

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

# WCSI GAZETTE

## NOVEMBER 2024

*"There are no strangers here,  
 Only friends you haven't met yet"*



### Mission and Purpose

The mission and purpose of Wilsonville Community Seniors, Inc. (WCSI) is to make a positive contribution to the lives of senior citizens, the community of Wilsonville, and maintain positive relationships with other Seniors and the community by providing:

- **Increase Visibility:** Visibility establish WCSI as an independent and cooperative advocate for the Seniors in Wilsonville
- **Collaboration:** Collaboration with the City of Wilsonville and the Wilsonville Community to provide mutually beneficial opportunities for service by the Senior community through the efforts of WCSI
- **Enrichment:** Providing activities for Seniors to interact with each other and with the community at large. Including physical, recreational and educational experiences that promote learning, intellectual growth and enrich social abilities.

### 2023-2024 WCSI Board of Directors

Chair:	Nancy Combs
Vice Chair:	Priscilla Johnson
Secretary:	Jaelithe Formway Nelson
Treasurer:	Sandy Bernstein
Outreach:	Donna Atkinson
Board Members:	
	Cynthia Allen, Karen Atkinson, Steven Bushman Roberta Crew, Aster Getachew, Jim Kendall, and Brian Stevenson

### Community Center Staff Parks & Recreation:

Director:	Kris Ammerman
Program Manager:	Brian Stevenson
Coordinator:	Erica Behler
Admin. Assistant:	Linda Martinez
Nutrition Coordinator:	Janice Mash
Information & Referral Specialist:	Sadie Wallenberg
Fitness Specialist:	Brad Moore

### Social Services

Our Information & Referral Specialist, Sadie Wallenberg, is available to provide:

- Assessment of need and case monitoring
- Information and referrals
- Free loan of health equipment
- Assistance with public transportation

**Gazette Editor and Publisher:** Nancy Combs

### Center Hours

8:00 am to 5:00 pm Monday thru Friday

**Meet at City Hall 10:30 am**  
**Bus will leave at 10:45 am, returning approx. 3:30**  
**UNLESS otherwise noted below**  
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**Sign up begins on Friday, Nov. 1st @ 9:00am**

**Thursday Nov. 14th**  
**Holiday Craft Fare in Camby,**  
**Lunch at Backstop**

**Friday, Nov. 22nd**  
**Meet 12:45 pm at City Hall leaving at 1pm**  
**NW Senior Theatre in Tigard**  
**"Home for the Holidays"**  
**12:45 pm - 4:00 pm**  
**Your Cost: \$5.00.**  
**WCSI will pay the remained of the ticket price**

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**SAVE THE DATE**  
**Thursday, Dec. 12th**  
**Meet at 3:45 pm**  
**Happy Hour Boston Pub,**  
**See the Holiday Lights in Wilsonville**



Please Join us on  
 Wednesday, November 6th and  
 Wednesday, November 20th  
 @ 1:00 p.m. for an hour of Bingo

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



## Wilsonville Community Center Brian Stevenson, Program Manager

### Life 101 Lecture Series

The Community Center is proud to present an informative Life 101 lecture series. All lectures will begin at 10:30 am, will take place at the Wilsonville Community Center and while there is no charge to attend participants are asked to contact the Community Center at 503-682-3727 to pre-register.

#### **Monday, November 4 - "What Shoud I Eat?"**

America is in the midst of an obesity epidemic. Learn why and what can be done about it. In this lecture, presented by Christina Lucy, nutrition and fitness expert, find some clarity amidst the confusion out there on the best foods to eat, as well as knowing what to look out for on food labels as manufactures and advertisers can be tricky with their terminology.

#### **Monday, November 25 - Estate Planning**

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

### Fill a Stocking for a Wilsonville Senior!

The Parks and Recreation Department is enlisting the help of the community to fill and donate stockings for seniors enrolled in the Community Center's Home Delivered Meal Program. Filled stockings can be donated to the Wilsonville Community Center, Monday through Friday 8 am to 5 pm from November 1 - December 6.

Fun items to include in your stocking might be small games/puzzles or a keepsake ornament. Useful gifts include personal care items, greeting cards/stamps, gift cards to local grocery stores, coffee/tea/cocoa and wrapped snacks.

For more information visit [www.WilsonvilleParksandRec.com/SeniorStocking](http://www.WilsonvilleParksandRec.com/SeniorStocking) or call 503-570-1523.

### Tree Lighting and Toy Drive 2024

This year's Community Tree Lighting Event in Town Center Park will take place on **Thursday, December 5 from 5-7 pm**. Come see performances by local choir groups and take a picture with Santa!

The beloved "Letters to Winter Wonderland" program will run from **December 2 - December 18** out of the Parks and Recreation Admin Building. Pick up the letter template and drop off completed letters Monday-Friday between 8 am and 5 pm.

'Tis the season for giving. The annual **Toy Drive** begins this month on **Thursday, November 1**. Come drop off a new, unwrapped toy donation under our holiday tree at the Wilsonville Community Center, Monday through Friday from 8 am to 5 pm from November 1 through December 6.

The toys will be collected and distributed to those less fortunate this holiday season.

## November 2024 Activities Schedule

	<b>ONGOING ACTIVITIES (MAY BE A FEE)</b>	<b>CLASSES AND PROGRAMS STARTING SOON (PRE-REGISTRATION REQUIRED + )</b>
<u><b>Monday</b></u>	<p><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am</p> <p><b>Bridge</b> 1:00 pm - 4:00 pm</p> <p><b>Weight Loss Support Group</b> 12:30 pm - 1:15 pm</p> <p><b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm</p>	<p>Located at Community Center unless otherwise noted.</p> <p><b>Life 101 Series: What Should I Eat?*</b> Monday, 11/4 10:30 am - 12:00 pm</p> <p><b>Oil Painting + “Ocean Sunrise”</b> Tuesday, 11/5 5:30 pm - 9:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p> <p><b>Oil Painting + “Birches in the Snow”</b> Saturday, 11/16 10:00 am - 2:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p> <p><b>Life 101 Series: Estate Planning*</b> Monday, 11/25 10:30 am - 12:00 pm</p>
<u><b>Tuesday</b></u>	<p><b>Piecemakers Quilting</b> 9:00 am – 11:45 am (Tauchman House)</p> <p><b>Ukulele Jam Group</b> 9:30 am– 11:30 am (Parks &amp; Rec. Admin Office)</p> <p><b>Partners Bridge</b> 12:30 pm - 3:30 pm Call 503-449-5855 to sign up</p> <p><b>Virtual Reality Fitness</b> 1:00 pm - 2:00 pm</p> <p><b>Poetry Club</b> 1:00 pm - 3:00 pm (1st &amp; 3rd Tuesday)</p>	<p><b>* Please call 503-682-3727 to sign-up</b></p> <p><b><u>Toy Drive and Senior Stockings</u></b></p> <p>Toy Drive: Drop off new, unwrapped toys for kids in need this holiday season. Toys will be donated to the Wilsonville Family Empowerment Center and Clackamas County Compassion in Action.</p>
<u><b>Wednesday</b></u>	<p><b>Photography Club</b> 10:00 am - 11:30 am</p> <p><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am</p> <p><b>Pinochle/Cribbage Play</b> 1:00 pm - 4:00 pm</p> <p><b>Bingo</b> 1:00 pm - 2:00 pm (1st &amp; 3rd Wednesday)</p>	<p>Stockings: Donate a stocking for a senior this holiday season. Items needed include snacks, games, personal hygiene items, etc. Drop off at the Community Center 11/1 - 12/6 Monday - Friday 8:00 am - 5:00 pm</p>
<u><b>Thursday</b></u>	<p><b>Bridge Basics: Drop-in Lessons</b> 10:00 am - 11:30 am</p> <p><b>Ladies Afternoon Out</b> 1:00 pm - 3:00 pm</p> <p><b>I-5 Connection Community Chorus</b> 10:00 am - 12:00 pm</p> <p><b>Art Club</b> 1:00 pm - 2:30 pm (2nd Thursday)</p>	<p><b><u>Class Spotlight</u></b> <b>Beginning Tai Chi</b> Tuesdays and Thursdays, 10/31 - 12/12 Begin your journey of self improvement with Yang style Tai Chi. Improve balance, flexibility, memory &amp; mindfulness while learning the first section of the 108 form &amp; a variety of Qi-Gong. 2:00 pm - 2:45 pm (\$10 drop in)</p>
<u><b>Friday</b></u>	<p><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am</p> <p><b>Conversational Spanish Group</b> 10:30 am - 11:30 am</p> <p><b>Bridge</b> 11:30 am - 3:00 pm</p> <p><b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm</p>	

**Wilsonville Community Seniors  
HOLIDAY PARTY**

**WEDNESDAY, DECEMBER 18TH**

**1:00 – 3:00 PM**

**COMMUNITY CENTER MULTI PURPOSE ROOM**



**Join us for a fun afternoon of :**

**Holiday Music**

**Sing Along**

**Team Trivia Game**

**Creating a small Sticker Wreath**

**Decorating an Ornament**

**White Elephant Gift Exchange\*\*.**

**We encourage you to wear your Festive Holiday Shirts to the party**

**Pre Registration is required**

**Sign up sheet will be at the front desk starting Monday Dec. 2nd**

**Call or drop in at the Center to add your name to the list**

**\*\*\***

The afternoon will end with the White Elephant Gift Exchange. If you plan to participate in the gift exchange, please bring a wrapped present.

We will play a Pass The Gift game and you will go home with a present



**CELEBRATING BIRTHDAYS**  
**Wednesday, November 13th**  
**Lunch Time**

WCSI will be celebrating all those who have a  
**NOVEMBER and DECEMBER Birthday**



German - Alles Gute zum Geburtstag!

French - Bon Anniversaire!

Spanish - ¡Feliz cumpleaños!

Italian - Buon Compleanno!



**2024  
DAYLIGHT  
SAVING TIME  
INFO**

**FALL BACK**

**Sunday, November 3, 2024 at 2:00 am**

- ▶ Set Your Clocks Back an Hour.
- ▶ Check Smoke Detector Batteries.

## WILSONVILLE WALKERS NOVEMBER 2024 SCHEDULE

Every Tuesday and Thursday morning at 9:30 a.m. the Walkers get together to enjoy a walk of about two miles, usually on local paths. Below is the list of those paths and the date for each walk. For directions on how to reach those paths, please call Kenton or Mary Wolfe at 503-694-8376. Our coffee hour will be at Boston's Pub & Grill unless otherwise indicated.

Nov. 5 Tues.           **Charbonneau** - meet in Village Center for our walk and coffee hour at Lux Sucre Desserts

Nov. 7 Thurs.       **Canby Logging Road Trail/Eco City Park**, 1314 NE Territorial Road Canby. Coffee hour following our walk will be at Denny's in the Fred Meyer parking lot (turn left as you exit the park following our walk, a right at the next corner, Redwood Street, and following that down, cross 99E and enter the shopping center at the first right).

Nov. 12 Tues.       **Brown's Ferry Park**, 5855 SW Nyberg Street in.  
Coffee hour at Panera Bread in the Nyberg Shopping Center

Nov. 14 Thurs.     **Mentor Graphics** - meet in the UPS parking lot, across the street from the Wilsonville post office

Nov. 19 Tues.       **Old Town/Boones Bridge** - meet in the Fred Meyer parking lot, near McMenamin's

Nov. 21 Thurs.     **Memorial Park, lower**

Nov. 26 Tues.       **Graham Oaks Nature Park**, west edge of Wilsonville on Wilsonville Road

Nov. 28 Thurs.     **NO WALK SCHEDULED.** Take a walk with your family following your Thanksgiving Dinner. Remember to be thankful for your good health. We are thankful you are a part of our walking group!



# Library News

## Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

November is here with turkey, mashed potatoes, and all the fun of approaching holidays. Kind of makes you forget about the cold weather! However, if you need a break from any of the above, please join us here in the library all month long, where we have numerous distractions awaiting you. Here are a few:

Our free and fun **First Friday Films** matinee continues **Friday, November 1<sup>st</sup> at 3pm**. This month's film is *The Book of Life*, an animated film starring the voice talents of Diego Luna, Zoe Saldana, and Channing Tatum. Manolo, a young bullfighter embarks on an afterlife adventure to fulfill the expectations of his family and friends on *el Día de los Muertos*. Please join us for this free movie, featuring snacks, popcorn, and now even padded chairs! No reservations necessary—just show up!

Our popular **SpaceTalks** presentation has a new topic, which lands at **11am on Saturday, November 2<sup>nd</sup>**. The presentation is titled *NASA's LUCY Mission: An Asteroid Up Close and Personal*. On its way to Jupiter, the LUCY spacecraft imaged and studied an 'average' main belt asteroid. What it found was a complete surprise! Come and find out! Free and open to all at the library.

We hold a **Beginning ESL class on Mondays from 11:00am to 12:30pm** on November 4<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>. We also host an **intermediate ESL class held on Tuesdays from 10am to 11:30am** on the 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup>. These classes are geared toward English as a Second Language learners, but anyone who would like to improve their English skills is invited to attend. No sign-up necessary - Just drop in!

Also, on those same **Tuesdays November 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup>**—you can meet with a representative from ODHS (the Oregon Department of Human Services), who may be able to help with housing or other social service matters. The representative will be at the library from 10am to 12pm, and again after lunch, from 1pm to 3pm. No appointments or signups are needed, but please do give us a call on the day, just to double check that the ODHS folks have arrived.

Something else is happening on **Tuesday, November 5<sup>th</sup>** as well! The Library rides to the rescue with our **Third Quadrennial Highly Non-Partisan Election Watch Party**, which will feature bespoke snacks, beverages, and bonhomie galore (we trust!). Join us anytime from **4 to 8pm**. **No reservations necessary**—just come on down. Please do leave any partisan clothing or boisterous commentary at home.

On **Saturday, November 9<sup>th</sup>, from 2 - 3pm**, please join us at the library's large picture windows for the latest in our popular **Book Notes Concerts!** Pianist John Nilsen will play music inspired by the Pacific Northwest that blends new age, jazz, and folk. No sign-up necessary—just come and claim a seat!

We'll be closed on **Monday, November 11<sup>th</sup>** in honor of **Veterans' Day**. As it happens, we'll also be closed on **Thursday, November 28<sup>th</sup>** and **Friday, November 29<sup>th</sup>**, in honor of **Thanksgiving (and digestion!)** See you bright and early on Saturday, November 30<sup>th</sup>!

## Library News Continued

On **Thursday, November 21<sup>st</sup>**, beginning at 1 pm, how about joining us for a jaunt in the chilly Wilsonville biosphere? The **Book Walk** will ramble stalwartly to the greenswards of Memorial Park (and back)! During the walk we'll prate about this month's book: *Before We Were Yours* by Lisa Wingate (or, in fact, any other book you've been reading). The novel takes place in pre-war Memphis. Twelve-year-old Rill Foss and her four younger siblings live a magical life aboard their family's Mississippi River shantyboat. But when their father must rush their mother to the hospital one stormy night, Rill is left in charge—until strangers arrive in force. Wrenched from all that is familiar and thrown into a Tennessee Children's Home Society orphanage, the Foss children are assured that they will soon be returned to their parents—but they quickly realize the dark truth. At the mercy of the facility's cruel director, Rill fights to keep her sisters and brother together in a world of danger and uncertainty! Walkers should meet in the library's lobby at 1pm. Walks generally last about 45 minutes and will meet rain or shine!

On **Monday, November 18<sup>th</sup>**, beginning at 1pm, budding or experienced **genealogists** can join a growing group of like-minded folks of all levels from the Wilsonville area to discuss genealogy tips, tricks and research. One of the library's most popular offerings, these discussions are free and informal and moderated by Librarian Malia Laughton. New members at any level are always welcome.



“It is not how much we have, but how much we enjoy, that makes happiness.” —  
Charles Spurgeon

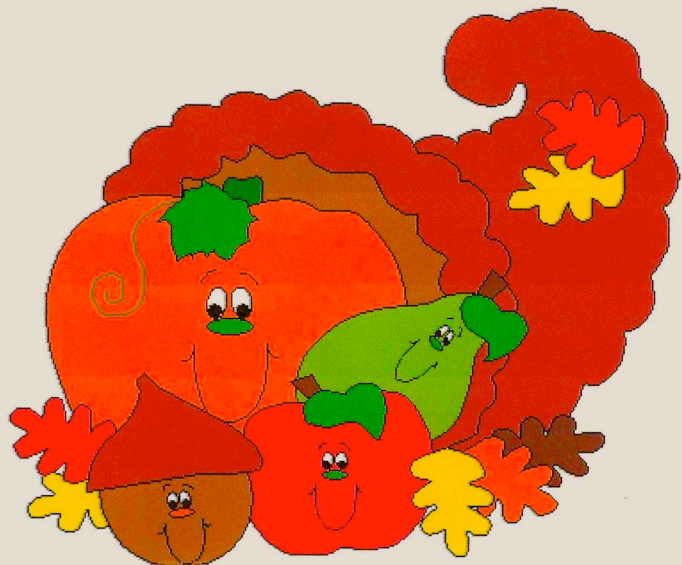


# Thanksgiving Word Search

R E L A T I V E S T I F S M F  
P N R E U K S S N C H A O E A  
X I E F B O B E T I L A A O S  
O B L Z Y O L T U R K S N T D  
W R Y G I C E T R E T P U K Y  
T S E V R A H L K N Y F M L S  
Y V A R G I M E E N F T I U N  
S Q U A S H M R Y I W M A R P  
F A L L P R A S N D A L O B A  
R M H T N B A G C F A C E K I

COOK  
CORN  
DINNER  
FALL  
FAMILY  
FEAST  
FOOD  
GRAVY  
HARVEST

MAIZE  
PILGRIMS  
PUMPKIN  
RELATIVES  
SETTLERS  
SQUASH  
STUFFING  
THANKS  
TURKEY



“Many people will walk in and out of your life, but only true friends will leave footprints in your heart” – Eleanor Roosevelt

# November 2024

Monday	Tuesday	Wednesday	Friday
 <h2 style="font-family: cursive;">Thanksgiving</h2>			1
4	5	6	8
Pesto Chicken Pasta Italian Vegetables Breadstick Jello	Beef/Bean Burrito Salsa/Sour Cream Fiesta Rice Chuck Wagon Vegetables Fruit	Spinach/Beet Salad With Bleu cheese/Walnuts Chicken Breast WW Roll Brownie	Egg Salad Sandwich Carrot Raisin Salad Chips Cookie
11	12	13	15
<b>Veteran's Day</b>  Center Closed	Chicken Cordon Bleu Rice Pilaf Green Beans Yogurt/Berries	Split Pea Soup ½ Sandwich Carrot sticks <b>Birthday Congregate</b>	Chicken Gyro Peppers/Onions Tzatziki Sauce Potato Wedges Cookie
18	19	20	22
Salmon Penne Vegetables Focaccia Mandarin Orange cup	Beef Stroganoff Herbed Noodles Carrot Coins Banana with Pudding	Almond Chicken Salad On Green Leaf Tomatoes wedges Roll Dinner Hawaiian Baked Cake with Berries	 <b>Chef's Choice</b>
25	26	27	29
Orange Chicken Brown Rice Kyoto Vegetables Tropical Fruit	Lasagna Salad Garlic Bread Cookie	<b>Thanksgiving Meal</b>  Turkey Stuffing Mashed Potatoes/Gravy Vegetable Roll/Pie	 <b>Closed For Observance Thanksgiving</b>

*Lunch is served at the Community Center on Mondays. Tuesdays, Wednesdays and Fridays at 12:00 pm. Donations (\$3.50 for those 60 and over and \$4.25 for those under 60) are encouraged but not required. Menu subject to change due to availability of supplies and produce. Please note: there will be no HDM on Tuesdays, meals are subject to change because of this until further notice.*

When you wish someone joy, you wish them peace, love, prosperity, happiness ...  
all the good things.” – Maya Angelou