

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

WCSI GAZETTE

OCTOBER 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

Sign up begins on Tuesday, Oct. 1st

**Thursday Oct. 10th
MYSTERY TRIP**

Take a leap of faith and join us on our Mystery Trip

**Thursday, Oct. 24th
Rescheduled Donkey Sanctuary Tour
Lunch at Wichita Pub**

SAVE THE DATES

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

**Friday, Nov. 22nd
NW Senior Theatre in Tigard
12:45 pm - 4:00 pm**

Your Cost: \$5.00. WCSI will pay the other half



Please Join us on
Wednesday, October 2nd and
Wednesday, October 16th
@ 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.

On **Monday, October 7** join Ride Connection and SMART to learn about safe, independent travel for older adults, people with disabilities, and English Language Learners at no cost. Learn about TriMet's and SMART's transit system in a classroom setting.

Monday, October 14 brings staff from Wilsonville Funeral Home to present an informative seminar for Veterans and their families to learn about veteran funeral benefits and how to receive them. Learn about the planning process and the important details needed by your family. Be a part of this dynamic discussion and take the first steps toward making your pre-arrangement plans.

Attorney Michael Rose of Rose Elder Law will present a workshop on **Monday, October 28** centered around Medicaid planning, preserving and protecting assets, and veteran's benefits.

And finally on **Monday, November 4** Christina Lucy, nutrition and fitness expert will provide 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. America is in the midst of an obesity epidemic. Learn why and what can be done about it.

AARP Smart Driver

The Community Center is proud to partner with AARP to offer their "Smart Driver" classroom course. You or your loved one will learn techniques for handling turns, right-of-way, following distance, and roundabouts. Additional lessons on how to reduce traffic violations, crashes, injury risk, and Oregon specific items will be shared. Participants will discover proven driving methods to help keep you and others safe on the road. Insurance discounts may be available for those who complete the course. The one day program will take place on **Monday, October 21 from 9:00 am - 4:30 pm at the Wilsonville Community Center**. Cost is \$20 for AARP members and \$25 for non-members. Call 503-682-3727 to register - payment to be made on the day of the program.

Fall Harvest Festival

The annual Harvest Festival will take place on **Saturday, October 19th from 10am to 1pm at the Stein-Boozier Barn**. Put on a costume and come enjoy this special event. This event will feature free pumpkins, 30+ vendors, crafts, a costume parade, live music, horse & carriage rides, a scavenger hunt, kid friendly activities and more!

October 2024 Activities Schedule

	ONGOING ACTIVITIES (MAY BE A FEE)	CLASSES AND PROGRAMS STARTING SOON (PRE-REGISTRATION REQUIRED +)
<u>Monday</u>	Sit, Stand, and Be Fit 11:00 am - 11:45 am Bridge 1:00 pm - 4:00 pm Weight Loss Support Group 12:30 pm - 1:15 pm Mexican Train Dominoes 1:00 pm - 4:00 pm	Located at Community Center unless otherwise noted. Oil Painting + “Autumn Images” Tuesday, 10/1 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office)
<u>Tuesday</u>	Piecemakers Quilting 9:00 am – 11:45 am (Tauchman House) Ukulele Jam Group 9:30 am– 11:30 am (Parks & Rec. Admin Office) Partners Bridge 12:30 pm - 3:30 pm Call 503-449-5855 to sign up Virtual Reality Fitness 1:00 pm - 2:00 pm Poetry Club 1:00 pm - 3:00 pm (1st & 3rd Tuesday)	Life 101 Series: Ridewise Travel Training* Monday, 10/7 10:30 am - 12:00 pm Oil Painting + “Chrysanthemums” Saturday, 10/12 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office) Life 101 Series: Veterans Funeral Planning* Monday, 10/14 10:30 am - 12:00 pm
<u>Wednesday</u>	Photography Club 10:00 am - 11:30 am Conversational Spanish Group 10:30 am - 11:30 am Sit, Stand, and Be Fit 11:00 am - 11:45 am Pinochle/Cribbage Play 1:00 pm - 4:00 pm Bingo 1:00 pm - 2:00 pm (1st & 3rd Wednesday)	Life 101 Series: Long Term Care* Monday, 10/28 10:30 am - 12:00 pm * Please call 503-682-3727 to sign-up <u>Volunteer Opportunity</u> Daffodil Planting + Help the parks maintenance team plant daffodil bulbs between Graham Oaks and Park at Merryfield! No gardening experience necessary! Parking for this event is on the Northeast side of Wood Middle School. Sunday, 10/20 9:00 am-12:00 pm
<u>Thursday</u>	Bridge Basics: Drop-in Lessons 10:00 am - 11:30 am Ladies Afternoon Out 1:00 pm - 3:00 pm I-5 Connection Community Chorus 10:00 am - 12:00 pm Art Club 1:00 pm - 2:30 pm (2nd Thursday)	<u>Class Spotlight</u> Beginning Tai Chi Tuesdays and Thursdays, 10/31 - 12/12 Begin your journey of self improvement with Yang style Tai Chi. Improve balance, flexibility, memory & mindfulness while learning the first section of the 108 form & a variety of Qi-Gong. 2:00 pm - 2:45 pm (\$59 for session or \$10 drop in)
<u>Friday</u>	Sit, Stand, and Be Fit 11:00 am - 11:45 am Bridge 11:30 am - 3:00 pm Mexican Train Dominoes 1:00 pm - 4:00 pm	



PARTY TIME

Monday, November 4, 2024

At 1:00 pm in the
Community Center
Multi Purpose Room
HOSTED BY WCSI BOARD

RSVP before 10/23/24
wcsigazette2@gmail.com
Or any board member

Please join us for a
Baby Shower Honoring
Linda Martinez
Our wonderful Administrative
Assistant at the
Community Center



SAVE THE DATE

Wilsonville Community Seniors
HOLIDAY PARTY

WEDNESDAY, DECEMBER 18TH

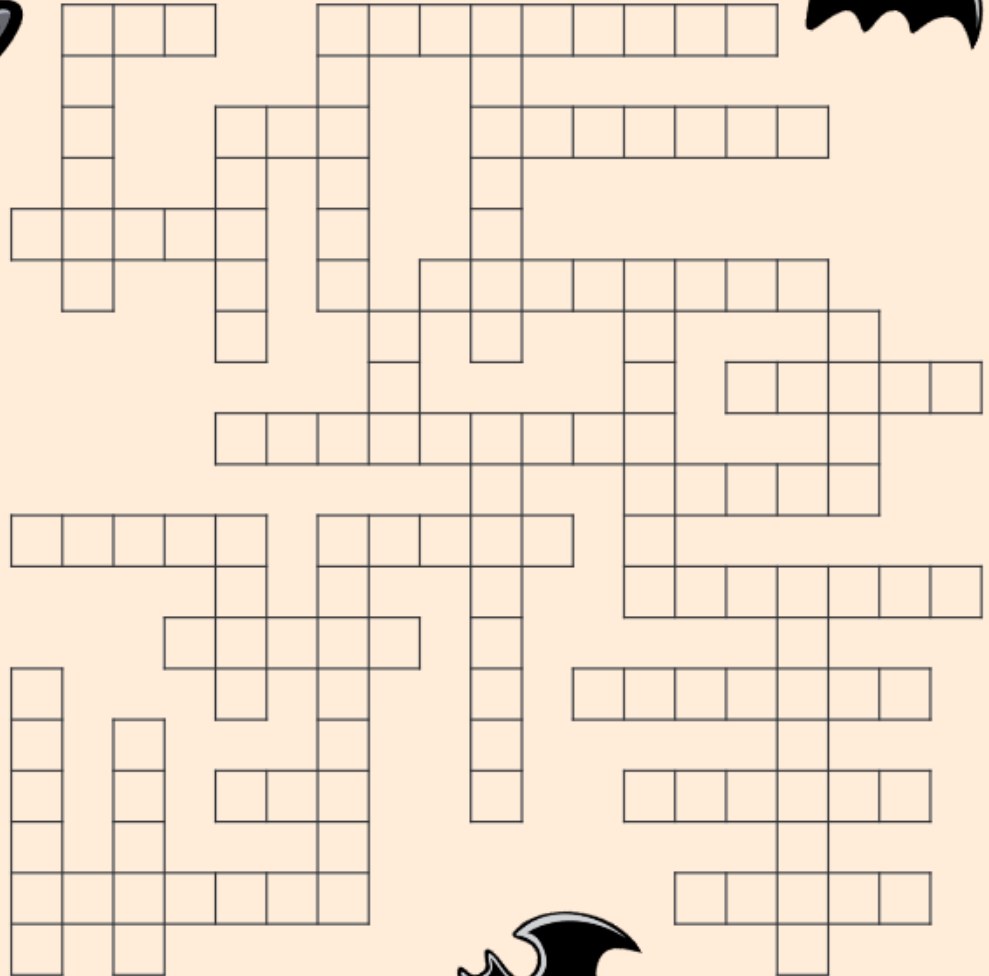
1:00 – 3:00 PM

COMMUNITY CENTER MULTI PURPOSE ROOM



Look for more information in next months Gazette

HALLOWEEN



Across

1. He swallowed the canary.
2. Playground for ghosts.
4. What a spider spins.
5. Frankenstein has one.
6. When ghosts come out to play.
7. Scare.
11. What the pot might call the kettle.
12. October 31st.
14. ____ or treat.
15. Witch transportation.
17. Frightening.
18. The Count.
20. A skeleton is just a bunch of these.
22. Disguise.
24. Lives in the belfry.
25. Incey wincey is one of these.
26. Main ingredient in a popular pie.
27. ____ stories.

Down

1. Where a vampire sleeps.
2. Evil or mischievous creature.
3. He hates garlic.
4. Samantha for example.
8. ____ house.

9. Whoo? Whoo?
10. Mr. O'Lantern.
13. Comes out on full moon nights.
16. Might be full, half, or new.
17. A boney sort of fellow.
19. Fire burn, and ____ bubble.
21. When something makes our skin crawl, it's this.
23. Found in Egypt.



WORD BANK

BAT, BLACK, BONES, BROOM, CAT, CAULDRON, COFFIN, COSTUME, CREEPY, DRACULA, FRIGHTEN, GHOST, GOBLIN, GRAVEYARD, HALLOWEEN, HAUNTED, JACK, MONSTER, MOON, MUMMY, NIGHT, OWL, PUMPKIN, SCARY, SKELETON, SPIDER, TRICK, VAMPIRE, WEB, WEREWOLF, WITCH

“ Remember, even broken crayons still color.” - by Anonymous

WILSONVILLE WALKERS SEPTEMBER 2024

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

- Oct. 1 Tues.** Library - meet in the parking lot of the Wilsonville Public Library
- Oct. 3 Thurs.** Tualatin River National Wildlife Refuge, 19255 SW Pacific Hwy (99W), Sherwood. Coffee hour at Panera Bread in Sherwood
- Oct. 8 Tues.** Villebois - meet in the WES/Smart Transit Center parking lot, 9699 SW Barber Blvd, Wilsonville
- Oct. 10 Thurs.** Mentor Graphics - meet in the parking lot across from the Wilsonville Post Office. Our coffee hour following our walk will be at Portera, 8945 SW Ash Meadows Circle, on the second floor in their community room. It will be hosted by Lori Nevill and Usha Kotecha and we will be celebrating their October birthdays.
- Oct. 15 Tues.** Murase Plaza, upper Memorial Park - coffee hour birthday treats will be provided by Carolyn Kerr
- Oct. 17 Thurs.** Hazelia Field at Luscher Farm, 17800 Stafford Road, Lake Oswego. Coffee hour following our walk will be at Rolling Hills Community Church 3550 SW Borland Rd, Tualatin, hosted by the Osborns.
- Oct. 22 Tues.** Old Town/Boones Bridge - meeting in the Fred Meyer parking lot near McMenamins
- Oct 24 Thurs.** Tualatin Greenway/Ice Age Trail, Tualatin Community Park, 8515 SW Tualatin Road, Tualatin. Meet in the parking lot near the tennis courts. Coffee hour following our walk will be at Donut Land, 19350 SW Boones Ferry Rd, Tualatin.
- Oct. 29 Tues.** Graham Oaks Nature Park, west edge of Wilsonville on Wilsonville Road.
- Oct. 31 Thurs.** Memorial Park, lower parking lot



Library News

Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

How did October already arrive at our doorstep?! It seems that the icky, sweltering weather was here to stay, and then presto! The chill of fall is now upon us! So bring on the rain, and with it, a nice cozy library to shelter in. And, as long as you'll be stopping by, how about partaking in some of our fine monthly events, as detailed below? We're always glad to see you!

Our ever-popular **PROFILES** lectures will resume (online) on **Wednesday, October 2nd from 11am to 12:30pm**. Taught by Emeritus Professor Bill Thierfelder, this month we feature a lecture on **Truman Capote**. When Truman Capote passed away in August of 1984, he left behind an enduring--and sometimes controversial--legacy of fiction and non-fiction novels, short stories, and journal pieces, including *A Christmas Memory* and *In Cold Blood*. This program delves into both the light and shadows of one of America's greatest writers. **Sign up to receive the Zoom meeting code but act quickly!** www.wilsonvillelibrary.org/classes.

We hold a **Beginning ESL class on Mondays from 11:00am to 12:30pm** on October 7th, 14th, 21st, and 28th. We also host an **intermediate ESL class held on Tuesdays from 10am to 11:30am** on the 1st, 8th, 15th, 22nd, and 29th. 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 October 1st, 8th, 15th, 22nd and 29th**—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.

Our free and fun **First Friday Films** matinee continues **Friday, October 4th at 3pm**. This month's film is ***Ghostbusters: Frozen Empire***, starring Paul Rudd, Carrie Coon, Bill Murray, Dan Aykroyd, & Ernie Hudson. When the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must join forces to protect their home and save the world from a second ice age. 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, October 5th**. The presentation is titled *Planetary Defense with DART*. We are becoming better and better at discovering asteroids that pass close to Earth. But we still get surprised! Could we change the course of an asteroid? Come and find out!

On **Saturday, October 12th, from 2 - 3pm**, please join us at the library's large picture windows for the latest in our popular **Book Notes Concerts!** Musicians Aryeh Frankfurter and Lisa Lynne will perform a Celtic Harp concert, featuring celtic harps (duh!), other rare instruments, and even wondrous stories. No signup necessary—just come and claim a seat!

Library News Continued

We'll be closed on Monday, October 14th for a staff All-Service Day. See you bright and early on Tuesday, October 15th!

On Thursday, October 17th, beginning at 1 pm, how about joining us for a jaunt in what should finally be crisp (but not crispy!) weather? Never solivagantly, the inestimable **Book Walk** is perfervid to sally forth on its antepenultimate trek of 2024 from the library and press onward to the propinquitous glades of Memorial Park (and back)!

During the walk we'll palaver about this month's book: *Long Bright River* by Liz Moore (or, in fact, any other book you've been reading). The novel takes place in a Philadelphia neighborhood rocked by the opioid crisis, where two once-inseparable sisters find themselves at odds. One, Kacey, lives on the streets in the vise of addiction. The other, Mickey, walks those same blocks on her police beat. They don't speak anymore, but Mickey never stops worrying about her sibling. Then Kacey disappears suddenly, as a mysterious string of murders begins in Mickey's district, and Mickey becomes dangerously obsessed with finding the culprit--and her sister--before it's too late. We'll meet in the library's lobby at 1pm. Walks generally last about 45 minutes and will meet rain or shine!

On Monday, October 21st, 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 are moderated by Librarian Malia Laughton. New members at any level are always welcome.



"Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads." Erica Jong



How many words can you make using the letters from both words
HALLOWEEN and PUMPKIN

1. WHOLE (TO START YOU OFF)
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____

**“Don’t worry about failures, worry about the chances you miss
when you don’t even try.” –Jack Canfield**

October 2024

Monday	Tuesday	Wednesday	Friday
	1 Chicken Tortilla Soup Cheese/Tortilla strips/Sour Cream Corn Bread Lemon Bar	2 Chicken Caesar Salad Seeded Roll Tomato Wedge Fresh Banana	3 Chicken Burger Lettuce & tomato Tater Tots Cookie  
7	8	9	11
Ham Slice Scalloped Potatoes Vegetable Yogurt with Berries	Crispy Chicken Salad Avocado/Red Onion/Tomato Cheddar Cheese/Olives WW Roll Fresh Pear	Beef/Broccoli Chow Mein Red Peppers/Onion Sesame Dressing Peas/Carrots Brownie	Fish Tacos Fiesta Rice Diced Tomatoes/Cheese/Sour cream Coleslaw
14	15	16	18
Chicken Alfredo Green Beans Artisan Roll Jello cup  	Tortellini Salad Cherry Tomatoes/Spinach/Bacon/ Parmesan Breadstick Cookie	Philly Cheese Steak Wrap Peppers/Onions Shredded Lettuce Chopped Salad Chips	Meat Lovers Pizza Sausage/Ham/Pepperoni Spring mix Salad Fruit 
21	22	23	25
Chicken and Dumplings Biscuit Vegetable Pudding	Reuben Sandwich Potato Wedges Green Salad Orange Wedge	Pesto/Artichoke Chicken Breast Herbed Noodles Parsley Carrots Lemon Bar	Chicken, Mushroom Wild Rice Soup ½ Turkey/ Cheese Sandwich Tossed Salad Cookie
28	29	30	
 Chef's Choice  	Baked Potato With Broccoli/Cheese Sour Cream Carrots Fruit Cup	Tacos Lettuce/Cheese/Tomatoes Sour Cream Rice Pudding cup	

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.

“The journey of a thousand miles begins with one step.” –Lao Tzu