

May - August 2019

# WILSONVILLE ACTIVITY GUIDE

Concerts/Events | Movies in the Park | Facility Rentals  
WilsonvilleParksandRec.com

Save 10% off class and camp registration if you enroll before May 1

Postal Patron  
ECRWSS

PRSRT STD  
U.S. Postage Paid  
ECRWSS  
Permit No. 104  
Wilsonville, OR



# SPRING INTO SAVINGS WITH WILSONVILLE JEEP RAM

The weather's beautiful – and so are the deals



**BEHIND COSTCO ON  
PARKWAY CENTER DRIVE**

**25600 SW PARKWAY CENTER DR.  
WILSONVILLE, OR 97070**

**(503) 563-7222  
WILSONVILLEJEEPRAM.COM**

**LARGEST INDOOR  
SHOWROOM**

**in the Pacific Northwest!**

**OVER 400  
NEW CARS,  
TRUCKS &  
SUVs *INDOORS!***



503-783-PLAY (7529)

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

[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.PLAY

Community Center  
7965 SW Wilsonville Road  
503.682.3727



@wilsonvilleparksandrec



@wvparcsandrec

## Youth and Family Recreation

- Mother & Son Night
- Community Block Party
- Sport & Outdoor Camps
- Parents v. Kids Kickball
- Wilsonville Wellness Fair
- Star Gazing
- Youth Lifelong Learning
- Library Programs

8-33

## Adult Recreation

- Sourdough Baking
- Yoga
- Arts and Crafts
- Meditation
- Weight Loss Support Group
- Tai Chi
- Line and Ballroom Dance
- Watercolors & Oil Painting

34-45

## Active Adults 55+ Programs & Services

- AARP Smart Driver
- Life 101 Series
- Ongoing Activities
- Alzheimer's Education
- Senior Meal Program
- Support Groups and Clinics

46-51

## *A Word From Your Director:*

YES!!!!!! Summertime! That means concerts, camps, the Community Block Party, shelter rentals for parties, and of course growing plants and vegetables at the Community Garden.

The parks crew has been working hard (as they always do) getting the ballfields in good condition for the sports organizations. Erica (Recreation Coordinator) and Ahsamon (Program Coordinator) have been busy brainstorming new ideas. For example, "A Night Amongst the Stars" where the City is teaming up with the Rose City Astronomers to have telescopes to see stars and learn about constellations (page 9). Also a new Mother and Son Night of Fun, including making tie-dye shirts, pizza, music and Bubble Soccer (page 9).

The two coordinators have also been researching ways to improve current events and programs including the Wilsonville Wellness Fair on July 20. Movies in the Park this year include, How to Train Your Dragon (The Hidden World), Small Foot, Mary Poppins and A Wrinkle in Time.

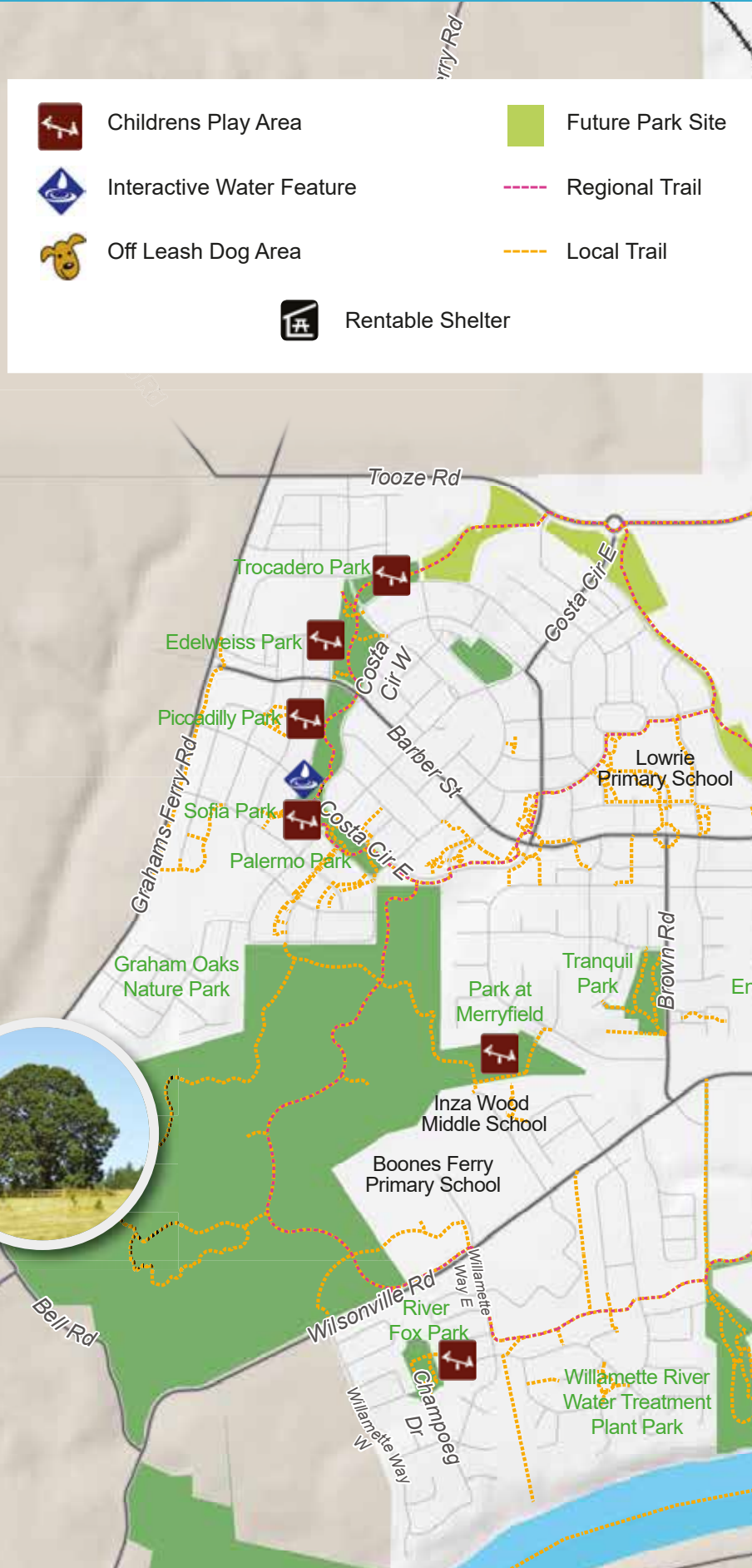
PARTY—PARTY—PARTY, that's right the Community Block Party takes place on August 15th, 5-8PM. FREE hamburgers and hot dogs (while supplies last), games, activities and 3 hours of hit music provided by Britnee Kellogg, American Idol finalist in 2012. The entire party is FREE, so come out and enjoy!!!

This is my 3rd summer in Wilsonville and honestly, there's no place I'd rather be- beautiful weather, kind people and plenty of outdoor activities to experience. Summer-time. Are any two words more beautiful? Have a wonderful Summer Wilsonville!

*Mike McCarty*  
Parks and Recreation Director

# Wilsonville Parks, Trails & Recreation

- Boones Ferry Park  
31240 SW Boones Ferry Road
- Canyon Creek Park  
26610 SW Canyon Creek Road
- Courtside Park  
7665 SW Wimbledon Circle South
- Edelweiss Park  
28970 SW Costa Circle West
- Engelman Park  
29987 SW Montebello Drive
- Graham Oaks Nature Park  
11825 SW Wilsonville Road
- Hathaway Park  
29455 SW Meadow Loop
- Memorial Park  
8100 SW Memorial Drive
- Murase Plaza  
8300 SW Memorial Drive
- Palermo Park  
28732 SW Costa Circle East
- Park at Merryfield  
29778 SW Camelot Street
- Piccadilly Park  
28870 SW Costa Circle West
- River Fox Park  
11249 SW Champoeg Drive
- Sofia Park  
28836 SW Costa Circle West
- Town Center Park  
29600 SW Park Place
- Tranquil Park  
10580 SW Brown Road
- Trocadero Park  
28400 SW Paris Ave
- Willamette River Water Treatment Plant Park  
10350 SW Arrowhead Creek Lane
- Willow Creek - Landover Park  
28350 SW Willow Creek Drive





## 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 is a company party, wedding, family reunion or a business meeting, we can help you find the facility to best suit your needs. For more information: 503-570-1530

### River Shelter

The River Shelter at Memorial Park sits in the SW corner of the park near the Willamette River. Amenities include: a fireplace, electricity, water, 16 picnic tables, nearby horseshoe pits, and a large grassy area suitable for lawn games. Maximum capacity: 200



### Forest Shelter

The Forest Shelter at Memorial Park sits in the SE corner of the park and is a secluded shady shelter. Amenities include: electricity, water, 20 picnic tables, and the surrounding area is very wooded with a small, sloping grassy area. Maximum capacity: 150



### Splash Shelter

The Splash Shelter at Murase Plaza is available for small gatherings. Its proximity to the water feature makes it a great destination for birthday parties. Maximum capacity: 20



### Grove Shelter

The Grove Shelter at Murase Plaza is located in the NE corner of the park, tucked just over the hill from the water feature. It is in close proximity to the newly renovated Murase Plaza playground. Maximum capacity: 48



## Parks and Recreation Addresses

Administration Offices  
29600 SW Park Place

Community Center  
7965 SW Wilsonville Road

Memorial Park  
(Sport Fields, River and Forest Shelters)  
Entrance at 8100 SW Memorial Drive

Murase Plaza  
(Stein-Boozier Barn, Splash and Grove Shelters)  
Entrance at 8300 SW Memorial Drive

Tauchman House  
31240 SW Boones Ferry Road

All Park and Facility addresses available at:  
[WilsonvilleParksandRec.com](http://WilsonvilleParksandRec.com)

## 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 front and rear sliding doors can be opened.



## Community Center

The Wilsonville Community Center is available for rentals on weekends. The Center has a large multi-purpose room with audio/video system, a full service kitchen and 3 classrooms. Rental includes use of tables and chairs at no additional charge.

Maximum capacity: 150



## Sports Fields

4 baseball/softball, 1 baseball, and 3 soccer fields are available for rental in Memorial Park; 3 ball fields and 2 soccer fields feature lights.

Available April 1st - October 31st



## Tauchman House

The Tauchman House sits in Boones Ferry Park and the main floor is available for rental. Amenities include: two open spaces, a kitchen with stove top, microwave, and refrigerator. Popular for bridal showers, baby showers and other small gatherings.

Maximum capacity: 40



# Movies In The Park

Sponsored by:



July 19



July 26



August 9



August 23



All movies are free and will be shown on an inflatable screen at the River Shelter at Memorial Park. Be sure to bring a blanket to sit on. Snacks will be available for purchase. Movies begin at dusk.



# MOTHER & SON NIGHT OF FUN

FRIDAY, JUNE 21ST 6 - 8 PM

MEMORIAL PARK RIVER SHELTER

**\$20 PER PERSON- ONLY 50 SPOTS AVAILABLE!**

Join us for this year's Mother & Son Night of Fun at the Memorial Park River Shelter! This year's theme is Tie-Dye! Enjoy pizza, music, selfie-station, lawn games, tie-dye (bring one piece of white clothing to tie-dye) wiffle ball, and BUBBLE SOCCER! (Must be 8 years or older to play bubble soccer)

Course#: [9061](#)



## *A Night Amongst the Stars*

*Saturday, June 22nd at Memorial Park Ballfields*

*9:15 pm , Free Event!*

Join Wilsonville Parks and Rec. and Rose City Astronomers for a night amongst the stars. This free event will give participants the opportunity to look at the stars through a real astronomer's telescope! Bring your own blanket or lawn chair and binoculars, and come learn with us!

Hot cocoa and tea will be provided.

Rain/Cloud Out date: Saturday, June 29th



# BIKE RODEO

## FOR KIDS 4-12

agility course ★ hand signals ★ safety ★ snacks

**COURSE MEDALS**  
**FOR THE FIRST**  
**150 PARTICIPANTS**  
**CITY HALL PARKING LOT**

Saturday July 20, 2019  
9am-1pm



Bring your bike, trike, scooter or skateboard  
★ & your helmet. ★  
No bike? No worries, use one of ours!!!

**SMART**  
SOUTH METRO AREA REGIONAL TRANSIT

# Wilsonville Wellness Fair

Sat. July 20 | 9 AM - 1 PM | Town Center Park

- Free Admission!
- Local Health and Wellness Vendors
- Live Performances and Demonstrations
- Learn about Alternative and Healthy Lifestyle Choices
- Prizes & Giveaways
- Healthy Snacks



## Scenic Trolley Rides

Enjoy the beauty of Wilsonville aboard SMART's open air trolley. The rides meet at the Community Center, last approximately 45 minutes, and all ages are welcome. Seating is limited so please reserve your spot in advance.

The trolley rides are free but each rider is encouraged to bring a pair of socks as a donation to Wilsonville Community Sharing.

Please call 503-682-3727 for a reservation.



Date	Departs	Course #
Thursday, July 25	10:00 am	9036
	11:00 am	9037
Thursday, August 22	10:00 am	9038
	11:00 am	9039



# COMMUNITY BLOCK PARTY CONCERT AND BARBECUE

**Thursday, Aug. 15 • 5-8 pm • Town Center Park**

Free Burgers & Hot Dogs | Live Music | Kid-Friendly Activities | Prizes  
(while supplies last)



## FEATURED PERFORMER: BRITNEE KELLOGG

Britnee has appeared on American Idol and performed with Blake Shelton, Martina McBride and Keith Urban

Grab your lawn chairs, blankets, coolers and picnic baskets and join us for the City's annual summer celebration!



 [BritneeKellogg.com](http://BritneeKellogg.com)

 [Wilsonville Community Block Party](#)

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

Contact:  
Erica Behler  
503-570-1525  
[behler@ci.wilsonville.or.us](mailto:behler@ci.wilsonville.or.us)

# Wilsonville Rotary Summer Concerts

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

Please give to:



**JULY 18 Johnny Limbo & the Lugnuts**  
Christina Cooper



**JULY 25 Dancehall Days**  
The Whiskey Darlings



**AUGUST 1 Jennifer Batten & Full Steam**  
Crooked Corner Band



**AUGUST 8 Tony Starlight**  
Basso à Deux

**Food Vendors on site**

**FREE, thanks to our generous 2019 sponsors**



This project is made possible in part by a grant from the City of Wilsonville from revenues of the Hotel/Motel Room Taxes.



*Beer! Food! Music!*  
(Proceeds go to charity)  
**WilsonvilleBrewfest.com**  
at the Villebois Piazza  
SW Barber St. & SW Villebois Dr.

*PRESENTED BY:*



**GREEN GROUP**  
REAL ESTATE

**kW** PORTLAND PREMIERE  
KELLERWILLIAMS REALTY

**SATURDAY, AUGUST 10<sup>TH</sup> | 12PM-8PM | VILLEBOIS PIAZZA**

THIS PROJECT IS MADE POSSIBLE IN PART BY A GRANT FROM WILSONVILLE TRANSIENT LODGING TAXES AND THE CITY OF WILSONVILLE.

# Wilsonville Community Garden

The Wilsonville Community Garden is located on Schroeder Way via Rose Lane, off of Wilsonville Road.

To reserve a plot please come by the Parks and Recreation Admin Building and pick a plot from our map.

We will begin taking reservations for the Community Garden on Thursday, April 5 starting at 8:00am. The garden will be tilled when soil conditions allow and open shortly thereafter.

Dates:           Registration for the garden begins  
                      Thursday 4/4  
                      Garden will open when soil has dried  
                      and been tilled. Signs to be posted.  
                      Garden closes for winter: 11/19

Cost:             \$22 for an in-ground plot  
                      \$25 for a raised bed



Want to try out the Disc Golf Course in Memorial Park but don't have your own set of discs?



Come by the Parks and Rec Admin Office to check out a 2-disc set for just \$5 per day

**INTERESTED  
IN MORE  
COMMUNITY  
EVENTS? CHECK  
OUT PAGE 30  
FOR THE  
SUMMER  
CALENDAR!**



**Wilsonville**  
**FESTIVAL OF ARTS**  
 Presented by  
*Wilsonville Arts & Culture Council*

**AT TOWN CENTER PARK**  
**JUNE 1, 10AM-6PM**  
**JUNE 2, 10AM-5PM**  
*www.WilsonvilleArts.org*



# OTTO'S STORYTIME GARAGE



Fridays at 10:30 am  
 World of Speed



Join World of Speed for an all-new adventure for younger guests! Otto's Storytime Garage combines books, art, music, learning, and fun, with a new program each week. Hear a story and then take part in an activity that goes along with the book. Free with museum admission. Recommended for children ages 2-5 and their caregivers.

\*Free admission for low income families.



# Youth Sport & Wellness

## 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 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 8 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.

<b>Time:</b>	Mini:	9:00 am - 9:30 am
	Classic A (3-4 yr):	9:40 am - 10:15 am
	Classic B (4-5 yr):	10:25 am - 11:00 am
	Premier:	11:10 am - 11:55 am
<b>Cost:</b>	\$170	

### Summer

<b>Date:</b>	Sat. 6/15 - 8/17
<b>Location:</b>	Memorial Park
<b>Course #:</b>	Mini: 8972
	Classic (A): 8973
	Classic (B): 8974
	Premier: 8975







**SMART**  
SOUTH METRO AREA REGIONAL TRANSIT

**Saddle Up  
Bike Adventure Camp**  
M-F July 8-12  
9am-3pm  
SMART Admin Office  
[ridessmart.com/BikeCamp](http://ridessmart.com/BikeCamp)



The emphasis is on bicycle skills, safety and basic mechanical knowledge - all woven into a week of fun. The camp offers many traditional camp activities – sports, arts, crafts, drama, music, hiking, and much more.

Campers only need to know how to ride a bike. They do not need to be able to cover long distances or need special clothing, this is not a race program.

We bike in a group to different program activities in 2- 5 mile increments. Over the week they will build up their fitness level easily, as they gain bicycle riding and repair knowledge.

Our program is for kids 8-12 who want a project based recreational experience while improving biking skills.

Cost is \$295, We offer a limited number of need based scholarships and loaner bikes for use during the camp. Visit our website for full details.



# NEW KICKS ON THE BLOCK

## KIDS V. ADULTS KICKBALL GAME

**SUNDAY, SEPTEMBER 8TH MEMORIAL PARK BALLFIELD 4**

**COST: \$5 PER PLAYER (MUST REGISTER EACH PLAYER INDIVIDUALLY)**

**REGISTRATION INCLUDES A TEAM T-SHIRT!**

**10 AM: 6-9 YEARS**

**COURSE #: 9056**

**11:30 AM: 10-13 YEARS**

**COURSE #: 9057**

**1PM: 14-18 YEARS**

**COURSE #: 9058**



# WILSONVILLE PARKS & RECREATION



## YOUTH SPORTS SKILL-BASED PROGRAMS



*Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.*

### SUMMER 2019

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
<b>BASKETBALL CAMP</b>						
SSA108925	6/17 - 6/21	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$165	Wilsonville Memorial Park
SSA111621	7/08 - 7/12	M-F	9:00 a.m. - 3:00 p.m.	7-12	\$165	Boones Ferry Primary School
SSA108833	7/22 - 7/26	M-F	9:00 a.m. - 3:00 p.m.	7-12	\$165	Boones Ferry Primary School
SSA111622	7/29 - 8/02	M-F	9:00 a.m. - 3:00 p.m.	7-12	\$165	Boones Ferry Primary School
<b>TENNIS CAMP</b>						
SSA108975	6/24 - 6/28	M-F	9:00 a.m. - 12:00 p.m.	7-14	\$125	Wilsonville Memorial Park
SSA108976	7/08 - 7/12	M-F	9:00 a.m. - 12:00 p.m.	6-14	\$125	Wilsonville Memorial Park
SSA108897	7/15 - 7/19	M-F	9:00 a.m. - 12:00 p.m.	7-14	\$125	Wilsonville Memorial Park
SSA108977	7/22 - 7/26	M-F	9:00 a.m. - 12:00 p.m.	7-14	\$125	Wilsonville Memorial Park
SSA108978	8/05 - 8/09	M-F	9:00 a.m. - 12:00 p.m.	7-14	\$125	Wilsonville Memorial Park
<b>MINI-HAWK® SOCCER CAMP</b>						
SSA108772	6/19 - 7/24	W	5:30 p.m. - 6:15 p.m.	3-6	\$65	Wilsonville Memorial Park
SSA108771	6/19 - 7/24	W	6:30 p.m. - 7:15 p.m.	3-6	\$65	Wilsonville Memorial Park
SSA108919	7/31 - 8/28	W	5:30 p.m. - 6:15 p.m.	3-6	\$65	Wilsonville Memorial Park
SSA108918	7/31 - 8/28	W	6:30 p.m. - 7:15 p.m.	3-6	\$65	Wilsonville Memorial Park
<b>SPORTS SAMPLER CAMP (BASEBALL, BASKETBALL, FLAG FOOTBALL, GOLF &amp; SOCCER)</b>						
SSA108974	6/21 - 6/21	F	9:00 a.m. - 3:00 p.m.	6-12	\$75	Wilsonville Memorial Park
<b>MULTI-SPORT CAMP (DODGEBALL, DISC GOLF &amp; ULTIMATE FRISBEE)</b>						
SSA108864	6/24 - 6/28	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$165	Wilsonville Memorial Park
SSA108866	7/22 - 7/26	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$165	Wilsonville Memorial Park



SPACE IS LIMITED!

**REGISTER TODAY** >>

Online:  
[www.skyhawks.com](http://www.skyhawks.com)

Phone:  
800.804.3509

© Copyright 2019, Skyhawks Sports Academy, Inc. All rights reserved.

**MINI-HAWK® CAMP (BASEBALL, BASKETBALL & SOCCER)**

SSA108787	6/24 - 6/28	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$125	Wilsonville Memorial Park
SSA108835	7/15 - 7/19	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$125	Wilsonville Memorial Park
SSA108778	8/12 - 8/16	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$125	Wilsonville Memorial Park

**VOLLEYBALL CAMP**

SSA108827	7/01 - 7/03	M,T,W	9:00 a.m. - 12:00 p.m.	7-14	\$105	Wilsonville Memorial Park
-----------	-------------	-------	------------------------	------	-------	---------------------------

**BASEBALL CAMP**

SSA108832	7/01 - 7/03	M,T,W	9:00 a.m. - 3:00 p.m.	6-12	\$135	Wilsonville Memorial Park
SSA108793	8/12 - 8/16	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$165	Wilsonville Memorial Park

**SOCCER CAMP**

SSA108816	7/08 - 7/12	M-F	9:00 a.m. - 3:00 p.m.	7-12	\$165	Wilsonville Memorial Park
SSA108817	7/08 - 7/12	M-F	9:00 a.m. - 12:00 p.m.	5-7	\$125	Wilsonville Memorial Park
SSA108783	7/29 - 8/02	M-F	9:00 a.m. - 3:00 p.m.	7-12	\$165	Wilsonville Memorial Park
SSA108871	8/19 - 8/23	M-F	9:00 a.m. - 3:00 p.m.	7-12	\$165	Wilsonville Memorial Park
SSA108872	8/19 - 8/23	M-F	9:00 a.m. - 12:00 p.m.	5-7	\$125	Wilsonville Memorial Park

**FLAG FOOTBALL CAMP**

SSA108781	7/15 - 7/19	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$165	Wilsonville Memorial Park
SSA108868	8/05 - 8/09	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$165	Wilsonville Memorial Park

**CHEERLEADING CAMP**

SSA108798	7/15 - 7/19	M-F	9:00 a.m. - 12:00 p.m.	5-11	\$125	Wilsonville Memorial Park
SSA111623	7/29 - 8/02	M-F	9:00 a.m. - 12:00 p.m.	5-11	\$125	Wilsonville Memorial Park

**MULTI-SPORT CAMP (BASEBALL, BASKETBALL & FLAG FOOTBALL)**

SSA108867	7/29 - 8/02	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$165	Wilsonville Memorial Park
-----------	-------------	-----	-----------------------	------	-------	---------------------------

**BEGINNING GOLF CAMP**

SSA108865	8/05 - 8/09	M-F	9:00 a.m. - 12:00 p.m.	5-9	\$125	Wilsonville Memorial Park
-----------	-------------	-----	------------------------	-----	-------	---------------------------

**BEGINNING BASKETBALL CAMP**

SSA108826	8/05 - 8/09	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$125	Wilsonville Memorial Park
-----------	-------------	-----	------------------------	-----	-------	---------------------------

**BOYS LACROSSE CAMP**

SSA108869	8/12 - 8/16	M-F	9:00 a.m. - 3:00 p.m.	7-12	\$165	Wilsonville Memorial Park
-----------	-------------	-----	-----------------------	------	-------	---------------------------

**GIRLS LACROSSE CAMP**

SSA108870	8/12 - 8/16	M-F	9:00 a.m. - 3:00 p.m.	7-12	\$165	Wilsonville Memorial Park
-----------	-------------	-----	-----------------------	------	-------	---------------------------

**DISC GOLF & FRISBEE CAMP**

SSA108898	8/19 - 8/23	M-F	9:00 a.m. - 12:00 p.m.	7-14	\$125	Wilsonville Memorial Park
-----------	-------------	-----	------------------------	------	-------	---------------------------



**SPACE IS LIMITED!**  
**REGISTER TODAY >>>**

**Online:**  
[www.skyhawks.com](http://www.skyhawks.com)

**Phone:**  
 800.804.3509

© Copyright 2019, Skyhawks Sports Academy, Inc. All rights reserved.

# Youth Sport & Wellness

## Pickleball

Heidi Johnson

Pickleball is one of the fastest growing sports in the U.S. and is a terrific activity for keeping young athletes active and developing hand-eye coordination. Your young athlete will learn the sport from an experienced player who is certified to teach pickleball. They will learn terms for the game as well as rules and strategy.

**Ages:** 8 - 14  
**Time:** 9:00 am - 12:00 pm  
**Location:** Memorial Park - pickleball courts  
**Cost:** \$110

### Session I

**Date:** M-F 6/17 - 6/21  
**Course #:** 9032

### Session II

**Date:** M-F 7/29 - 8/2  
**Course #:** 9033



## Parks and Recreation Youth Financial Assistance Program

The City of Wilsonville offers financial assistance for youth classes and programs sponsored by the Parks and Recreation Department. Assistance is available for families who reside in Wilsonville or attend Wilsonville public schools. Applications for financial assistance are available from the Parks and Recreation Department. Assistance will be offered in the form of a tuition waiver based on family income. Registration and payment for the class or program must be completed within the regular registration period. The balance of the assistance must be paid at the time of registration. For more information please stop by the Parks and Recreation Administrative Office, or call 503-783-PLAY.



# Calling All Explorers Become a Wilsonville Pathfinder!

Beginning June 24th, stop by the Parks and Recreation Admin building at 29600 SW Park Place to pick up a Pathfinders Passport and start exploring! Bring your completed passport back to us, and get a free pair of Parks and Rec. Sunglasses!

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



## FAMILY FUN DAYS

# POCKET TRIP

Banish the "Are we there yet?" whines with [Wilsonville, Oregon](#) as your home base for adventure and fun! Explore one of our "Family Time" Pocket Trip itineraries for unforgettable family-friendly attractions.

**EXPLORE**  
**WILSONVILLE**.COM

A POCKET (OF FUN)



# YOUTH OUTDOOR ADVENTURE

Campers should bring water, lunch, snacks, sunscreen and should wear shoes/clothes that can get dirty and wet.  
For details on course content and logistics, call Dan at Coyle Outside 541-760-0774.

All COYLE OUTSIDE camps take place at Mary S. Young Park  
19900 Willamette Drive, West Linn, OR 97068

## Fish Hunters

Coyle Outside

In this 5-day camp we explore local fishing holes and lots of "angles" on fishing! From rod and reel to fly fishing, tackle, cleaning fish, bait and primitive fishing methods we cover it all and then some. Poles and tackle provided. Bring appropriate clothing, snacks and lunch.

Ages: 8 - 13  
Date: 6/17 - 6/21  
Time: 9:00 am - 1:00 pm  
Cost: \$221  
Course #: [8946](#)

## Girls Earth Skills

Coyle Outside

Work in teams to build communication and leadership skills, and work independently to build focus, self-esteem and self-sufficiency by practicing 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. Bring appropriate clothing, snacks and lunch.

Ages: 9 - 14  
Date: 6/17 - 6/21  
Time: 9:00 am - 4:00 pm  
Cost: \$306  
Course #: [8949](#)

## Intro to Wilderness Survival

Coyle Outside

Learn the basics of thriving in the wild! Campers build confidence, communication skills and good judgement through fun scenarios on their own or in teams. Skills taught/practiced include shelters, fire building, wilderness medicine, teamwork, traps, orienteering, cordage and knots, and primitive skills. We play survival themed games and the week ends with an exciting final scenario and certificate of achievement. Bring appropriate clothing, snacks and lunch.

Ages: 5 - 8  
Date: 6/24 - 6/28  
Time: 9:00 am - 1:00 pm  
Cost: \$221  
Course #: [8945](#)

## Ninja Warrior Parkour

Coyle Outside

Learn to jump, vault, tumble, bounce and spin your way under, over and through whatever obstacles and features you come across. Campers build strength, timing, balance, flexibility and explosiveness as instructors take participants through a challenging and fun progression of skills and exercises. Instructors incorporate obstacle courses, martial art forms, acrobatic movements and props to learn and choreograph key parkour and free running movements. The week ends with a final showcasing of skills. Learn from expert instructors who travel internationally to teach and compete in parkour and movement classes and events. Play fun games, make new friends and earn a skills certificate. Bring appropriate clothing, snacks and lunch.

Ages: 9 - 14  
Date: 7/8 - 7/12  
Time: 9:00 am - 4:00 pm  
Cost: \$360  
Course #: [8947](#)

## Intermediate Wilderness Survival

Coyle Outside

Enjoy 5 full days of building survival skills and testing yourself against survival scenarios! Skills taught include shelters, fire building, wilderness medicine, teamwork, traps, orienteering, cordage and knots, and primitive skills. We play survival themed games and the week ends with an exciting final scenario and a certificate of achievement. Bring appropriate clothing, snacks, and lunch.

Ages: 8 - 12  
Date: 7/15 - 7/19  
Time: 9:00 am - 4:00 pm  
Cost: \$306  
Course #: 8948

## Advanced Wilderness Survival

Coyle Outside

This camp goes in depth into critical survival skills and cool scenarios that are both challenging and fun. Participants work on their own and in teams to problem solve and master the basics of shelter, fire, tool use and knife safety, traps, rope and knots, plant uses, animal tracking, primitive skills, navigation and more! Campers build confidence, leadership skills, common sense and responsibility while having a blast with new friends. We play survival themed games and the week ends with an exciting final scenario and a certificate of achievement. Bring appropriate clothing, snacks, and lunch.

Ages: 10 - 14  
Date: 8/5 - 8/9  
Time: 9:00 am - 4:00 pm  
Cost: \$306  
Course #: 8951

## Poppin with Bobby (Dance)

Coyle Outside

Campers build coordination, timing and develop their own style of Pop n' Lock dance completing the week with a choreographed group performance created by participants. Pop n' Lock is a street form created in the 70's that Michael Jackson brought to the mainstream. Bobby takes participants through progressions with fun music as students discover and master new abilities and movements. This is a super fun skill building camp that encourages fun, creativity, and mutual support. Play fun games, make new friends and earn a skills certificate. Bring appropriate clothing, snacks and lunch.

Ages: 9 - 13  
Date: 7/29 - 8/2  
Time: 11:00 am - 4:00 pm  
Cost: \$250  
Course #: 8950

## Intro to Wilderness Survival

Coyle Outside

Learn the basics of thriving in the wild! Campers build confidence, communication skills and good judgement through fun scenarios on their own or in teams. Skills taught/practiced include shelters, fire building, wilderness medicine, teamwork, traps, orienteering, cordage and knots, and primitive skills. We play survival themed games and the week ends with an exciting final scenario and certificate of achievement. Bring appropriate clothing, snacks and lunch.

Ages: 8 - 12  
Date: 8/19 - 8/23  
Time: 9:00 am - 4:00 pm  
Cost: \$306  
Course #: 8952

**PROGRAPHICS**  
SERVICES, INCORPORATED

**Wilsonville's Dependable  
Full Service Printer**

- Digital print & copy
- Commercial printing
- Postcards & mailing
- Variable data printing
- Logo merchandise
- Business cards
- Letterhead/Envelopes
- Posters & Banners



Contact us now! • 503-968-1999  
sales@prographicservices.com

\*\*A separate \$18 yearly fee is due to Sherwood Ice Arena at arrival of first class\*\*



### **Parent and Me Learn to Ice Skate: Ages 2-4**

Designed for parent and child to get comfortable on the ice. What an opportunity to bond and learn to skate in a fun, relaxed atmosphere. One parent and child per class. Fee includes both parent and child.

Time: 11:40 am - 12:10 pm

Date: Sat. 6/22 - 7/27 (6 weeks)  
Fee: \$60  
Course #: 8985

Dates: Sat. 8/3 - 8/31 (4 weeks) - No class 8/24  
Fee: \$40  
Course #: 8986

All classes take place at:  
Sherwood Ice Arena  
20407 SW Borchers Dr  
Sherwood Oregon

### **Pre-School Learn to Ice Skate: Ages 4-5**

Introduces your child to skating and helps students develop the preliminary coordination and strength necessary to maneuver on the ice. Learn the proper way to fall and get up along with marching, moving and forward skating.

Wednesday Sessions 5:30 - 6:00 pm

Date: 6/19 - 7/31 (7 weeks)  
Fee: \$70  
Course #: 8987

Date: 8/7 - 8/28 (4 weeks)  
Fee: \$40  
Course #: 8988

Saturday Sessions 11:05 - 11:35 am

Date: 6/22 - 7/27 (6 weeks)  
Fee: \$60  
Course #: 8989

Date: 8/3 - 8/31 (4 weeks) - No class 8/24  
Fee: \$40  
Course #: 8990

### **Beginner Learn to Ice Skate: Ages 6-10**

Students will learn to sit/stand on ice, march across ice, forward sizzles, backward wiggles, two foot snowplow and stop. Fun, upbeat atmosphere.

Wednesday Sessions 5:30 - 6:00 pm

Date: 6/19 - 7/31 (7 weeks)  
Fee: \$70  
Course #: 8991

Date: 8/7 - 8/28 (4 weeks)  
Fee: \$40  
Course #: 8992

Saturday Sessions 11:40 am - 12:10 pm

Date: 6/22 - 7/27 (6 weeks)  
Fee: \$60  
Course #: 8993

Date: 8/3 - 8/31 (4 weeks) - No class 8/24  
Fee: \$40  
Course #: 8994

### **Pre-Teen and Teen Learn to Ice Skate: Ages 11-17**

For the beginner skater to promote physical fitness while improving balance, coordination, develop preliminary coordination and strength. Learn the proper way to fall and get up along with marching, moving and forward skating.

Wednesday Sessions 6:05 - 6:35 pm

Date: 6/19 - 7/31 (7 weeks)  
Fee: \$70  
Course #: 8995

Date: 8/7 - 8/28 (4 weeks)  
Fee: \$40  
Course #: 8996

Saturday Sessions 11:40 am - 12:10 pm

Date: 6/22 - 7/27 (6 weeks)  
Fee: \$60  
Course #: 8997

Date: 8/3 - 8/31 (4 weeks) - No class 8/24  
Fee: \$40  
Course #: 8998



# Youth Lifelong Learning

## Moving with Science



### Mad Science

Join the Mad Scientist in a fun-filled exploration of how science keeps our world moving. Take a close-up look at a wide array of scientific disciplines: chemistry, biology, engineering, physics and optics! Take apart owl pellets to see what they cannot digest! Join a team of camper engineers and build bridges, domes, cubes and pyramids. Make your own sidewalk chalk, crystal gardens and a chromatography-dyed T-shirt!

**Ages:** Entering K - 2nd grade  
**Date:** 6/24 - 6/28  
**Time:** 9:00 am - 12:00 pm  
**Location:** Tauchman House  
**Cost:** \$179  
**Course #:** 9040

## Imagination Academy



### Mad Science

Discover, create and play! All aboard the imagination train as your Jr. Mad Scientist takes a journey around the world of science. Join the fun as we make our own inventions while exploring the world of inventors, learn to cast fossils in the domain of dinosaurs, explore the vastness of space and create a comet, watch the pull of gravity with parachutes and feel the heaviness of air pressure all around us!

**Ages:** Entering K - 2nd grade  
**Date:** 6/24 - 6/28  
**Time:** 1:00 pm - 4:00 pm  
**Location:** Tauchman House  
**Cost:** \$179  
**Course #:** 9041

## Radical Robots



### Mad Science

Spend the week exploring the wonderful world of automation. From the very basics of robotics to the complexity of building TWO of your own robots! With all of the cool stuff you take home, including the two robots that you build yourself, you'll continue your exploration of the science of robotics long after your week with Mad Science is over.

**Ages:** Entering 3rd - 7th grade  
**Date:** 7/15 - 7/19  
**Time:** 9:00 am - 4:00 pm  
**Location:** Tauchman House  
**Cost:** \$375  
**Course #:** 9042



# Youth & Teen Lifelong Learning

## Creative Contraptions! The Inventor's Camp



### Mad Science

Creative Contraptions Warning! This camp will take junior inventors on a journey of discovery from the real-life inventions of da Vinci, Edison and the Wright brothers to Isaac Asimov's dreams of future inventions. Each day campers will be given a series of challenges which must be overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all... their mind. With a little bit of ingenuity, they'll construct catapults and forts and then lay siege, fabricate innovative flying contraptions, design their own gizmo prototypes, and will even assemble a working light saber to take home.

- Ages:** Entering 2nd - 6th grade
- Date:** 8/5 - 8/9
- Time:** 9:00 am - 12:00 pm
- Location:** Tauchman House
- Cost:** \$179
- Course #:** 9043

## Scene of the Crime



### Mad Science

Blood spatter and brain matter, oh my! Not for the weak-hearted, this camp will let your inner CSI Scream! Enter the crime scene and see if your team can solve the crime by observing, interrogating, and analyzing the evidence that you collect! Children experience how science is used to collect, analyze and understand what evidence is telling us about a crime scene.

- Ages:** Entering 2nd - 6th grade
- Date:** 8/5 - 8/9
- Time:** 1:00 pm - 4:00 pm
- Location:** Tauchman House
- Cost:** \$179
- Course #:** 9045



## Relaxation 101 - New!

Tracy Cohen

With a focus on current brain research, each class will explore at least one topic relevant to youths stressed out by today's complex information-driven world. We will try out techniques to help relax and be comfortable in our own body, and seek to understand how emotions can be tamed with a healthy, well-rounded approach. Parents are welcome, but it's most advisable to check with your teen to see if they'd like to do this independently. Both 4 week sessions end with a 'Mindful Tea'. Please let the teacher know of any food allergies.

**Ages:** Entering 7th - 12th grade  
**Time:** 11:00 am - 12:00 pm  
**Location:** Parks and Rec. Admin Building  
**Cost:** \$35 for 4 week session or \$10 drop in per class  
**Course #:** 11:00 am - 12:00 pm

### Session I

**Date:** Sat. 6/29 - 7/20  
**Course #:** 9029

Week 1- Nature  
 Week 2- Strength  
 Week 3- Balance  
 Week 4- Friendship

### Session II

**Date:** Sat. 8/3 - 8/24  
**Course #:** 9030

Week 1- Flexibility  
 Week 2- Change  
 Week 3- Endurance  
 Week 4- Courage

## Relaxation for Children - New!

Tracy Cohen

Looking for new relaxation techniques for your child? Look no further! Each class explores at least one tool your child can use to learn how to relax and be comfortable in their own body. This class will seek to understand how emotions can be tamed with a healthy, well-rounded approach, respectful of the hands-on, active manner in which most children learn best. Parents are welcome at each and every session. Learn alongside your child if you wish (parent attendance is optional, not required). Both 4 week sessions end with a 'Mindful Tea'. Please let the teacher know if your child has any food allergies.

**Ages:** Entering 2nd - 6th grade  
**Time:** 9:30 am - 10:30 am  
**Location:** Parks and Rec. Admin Building  
**Cost:** \$35 for 4 week session or \$10 drop in per class  
**Course #:** 11:00 am - 12:00 pm

### Session I

**Date:** Sat. 6/29 - 7/20  
**Course #:** 9027

Week 1- Nature  
 Week 2- Strength  
 Week 3- Balance  
 Week 4- Friendship

### Session II

**Date:** Sat. 8/3 - 8/24  
**Course #:** 9028

Week 1- Flexibility  
 Week 2- Change  
 Week 3- Endurance  
 Week 4- Courage

# Youth Lifelong Learning

## Coding with Legos<sup>®</sup>

YMCA

Explore the building blocks of coding with Legos! Campers will build various projects such as robots, cats, and guitars, then they will create unique code to make their projects come to life!

**Ages:** 7 - 12  
**Date:** 6/17 - 6/21  
**Time:** 8:30 am - 2:30 pm  
**Location:** Tauchman House  
**Cost:** \$150  
**Course #:** 9060

## Stop Motion Animation

YMCA

Animation is not only fun to watch, it's fun to create! With stop motion animation, everyone around you can come alive! In this camp we'll explore the basics of animation and work together to develop stories, build props, and create our own animated short film!

**Ages:** 7 - 12  
**Date:** 7/8 - 7/12  
**Time:** 8:30 am - 2:30 pm  
**Location:** Tauchman House  
**Cost:** \$150  
**Course #:** 9059

## Y Chefs!

YMCA

Become a chef extraordinaire! This camp will teach children how to make quick and yummy foods that can be enjoyed by the whole family. Campers will receive lessons in cooking safety, techniques, preparing food and more! No previous cooking experience required.

**Ages:** 7 - 12  
**Date:** 8/12 - 8/16  
**Time:** 8:30 am - 2:30 pm  
**Location:** Tauchman House  
**Cost:** \$150  
**Course #:** 9055

## Ice Cream Drip Cake

Kelly Pratt- Sprinkles of Joy Bakery

In this class, the students will learn how to decorate small cakes with buttercream frosting, and how to create a drizzle on the sides of the cake. What a perfect way to celebrate summer with this ice cream drip cake!

**Ages:** 5+  
**Date:** Sun, 5/26  
**Time:** 12:00 pm - 1:00 pm  
**Location:** Parks and Rec. Admin Building  
**Cost:** \$25  
**Course #:** 9051

## Cake Decorating Basics

Kelly Pratt- Sprinkles of Joy Bakery

This 4 week class will teach all the basics you need to create beautiful cakes at home! Throughout the class, students will learn how to make buttercream frosting, piping techniques, writing with frosting, and more!

**Ages:** 10+  
**Date:** Wed. 6/12 - 7/10 (No class 7/3)  
**Time:** 7:00 pm - 8:00 pm  
**Location:** Parks and Rec. Admin Building  
**Cost:** \$90  
**Course #:** 9053

## Hamburger Cupcakes

Kelly Pratt- Sprinkles of Joy Bakery

We will create hamburger cupcakes with vanilla and chocolate cupcakes, fondant cheese, and lettuce with buttercream ketchup! A sweet twist to a summer classic!

**Ages:** 5+  
**Date:** Sun. 7/14  
**Time:** 12:00 pm - 1:00 pm  
**Location:** Parks and Rec. Admin Building  
**Cost:** \$20  
**Course #:** 9048

## Star Wars Cookies

Kelly Pratt- Sprinkles of Joy Bakery

Star Wars fans unite, as we create character themed sugar cookies! Students will learn to decorate with royal icing to create storm troopers, R2D2 and Darth Vader!

**Ages:** 5+  
**Date:** Sun. 7/28  
**Time:** 12:00 pm - 1:00 pm  
**Location:** Parks and Rec. Admin Building  
**Cost:** \$20  
**Course #:** 9047

## Emoji Cupcakes

Kelly Pratt- Sprinkles of Joy Bakery

A great class to learn buttercream frosting basics and an intro to fondant work. We will decorate cupcakes with yellow frosting and create different facial features to create our favorite emojis!

**Ages:** 5+  
**Date:** Sun. 8/18  
**Time:** 12:00 pm - 1:00 pm  
**Location:** Parks and Rec. Admin Building  
**Cost:** \$20  
**Course #:** 9054

# SUMMER CAMP 2019

From tech to racing, engineering to engines, students will learn while having a great time. We look forward to having another fantastic summer with all the campers, parents, staff, guest speakers, and community partners who helped to make camp such a success.



## EXPERIENCE WORLD OF SPEED CAMP

JULY 24–28 ..... Grades 3–5

Sample a little of all our summer camps! Discover what it takes to learn the sport of racing, build your own CO2 dragster, explore engines, and technology including 3D printing. You'll also get the chance to compete against other campers in some fun, fast, and friendly racing competitions!

## ENGINES: FULL THROTTLE

JULY 24–28 ..... Grades 6–8

Discover how engines work, are maintained, and learn about different systems. Try your hand at working on small engines and then go under the hood to explore the ins and outs of automobile engines.

## SINGLE-DAY CAMPS

JULY 8–12 ..... Grades K–2

Check out our exciting lineup of single-day camps. Each day runs 9 a.m.–Noon, is designed with the younger set in mind, and is guaranteed to be a fun interactive adventure!

### WONDERFUL WATER: H2O-LYMPICS!

MONDAY, JULY 1, 2019

9:00 A.M.–12:00 P.M.

### WHAT'S THE "MATTER?"

TUESDAY, JULY 2, 2019

9:00 A.M.–12:00 P.M.

### JUNIOR TECH

WEDNESDAY, JULY 3, 2019

9:00 A.M.–12:00 P.M.

### CAR ENGINEERING

FRIDAY, JULY 5, 2019

9:00 A.M.–12:00 P.M.

## INTRO TO AUTO TECH

DAILY, 9:30 AM–12:30 PM ..... Grades 9–12

We are offering a new class for high school students! If you are currently attending one of our partner high schools, homeschool, or you would just like to try it out, this is the class for you! Learn from certified professional instructors as you get under the hood with this hands-on introduction to automotive technology.

## RACING 101

JULY 8–12 ..... Grades 7–8

JULY 22–26 ..... Grades 9–12

Explore the world of motorsports as you discover the history of local, national, and international racing! Hear professional racers speak about their racing experiences and work with them to develop your own skills in our state-of-the-art race-car simulators – and on the track! You will also get a chance to look at how racing vehicles are designed for form and function by getting up close and personal with different types of vehicles in the World of Speed Museum collection.

## TECH CAMP

JULY 8–12 ..... Grades 3–5

JULY 29–AUGUST 2 ..... Grades 3–5

AUGUST 12–15 ..... Grades 3–5

AUGUST 12–15 ..... Grades 6–8

Explore the world of robotics, get creative with 3D printing, fly high with drones, and go behind the scenes of our state-of-the-art racing simulators in this camp exploring all things tech!

## GIRLS RULE!

JULY 15–19 ..... Grades 3–5

Are you interested in cars, design, and racing? This camp is specifically designed for girls to learn the dynamics of racing, try their hand at race-car simulators, have hands on automotive experience, and compete in a variety of engineering challenges to win! You will also hear from local female racers about their lives in racing.

## RACING 201

JULY 15–18 & JULY 29–AUGUST 2 ..... Grades 9–12

....(Grades 7–8 for students who have taken Racing 101)

After the fun of Racing 101, get a deeper look into the world of motorsports! Put your Racing 101 skills to the test with more in-depth instruction and coaching. Racing 101 is a required prerequisite for students in grades 7–8, but high school students can jump right into the fun!

## ENGINEERING

JULY 22–26 & AUGUST 5–9 ..... Grades 3–5

Electrical, mechanical, computer, automotive – explore the different branches of engineering with a wide variety of hands-on activities and challenges focused on building, testing, and designing.

## AUTOMOTIVE ENGINEERING

AUGUST 5–9 ..... Grades 6–8

From state-of-the-art race cars to the street cars your parents drive – take an in-depth look at automotive engineering by exploring design and technology and how they have advanced through the years.

*\*All week-long camps run 9 a.m.–4 p.m. unless otherwise noted.*

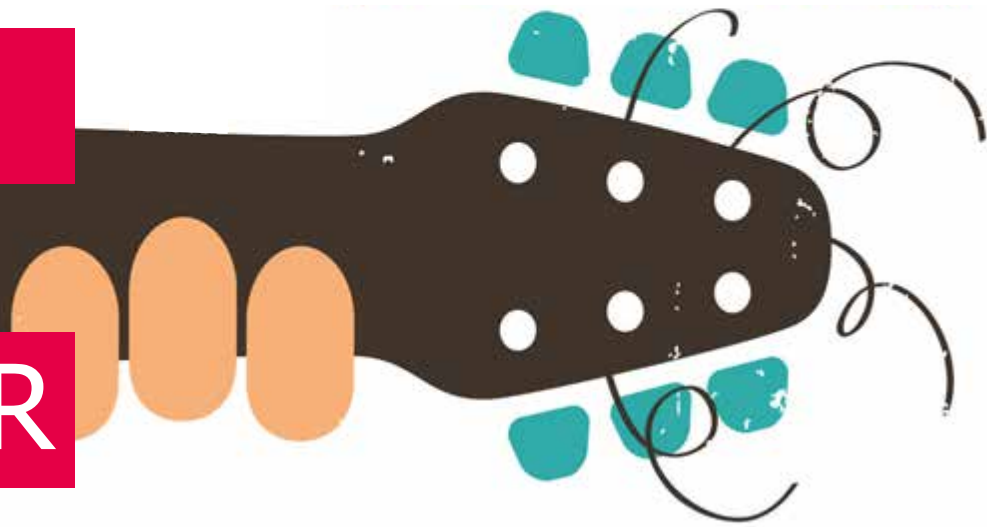
TO REGISTER, VISIT  
[WORLDOSPEED.ORG/CAMPS](http://WORLDOSPEED.ORG/CAMPS)



WORLD OF SPEED MOTORSPORTS MUSEUM  
Wilsonville, OR | 503-563-6444 | [worldofspeed.org](http://worldofspeed.org)

EDUCATE // ENTERTAIN // PRESERVE // CELEBRATE

# SUMMER EVENTS CALENDAR



## ON-GOING

### Water Feature Season

Town Center Park and Murase Plaza

Dates: Sat. June 1 - Sun. Sept. 15

Water Feature Hours: 10 am - 8 pm

Water feature status hotline: 503-685-6356



### Summer Reading Program for All Ages

Mon. June 10 - Mon. August 12

Wilsonville Public Library

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

### Free Yoga in the Park

Murase Plaza Stage

Ages: 13+

Dates: Sat. June 1 - Sat. August 31

Time: 9 am - 10 am

Bring your own yoga mat and water bottle

## JUNE

### Me. She. We. 10k & Half Marathon

Sat. June 1

Half Marathon - 8 am

10k - 9 am

River Shelter, Memorial Park

[meshewe.fun](http://meshewe.fun)

1

### Wilsonville Festival of Arts

Sat. June 1, 10 am - 6 pm

Sun. June 2, 10 am - 5 pm

Town Center Park

[WilsonvilleArts.org](http://WilsonvilleArts.org)

1

15

### Boy Scout Troop 194 Plant Sale

Sat. June 15, 9 am - 3 pm

Community Center Parking Lot

21

### Mother & Son Night of Fun

Bubble Soccer!

Fri. June 21, 6- 8pm Memorial  
Park River Shelter

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

22

### Korean War Veterans

Remembrance Ceremony

Sat. June 22, 10:30 am

Town Center Park

29

### Salmon Cycling Classic

Sat. June 29, 8 am

River Shelter - Memorial Park

[salmoncyclingclassic.com](http://salmoncyclingclassic.com)

# JULY

4

**Oregon Road Runners Club 5K**  
Wed. July 4, 9 am  
Mentor Graphics Parking Lot  
[ORRC.net](http://ORRC.net)

18

**Rotary Concert:**  
**Johnny Limbo and the Lugnuts**  
Thur. July 18, 5:30 pm  
Town Center Park  
[WilsonvilleConcerts.com](http://WilsonvilleConcerts.com)

19

**Movies in the Park:**  
**How to Train Your Dragon-  
The Hidden World**  
Fri. July 19, Movie starts at dusk  
River Shelter, Memorial Park  
[WilsonvilleParksandRec.com](http://WilsonvilleParksandRec.com)

20

**Wilsonville Wellness Fair**  
Sat. July 20, 9 am - 1pm  
Town Center Park  
[WilsonvilleParksandRec.com](http://WilsonvilleParksandRec.com)

25

**Rotary Concert: Dance  
Hall Days** Thur. July 25,  
5:30 pm Town Center  
Park  
[WilsonvilleConcerts.com](http://WilsonvilleConcerts.com)

26

**Movies in the Park:**  
**Smallfoot**  
Fri. July 26, Movie starts at dusk  
River Shelter, Memorial Park  
[WilsonvilleParksandRec.com](http://WilsonvilleParksandRec.com)



# AUGUST

1

**Rotary Concert:**  
**Jennifer Batten and Full Steam**  
Thur. August 1, 5:30 pm  
Town Center Park  
[WilsonvilleConcerts.com](http://WilsonvilleConcerts.com)

3

**Fun in the Park**  
Sat. August 3, 10 am - 4 pm  
Town Center Park  
[FunInThePark.com](http://FunInThePark.com)

8

**Rotary Concert:**  
**Tony Starlight**  
Thur. August 8, 5:30 pm  
Town Center Park  
[WilsonvilleConcerts.com](http://WilsonvilleConcerts.com)

9

**Movies in the Park:**  
**A Wrinkle in Time**  
Fri. August 9, Movie starts at dusk  
River Shelter, Memorial Park  
[WilsonvilleParksandRec.com](http://WilsonvilleParksandRec.com)

10

**Wilsonville Brewfest**  
Sat. August 10, 12 - 8 pm  
Villebois Piazza  
[WilsonvilleBrewfest.com](http://WilsonvilleBrewfest.com)

15

**Community Block Party:**  
**Britnee Kellogg**  
Wed. August 15, 5- 8 pm  
Town Center Park  
[WilsonvilleParksandRec.com](http://WilsonvilleParksandRec.com)

23

**Movies in the Park:**  
**Mary Poppins Returns**  
Fri. August 23, Movie starts at dusk  
River Shelter, Memorial Park  
[WilsonvilleParksandRec.com](http://WilsonvilleParksandRec.com)

# Wilsonville Public Library



8200 SW Wilsonville Rd.  
Wilsonville, OR 97070  
503-682-2744  
[www.wilsonvillelibrary.org](http://www.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.

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. Find out more at [www.wilsonvillelibrary.org](http://www.wilsonvillelibrary.org).

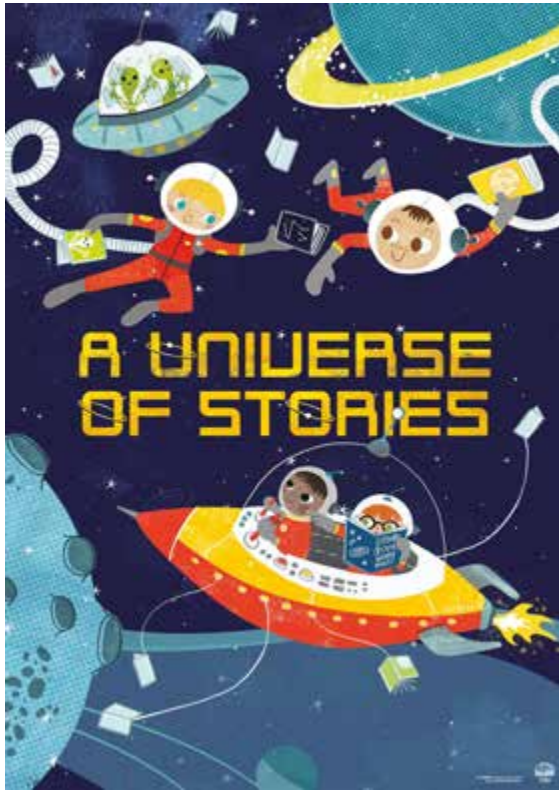
## Summer Reading Program for all ages



This summer, readers of all ages can explore the universe through books, activities, and more!



# Youth Programs at the Library



## Stories & Science

Bring the whole family for fun with creative storytelling with stories, songs, and puppets, along with a science demonstration.

**Ages:** 3 years old and up  
**Dates:** 6/17–7/25  
Tues. evenings 6:30 pm–7:15 pm  
Wed. mornings 10:30 am–11:15 am  
Wed. afternoons 1:00 pm–1:45 pm  
**Location:** Oak Room  
**Cost:** Free

## Toddler Time

Songs, parachute fun, bubbles, puppets, and stories for you and your 1 or 2 year old child.

**Ages:** 1 to 2 years old  
**Dates:** Tues. 6/17–7/23  
**Time:** 10:00 am–10:30 am  
11:00 am–11:30 am  
**Location:** Oak Room  
**Cost:** Free

## Summer Reading Program

**READ!** Read for at least 20 minutes a day for 20 days and receive a free book and other prizes. All finishers will qualify for the Oregon Zoo Family Pass drawing.

**SCIENCE!** Complete 10 science explorations and receive a science prize. All Science finishers qualify for a chance to win a one-year OMSI Family Plus Pass.

Children ages birth to sixth grade can sign up between Monday, June 10, and Monday, August 12, at the library. Parents are welcome to read to their pre-reading child. The last day to turn in completed reading and science logs is Saturday, August 31.

## Baby Time

Rhymes, songs, and special bonding time with your baby ages 0 to 12 months.

**Ages:** 0 to 12 months  
**Dates:** Mon. 6/17–7/22  
**Time:** 10:30 am–11:15 am (incl. playtime)  
**Location:** Oak Room  
**Cost:** Free

## Get email reminders for kids programs

Sign up for eNotify to receive an email reminder of every special library event for kids. To sign up, visit our website at [www.WilsonvilleLibrary.org/enews](http://www.WilsonvilleLibrary.org/enews) or email [engelfried@wilsonvillelibrary.org](mailto:engelfried@wilsonvillelibrary.org).



# Summer Fun Shows

Made possible by a generous donation from the Wilsonville Friends of the Library

These FREE performances are geared for school-age children.

Seating is limited, so come early to get your seat!

- June 20** **Juggler Rhys Thomas**  
11:00 AM, 12:30 PM, 2:00 PM  
Oak Room  
Juggler Extraordinaire Rhys Thomas blends science with comedy in a show the Smithsonian Institution called "Wonderful!"
- June 27** **Red Yarn**  
11:00 AM, 12:30 PM, 2:00 PM  
Oak Room  
Enjoy exciting stories told with puppets and live folk and rock songs.
- July 11** **Presto the Magician**  
11:00 AM and 12:30 PM  
Oak Room  
Magic that will amaze you! Laugh out loud funny from start to finish.
- July 18** **Stories & Songs with Brad Clark**  
11:00 AM and 12:30 PM  
Oak Room  
Music, comedy, and stories by our very own Youth Librarian Brad Clark.
- July 26** **The Reptile Man**  
11:00 AM–12:00 PM  
at The Grove Shelter at Murase Plaza  
Bring your friends and join us for summer reptile fun in the park across from the library.



## Science Classes

Explore the world of science with these free special events in early August. Sign-ups start Monday, July 8. Visit our website to sign up.

For children entering grades 1-5.

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

## Questions about Youth Programs?

Contact the Youth Services Department at 503-570-1599 or [engelfried@wilsonvillelibrary.org](mailto:engelfried@wilsonvillelibrary.org).

# Teen Programs at the Library

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

All students entering Grades 6<sup>th</sup> through 12<sup>th</sup> are invited to sign up for the Teen Summer Reading Program.

Starting Monday, June 10, read at least 20 minutes a day for 20 days to win a free book and qualify for fun prize drawings.

Also join us for FREE special summer programs just for you in June and July.

Find out more at:

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

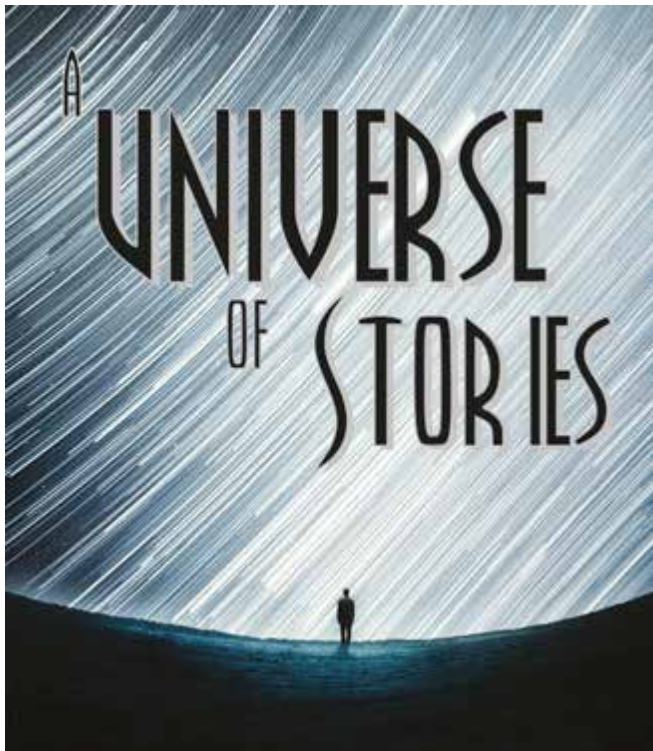
## Teen E-mail List

Want to come to an event, but need a little reminder? Sign up for email notifications at: [www.WilsonvilleLibrary.org/subscribe](http://www.WilsonvilleLibrary.org/subscribe)

Or become a Facebook friend of "Wilsonville Library Teens" to get event updates!



# Adult Programs at the Library



## Adult Summer Reading Program

Why should kids have all the fun?

Read books and qualify for fabulous prize drawings. What more could you ask for?

Starts Monday, June 10. Choose to read for 20 minutes a day for 20 days, or complete a Bingo card, to enter the Grand Prize drawing.

Stop by the library or visit the library website for more information:

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

## Find out more online!

Get the latest news and event information, and sign up for email notifications, on our website: [www.WilsonvilleLibrary.org](http://www.WilsonvilleLibrary.org)

Visit our Facebook page ("WilsonvilleLibrary") or follow us on Twitter (@wvlibrary).

# Daytime Health and Fitness

## Gentle Beginner Yoga

Ela McDaniel

A slow paced beginning yoga class that will benefit those with seasoned bodies or anyone new to yoga. This class is designed to strengthen the body gradually with an emphasis on conscious breathing, alignment, and relaxation. Yoga postures (asanas) and other movement forms will be introduced with an emphasis on moving to feel better. The use of props is offered to ensure that the benefits of yoga are available for those with varying degrees of strength and flexibility. This class is a pre-requisite for Hatha Yoga. Please bring your own yoga mat. All other props are provided.

<b>Time:</b>	8:30 am - 9:30 am	<u>Session I</u>		<u>Session II</u>	
<b>Location:</b>	Community Center	<b>Date:</b>	Tues. 5/21 - 6/25	<b>Date:</b>	Tues. 7/9 - 8/13
<b>Cost:</b>	\$42	<b>Course #:</b>	8956	<b>Course #:</b>	8957

## Hatha Yoga

Ela McDaniel

Hatha yoga is a main branch of yoga from which many styles are derived. In hatha yoga (pronounced ha-ta), you will practice a series of traditional yoga postures including: seated, standing (plus balance), prone, and inversions, along with breath (pranayama) practices meant to align the structure of the body, opening it's many energy channels, all to create optimal function. Because various styles of yoga may be incorporated into this class, you'll experience variety that ensures growth, challenge and an appreciation for what yoga truly offers. Although this class is open to all levels, previous yoga experience is helpful. Please bring your own yoga mat. All other props are provided.

<b>Time:</b>	8:30 am - 9:30 am	<u>Session I</u>		<u>Session II</u>	
<b>Location:</b>	Community Center	<b>Date:</b>	Thurs. 5/23 - 6/27	<b>Date:</b>	Thurs. 7/11 - 8/15
<b>Cost:</b>	\$42	<b>Course #:</b>	8958	<b>Course #:</b>	8959

## Beginning Tai Chi

James Lusk

Curious about Tai Chi? This class introduces a simplified Tai Chi form that targets a range of benefits including: balance, flexibility, improving core strength, and improving memory. An additional bonus is having fun with others while discovering the joy of mindful movement.

<b>Time:</b>	1:00 pm - 2:00 pm	<u>Session I</u>		<u>Session II</u>	
<b>Location:</b>	Community Center	<b>Date:</b>	Tues. and Thurs. 5/7 - 6/20	<b>Date:</b>	Tues. and Thurs. 7/9 - 8/22
<b>Cost:</b>	\$65	<b>Course #:</b>	8938	<b>Course #:</b>	8939

## Tai Chi Studio

James Lusk

A unique studio session, class opens with Qigong and warmups that target the joints and promotes relaxation. There is a focus on empty hand Tai Chi forms with 24 and 47 gestures during the first hour. The remainder of class is for practice with Tai Chi sword and fan movements.

<b>Time:</b>	2:00 pm - 3:40 pm	<u>Session I</u>		<u>Session II</u>	
<b>Location:</b>	Community Center	<b>Date:</b>	Tues. and Thurs. 5/7 - 6/20	<b>Date:</b>	Tues. and Thurs. 7/9 - 8/22
<b>Cost:</b>	\$80	<b>Course #:</b>	8940	<b>Course #:</b>	8941

# Daytime Health and Fitness

## 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.

**Location:** Community Center  
**Cost:** \$63

Session I

**Date:** Mon., Wed. and Fri. 5/6 - 6/26  
 No class 5/27

**Time:** 8:30 am - 9:20 am  
**Course #:** 8933

**Time:** 9:30 am - 10:20 am  
**Course #:** 8934

Session II

**Date:** Mon., Wed. and Fri. 7/8 - 8/23

**Time:** 8:30 am - 9:20 am  
**Course #:** 8942

**Time:** 9:30 am - 10:20 am  
**Course #:** 8943

## Cardio, Core, Strength and Stretch

**Jules Moody**

Get the best of pilates and strength fitness in this non-impact hybrid class consisting of 15 minutes of cardio, core, strength and stretch. Work will be done on the mat/floor and stability balls. Modifications and varying weights (2-12lbs available), so the class is suited to all fitness levels as you progress. Exercise mat required.

**Time:** 10:30 am - 11:30 am  
**Location:** Community Center

Session I

**Date:** Thurs. 5/2 - 6/27  
**Cost:** \$69  
**Course #:** 8935

Session II

**Date:** Thurs. 7/11 - 8/29  
**Cost:** \$59  
**Course #:** 8936

## Pilates Sculpt

**Jules Moody**

Get the best of pilates and strength fitness in this non-impact hybrid class. Most work will be done on the mat/floor working to sculpt lean muscles with focus on the core—abdominals and back. Along with balance work and stretching, the class will touch on arms and legs to improve overall flexibility and strength. All levels welcome, progress as your body strengthens! Exercise mat required.

**Date:** Fri. 5/10 - 6/21  
**Time:** 9:30 am - 10:30 am  
**Location:** Community Center  
**Cost:** \$52  
**Course #:** 8937



**Call today for an appointment:**  
 503.582.8033

Local Family-Owned Physical Therapy Clinic in Wilsonville. Improve the way you move and help you return to life after injury.

**Call today** for your **FREE** 15 min. injury or pain management

[www.booneslandingpt.com](http://www.booneslandingpt.com)

## Community Center Wellness Packages

### Wellness Coaching & Personal Training

*Could You Use a Little Help to Rise Above the Barriers to Good Health?*

*Would You Like Someone to Encourage You and Push You to Make Lasting Changes in Mindset and Behavior?*

*Do You Want To Lose Weight, Gain Strength, Increase Mobility, or Just Live a Healthier Life?*

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 that find a balance of personal training and wellness coaching that best meets your goals.

#### Program Cost

4 sessions:	\$150
8 sessions:	\$255
16 sessions:	\$440
24 sessions:	\$560

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



# Daytime Health and Wellness

## 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. Many weight loss programs can work, but what's crucial is commitment, support, and accountability. Group members will be able to rely on each other to help with inspiration and the belief they can sustain motivation and be successful. For more information, contact Brad at 503-570-1522 or email at moore@ci.wilsonville.or.us. Brad Moore is ACSM CPT, NBC-HWC certified, a Nationally Board Certified Health and Wellness Coach, and will facilitate this group.

**Date:** Fridays, ongoing  
**Time:** 12:30 pm - 1:30 pm  
**Location:** Community Center  
**Cost:** No Charge



### Walk Wednesday at Noon



#### April

24 City Hall  
Kick off Walk!

#### May

1 Community Center  
 8 Boones Landing Physical Therapy  
 15 Lux Sucre, Charbonneau  
 22 Sofia Park, Villebois  
 30 Therapeutic Associates  
 29 Corner Coffee Shoppe

#### June

5 Next Level Chiropractic  
 12 Al's Garden & Home  
 19 American Family, Kyle Bunch  
 26 OCCU (OR Comm Credit Union)

#### July

10 Nichols Family Agency: Allstate  
 17 BenchMark Therapy  
 24 Collins Aerospace, Main Doors  
 31 TwinStar Credit Union

#### August

No walks in August

#### September

4 Edge Family Fitness  
 11 Mentor Graphics, rear doors  
 18 Edward Jones  
 25 SMART Admin to WES

#### October

3 Oregon Tech

### 2019 Special Events



#### 30 Years of Service & New Electric Bus Celebration

Wednesday June 26  
 4pm-6pm  
 Wilsonville Transit Center  
[ridessmart.com/Calendar2019](http://ridessmart.com/Calendar2019)

#### Scenic Trolley Tours

July 25 & Aug 22  
 10am & 11am  
 •New pair of socks suggested donation  
 Call 503-682-3727 to register



#### Saddle Up Bike Adventure Camp

M-F July 8-12  
 9am-3pm  
 SMART Admin Office  
[ridessmart.com/BikeCamp](http://ridessmart.com/BikeCamp)



#### Wilsonville Farmers Market

Thursdays 4-8pm  
 Find us each week for active transportation information & free safety items.

#### Bike Rodeo @ Wellness Fair

Saturday July 20  
 9am-1pm  
 City Hall Parking Lot  
[ridessmart.com/BikeRodeo](http://ridessmart.com/BikeRodeo)



#### Family Friendly Group Bike Ride

Town Center Park, Fountains  
 Thursday Aug 15 6-6:30 pm  
**Community Block Party**



# Evening and Weekend Health and Fitness

Yoga classes are open to all levels, including beginners, but do require the participant's ability to move from the floor (supporting body weight) to standing.

## Yoga - Relax, Renew & Align

Tracy Cohen

Our Tuesday evening practice continues with emphasis on using yoga to bring ease to our bodies, developing strength and flexibility with careful attention to alignment. We use bolsters, blankets, straps and blocks (all provided) to set up positions where breath can flow easily into the body. Please bring your own yoga mat.

**Ages:** 16+ **Location:** Community Center  
**Date:** Tues. 6/18 - 8/27 **Cost:** \$88  
**Time:** 5:30 pm - 6:30 pm **Course #:** 9026

## Slow Vinyasa Yoga

Ahsamon Ante-Marandi

Mindfully flow from one pose to the next using your breath as your guide. Explore your body and mind, while developing flexibility, strength, and balance. A focus on proper alignment paired with a non-judgemental attitude provides a safe, welcoming, and fun environment to practice yoga. Please bring your own yoga mat.

<b>Ages:</b> 16+	<b>Session I</b>	<b>May Mini Session</b>
<b>Time:</b> 6:00 pm - 7:00 pm	<b>Date:</b> Thurs. 5/9 - 6/27	<b>Date:</b> Sat. 5/4 - 5/25
<b>Location:</b> Community Center	<b>Course #:</b> 9024	<b>Time:</b> 9:00 am - 10:00 am
<b>Cost:</b> \$65	<b>Session II</b>	<b>Cost:</b> \$32
	<b>Date:</b> Thurs. 7/11 - 8/29	<b>Course #:</b> 9023
	<b>Course #:</b> 9025	

## Summer Solstice Yoga Workshop

Ahsamon Ante-Marandi

Celebrate the longest day of the year and the beginning of summer with a special summer solstice-themed yoga workshop. Through yoga asana, pranayama (breathing exercises), meditation, and journaling, we will look within and reflect on the first half of the year, set intentions for the second half of the year, then move on our mats to awaken the core and purify the body and mind. Please bring your own mat, journal and pen. All other props will be provided.

**Ages:** 16+ **Location:** Community Center  
**Date:** Sat. 6/22 **Cost:** \$15 per person  
**Time:** 9:00 am - 10:30 am **Course #:** 9022

## Yoga in the Park

Liz Brower

Enjoy a free, all-levels vinyasa flow class, outdoors this summer! Vinyasa flow yoga connects breath with movement and is a great way to lower daily stress, increase flexibility, and become stronger. Modifications will be offered for all body types and levels. Class is on the grass and stage at Murase Plaza, please bring a yoga mat, water bottle, and a towel or blanket.

**Ages:** 13+ **Location:** Murase Plaza Stage  
**Date:** Sat. 6/1 - 8/31 **Cost:** No Charge  
**Time:** 9:00 am - 10:00 am



# Evening and Weekend Health and Fitness

## Body Sculpt

**Jules Moody**

Strengthen and tone all major muscle groups in this all over body non-impact class. Mix it up each week using hand weights and stability balls as we move to get strong and toned. Modifications and varying weights (2 lbs-12lbs) available, so the class is suited to all fitness levels as you progress. Fun music, fun people, come join! Exercise mat required.

**Ages:** 12+  
**Time:** 6:00 pm - 7:00 pm  
**Location:** Community Center  
**Cost:** \$69

### Session I

**Date:** Mon. 4/29 - 6/24  
**Course #:** 9005

### Session II

**Date:** Mon. 7/1 - 8/26  
**Course #:** 9006

## PiYo- New!

**Holly Fidanzo**

PiYo is a combination of Pilates and Yoga moves. This high energy, 45 minute class will give you a full body workout from head to toe. PiYo moves are designed to build strength, increase flexibility, and help you lose weight. Holly is a certified PiYo instructor with wonderful enthusiasm and energy that will get you through this fun and challenging class.

**Ages:** 16+  
**Time:** 6:30 pm - 7:15 pm  
**Location:** Community Center  
**Cost:** \$65

### Session I

**Date:** Tues. 5/14 - 7/2  
**Course #:** 9066

### Session II

**Date:** Tues. 7/16 - 9/3  
**Course #:** 9067

## Strength, Core, Pilates

**Jules Moody**

Come get strong and steady in this hybrid class which combines moves from body sculpt (allover resistance training), Mat pilates (core and back work), and balance! We will change it up each week using light weights and stability balls. Bring a mat and water and come improve your allover strength!

**Ages:** 12+  
**Time:** 6:00 pm - 7:00 pm  
**Location:** Community Center

### Session I

**Date:** Wed. 5/1 - 6/19 (8 weeks)  
**Cost:** \$59  
**Course #:** 9007



# Adult Lifelong Learning

## Learn to Ice Skate

For the beginner skater to promote physical fitness while improving balance, coordination, develop preliminary coordination and strength. Learn the proper way to fall and get up along with marching, moving, and forward skating.

**All classes take place at: Sherwood Ice Arena, 20407 SW Borchers Dr, Sherwood Oregon**

### Wednesday Sessions 6:05 pm - 6:35 pm

**Date:** 6/19 - 7/31 (7 weeks)  
**Cost:** \$70  
**Course #:** 9044

**Date:** 8/7 - 8/28 (4 weeks)  
**Cost:** \$40  
**Course #:** 9046

### Saturday Sessions 11:40 am - 12:10 pm

**Date:** 6/22 - 7/27 (6 weeks)  
**Cost:** \$60  
**Course #:** 9050

**Date:** 8/3 - 8/31 (4 weeks) - no class 8/24  
**Cost:** \$40  
**Course #:** 9052

## Intro to Meditation Workshop - New!

### Ahsamon Ante-Marandi

Want to try meditation but not sure where to start? This beginners workshop will include an overview of meditation, information about posture and breath, gentle breathing exercises, a variety of mini meditations, resources for continuing your meditation practice, and time for questions and answers. Tea will be provided. Chairs will be provided; bring your own cushion, if preferred.

**Ages:** 16+  
**Date:** Sat. 5/18  
**Time:** 1:30 pm - 3:00 pm  
**Location:** Parks and Rec. Admin Building  
**Cost:** \$10  
**Course #:** 9021

## Everyday Sourdough Bread Workshop - New!

### Tracy Cohen

This workshop will be a hands-on exploration of the magic of sourdough bread baking. Participants will learn about how to maintain a starter, and how to bake a dependably delicious loaf of sourdough bread using tools you probably already have in your kitchen. All materials will be provided and you will leave with your own jar of sourdough starter and a sample bread we will bake together. Class size is limited to five spots. Please bring your own jar with a lid for your starter.

**Ages:** 18+  
**Date:** Sat. 6/1  
**Time:** 10:30 am - 12:00 pm  
**Location:** Community Center  
**Cost:** \$25  
**Course #:** 9020

## Guided Meditation Meetup

### Ahsamon Ante-Marandi

This is a free, weekly opportunity for anyone wishing to begin a meditation practice or to have a regular, supportive environment to come for meditation. Experience the energy of a group practice! We'll explore a variety of guided meditations making each week a unique experience. Beginners welcome. Bring your own zafu or blankets/pillows to sit upon. Chairs available, if needed. Breathing exercises begin at 5:30 pm and guided meditation begins at 5:40 pm. Door locks promptly at 5:40 pm so please plan accordingly. No pre-registration required.

**Date:** Wed. Ongoing  
**Time:** 5:30 pm - 6:00 pm  
**Location:** Parks and Rec. Admin Building  
**Cost:** No Charge

## Pickleball

### Heidi Johnson

Pickleball is one of the fastest growing sports in the U.S. and is a terrific activity for keeping athletes active and developing hand-eye coordination. You will learn the sport from an experienced player who is certified to teach pickleball. They will learn terms for the game as well as rules and strategy.

**Ages:** 15+  
**Time:** 10:00 am - 12:00pm  
**Location:** Memorial Park - pickleball courts  
**Cost:** \$70

#### Session I

**Date:** Sat. 6/8 & 6/15 (Attend both)  
**Course #:** 9031

#### Session II

**Date:** Sat. 7/13 & 7/20 (Attend both)  
**Course #:** 9034

## Parenting the Love and Logic Way<sup>®</sup>

### Donna Scott

Learn how to avoid un-winnable power-struggles and arguments, stay calm when your kids do incredibly upsetting things, set enforceable limits, help your kids learn from mistakes rather than repeating them, raise kids who are family members rather than dictators, and much more! This parenting program is designed to give you practical skills that can be used immediately. Facilitators of the Parenting the Love and Logic Way<sup>®</sup> curriculum are independent and are not employees of the Love and Logic Institute.

**Ages:** Parents of any age  
**Date:** Sun. 6/9 - 7/21 (No class 6/16)  
**Time:** 10:00 am - 11:00 am  
**Location:** Parks and Rec. Admin Building  
**Cost:** \$50  
**Course #:** 9064

## Free Job Readiness Workshops

Presented by WorkSource Clackamas

In these 90 - 120 minute workshops you will be able to learn new trends about the use of social media in job searches, resume writing, interview techniques, positive communication and more.

Workshop Topics include: Job Search Success, Resume Ready, Acing The Interview, Interview Coaching, and Social Media & Job Searching.

Open to ages 18 and older  
 Workshop dates: 5/15, 5/16, 7/29, 7/30  
 Time varies based on the workshop  
 Parks and Rec Admin Building  
 No charge



For more information and to view the monthly schedule visit: [www.nwfs.org/job-help](http://www.nwfs.org/job-help)

# Arts & Crafts

## Oil Painting

Judy Stubb

The Bob Ross method of Oil Painting is a quick, easy, step by step process that will take you from a blank canvas to your own masterpiece in one class! Open to beginners to accomplished artists. Judy Stubb has been painting this method for 30 years and teaching it for 20. It is a fun, stress free environment where you may express yourself freely. All supplies are provided.

**Ages:** 12 & older  
**Location:** Parks and Rec. Admin Building  
**Cost:** \$50 per course

### Tuesday Classes

5:30 pm - 9:00 pm

**Date:** Tues. 5/7 Misty Mountain View  
**Course #:** 8968



**Date:** Tues. 6/4 Arizona Morning  
**Course #:** 8969



**Date:** Tues. 7/2 Clear Montana Skies  
**Course #:** 9001

**Date:** Tues. 8/6 Gladiolas  
**Course #:** 9002

### Saturday Classes

10:00 am - 2:00 pm

**Date:** Sat. 5/11 Cherry Blossoms  
**Course #:** 8970



**Date:** Sat. 6/8 Magnolia Blossoms  
**Course #:** 8971

**Date:** Sat. 7/13 Crater Lake  
**Course #:** 9003



**Date:** Sat. 8/10 After the Rain  
**Course #:** 9004

## Everyone is an Artist - Exploring Watercolor

Elaine Luneke

Did you know that art acts like meditation and can reduce stress, improve memory, and, by drawing and painting, you can grow new brain cells?

Class will explore watercolor painting, materials, techniques, and a bit of art history. Projects are directed toward the needs of the students with care taken to address beginners, and advanced designs. Every effort is made to initially make use of the student's existing materials.

**Time:** 10:10 am - 12:10 pm

**Location:** Community Center

**Cost:** \$63

### Session I

**Date:** Tues. 5/7 - 6/18

**Course #:** 8954

### Session II

**Date:** Tues. 7/2 - 8/13

**Course #:** 8955

## Mala/Necklace Making

Erica Behler

Looking to create a unique gift for someone special? Come learn to make a Mala- a traditional Buddhist meditation tool that doubles as a beautiful piece of jewelry. These traditional malas are made of 108 sandalwood counter beads with one "guru bead" or pendant at the end. Add your own style and flair with charms and spacer beads. All materials will be provided.

**Date:** Fri. 4/26

**Time:** 6:00 pm - 8:00 pm

**Location:** Parks and Rec. Admin Building

**Cost:** \$45

**Course #:** 8905



## Drop-In Program Spotlight: Photography Club

The Wilsonville Photography Club meets at the Wilsonville Community Center every Wednesday from 10:00 to 11:30 am. The primary focus of the group is to take pictures and share them. The club goes on photo shoots around the area several times a year.

Club meeting time is taken up with viewing and critiquing member photos, watching educational videos, drinking coffee and enjoying each other's company.

The club also works on community projects through out the year including: documentation of artifacts for the Wilsonville Historical Society and taking portraits of seniors at the Wilsonville Community Center. These portraits are processed, printed on-site, and given to the seniors as a holiday gift.



Photos from Photography Club, Summer 2018



# Music & Dance

## Ballroom Dancing for Couples

Holly Fidanzo

Ballroom Dancing for Couples is the perfect class for inexpensive weekly date nights, laughter, and a growing love for a new hobby both of you can use for your lifetime together. Join me as we explore Swing, Rumba, and more through 11 weeks at the Wilsonville Community Center. This is not an exercise class, and we don't plan on sweating. Please wear something comfortable that you would choose to wear on a date night out dancing with your favorite person.

About your instructor:

Holly began her dancing career at the age of 17 in Jacksonville, Florida, and has almost 25 years of experience as an instructor. She was certified at Fred Astaire Dance Studios and competed along the east coast for several years before beginning her career as an independent ballroom instructor. She now teaches private lessons and workshops in the Canby area, alongside her career as a group fitness instructor and nutritional coach. She approaches teaching with humor, enthusiasm, and the knowledge of what this phenomenal hobby can do in couples lives.

**Ages:** 16+  
**Time:** 7:30 pm - 8:30 pm  
**Location:** Community Center  
**Cost:** \$176

### Session I

**Date:** Wed. 5/15 - 7/10 (no class 7/3)  
**Course #:** 9009

### Session II

**Date:** Wed. 7/17 - 9/4  
**Course #:** 9010

## Ballroom Dancing for Couples II - New!

Holly Fidanzo

Take your ballroom dancing to the next level! This class is recommended for those with ballroom dancing experience, or those who have taken Ballroom Dancing for Couples with Holly. This class will focus on fewer dances, but go more in depth on each one. This is not an exercise class, and we don't plan on sweating. Please wear something comfortable that you would choose to wear on a date night out dancing with your favorite person.

**Ages:** 16+  
**Time:** 7:30 pm - 8:30 pm  
**Location:** Community Center  
**Cost:** \$176

### Session I

**Date:** Tues. 5/14 - 7/2  
**Course #:** 9068

### Session II

**Date:** Tues. 7/16 - 9/3  
**Course #:** 9069

## Ukulele Jam

Timark Hamilton

All Skill Levels are Welcome! Beginners will learn basic technique; advanced players will take us to new musical horizons. All will have fun and enjoy the classic musical approach: the song circle. Pass or play a song of your choice when it's your turn. If you have the Ukulele 365, the PUA books or anything else, please bring them. We're all a work in progress, so all levels are encouraged - if you're brand new to the Uke, we'll take some time assessing the overall level and make sure we all get what we came for without being overwhelmed or under-nourished.

**Date:** Wed. ongoing  
**Time:** 6:00 pm - 8:00 pm  
**Location:** Community Center  
**Cost:** No Charge

# Dance



## Line Dancing - New!

Nadja Schmaltz

Ages: 14+  
 Location: Community Center  
 Cost: \$75

### Session I

Fri. 5/10 - 6/28

### Session II

Fri. 7/12 - 8/30

### Ultra Basic: 5:30 - 6:30 pm

If you are new to dancing or have never taken a line dance class, let Nadja help you learn easy steps in a relaxed atmosphere. A fun way to enjoy dancing without the need of a partner.

Session I Course #: 9011

Session II Course #: 9012

### Beginner: 6:30 - 7:30 pm

Line dance is a fun way to dance without the need of a partner. Learn the latest dance steps and traditional ones with Nadja. Steps are fun and easy.

Session I Course #: 9013

Session II Course #: 9014

### Intermediate: 7:30 - 8:30 pm

Do you know the basic line dances and are ready to move on to some intermediate ones? Come by yourself or with a friend.

Session I Course #: 9015

Session II Course #: 9016

### Partner: 8:30 - 9:30 pm

Learn the latest partner dances: Traveling Cha Cha, Horseshoe, Schottische, 2 Step, East Coast Swing. Designed for beginners of all ages, rotation is not necessary. Come with a partner or solo! Each dancer must register separately.

Session I Course #: 9017

Session II Course #: 9018

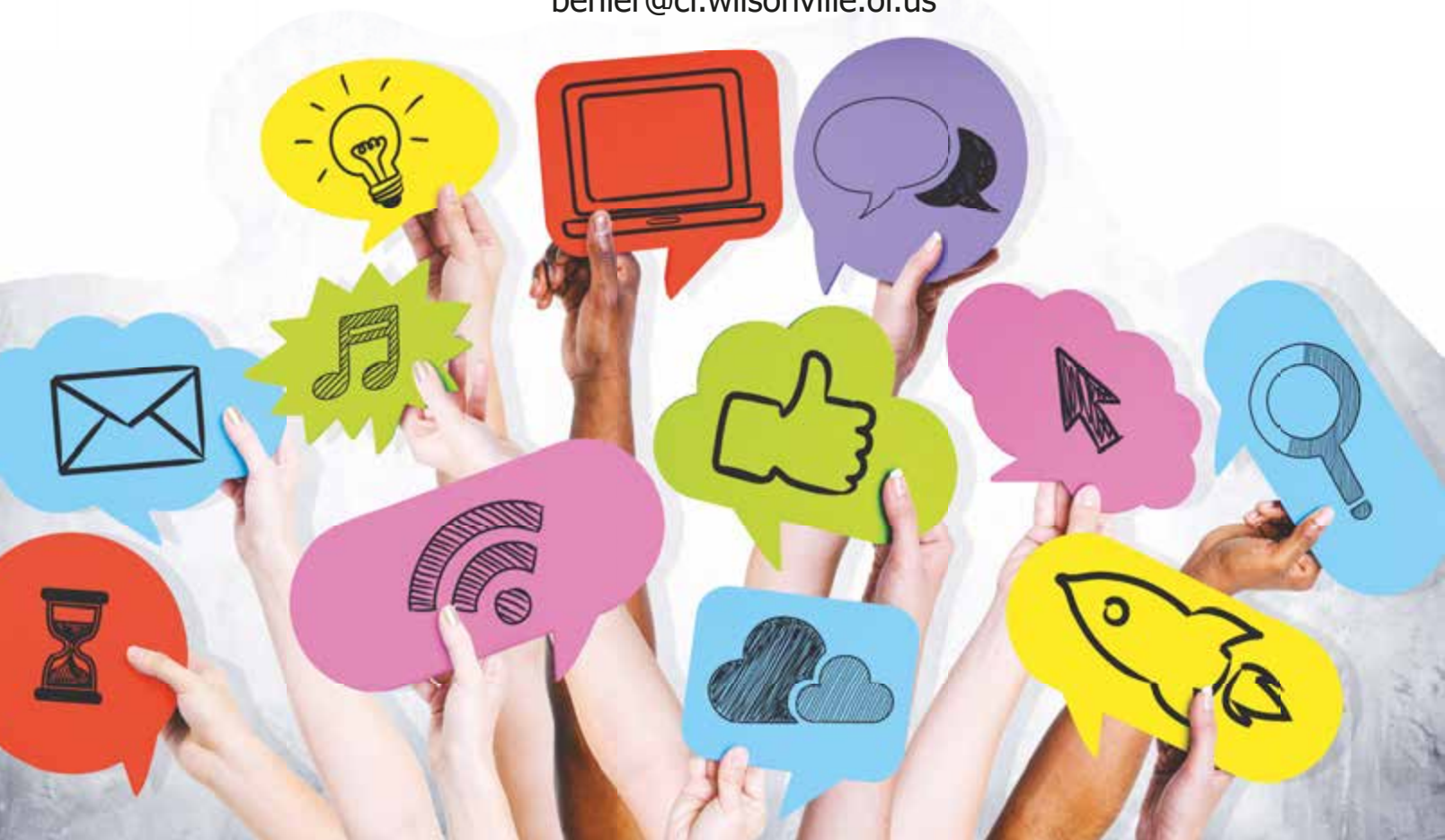


# Interested in Teaching a Class?



Parks and Recreation is always looking for new and creative class ideas. If you or someone you know is interested in teaching a class or hosting a workshop, make sure to go to [WilsonvilleParksandRec.com](http://WilsonvilleParksandRec.com) and click on "instructor interest" under the Recreation tab.

General inquiries may also be sent to Recreation Coordinator, Erica Behler at [behler@ci.wilsonville.or.us](mailto:behler@ci.wilsonville.or.us)





# Age-Friendly Programs

Classes and programs that are likely a good fit for those participants ages 55+

## AARP Smart Driver

### AARP Staff

This 6-hour course is split into two sessions and will provide you with a comprehensive review of safe driving techniques. Insurance companies often provide discounts to those who complete this course. You must attend both class dates.

**Date:** Fri. 6/21 and 6/28 (must attend both)

**Time:** 9:00 am - Noon

**Location:** Community Center

**Cost:** \$5 registration fee plus  
class fee due on 1st day of class  
\$15 AARP members  
\$20 Non-members

**Course #:** 8953

## Stretch, Strength & Stamina

### Randi McLenithan

This basic exercise class is led by a certified personal trainer with experience teaching classes designed for those with arthritis or osteoporosis. Exercises can be performed standing up or sitting in a chair. This upbeat class includes: strength training with weights, exercise bands and stretching.

**Date:** Mon. & Fri. ongoing

**Time:** 11:00 am - 11:45 am

**Location:** Community Center

**Cost:** \$1 per class

## Bridge Basics and Beyond: Drop-In Lessons

### Rollie Seibert

Know the basics and want to learn more? Need to brush up? Want to become a better declarer or defender? This on-going, no charge program will cover the latest bidding and playing techniques. There will be lectures, quizzes and pre-dealt hands to practice with.

**Date:** Thursdays. ongoing starting 5/2

**Time:** 10:00 am - 11:30 am

**Location:** Community Center

**Cost:** No Charge

**EXPLORE**  
**WILSONVILLE**.COM

A POCKET (OF FUN)



## "Life 101" Seminar Series

### Personal Safety

Clackamas County Sheriff's Office

Learn the top crimes that affect citizens and gain an understanding of what makes us potential targets for criminals. The presentation covers the three "A's" of personal safety in our home, vehicle, office and in public places.

Date: Tues. 7/2  
Time: 10:45 - 11:45 am  
Location: Community Center  
Fee: No Charge - Please pre-register\*

### Estate Planning 101

Attorney Michael Rose - Pixton Law Group

Interested in learning more about Estate Planning? Class topics will include estate planning basics such as wills, trusts, probate, powers of attorney, advance directives, and Medicaid Planning.

Date: Tues. 6/4  
Time: 10:00 - 11:30 am  
Location: Community Center  
Fee: No Charge - Please pre-register\*

### Long Term Care 101

Attorney Michael Rose - Pixton Law Group

Long Term care is affordable! Class topics will include Medicaid planning, preserving and protecting assets, and veteran's benefits.

Date: Tues. 7/23  
Time: 10:00 - 11:30 am  
Location: Community Center  
Fee: No Charge - Please pre-register\*

### The ADRC: A Doorway to Support, Wellness, and Community

Do you need information for yourself, a friend, or loved one about what services and programs are available for older adults, people with disabilities, and veterans? Have you become overwhelmed with understanding Medicare, caring for a relative, planning for long-term care, or worry for someone's safety? Do you know where to start looking for help? Come learn about the types of private and public resources available to individuals looking for assistance and about the Aging and Disability Resource Connection (ADRC), a free central source of information for all income levels.

Date: Tues. 6/25  
Time: 10:45 - 11:45 am  
Location: Community Center  
Fee: No Charge - Please pre-register\*

All "Life 101" classes  
require pre-registration

Please contact  
Sadie Wallenberg  
at 503-570-1526 for more  
information and to register

### Medicare Extra Help

Jefferey Dunham

These sessions will cover the basics of Medicare including what to expect when turning 65 or qualifying on the basis of disability, Medicare Advantage/Medicare Supplement Overview and Extra Help with prescription drugs and other available programs. These sessions are provided at no cost by Jefferey Dunham, Financial Services Professional. Drop-in, no appointment necessary.

Date: Second Tuesday of the month  
Time: 10:30 am - 11:30 am  
Location: Community Center  
Cost: No Charge

## Program Spotlight: Alzheimer's Education

The Alzheimer's Association is pleased to present an ongoing series of free educational classes at the Wilsonville Parks & Recreation Administrative Offices, 29600 SW Park Place. Sessions will take place the 2nd Thursday of each month and run from 10:00 - 11:30 am. For additional information on class topics, and to register for your spot, please contact the Alzheimer's Association at 1-800-272-3900.

### 5/9 – The Basics of Alzheimer's

Understanding what is happening to a person with Alzheimer's is key to interacting effectively and providing quality care. Information from professionals and first hand accounts from people diagnosed with Alzheimer's will be shared.

### 6/13 – Health Living for Brain & Body

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and how to use these tools to help incorporate the recommendations into your plan for healthy aging.

### 7/11 – Know the 10 Signs

Gain an understanding of the differences between age-related memory loss and Alzheimer's and what to do if someone has signs of the disease.

### 8/8 - Understanding and Responding to Dementia-Related Behavior

During the middle stage of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication, and are essential to understanding the needs of the person with dementia. This session will help caregivers identify common triggers for behaviors associated with dementia, explain the process for assessing and identifying challenging behaviors, and list strategies to address some common dementia-related behaviors.



## Ongoing Activities at the Community Center

Bridge Group	Mondays 1 - 4 pm      Fridays 1 - 4 pm	\$1 Charge
Bridge - Boys and Girls	1st & 3rd Tuesdays 10:00 am - 12:30 pm Call 503-449-5855 to sign up	\$1 Charge
Bridge - Partners	2nd & 4th Tuesdays 12:30 - 3 pm Call 503-449-5855 to sign up	\$1 Charge
Bridge - Drop In Lessons	Thursdays 10 - 11:30 am	
Computer Assistance	Wednesdays 10:30 am - noon	Call 503-682-3727 for an appt.
I-5 Connection (chorus)	Thursdays 10 am - noon	
Ladies Afternoon Out	Thursdays 1 - 3 pm	
Photography Club	Wednesdays 10 - 11:30 am	
Pinochle/Cribbage Play	Tuesdays 1 - 4 pm	\$1 Charge
Quilters	Tuesdays 9 - 11:45 am	Meets at the Tauchman House
Stretch, Strength & Stamina	Mondays and Fridays 11: 00 am - noon	\$1 Charge
Wilsonville Walkers	Tuesdays and Thursdays 9:30 am	See the Gazette for the Schedule
Weight Loss Support	Fridays 12:30 - 1:30 pm	

## Community Clinics and Support Groups

### Law Clinic (At Parks & Rec. Admin Building)

Fourth Thursday of Each Month 9:00 am - 12 noon

Wilsonville seniors (60+) may schedule a free 30 minute legal consultation with volunteer attorney Michael Rose. Consultations are by appointment only. Please contact Sadie at 503-570-1526 to schedule.

### Caregiver Support Group

Third Friday of Each Month 10:00 - 11:30 am

Caring for a family member diagnosed with Alzheimer's disease, dementia, or other chronic physical or mental disorder can be stressful, exhausting, and lonely. Facilitator Scott Lichtenstein will bring together people in similar situations to discuss new ideas and resources.

### Hearing Aid Checks

2nd Wednesday 11:00 am

### Blood Pressure Checks

1st Wednesday 11:00 am

### Footcare Clinic

3rd Tuesday 9:00 am  
By appointment 503-682-3727

## Community Center Nutrition Program



You are cordially invited to lunch at the Community Center every Monday, Tuesday, Wednesday, and Friday. Lunch is served at noon and no reservations are needed. Donations (\$3.50 for those 60 and over or \$4.25 for those under 60) are encouraged but not required.

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. Please call 503-570-1526 to arrange for home delivered meals.

### Special Meals

Monday, May 13  
Mothers Day Lunch

Friday, June 14  
Fathers Day Celebration

Wednesday, July 3  
Patriotic Lunch!

*“Folks coming in for lunch find a network of friends and companionship. Although meals are balanced and nutritious, the ‘icing on the cake’ is companionship to go along with that delicious meal.” - Evie Proctor, Nutrition Coordinator*

## Social Services at the Community Center

Medical Equipment Loan

Housing Assistance

Home Delivered Meals

Sadie Wallenberg, the Center’s Information and Referral Specialist, can provide assistance to seniors 60+, 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, and retirement communities, and refer to reputable companies for home maintenance and home health services.

The Information & Referral Specialist works closely with the Nutrition Coordinators at the Community Center to help facilitate the Home Delivered Meal Program and can assist in determining eligibility and registration for the program.

Sadie Wallenberg, MSW: 503-570-1526





Register online:  
[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 his/her 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.
- \* 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.
- \* After the first session of a class, you may request a credit for a future class minus a \$5.00 administrative 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
- \* All community programs follow Wilsonville/West Linn School closures. If the schools are closed due to inclement weather, schedule community classes and events will be cancelled. Call for drop-in programs.

## Inclusion Information

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 2 weeks prior to the start of the program so we can evaluate your request.

## Calling All Instructors!

Wilsonville Parks and Recreation is looking for qualified contract instructors who may be interested in teaching. If you have a skill you would like to share with the Wilsonville community, we want to hear from you!

Program ideas for youth, adults and adult 55+ are welcomed.

### Parks & Recreation Advisory Board

Jim Barnes  
Steve Benson  
Diana Cutaia

Denise Downs  
Kate Johnson

### Community Phone Numbers

Wilsonville Police	503.682.1012
SMART Transportation	503.682.7790
Tualatin Valley Fire & Rescue	503.612.7000
WLWV School District Office	503.673.7000



# SUNS OUT FUNS OUT!



## JORDAN KENT SKILL CAMPS

Presented by:  
 PacificSource  
**HEALTHY LIFE**

### SUMMER SPORTS CAMPS STARTING AT \$149!

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!

### WILSONVILLE SUMMER CAMPS

**JUNE 17-20**

MERIDIAN CREEK MS // 9a-3p Daily

**JULY 29 -AUG 1**

MERIDIAN CREEK MS // 9a-3p Daily

USE PROMO CODE **FLYER19** AND GET \$20 OFF ANY CAMP

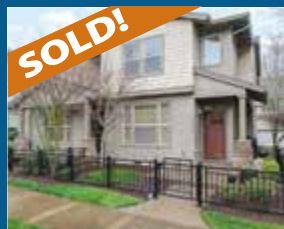
FOR MORE INFO, REGISTRATION,  
AND COMPLETE SCHEDULE, VISIT:

**WWW.JORDANKENTCAMPS.COM**

# Be Our Next SOLD Listing!

**SOLD! SOLD! SOLD!**

We sell our listings for 99% of their list price or more.  
Call Jaimy today to LIST or SELL for Top Dollar (503) 502-3330



**BELTRAN**  
PROPERTIES GROUP



*Se Habla Español*

WILSONVILLE  
29100 Town Center Loop W Ste. 130  
Wilsonville, OR

[www.beltranproperties.com](http://www.beltranproperties.com)



**(503) 502-3330**