

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

WCSI GAZETTE

MAY 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, May 9th
Lunch at Nicholas Madison (Middle Eastern Cuisine)
then off to the Hellenic - American
Culture Center & Museum. Sign up begins May 1st

SPECIAL 2ND TRIP

Thursday May 16th
NW Senior Theatre. Music from 60's & 70's
Meet at City Hall 12:45 pm.
Your Cost \$5.00. (WCSI will pay the other half)
Sign Up begins Friday, April 26th 9:00 am

SAVE THE DATE

Thursday, June 13th
Tour Champoeg State Park then off to
Butterfield Store Restaurant for lunch
Sign up begins Monday, June 3rd at 9:00 am



Please Join us on
Wednesday, May 1st and
Wednesday, May 15th
@ 1:00 p.m. for an hour of Bingo

Bingo Games are free with a small prize for the winners. Meet in the Multi Purpose Room



Wilsonville Community Center Brian Stevenson, Program Manager

Life 101 Lecture Series

The Community Center is proud to present an informative Life 101 lecture series. 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.

On **Monday, May 20**, Attorney Michael Rose of Rose Elder Law will present a workshop centered around estate planning basics such as wills, trusts, probate, powers of attorney, advance directives, and Medicaid Planning.

June 3rd will bring physical therapist and vestibular specialist Sydney Neumann, PT, DPT to the Community Center to present a dizziness workshop. Dizziness commonly becomes a problem as individuals age and can lead to falls and decreased participation in favorite activities. Hear what can be done to decrease symptoms, and how physical therapy can help manage and eliminate the most common causes of dizziness.

Finally, on **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.

Sit, Stand and Be Fit w/Kate

The Sit, Stand and Be Fit class is designed for older adults and anyone needing slow gentle movements. Using the chair, the class focuses on resistance training and cardio to give a total body workout without being on your feet. Gain improved core strength, flexibility, balance, coordination, circulation, and reaction time. Standing options available for those who are able. The class is sure to lift your spirits and put a smile on your face! This ongoing drop in class meets Mondays, Wednesdays and Fridays at the Community Center at 11am. Class cost is just \$1 per session!

Gentle Yoga- New Day and Time Added!

The class will move 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. There are two options for this class; Tuesdays 11:15 - 11:55 am or Thursdays 8:30 - 9:30 am. The Tuesday class will run 5/7 - 6/25 with the Thursday class running 5/9 - 6/27. The cost is \$80 for the full session or \$10 per class drop-in.

Grief Support Group

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. The no-charge drop in group will meet Thursdays May 9 - June 6, 1 - 2:30 pm at the Wilsonville Community Center.

May 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>Gentle Yoga with Kathryn Kindorf Tuesdays, 5/7- 6/25 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. 11:15 am - 11:55 am (\$80 for session or \$10 Drop In)</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>	<p>Oil Painting “Mountain Serenity” Tuesday, 5/7 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p>Oil Painting “Ginger Blossoms” Saturday, 5/11 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)</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>	<p><u>Event Spotlight</u></p> <p>Goat Petting Event 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. Saturday, 5/18 10:00 am - 12:00 pm Free</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 proposed changes to our ByLaws



We Are All A Piece of the Puzzle



CONGREGATE MEETING AGENDA
Friday, June 7, 2024 @ 11:45 a.m.
Multi Purpose Room, Community Center

The mission and purpose of Wilsonville Community Seniors, Inc. (WCSI) is to make a positive contribution to the lives of senior citizens and the community of Wilsonville. To provide opportunities for promoting, developing, and maintaining positive relationships with other seniors and the community by:

Establishing WCSI as an independent and cooperative advocate for the Seniors in Wilsonville

Providing activities for Seniors to interact with each other and the community at large, including physical, recreational and educational experiences that promote learning, intellectual growth and enriching social abilities.

I. Introduction of Board Members

II. Nominations to Board of Directors Term : July 1, 2024–June 30, 2026

- Donna Atkinson
- Steven Bushman
- Nancy Combs
- Roberta Crew
- Priscilla Johnson

Remaining Members of the Board. Term ending June 30, 2025

- Cynthia Allen
- Karen Atkinson
- Sandy Bernstein
- Jaelithe Formway-Nelson
- Jim Kendall

III. Proposed Changes to WCSI By Laws

IV. Vote

****Our Congregate consists of all seniors that participates in drop-in activities, classes, exercise, senior trips, and/or the lunch program at the Community Center**

WILSONVILLE WALKERS MAY 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 a 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.

May 2 Thurs. **Memorial Park**, lower, to Boones Ferry Park and return

May 6 Tues. **Tualatin Greenway Trail/Ice Age Trail**, Tualatin City Park, 8515 SW Tualatin RD. Tualatin. Meet in the tennis courts parking lot. Coffee hour at McDonalds, south of park on Boones Ferry Road

May 9 Thurs. **Graham Oaks Nature Park**

May 14 Tues. **Portland Rhododendron Gardens (Crystal Springs)**. We will carpool to Eastmoreland Golf Club, 2425 SE Bybee Blvd, Portland, from the parking lot across from the post office (also known as bowling alley parking lot) at 9:30 a.m. or meet us at the golf club parking lot at 10 a.m. We will walk to the gardens. Admission is \$5 per person. We will lunch at 13 Virtues Brewing at 6410 SE Milwaukie Ave, Portland, following our walk. (13 Virtues was formerly called Philadelphia's Brew Pub) They have delicious cheesesteak sandwiches and good beer.

May 16 Thurs. **Library** - meet in the Wilsonville Public Library parking lot

May 21 Tues. **Villebois** - meet in the Wilsonville Transit Center parking lot, 9699 SW Barber Blvd.

May 23 Thurs. **Hazelia Field at Luscher Farms**, 17800 Stafford Road, Lake Oswego. Our coffee hour following our walk will be at Rolling Hills Community Church, 3550 SW Borland Road, Tualatin, hosted by Osborns

May 28 Tues. **Charbonneau** - meet in Village Center parking lot, near Lux Sucre Desserts. Coffee hour there following our walk

May 30 Thurs. **Canby Logging Road Trail/Eco City Park**, 1314 NE Territorial Road, Canby. Coffee hour at Denny's in the Fred Meyer parking lot

DIY Drama

Mom had a small decorative windmill in her yard. A storm broke one of the blades, causing the windmill to shake violently. Dad announced that he would "take care of it" and rebalanced the windmill by snapping off the opposing blade. Watching him, Mom remarked, "I hope I never break a leg." – Gerald Loffre

'I Know CPR!'

My mother had just finished taking a CPR class at a local college when she and I were in the mall and saw a big crowd gathered around a still body. Mom took off running at a speed I didn't know she could muster, yelling, "Everyone back! I know CPR!" Just as she threw herself next to the body and was about to begin, a pair of strong hands pulled her to her feet. "Ma'am," said a police officer beside her, "we are trying to arrest this man." –Talea Torres

Guilt Trip

My mother, a master of guilt trips, showed me a photo of herself waiting by a phone that never rings. "Mom, I call all the time," I said. "If you had an answering machine, you'd know." Soon after, my brother installed one for her. When I called the next time, I got her machine: "If you are a salesperson, press one. If you're a friend, press two. If you're my daughter who never calls, press 911 because the shock will probably give me a heart attack." –Susan Starace Balducci

Library News

Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

It's the beautiful month of May, when we can no longer complain about the cold, and the heat hasn't awakened yet. May is perfect for all outdoor events, but here I am trying to convince you to come inside (the library) for just a moment to enjoy all the fantastic things we have to offer. Personally, I think it's an easy sell! You can always enjoy the outdoors on **Monday, May 27th**, when we'll be closed in honor of our nation's fallen--Remember them on Memorial Day!

Our ever-popular **PROFILES lectures** will continue on **Wednesday, May 1st at 11am**. Taught by Emeritus Professor Bill Thierfelder, this month we'll be treated to a talk on **Monet's Garden**. Impressionist Claude Monet's garden at Giverny is probably the most famous garden in all of France, with more than 500,000 people visiting every year. Monet lived in Giverny from 1883 until his death in 1926 and painted some of his most famous paintings there, including his water lily and Japanese bridge paintings. This program explores Monet's life and focuses on his love affair with his home and his remarkable obsession with Nature. 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, May 3rd at 3pm**. May's film is *The Color Purple*. *The Color Purple* is a musical with music and lyrics by Brenda Russell, Allee Willis, and Stephen Bray, and a book by Marsha Norman, based on the 1982 novel of the same name by Alice Walker and its 1985 film adaptation. The musical follows the journey of Celie, an African American woman in the American South from the early to mid-20th century. Please join us for this no-cost film, featuring snacks, popcorn, and padded chairs! No reservations necessary—just show up!

On **Saturday, May 4th**, at **11am**, please attend our free **Space Talk: Voyager 1's Pale Blue Dot**. There are currently FIVE spacecraft either on their way out of our Solar System, or which have already left the gravitational influence of our Sun. Voyager 1 was the first to do so. On its journey, Voyager 1 took a series of photos of 6 of the planets--pictures that have impacted our awareness of our place in space. Come learn about these wonderful photos and get an update on Voyager 1 itself, still sending data back to Earth after 46 years! Presented by two experienced docents from the Evergreen Air and Space Museum.

Every Tuesday in May (the 7th, 14th, 21st, and 28th)—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.

Also on **Mondays and Tuesdays in May**, feel free to join us for **free informal English classes at the library**. We have both a beginning ESL (from 11am-12:30pm on Mondays, the 6th, 13th, and 20th); and an intermediate ESL class (from 10am to 12pm on Tuesdays, the 7th, 14th, 21st, and 28th). 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!

Library News Continued

On **Saturday, May 11th** from 2 to 3pm, the library will resound with the measured notes of the ever-popular **BookNotes Concert Series!** This time, join the Grammy-nominated Rebecca Hardiman and Friends for an eclectic panoply of vocal jazz. The program is free and open to all—Join us!

On **Thursday, May 16th**, how about joining us to sample May's springtime cornucopia of flowers? With refreshing gusto, our **Walking Book Club** departs from the library 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: ***Nothing to See Here*** by **Kevin Wilson** (or any other book you've been reading). Look sharp--I think the crows might recognize us by now! Meet in the library's lobby at 1pm. Walks generally last about 45 minutes, and will meet rain or shine!

On **Saturday, May 18th** from **10:30am to 12 noon**, you can learn how to adjust, clean, and repair your bicycle in a friendly, encouraging, and instructive atmosphere. **Basic bike repair** is much easier than you may think, and with a little instruction, anyone can learn about basic bike maintenance and the tools and equipment you should have at all times so you aren't stranded if you have a flat. Bring your bicycle with you to get some hands-on experience at this free event! If you don't have a bike, we can lend you one to practice on. All experience levels are welcome to attend, as are families, although children must be 13 and older to participate. Registration is required, and you can do so at ridessmart.com/bikerepair101.

On **Monday, May 20th** 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 by Librarian Malia Laughton. New members at any level are always welcome.





May is a month of vibrant blossoms, longer days, and a sense of renewal in the air. The name *May* is the modern-day English adaption of the Latin word *Maius*, which has origins going back to the time of the ancient Greeks. They named the month of May (or *Maius*) after the Greek goddess of growth.

May used to have a very different name in Old English. Back then, the month was referred to as the “**Month of three Milkings.**” Unsurprisingly, this meant that during the month of May, you could milk your cows up to three times per day!

Back in the day in Europe, it wasn't a good May if you didn't celebrate it with a Maypole. In the UK, at least, they were present since 1350 AD. Celebrants would erect a long pole and attach flowers, garlands, and strips of fabric to it, around which certain dances would take place.

May Day is also “**Lei Day**” in **Hawaii**. Leis are garlands or wreaths that are made with native Hawaiian flowers. They are given as a symbol of greeting, farewell, affection, celebration, or honor, in the spirit of Aloha

There is also Cinco de Mayo, Mother's Day, National Maritime Day, Public Gardens Day, Armed Forces Day, Memorial Day, Amnesty International Day and National Smile Day to celebrate

May's full Moon, called the **Flower Moon**, appears on **Thursday, May 23**, reaching peak illumination at 9:53 A.M. (EDT). It will be below the horizon at this time, so for the best view of this full Moon, step outside on the night of the 23rd or the 24th and look for that big, bright, shining lunar disk

May is pretty exclusive when it comes to days of the week. No other month in one single year starts or finishes on the same weekday as May. Basically, if the first of May is on a Friday, and the 31st of May is on a Sunday, no other months in the year will start or end on a Friday or a Sunday.

May is also a special time for *Star Wars* fans worldwide. **May the 4th** is celebrated as Star Wars day, due to the way the date sounds similar to “*May the Force.*”

Every year there is a particular meteor shower in May called the **Eta Aquariids meteor shower**. Discovered in 1870, this meteor shower passes by Earth between April 19 and May 28. It's easiest to view it from the equatorial regions of the world and can be glimpsed passing by just before dawn.

May 2024

Monday	Tuesday	Wednesday	Friday
		1 Roasted Turkey Mashed Potatoes/Gravy Green Beans Pie	3 Hawaiian Pizza Caesar Salad Ice Cream Cup
6	7	8	10
Spaghetti with Meatballs Italian Green Beans Focaccia Yogurt cup	Chicken Bruschetta Pesto Noodles Broccoli Normandy Jell O	Tuna Salad Sandwich On Rye Curry Cashew Coleslaw Chips Cookie	<u>Mother's Day</u> Strawberry Cobb Salad Romaine/Chicken/Bacon/Eggs Feta/Avocado/Strawberries Cashews Seeded Roll Strawberry Cake 
13	14	15	17
Lasagna Italian Vegetables Breadstick Pudding Cup	Crispy Chicken Sandwich Shredded Lettuce/Mayo Potato Wedges Side Salad Fruit	Greek Salad Tuscan Chicken Kalamata Olives/Feta/Red Onion/Balsamic Dressing WW Roll Brownie	 Chef Choice!
20	21	22	24
Pesto Tortellini Mixed Vegetables Focaccia Cookie	Chicken Fajitas w/Peppers/Onions/Sour Cream Fiesta Rice Corn/Peppers Angel Food Cake with Cherries	Deli Wrap Turkey/Ham/Cheese Lettuce/Tomato/Onion Pea Salad Chips Fruit	Pasta Primavera Bow Tie Pasta/Zucchini/Broccoli/ Peppers/Shaved Parmesan Garlic Bread Fresh Melon
27	28	29	31
 MEMORIAL DAY REMEMBER & HONOR	Salisbury Steak Mashed Potatoes Fresh Broccoli WW Roll Banana Pudding cup	Chicken Tortilla Soup Salsa/Sour Cream Fresh Salad Corn Bread Tropical Fruit	Chicken Cordon Bleu Rice Pilaf Vegetable Lemon Bar
Center Closed			

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.