join us on a walk from the library to the deepest recesses of Memorial Park. We'll talk about books and what we have been reading. You can read the monthly book, but if not... just come anyway!

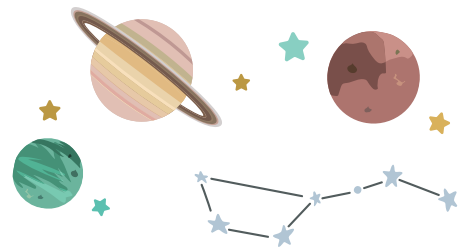
Ages: High School through Adult  
Dates:

- Thurs. 5/16 – Nothing to See Here by Kevin Wilson
- Thurs. 6/20 – The Push by Ashley Audrain
- Thurs. 7/18 – Mad Honey by Jodi Picoult
- Thurs. 8/15 – Major Pettigrew's Last Stand by Helen Simonson

Time: 1-2 pm

Location: Meet in library lobby

Fee: No Charge



### Space Talks

Discover the history and science behind our exploration of the moon, Mars, and the universe with these talks presented by docents from Evergreen Aviation and Space Museum. Monthly on the first Saturday.

Ages: High School through Adult

Dates:

- Sat. 5/04 – Voyager 1's Pale Blue Dot
- Sat. 6/01 – Rockets, Rockets, and More Rockets
- No program 7/06
- Sat. 8/10 – TBA

Time: 11 am-12:30 pm

Location: Oak Room

Fee: No Charge

### ODHS Drop-In Assistance

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.

Ages: High School through Adult  
Dates: Tues. 5/7-8/27

Time: 10 am-12 pm & 1-3 pm

Location: Simmons Room & Rose Room

Fee: No Charge

### Genealogy Club

Discover new genealogical resources and tools, discuss personal research and goals, and learn from experienced genealogists at monthly meetings. Open to seasoned genealogists and beginners.

Ages: High School through Adult

Dates:

- Mon. 5/20
- Mon. 6/17
- Mon. 7/15
- Mon. 8/19

Time: 1-2:30 pm

Location: Oak Room

Fee: No Charge



### Beginning English Class

Free beginning English classes at the library in an informal class setting. This is a beginning English class, but anyone wanting to improve their English may attend. Drop in!

Ages: High School through Adult

Dates: Mon. 5/6-8/26

Time: 11 am-12:30 pm

Location: Rose Room

Fee: No Charge

### Intermediate English Class

Free intermediate English classes at the library in an informal class setting. This is an intermediate English class, but anyone wanting to improve their English may attend. Drop in!

Ages: High School through Adult

Dates: Tues. 5/7-8/27

Time: 10-11:30 am

Location: Rose Room

Fee: No Charge

## ALL AGES PROGRAMS



### Short Story Contest

Submit a short story of 1500 words or less between August 1-31 and you could win fame and glory, and have your story published on the library website. Find out more on the Short Story Contest page.

### Summer Reading Program

This summer, **Read, Renew, Repeat** with the Summer Reading Program for all ages!

**READ!** Read for at least 20 minutes a day for 20 days and receive a free book and other prizes.

**STEAM!** Complete 10 STEAM (science, technology, engineering, arts, and math) explorations and receive a STEAM prize.

**SUMMER BINGO!** Complete a bingo (5 squares in one row across, down, or diagonally) to earn entries into a separate prize drawing.

All ages can participate. Pick up (or download) reading and science logs at the library starting June 1. Parents and caregivers are welcome to read to those under their care. The last day to turn in completed reading and science logs is August 31.

For more information, contact the library at [reading@wilsonvillelibrary.org](mailto:reading@wilsonvillelibrary.org), or call the library (Youth Services Department at 503-570-1592 or Adult Program Coordinator at 503-570-1594).

[www.WilsonvilleLibrary.org/SRP](http://www.WilsonvilleLibrary.org/SRP)

### Book Notes Concerts

Live music performed inside the library reading stacks featuring local musicians.

Ages: High School through Adult

Dates:

- Sat. 5/11 – Rebecca Hardiman and Friends
- Sat. 6/08 – Sean Gaskell (West African Kora)

Time: 2-3 pm

Location: Library reading area

Fee: No Charge

### Get email reminders for Adult Programs

Sign up for email reminders at [www.WilsonvilleLibrary.org/subscribe](http://www.WilsonvilleLibrary.org/subscribe)

### Bike Repair 101

Basic bike repair is much easier than you may think, and with a little instruction, anyone can learn the basics. Come learn about basic bike maintenance, tools, and equipment to keep on you at all times. Don't get stranded if you get a flat!

Bring your bicycle with you to get some hands-on experience with basic repairs. If you don't have a bike, we can lend you one to practice on!

Families welcome. Children must be 13 and older to participate.

Space is limited; advance registration is required.

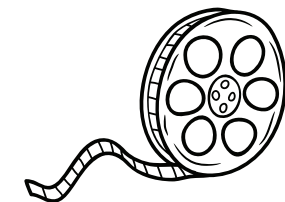
Ages: High School through Adult

Dates: Sat. 5/18

Time: 10:30am-12 pm

Location: Oak Room

Fee: No Charge – Registration required. Sign up at [RideSMART.com/BikeRepair101](http://RideSMART.com/BikeRepair101)



### Documentary & Discussion: "The Slow Way Home"

Why do so few children in the U.S. walk to school, and what we can do to change that? A SMART Transit representative will lead a discussion after the one-hour film. Presented by Patty Tiburcio, SMART Transit representative.

Ages: High School through Adult

Date: Thurs. 6/06

Time: 6 pm-7:30pm

Location: Oak Room

Fee: No Charge

More programs coming soon! Get the latest information on our website:

[www.wilsonvillelibrary.org](http://www.wilsonvillelibrary.org)



# NUTRITIOUS FOODS

WITH SAM ROMANOWSKI

## Healthy & Easy Breakfast Ideas

**Thurs. May 16, 6-8 pm, Tauchman House, \$50, Course #: 11149**

Don't have time to make breakfast in the morning? Tired of eggs and oatmeal? This class will help you think outside of the breakfast box. Discover adaptable recipes filled with healthy ingredients that don't require spending precious time at the stove in the mornings. Participants will taste lots of breakfast treats and take home healthy, no-bake granola bars as well as a packet of curated recipes.

## Summer Shrubs & Fruit Syrups

**Thurs. June 20, 6-8 pm, Community Center Rm 4, \$43, Course #: 11150**

Preserve the freshness of the season and quench your thirst with homemade drinking vinegars and fruit syrups. Learn how to make fruity shrubs, no-cook syrups and beautiful, delicious garnishes for seasonal mocktail beverages. Participants will take home a packet of recipes, a jar of fruit shrub and a bottle of fruit syrup! (Please bring a quart and pint jar to take your mixers home.)

## Hearty Salads & Grain Bowls

**Mon. July 22, 6-8 pm, Tauchman House, \$50, Course #: 11151**

Go beyond the basic garden salad and learn how to make hearty, filling salads with seasonal ingredients. In this class we'll cover how to increase your veggies every day with plant based meals that are delicious, filling and easy. You'll learn how to make savory, healthy salads, grain bowls and dressings. Participants will taste a variety of vegetarian salad & grain style meals, and take home a savory grain-salad with dressing as well as a packet of information and recipes.

## English Muffins & Freezer Jams

**Mon. Aug. 12, 6-8pm, Community Center Rm 4, \$43, Course #: 11152**

Light and chewy with lovely "nooks and crannies" to hold all the butter and jam, english muffins are a delightful treat any time of year. Learn how to make this no-knead recipe (that also doesn't require an oven) and easy freezer jam, no water bath canning required. Participants will take english muffin dough home and a jar of freezer jam as well as a packet of information and recipes.

# PARENTING THE LOVE AND LOGIC WAY

Location: Wilsonville Community Center, Rooms 2 & 3

Learn how to:

- avoid un-winnable power struggles and arguments
- stay calm when your kids do incredibly upsetting things
- set enforceable limits
- avoid enabling and begin empowering
- help your kids learn from mistakes rather than repeating them
- raise kids who are family members rather than dictators and much more!



Workbook included. Complimentary Parenting the Love and Logic Way, Raising Teenagers with Love and Logic, Grandparenting with Love and Logic books as supplies allow.

Time: Thursdays, 6 - 7 pm | Dates: 7/25-8/29 | Cost: \$25 | Course #: 11159

# Watercolor Workshops

Where: Tauchman House, Boones Ferry Park

Time: 10 am-12:30 pm

Cost: \$65 | Ages 15+

Sunday, June 2 | Course #: #11154

Sunday, July 7 | Course #: 11155

Sunday, August 4 | Course #: 11156

Join instructor Jasleen Bhullar for workshops focused on botanical and landscape painting, using a beautiful location as inspiration to create expressive interpretations of nature. Painting supplies provided and all skill levels welcome! Sign up for one date or all three.

# OIL PAINTING

with Judy Stubb

Join Judy for this step-by-step oil painting class done in the Bob Ross style of wet-on-wet paint. This class takes beginner to seasoned painters from a blank canvas to a finished painting in one class.

Location: Parks and Rec. Admin Building

Ages: 12 & older | Cost: \$50 per course

## Tuesday Classes 5:30-9 pm

Date: 5/7 - Mountain Serenity | Course #: 10853

Date: 6/4 - Falls in the Summer | Course #: 10855

Date: 7/2 - Frolicking Whale | Course #: 11162

Date: 8/6 - Misty Morning | Course #: 11164

Date: 9/3 - Pathway to Autumn | Course #: 11166

## Saturday Classes 10 am-2 pm

Date: 5/11 - Ginger Blossoms | Course #: 10854

Date: 6/15 - Pastel Seascape | Course #: 10856

Date: 7/13 - Evergreens at Sunset | Course #: 11163

Date: 8/10 - Ocean Breeze | Course #: 11165

Date: 9/14 - Wilderness Falls | Course #: 11167

Images of each painting may be found on Judy's website at [wetpaints.net](http://wetpaints.net)



## SOUL FLOW YOGA



Experience a 60 minute mindful and engaging movement with Soul Flow for all levels. Cultivating peace, calm, and confidence within your movement practice and in life. Awareness of the mind-body connection and quieting the nervous system. Create new muscle memory patterns in the body with a series of poses followed by relaxing in a self-nurturing Savasana.

Ages 13+

Time: 7:15-8:15 pm

Location: Community Center

Cost: \$85 (\$10 Drop-In)

Session I

Date: Tues. 5/7-6/25

Course #: 11084

Session II

Date: Tues. 7/9-8/27

Course #: 11085

## RESTORATIVE YOGA



Take care of yourself by slowing down, resting the mind, and nurturing the nervous system with Restorative Yoga. This 60 min evening class for all levels will bring you from action to stillness. Allowing for your physical and subtle body to catch up. Releasing any withholdings mentally, physically, emotionally. Settle in with guided meditation followed by intentional time in supportive resting poses.

Ages 13+

Time: 7:15-8:15 pm

Location: Community Center

Cost: \$85 (\$10 Drop-In)

Session I

Date: Thurs. 5/9-6/27

Course #: 11086

Session II

Date: Thurs. 7/11-8/29

Course #: 11087

## BODY SCULPT

WITH JULES MOODY

Strengthen and tone all muscle groups in this eight week full body, non-impact class. Mix it up weekly using hand weights, bands, and stability balls as we move to get stronger! Modifications and varying weights (2-12lbs) available, so the class is suited to ALL fitness levels as you progress. Encouraging environment, fun people, and fun music...come join! Bring exercise mat and water. Ages 13+

Mondays from 6-7 pm at the Community Center

Session I: 5/6 - 7/1

Cost: \$79

Course #: 11074

Session II: 7/8 - 9/2

Cost: \$79

Course #: 11075

10% discount when you register for both sessions at once

## BARRE TONE

WITH JESSICA NORMAN

Barre Tone is a full body workout that improves your range of motion, posture and builds muscle. It's not just for the ladies or ballerinas! Barre is an athletic workout for all that uses inspiration from dance, pilates and yoga to boost your overall fitness. It's a great companion to your overall fitness plan, helping you reach the areas that many other activities miss. You'll leave class feeling recharged and aligned.

Tuesdays from 5:45-6:45 pm at the Community Center

Session I: 5/7-6/25

Cost: \$77

Course #: 11082

Session II: 7/9-8/27

Cost: \$77

Course #: 11083

\$10 drop-in students welcome

# FINANCIAL ASSISTANCE PROGRAM

The Wilsonville Parks and Recreation Financial Assistance program is offered in the form of a partial tuition waiver, based on Clackamas County Guidelines. Registration and payment for Parks and Recreation classes must be completed within the regular registration period. Receiving assistance does not give priority if registration is late and/or the class is full. Applications may be made for more than one family member. Applications are available at the Parks and Recreation Administrative Offices at 29600 SW Park Place and online at the website below. Application assistance must be made at the time of registration and no less than 10 days before the class begins.

[WILSONVILLEPARKSANDREC.COM/FINANCIAL-ASSISTANCE](http://WILSONVILLEPARKSANDREC.COM/FINANCIAL-ASSISTANCE)

## Giveaway Alert Summer Event Fan

FREE HANDHELD FANS WITH SUMMER EVENTS CALENDAR AVAILABLE AT PARKS AND REC ADMIN WHILE SUPPLIES LAST! FIRST COME, FIRST SERVE **BEGINNING MAY 6!** PERFECT FOR SUMMER CONCERTS AND MOVIES IN THE PARK!



## HEALTHY BONES AND BALANCE

BRAD MOORE

Designed to strengthen all elements of your body combining circuit training, strength conditioning, aerobic fitness, flexibility, and balance. The instructor uses evidence-based exercise strategies with the goal of improving bone density and decreasing the likelihood of a fall or an injury. This class will help you get on track to a stronger and healthier you. Most likely a good fit for participants 55 and older.

Days: Mon., Wed., and Fri. 8:30 - 9:20 am Community Center Cost: \$30 per session

Session I	Session II	Session III	Session IV
5/8 - 5/31	6/5 - 6/28	7/10 - 8/2	8/7 - 8/30
Course #: 11141	Course #: 11143	Course #: 11145	Course #: 11147

## ADVANCED HEALTHY BONES AND BALANCE

BRAD MOORE

Similar to "Healthy Bones and Balance" but this advanced version will incorporate a higher level and more intense aerobic and cardiovascular element. Designed to strengthen all elements of your body combining circuit training, strength conditioning, aerobic fitness, flexibility, and balance. Most likely a good fit for participants 55 and older.

Days: Mon., Wed. and Fri. 9:30 - 10:20 am Community Center Cost: \$30 per session

Session I	Session II	Session III	Session IV
5/8 - 5/31	6/5 - 6/28	7/10 - 8/2	8/7 - 8/30
Course #: 11142	Course #: 11144	Course #: 11146	Course #: 11148

**\*\* Register for all four sessions at one time and receive 10% off! \*\***

## Training & Wellness Coaching

w/ Brad Moore ACSM CPT, NBC-HWC

PERSONAL TRAINING	
4 sessions*	\$99
8 sessions	\$255
16 sessions	\$440
24 sessions	\$560

\*only available as a one-time introductory package

WELLNESS COACHING

While personal training exercises your body, wellness coaching aims to exercise your brain in order to help you reach optimal physical and mental health. Brad Moore, an American College of Sports Medicine Certified Personal Trainer and Certified Health and Wellness Coach will listen to your goals and work with you to determine the best action plan to achieve the results you want.

As a unique individual with unique life experiences, flexible packages are created to help you find a balance of personal training and wellness coaching that best meet your goals.

To learn more, please contact Brad Moore at [moore@ci.wilsonville.or.us](mailto:moore@ci.wilsonville.or.us) or 503-570-1522

# Tai Chi with Ulises

## Beginning Tai Chi

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.

Time: 2 - 2:45 pm

Location: Community Center

Cost: \$70

Session I	Session II
Date: Tues. and Thurs. 5/7 - 6/27	Date: Tues. and Thurs. 7/11 - 8/29
Course #: 11133	Course #: 11134

Can't commit for the entire session?

Drop in for \$10

## Tai Chi Continuing

Continue your journey in the Tai Chi 108 form. More advanced movements and exercises to explore the inner mechanics of the 108 form. Find and push the limits of your body and mind to find the calm of moving meditation. Requires instructor approval for advancement to this course.

Time: 3 - 4 pm

Location: Community Center

Cost: \$70

Session I	Session II
Date: Tues. and Thurs. 5/7 - 6/27	Date: Tues. and Thurs. 7/11 - 8/29
Course #: 11135	Course #: 11136



# GENTLE YOGA

w/ Kathryn Kindorf

The class will progress through poses slower than traditional classes and most poses can be done in a chair, or on the yoga mat. Designed for all abilities and experience levels, the class will provide modifications and options for different levels. Great for those just starting their health and wellness journey, as well as, those more active adults looking to benefit their pickleball, tennis, or golf game.



\$80  
per session

\$10 drop in

Tuesdays	Thursdays
11:15 - 11:55 am	8:30 - 9:30 am
Session I 5/7 - 6/25 Course # 11139	Session I 5/9 - 6/27 Course # 11137
Session II 7/9 - 8/27 Course # 11140	Session II 7/11 - 8/29 Course # 11138

## VIRTUAL REALITY FITNESS

Looking for a fun workout? Want to try something a little different? Enjoy a new electronic based workout using the Oculus Virtual Reality system. Participants will experience the popular Beat Saber game allowing class members to enjoy a workout as easy or as challenging as they can handle. The game can be played seated or standing, and provides a fun upper body or full body workout.

Participants will also have the opportunity to explore Wander where you can teleport to almost anywhere in the world - unlimited exploration awaits!

Tuesdays from 1 - 2 pm  
Community Center  
No Charge



PLEASE CONTACT 503-570-1522  
WITH ANY QUESTIONS

## Weight Loss Support Group

Have you ever felt you needed motivation, encouragement, and quality education about losing weight? The goal of this group is to build a community around helping people navigate their path towards becoming healthier by losing weight and increasing physical activity in their lives. If you have tried to lose weight, you know the challenge is staying on track.

Mondays  
12:30-1:15 pm

For more information: Contact Health  
and Wellness Coach, Brad Moore  
503-570-1522



## Sit, Stand and Be Fit

with Kate

The Sit, Stand and Be Fit class is designed for older adults and anyone needing slow gentle movements. Using the chair, it focuses on resistance training and cardio to give you a total body workout without being on your feet. It focuses on improving core strength, flexibility, balance, coordination, circulation, and reaction time. Standing options available for those who are able.

A variety of light-hearted music combined with fun rehabilitative movements make this a good middle-of-the-road full body workout.

The class is sure to lift your spirits and put a smile on your face!

Mon Wed. and Fri ongoing

Community Center at 11:00 am

\$1 fee



# WILSONVILLE COMMUNITY CENTER

## Ongoing Activities

### MONDAY

- **Life 101 Lecture Series**, 10:30 am  
See following pages for schedule
- **Sit, Stand, and Be Fit**, 11-11:45am
- **Lunch @ the Center**, 12 pm
- **Weight Loss Support Group**, 12:30-1:15 pm
- **Bridge Group Play**, 1-4 pm
- **Mexican Train Dominoes**, 1-4 pm

### WEDNESDAY

- **Photography Club**, 10-11:30 am
- **Conversational Spanish Group**, 10:30-11:30am
- **Sit, Stand, and Be Fit**, 11-11:45am
- **Lunch @ the Center**, 12 pm
- **Pinochle/Cribbage Play**, 1-4 pm
- **Bingo**, 1-2 pm  
1st & 3rd Wednesday of the month

### FRIDAY

- **Bridge for the Intermediate Lessons**, 10 - 11:30 am
- **Sit, Stand, and Be Fit**, 11-11:45am
- **Bridge Group Play**, 11:30 am-3 pm
- **Lunch @ the Center**, 12 pm
- **Mexican Train Dominoes**, 1-4 pm

### TUESDAY

- **Wilsonville Walkers**, 9:30 am  
See the WCSI Gazette for the schedule
- **Ukulele Jam Group**, 9-11 am  
Parks & Rec Admin Bldg
- **Piecemakers Quilting**, 9-11:45 am  
Tauchman House
- **Lunch @ the Center**, 12 pm
- **Partners Bridge**, 12:30-3:30 pm  
Call 503-449-5855 to sign up
- **Virtual Reality Fitness**, 1-2 pm
- **Poetry Club**, 1-3 pm  
1st Tuesday of the month

### THURSDAY

- **Wilsonville Walkers**, 9:30 am  
See the WCSI Gazette for the schedule
- **Bridge for Beginners Lessons**, 10-11:30 am
- **I-5 Connection Group**, 10:00 am-12:00 pm
- **Ladies Afternoon Out**, 1-3 pm
- **Art Club**, 1-2:30pm  
2nd Thursday of the month



## Ongoing Activities Spotlight:

### POETRY GROUP

Whether you're just starting out or have been crafting poems for years, this group encourages you to express yourself through poetry. By sharing poems attendees can learn from each other's unique perspectives and grow together as writers. Whether you write for fun or with serious intentions, the Poetry Group is a place to come together and explore the beauty of language and the power of poetry.

1st Tuesday of the month, 1 - 3 pm

### CONVERSATIONAL SPANISH GROUP

A relaxed, conversational Spanish group to encourage adults with some Spanish background to meetup and improve their Spanish speaking fluency. The group will try to speak primarily in Spanish and will have some suggested topics, as well as Spanish speaking guests.

Wednesdays, 10:30 - 11:30 am

### ART CLUB

Art club focuses on various forms of visual art, such as painting, drawing/sketching, watercolors, acrylics and mixed media. This club offers self directed and instructor facilitated learning in which participants are welcomed to express their own unique techniques and get to expand their art potential with newcomers.

2nd Thursday of the month, 1 - 2:30 pm



*¡De nada!*





# Life 101 Lecture Series



All lectures are offered at no charge and presented at 10:30 am at the Wilsonville Community Center. Please call 503-682-3727 to reserve your spot.

## Estate Planning

Monday, May 20

Attorney Michael Rose of Rose Elder Law will present the workshop centered around estate planning basics such as wills, trusts, probate, powers of attorney, advance directives, and Medicaid Planning.

## Dizziness Workshop

Monday, June 3

Have you ever experienced dizziness with moving your head or woken up to the room spinning? Dizziness commonly becomes a problem as we age and can lead to falls and decreased participation in your favorite activities. Hear from physical therapist and vestibular specialist Sydney Neumann, PT, DPT, about the most common causes of dizziness, what you can do to decrease your symptoms, and how physical therapy can help manage and eliminate the most common causes of dizziness.

## Fighting Fraud

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.

## Brain Health

Monday, June 24

It's never too late to focus on your brain health! In this interactive session presented by AARP you will learn about the six pillars of brain health, activities that support brain health, and hopefully be inspired by others. This session is a good overview for anyone interested in learning more about brain health and will provide attendees with information on the latest research on brain health, lifestyle suggestions, and resources to learn more.

## Long Term Care 101

Monday, July 15

Attorney Michael Rose of Rose Elder Law will present the workshop centered around Medicaid planning, preserving and protecting assets, and veteran's benefits.

## Know the 10 Warning Signs of Alzheimer's

Monday, July 22

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join the Alzheimer's Association to learn how to recognize common signs of the disease, how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

## Estate Planning

Monday, July 29

Attorney Michael Rose of Rose Elder Law will present the workshop centered around estate planning basics such as wills, trusts, probate, powers of attorney, advance directives, and Medicaid Planning.

## Healthy Living for your Brain and Body

Monday, August 5

For centuries, it's been known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join the Alzheimer's Association to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. This program offers science-based recommendations about taking care of our brains and bodies. While there are currently no proven methods to prevent cognitive decline or dementia, research has shown that we can take action to reduce our risk of developing it and help maintain or potentially improve overall health.

## Call for Life 101 Presenters!

The Community Center is currently accepting proposals for the Fall and Winter Life 101 Lecture Series.

Would you or your business like to give back to the community and present a free 60 minute lecture? Topics and subject matter include health, wellness, safety and a wide range of other topics that may be of interest to Wilsonville's older adult population.

For more information, please contact Program Manager, Brian Stevenson at: [Stevenson@ci.Wilsonville.or.us](mailto:Stevenson@ci.Wilsonville.or.us)



# AARP SMART DRIVER

Take the AARP Smart Driver™ classroom course and you could save money on auto insurance! Learn techniques for handling left turns, right-of-way, following distance, and roundabouts. Understand how to reduce traffic violations, crashes, injury risk, and learn state specific items. Discover proven driving methods to help keep you and your loved ones safe on the road.

**Tuesday**

**June 18 or August 20**

**9 am - 4:30 pm**

**Wilsonville Community Center**

**\$20 for AARP members**

**\$25 for non-members**

**Call 503-682-3727 to register**



Learn the basics of Medicare including what to expect when turning 65 or qualifying on the basis of disability, Medicare advantage, Medicare supplement overview or help with prescription drugs, or other programs available.

2nd Tuesday of the month

May 14

June 11

July 9

August 13

10:30 am

Community Center

Register at: [NWMedicareAdvisors.com](http://NWMedicareAdvisors.com)



# Nutrition Program and Social Services at the Community Center

## Nutrition Program

You are invited to lunch at the Community Center every Monday, Tuesday, Wednesday, and Friday. Lunch is served at noon. Donations (\$3.50 for those 60 and over or \$4.25 for those under 60) are encouraged but not required.

### Upcoming Special Themed Meals

May 10 - Mother's Day

June 14 - Father's Day

For our special themed meals, we are now asking that you RSVP to assist staff in creating the best possible dining experience. Please call 503-682-3727 to secure your seat.

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Do you know a senior or a person with a disability 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.

## Social Services

Sadie Wallenberg, the Center's Information and Referral Specialist, can provide assistance to seniors 60+ and to disabled adults and their families in connecting with local and community resources in Clackamas County including energy assistance, legal aid, food, case management, support groups, transportation, and help with Medicare/Medicaid. She can also help find affordable housing, assist with placement in assisted living facilities, adult care homes, retirement communities, and refer to reputable companies for home maintenance and home health services.

A home health equipment loan program is also available which provides medical equipment (wheelchairs, walkers, etc.) free of charge for loan.

Sadie Wallenberg, MSW  
503-570-1526



# COMMUNITY SUPPORT GROUPS & CLINICS

## Alzheimer's Support Group 2nd Tuesday of the Month 1-2:30 pm

This group will provide support, education, and community for those who are caring for a person diagnosed with some form of dementia, such as Alzheimer's disease.

Participants are encouraged to share their journey, knowledge, and questions. Meetings will take place at the Charbonneau Activity Center (32000 SW Charbonneau Drive) in the Kalapuya Room. Contact Sadie Wallenberg at 503-570-1526 for more information.

## Grief Support Group Select Thursdays

Chaplain Hannah Dewing, M.Div and Ed Nelson, CT will lead the group with the focus on providing education, resources and opportunities to share your grief journey. The group will use materials by Dr. Alan Wolfelt and material from The Grief Toolbox. **Thursdays May 9 - June 6** **Thursdays July 11 - August 8**

## Foot Care Clinic 3rd Tuesday of the Month - by appointment

Appointment includes nail trimming (including ingrown nails), filing down corns and calluses, massage and nursing advice, as needed. Foot care is especially important for individuals with diabetes, poor circulation, neuropathy, and decreased vision.

\$40 at the time of service - cash/check only. Please bring a towel to your appointment.

Call the Community Center at 503-682-3727 to schedule your appointment.

## Legal Clinic

Wilsonville seniors (60+) may schedule a free 30 minute legal phone consultation with attorney Michael Rose. Consultations are by appointment only; please contact Michael at 971-865-3171 to schedule.

# REGISTRATION INFORMATION

REGISTER ONLINE AT [WILSONVILLEPARKSANDREC.COM](http://WILSONVILLEPARKSANDREC.COM)

## REGISTRATION INFORMATION

- Participants may register online, in person, or by mail with cash, check, or card.
- Phone registrations accepted only when specified in course description.
- A minor may only be registered by their parent or legal guardian.
- Registrations are accepted on a first-come, first-served basis.
- Classes may be cancelled due to low enrollment up to one week in advance, those registered will be notified via phone and/or email.
- We strongly encourage participants to register early in order to avoid class cancellations.

## REFUNDS & CANCELLATIONS

- 100% refund if the City of Wilsonville cancels the class.
- Prior to the first class, you may request a 100% refund minus a \$5.00 administrative fee.
- One week's notice of cancellation is required in order to receive a refund for a summer camp. If notified within less than week, a credit will be issued.
- After the first session of a class, you may request a credit for a future class minus a \$5.00 admin fee.
- After the second session of a class, credits for a future class may be granted only for illness or medical reasons (at the discretion of the Director), no refunds will be given.
- Credits are non refundable once issued and must be used prior to June 30 of the same year.
- All community programs follow Wilsonville/West Linn School closures. If the schools are closed due to inclement weather, scheduled community classes and events will be cancelled.

## INCLUSION STATEMENT

The City of Wilsonville strives to make programming options available to all of our citizens. If you require special accommodations to participate, please call 503-783-PLAY. The City will try to make reasonable accommodations to assist you. Please contact us two weeks prior to the start of the program so we can evaluate your request.

## PARKS AND RECREATION ADVISORY BOARD

Amanda Aird, Bill Bagnall, Jim Barnes, Daniel Christenson,  
Paul Diller, Keith Gary, Amanda Harmon



*Beltran Properties, where clients are like family!*

# BELTRAN PROPERTIES GROUP

*What's Your  
Inspiration?*



People often ask Jaimy Beltran, "How did you get into real estate?" And Jaimy loves to tell the story of his inspiration-his grandfather, Ben Bauer

Ben was a very successful Realtor, and whenever they were together, Jaimy and Ben talked real estate. Ben would always say, "Jaimy, you should be in real estate."

Ben's encouragement eventually became reality. As Jaimy looks back, he thinks about the inspiration from Ben and how it changed his life.

Now, so many years later, as a real estate professional so many in Wilsonville trust, Jaimy is inspired every day. To provide expert guidance and plain old hard work to produce results for his clients. "My faith, my family, my friends, our community and serving the best interests of my clients encourage me to be my best every day," he says.

When it's time to buy or sell real estate, trust in Jaimy Beltran. *He's Inspired by You.*

*Jaimy Beltran - Inspired by You*



Jaimy Beltran  
Broker/Owner of  
Beltran Properties Group



**BeltranProperties.com**

Se Habla Español

29100 TOWN CENTER LOOP W STE. 130 | WILSONVILLE, OR



**503.502.3330**