

JANUARY - APRIL 2025

WILSONVILLE ACTIVITY GUIDE

COMMUNITY PROGRAMS | SPECIAL EVENTS | FACILITY RENTALS

REGISTER BEFORE
DECEMBER 30 TO
GET A 10%
DISCOUNT ON
SELECT CLASSES
AND PROGRAMS

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CONTACT US:
ADMIN OFFICE 503-783-7529
COMMUNITY CENTER 503-682-3727

PARKSANDREC@CI.WILSONVILLE.OR.US
COMMUNITYCENTER@CI.WILSONVILLE.OR.US

ADMINISTRATIVE OFFICES
29600 SW PARK PLACE

COMMUNITY CENTER
7965 SW WILSONVILLE ROAD

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3 SPECIAL EVENTS

Family Formal
Egg Hunt
Many Cultures, One Heart
DEI Speaker Series

8 YOUTH PROGRAMS

Soccer Shots
Chess Wizards
Spring Break Programs
Library Programs

14 ADULT RECREATION

Oil Painting & Watercolor
Barre, Sculpt & Yoga
Wellness Lectures
Tai Chi

19 PROGRAMS FOR 55+

Healthy Bones and Balance
AARP Smart Driver
Ridewise Travel Training
Sit, Stand & Be Fit

30 FACILITY RENTALS

Stein Boozier Barn
River Shelter & Forest Shelter
Gove Shelter & Splash Shelter
Tauchman House



WILSONVILLE OREGON

Celebrate

year of the snake

Jan. 11, 2025
3-5 pm
Wilsonville Library
Oak Room

Lunar New Year

Welcoming the Year of the Snake: Celebration, Cultural Performance, Traditional Treats, and Family Fun!

THE HUNT FOR CUPID'S HEARTS

January 27 - February 9

Find all seven of Cupid's Hearts around Wilsonville City Parks and Facilities and be entered to win a gift basket! Email the location of each heart to Recreation Coordinator Erica Behler at behler@ci.wilsonville.or.us to enter. Get a bonus entry if you include a picture! Clues posted to WilsonvilleParksandRec.com, Facebook, and Instagram (@WilsonvilleParksandRec) on January 27.

Winners Announced Monday February 10

Wilsonville Family Formal:
Once Upon a Time

Friday, February 21 | 7-9 pm | Cost: \$20 per person | Course #: 11283
 Wilsonville Community Center

Join Wilsonville Parks and Recreation for a night of dancing and prizes at the Wilsonville Family Formal! The evening will feature prize giveaways, a live dj, photo booth, and snacks! Bring a non-perishable food donation for Wilsonville Community Sharing and get an additional prize ticket! Tickets are \$20 per person, and pre-registration is required. Come dressed in your most magical fairytale attire!

**WILSONVILLE
 COMMUNITY EGG HUNT**

**SATURDAY, APRIL 19 | 10AM
 MEMORIAL PARK SPORTS FIELDS**

Title Sponsor:

 PROPERTY GROUP

Silver Sponsor:

 Nichols Family Agency
 Est. 2017

20,000+ eggs
 Special Prizes!
 Pictures with
 Bailey the Bunny



**OREGON
 BLACK
 PIONEERS**



BLACK HISTORY MONTH DISPLAY

Oregon Black Pioneers' Racing to Change:
 Oregon's Civil Rights Years
Feb 1-28, 2025
 Wilsonville Public Library Art Wall

Racing to Change details the Civil Rights Movement in Oregon during the 1960s and 1970s, a time of cultural and social upheaval, conflict, and change. The exhibit explores how racist attitudes, policies of exclusion, and the destruction of Black-owned neighborhoods shaped Oregon, and how the Black community worked to overcome these obstacles.



6-7:30 pm
 Wilsonville Library, Oak Room
 (8200 SW Wilsonville Rd.)

DIVERSITY, EQUITY & INCLUSION

**SPEAKER
 SERIES**

The City's successful DEI Speaker Series returns with another compelling series of lectures programmed by the City's Diversity, Equity and Inclusion (DEI) Committee to help community members better understand the lived experience of historically marginalized community members.

OREGON BLACK PIONEERS
 "Black Exclusion in Oregon"

WOMEN IN STEAM
 Industries Panel

**JUDY MARGLES, RETIRED
 CEO OF OJMCH**
 Jewish American Heritage Month

**FORMER OREGON STATE
 REPRESENTATIVE TERESA
 ALONSO LEON**
 Immigrant Heritage Month

**HEARTS OF WILSONVILLE
 MANY CULTURES, ONE HEART
 PUBLIC ART PROJECT
 OPENING RECEPTION**

This exciting public art project consists of ten large (4.5 ft X 4.5 ft) fiberglass heart sculptures that will be painted by local artists and installed throughout the City. The project theme, "Many Cultures, One Heart" aims to represent the distinctive artistic, cultural, and historical framework that makes Wilsonville a wonderful place. All ten hearts will be on display at the Stein Boozier Barn for the opening reception event.



**STEIN BOOZIER
 BARN**

**Wed. April 30th
 5 PM - 7 PM**

W.E.R.K. Day

May 10, 9-11am

Wilsonville Community Center
Course #: 11282



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

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

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

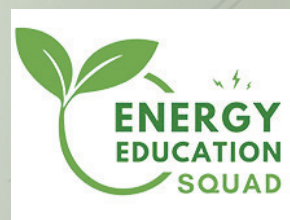
Pre-registration is highly encouraged.



"Our Power, Our Planet"

May 10, 10am-2pm

Stein-Boozier Barn
Free Event!



Learn about what the City is doing to reduce their energy bill and carbon emissions with Wilsonville's Energy Education Squad.

Engage with exhibitors focused on renewable energies, climate literacy, and what individuals can do to reduce their carbon footprint.

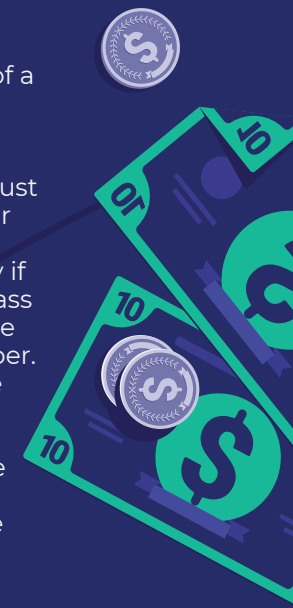
Enjoy family friendly activities, prizes, and refreshments.

Celebrate climate action and the power of community and environmental stewardship!

FINANCIAL ASSISTANCE PROGRAM

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

WILSONVILLEPARKSANDREC.COM/FINANCIAL-ASSISTANCE



PARENTING THE LOVE AND LOGIC WAY

Location: Parks and Recreation Admin Building

Learn how to:

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

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

Time: Mondays, 7-8 pm
Dates: 1/6 - 2/10 & Tues. 1/21*
*make up date for MLK day 1/20
Cost: \$25
Course #: 11329



SOCCER SHOTS

MINI - 2 TO 3 YEAR OLDS

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active. We encourage parent involvement in our Mini classes.

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

Using creative and imaginative games, weekly sessions focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait in each session such as respect, teamwork, and appreciation. Soccer Shots will expose your child to the fun of soccer and provide the foundation needed to get started in the sport.

PREMIER - 6 TO 7 YEAR OLDS

Still using our fun, noncompetitive format, the Premier program teaches more mature skills and concepts at a faster pace through more complex game play.

A note on age: Players must be within the age of the class on or before the first lesson.

Saturday Spring Season Dates: Sat. 3/15 - 5/17

Cost: \$210 (mini) \$220 (classic) \$230 (premier)

Location: Wilsonville Memorial Park

SECTION:	AGE:	TIME:	FALL COURSE #:
Mini:	2-3	9-9:30 am	#11274
Classic:	3-4	9:45-10:20 am	#11275
Classic:	4-5	10:35-11:15 am	#11276
Premier:	5-6	11:30 am-12:15 pm	#11277

Tuesday Fall Season Dates: Tues. 3/18 - 5/20

Cost: \$210 (mini) \$220 (classic) \$230 (premier)

Location: Palermo Park- Villebois

SECTION:	AGE:	TIME:	FALL COURSE #:
Mini:	2-3	3:30-4 pm	#11270
Classic:	3-4	4:15-4:50 pm	#11271
Classic:	4-5	5:05-5:45 pm	#11272
Premier:	5-6	6:00-6:45pm	#11273





KINDNESS CREW

SPRING BREAK VOLUNTEER PROGRAM

MARCH 24 - 28 | AGES 15-18 | COURSE #: 11300 | COST: \$70

**MEETS DAILY AT 9:30 AM AT
WILSONVILLE PARKS AND RECREATION
29600 SW PARK PLACE**

Only 12 spots available!

Want to make an impact in your community this Spring Break? Join the Kindness Crew! Not only will you gain valuable experiences, you'll also earn volunteer hours and have a little something extra to put on that college application. The Kindness Crew will meet Monday through Friday during Spring Break, March 24-28 at 9:30am at the Parks and Recreation Admin Building before leaving to take part in meaningful and change making volunteer projects. Each day will run until approximately 3:30pm. Each volunteer will receive a Kindness Crew sweatshirt on their first day. Sweatshirts should be worn daily during volunteer programs. This is a non faith based program.

WILSONVILLEPARKSANDREC.COM/KINDNESSCREW

CHESS WIZARDS

SPRING BREAK CAMP

MARCH 24-28 | AGES 6-12 | TAUCHMAN HOUSE

**FULL DAY | 9AM-3PM | \$390 | COURSE #: 11324
MORNING HALF DAY | 9AM-12PM | \$260 | COURSE #: 11325
AFTERNOON HALF DAY | 12PM-3PM | \$260 | COURSE #: 11328**

Join us for challenging chess lessons, exciting games, and cool prizes! You'll improve your chess skills, meet new friends, and work out your most powerful muscle...your brain! Our camps include fun team chess games, recess time, snacks, tournaments, and puzzles. Each camper receives a t-shirt, trophy, and puzzle folder. We include all materials necessary for your child to participate.

Unleash your brain power and spend part of your spring break with chess wizards!



CHESS WIZARDS
Strategies for Life

COYLE OUTSIDE

SPRING BREAK WILDERCAMP

MARCH 24 - 28 | AGES 6-9

9 AM-2:30 PM | \$354 | COURSE #: 11300 | MEMORIAL PARK RIVER SHELTER

No prerequisites needed. Learn the basics of thriving in the wild in this spring survival camp that covers a bit of everything! Campers learn confidence, initiative, communication, and common sense through fun survival scenarios in teams and on their own. Skills introduced are adapted to our spring weather and include rain shelters, fire building, cordage, navigation, knots, traps, primitive skills, and more.

We play survival themed games and the week ends with an exciting final scenario and a certificate of achievement. Parents are invited to attend. Pack appropriate clothing, layers, water resistant shoes, snacks, water, and lunch.

Is this camp a good fit for my participant? Call Coyle Outside for details about curriculum and behavior management. 541-760-0774



WINTER STORYWALK

JANUARY-APRIL

Funding for this project was made possible through the Community Events and Programs Grant.

The StoryWalk® starts at the intersection of SW Denmark St. and SW Coffee Lake Dr. in Villebois. The Winter story chosen for the StoryWalk is "So Much Snow" by Kristin Schroeder®



The signs you see along this trail will contain book pages. Each sign will hold 1-2 pages of the book, encouraging readers to engage in light exercise while reading! Want to learn the origins of the StoryWalk®? Scan the QR code above with your camera phone!

WILSONVILLE PUBLIC LIBRARY



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



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

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

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

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

LIBRARY YOUTH PROGRAMS:

Check the library website for updates: WilsonvilleLibrary.org

Family Storytime

Books, stories, and songs for the whole family in this interactive program with our Youth Librarians.

Ages: 3-5
Day: Wednesdays & Thursdays 1/8-5/15
Time: 10:30-11am
Location: Oak Room and livestream on YouTube
Cost: No Charge

Baby & Toddler Time

Youth Librarians engage toddlers in interactive stories, songs, rhymes, and play to help build skills for reading readiness! Join us each week for more fun ways to grow up loved and wise. 2 sessions!

Ages: Birth to 2 years old
Day: Tuesdays 1/7-5/13
Time: 10:30-11am & 11:15-11:45am
Location: Oak Room and livestream on YouTube
Cost: No Charge



Get email reminders for Kids Programs

Sign up for email reminders of every special library event for kids. Register through the library website at WilsonvilleLibrary.org/subscribe

Play Group

Drop in anytime 10:30am to noon on Fridays and let the kiddos play with a variety of toys, as well as socialize with others of the under-6 year old crowd.

Ages: Birth to 6 years old with their grownups
Day: Fridays 1/10-5/16
Time: 10:30am-12pm
Location: Oak Room
Cost: No Charge

Spanish Storytime

Stories and songs in Spanish for children and their grown-ups.

Ages: 3 and up
Dates: 3rd Saturday of the month
Time: 11-11:30am
Location: Oak Room
Cost: No Charge



Dolly Parton's Imagination Library

Dolly Parton's Imagination Library is a book gifting program that mails free, high-quality books to Wilsonville resident children from birth to age five, no matter their family's income. Every month a new book arrives in the mail that the child can keep forever.

Families can register on the Imagination Library website, or at the library.

Find out more at: WilsonvilleLibrary.org/DPIL



LIBRARY TEEN PROGRAMS

Check the library website for updates: www.WilsonvilleLibrary.org
Teen programs are free and open to students in grades 6-12.



Teen E-mail List
Want to come to an event, but need a little reminder? Send us an e-mail at teens@WilsonvilleLibrary.org to get added to our eNews list. Or become a Facebook friend of "Wilsonville Library" to get event updates!

Teen Advisory Board

The Teen Advisory Board (TAB) is a group of 6th through 12th graders who meet to:

- Plan future programs and events for teens
- Run fun, dynamic, and educational programs and events
- Hang out, eat, and have fun
- Help choose books, music, and movies for the library to buy
- Help make the teen space a comfortable and attractive place to hang out
- Earn volunteer hours and experience for the future

TAB meets on the 2nd and 4th Monday of each month, 4:30-5:30pm. If you're interested in joining, send us an email or call Brad at 503-570-1592, or just show up at our next meeting.

Teen Drop-In Events - Each Wednesday from 3-6pm, from Jan. 8-May 14

Join us for Wednesday after-school drop-in games and activities in the Teen Area at the library! Stop in for weekly prizes and snacks, mess around with old video games or movies, and look for a variety of challenges, games, crafts, polls, puzzles and more.

We'll also have a special quarterly event just for you! Check our website for the latest updates.

Better yet, join the Teen Advisory Board (TAB) and have your say in teen programs at the library. All programs are free.

WilsonvilleLibrary.org/teens



LIBRARY ADULT PROGRAMS

Profiles

These free talks explore the people, places, and events that shape our lives, our world, our universe. Presented by Dr. Bill Thierfelder, Professor Emeritus and Docent at the American Museum of Natural History.

Ages: High School through Adult
 Dates: Wed. 1/8: Four Cosmic Mysteries
 Wed. 2/5: The Unknown MLK
 Wed. 3/5: Eleanor Roosevelt
 Wed. 4/2: The Silk Road
 No program in May

Time: 11am-12:30pm
 Location: Online (Zoom): sign up for the meeting code
 Fee: No Charge—Sign up online:
WilsonvilleLibrary.org/classes

Space Talks

Docents from Evergreen Aviation and Space Museum present topical programs on the history and future of space exploration.
Talks on the 1st Saturday of the month, from 11am-12:30pm in the Oak Room.

Book Walk

Join us on a walk from the library to the deepest recesses of Memorial Park. We'll talk about books and what we have been reading over the hour.
Meets on the 3rd Thursday of the month at 1pm in the library lobby.

Genealogy Club

Join a growing group of genealogists of all levels from the Wilsonville area to discuss genealogy tips, tricks, and research. These discussions are informal in nature and are moderated by Librarian Malia Laughton. New members welcome!
Meets on the 3rd Monday of the month, from 1-2:30pm in the Oak Room.



Get email reminders for Adult Programs

Sign up for email reminders of every special library event for adults. Register through the library website
WilsonvilleLibrary.org/subscribe

Find out about programs and get updates at
WilsonvilleLibrary.org

First Friday Films

Watch the latest releases, from blockbusters to independent films, for free on our big screen the first Friday of the month. The films chosen are new, interesting, and difficult to get via Netflix. Snacks are available by donation, or bring your own.

Meets on the 1st Friday of the month, from 3-5pm in the Oak Room. Doors open at 2:45pm.

Book Notes Concerts

The library stacks are alive with the sound of music! Join us for free concerts by local musicians by the large picture windows. Sponsored by the Friends of the Wilsonville Library.

Concerts on the 2nd Saturday of the month, from 2-3pm in the library.

ODHS Drop-In Assistance

Need assistance paying for food or childcare? Are you looking for health coverage? ODHS (Oregon Department of Human Services) may be able to help you! Meet a representative at the library.

Ages: High School through Adult
 Day: Tuesdays 1/7-5/27
 Time: 10am-12pm & 1-3pm
 Location: Simmons Room & Rose Room
 Fee: No Charge

Beginning English Class

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

Ages: High School through Adult
 Dates: Mon. 1/6-5/19
 Time: 11am-12:30pm
 Location: Rose Room
 Fee: No Charge

Intermediate English Class

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

Ages: High School through Adult
 Dates: Tues. 1/7-5/27
 Time: 10-11:30am
 Location: Rose Room
 Fee: No Charge

Winter Reading Challenge

This winter, read books and try your hand at some library activities that will brighten the season. Complete the challenge and get entered into fun prize drawings!

Kids, teens, and adults can join us in this annual challenge, as well as pre-reading children (readers can read to a pre-reading child, which counts towards the challenges for both the reader and the child).

The Winter Reading Challenge runs from January 2 through February 28. Pick up a Challenge sheet at the library, or participate online: **WilsonvilleLibrary.org/winter**



Tiny Art Show

Display your artistic talents in our Tiny Art Show! Stop by the library to pick up a mini artist kit starting February 1. Once you've finished your masterpiece, return it to the Library by February 26 to be part of the exhibit. The exhibit will run from March 1 through the end of the month in the library.

The mini artist kit includes: 3"x3" canvas, a brush, and paints. Kits available while supplies last.



*You may use your own paint and supplies if you'd like.
 *Art pieces must be brought to the Library by February 26 with a completed Entry Form, and feature a family-friendly theme, to be included in the exhibit.
 *Art will be returned to artists after the art show if requested.

More information and Entry Form available online: **WilsonvilleLibrary.org/tinyart**

Library of Things

The Library of Things is a collection of items such as kitchenware, musical instruments, and games that library patrons can check out with their Libraries in Clackamas County (LINCC) library card. Items check out for 14 days, and you can have up to five Library of Things items checked out at one time.



Did you know that our Ghost Hunting Kit made national news? Come see what other unique items are in the collection!

Learn more about the Library of Things:
WilsonvilleLibrary.org/LOT

The Seed Library

The Seed Library is "where Wilsonville grows." Come to the library and select up to 10 seed plant varieties from the cabinet. On The Seed Library envelope write the plant name, variety and planting notes for each seed type. Place your selected seeds into the envelopes, then take to staff for check-out. That's it!



There is no due date on seeds, but we encourage you to donate back to The Seed Library any commercial surplus seeds to the library or saved seeds from your garden.

Learn more about The Seed Library:
WilsonvilleLibrary.org/seedlibrary

OIL PAINTING

with Judy Stubb

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

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

Tuesday Classes 5:30-9 pm

Date: 1/7 - Blazing Sunset | Course #: 11302

Date: 2/4 - Misty Crimson Sunrise | Course #: 11303

Date: 3/4 - Icy Lake | Course #: 11304

Date: 4/1 - A Hint of Spring | Course #: 11305

Date: 5/6 - Oriental Falls | Course #: 11306



Saturday Classes 10 am-2 pm

Date: 1/18 - Pacific Coastline | Course #: 11307

Date: 2/15 - Silver Falls | Course #: 11308

Date: 3/15 - Little Home in the Meadow | Course #: 11309

Date: 4/12 - Moonlit Seas | Course #: 11310

Date: 5/17 - Lakeside Sunset | Course #: 11311



Images of each painting may be found on Judy's website at wetpaints.net

Art Classes with Jasleen

Meditative Watercolor

This class will provide a laid-back environment to allow every student to naturally express themselves through the meditative art of watercolor painting. Learn about composition, color and value, yet be guided by your own interests and instincts.

Materials are provided, light snacks encouraged, and all skill levels are welcome! Ages 15+

12 pm-2 pm Parks and Rec Admin Building \$99 per session

Sun. 1/5 - 1/26, Course #: 11318

Sun. 2/2 - 2/23, Course #: 11323

Sketchbook/Journal Workshop

Learn how to handmade a book from start to finish, with materials provided! Choose book type, size and amount of paper, cover color, and other embellishments to create a truly unique book. Books will be binded using stitching and glue. Ages 15+

12 pm-3 pm Parks and Rec Admin Building \$60 per workshop

Sat. 2/1, Course #: 11319

Sat. 2/22, Course #: 11322

Watercolor Impressionism

Learn how to paint people/pets/plants/places in the impressionist style which means capturing the essence of your subject instead of trying to paint every detail realistically. This loose and fun way of painting allows focus on developing a personal style. Supplies

are provided, all skill levels are welcome, come with inspiration photos of what you want to paint! Ages 15+

12-2 pm Parks and Rec Admin Building \$120 per session

Sun. 3/2 - 3/23, Course #: 11320

Sun. 4/6 - 4/27, Course #: 11321

Baking with Sam

All Classes Take Place at the Community Center

Sourdough Bread at Home

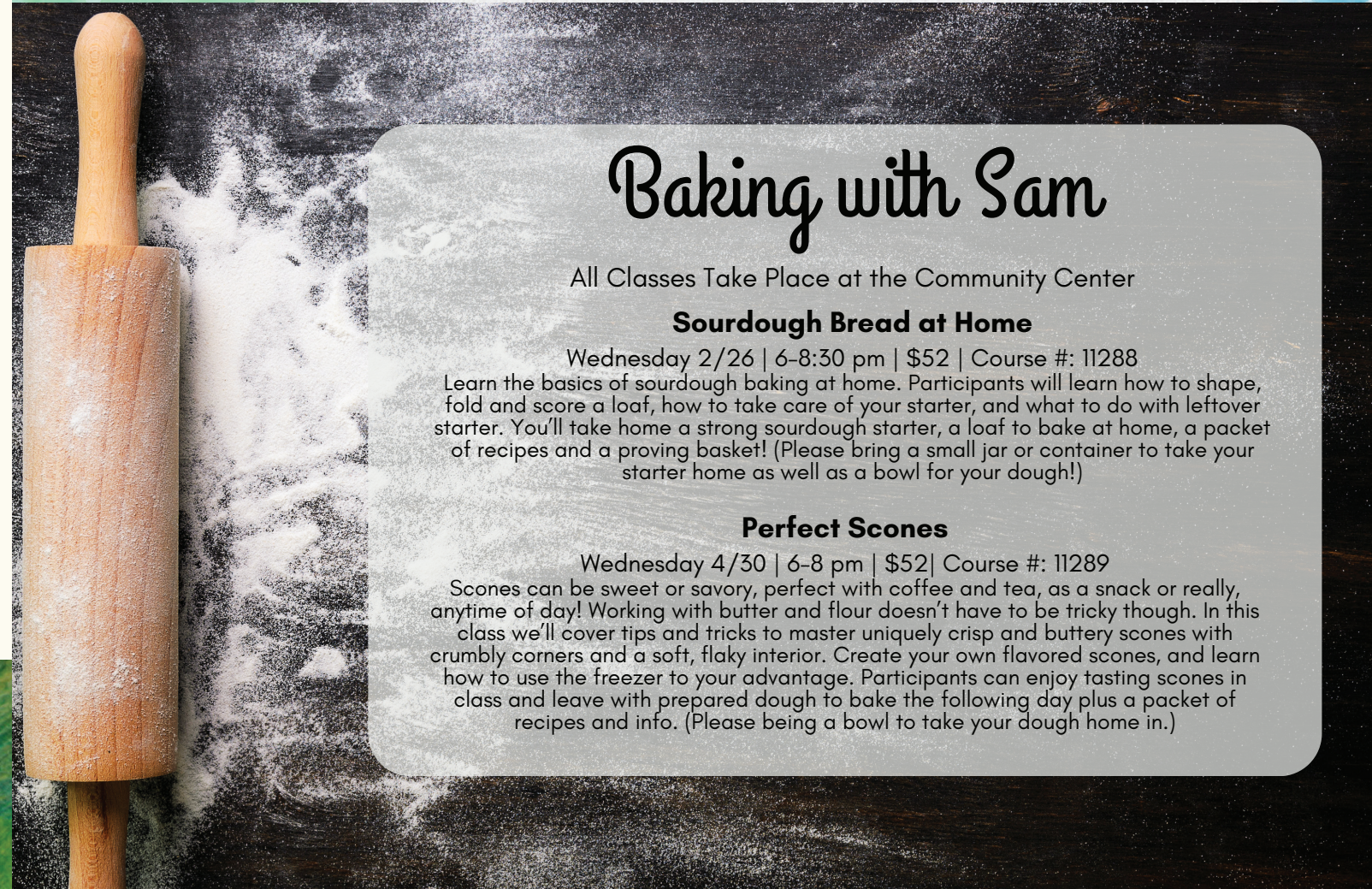
Wednesday 2/26 | 6-8:30 pm | \$52 | Course #: 11288

Learn the basics of sourdough baking at home. Participants will learn how to shape, fold and score a loaf, how to take care of your starter, and what to do with leftover starter. You'll take home a strong sourdough starter, a loaf to bake at home, a packet of recipes and a proving basket! (Please bring a small jar or container to take your starter home as well as a bowl for your dough!)

Perfect Scones

Wednesday 4/30 | 6-8 pm | \$52 | Course #: 11289

Scones can be sweet or savory, perfect with coffee and tea, as a snack or really, anytime of day! Working with butter and flour doesn't have to be tricky though. In this class we'll cover tips and tricks to master uniquely crisp and buttery scones with crumbly corners and a soft, flaky interior. Create your own flavored scones, and learn how to use the freezer to your advantage. Participants can enjoy tasting scones in class and leave with prepared dough to bake the following day plus a packet of recipes and info. (Please bring a bowl to take your dough home in.)



BARRE TONE

WITH JESSICA NORMAN

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

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

Session I: 1/7 - 2/25
Cost: \$85
Course #: 11286

Session II: 3/18 - 4/22
Cost: \$65
Course #: 11287

Try it Out!
First time
drop-in \$10



MEDITATION WORKSHOPS

Session I: Wed. 2/12 | Course #: 11326
Session II: Wed. 3/19 | Course #: 11327
7:15-8:15 pm

Wilsonville Community Center
Cost: \$20 per session

Whether you are new to meditation or looking to deepen your current practice, this nurturing session will offer the essentials to help you reconnect to your innate wholeness. Learn simple breathing and mindfulness techniques to calm the nervous system, escape from stress and focus on your own well-being and self-love. Please bring a yoga mat, journal and pen.

Soul Flow Yoga

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

Ages 13+
Tues. 7:15-8:15 pm
Community Center
\$85

Session I
Date: Tues. 1/7 - 2/25
Course #: 11284

Session II
Date: Tues. 3/11 - 4/29
Course #: 11285

BODY SCULPT

WITH JULES MOODY

Strengthen and tone all muscle groups in this eight week full body, non-impact class. Mix it up weekly using hand weights, bands, and stability balls as we move to get stronger! Modifications and varying weights (2-12lbs) available, so the class is suited to ALL fitness levels as you progress. Encouraging environment, fun people, and fun music...come join! Bring exercise mat and water. Ages 18+

Mondays, 6-7 pm at the Community Center

Session I: 1/6 - 2/24
Cost: \$69
Course #: 11278

Session II: 3/3 - 4/21
Cost: \$69
Course #: 11279

10% discount
when you
register for
both sessions
at once

CORE, FLOOR & MORE + STRETCH

WITH JULES MOODY

Does your body need some focused attention on balance, core strength and stretching? YES---and this is the class for you! We will start with standing work and then spend the majority of class down on the mat working all body parts, no equipment! Improve posture and create long and strong muscles in this slower paced but challenging hour, finishing with relaxing stretch. Come join us! A great addition to the Monday evening body sculpt class or great on its own for a midweek tune up! Encouraging atmosphere, fun people (great for men and women) and tunes! Bring exercise mat and water. Ages 18+

Wednesdays, 5:45-6:45 pm at the Community Center

Session I: 1/8 - 2/12
Cost: \$49
Course #: 11280

Session II: 3/5 - 4/23
Cost: \$69
Course #: 11281

Prenatal & Postpartum Yoga

Calling all mothers! Join us in a circle of community with Prenatal/Postpartum Yoga class. We will focus on strengthening your body through the duration of pregnancy, building endurance to prepare for childbirth, learning to relax in times of tension and fatigue. You will be met where you are, in any stage of pregnancy, and be guided through a thoughtful class that will help prepare you for labor and motherhood. Moving through tangible yoga with intentional breathing. Reconnect to your core and pelvic floor, begin to build strength back in your body, and relieve common discomforts of constant baby holding and feeding! Mixed with relaxing and restorative postures.

Mothers of All Ages
Thurs. 7:15-8:15 pm
Community Center
\$85

Session I
Date: Thurs. 1/9 - 2/27
Course #: 11312

Session II
Date: Thurs. 3/13 - 5/8
(No class 4/3)
Course #: 11313

PSYCHOPHYSIOLOGY: EXPLORING BODY < > MIND CONNECTIONS

3 part lecture series with Scientist & Traditional Chinese Medicine Physician, PK Melethil
 These community health conversations follow a presentation, Q&A & discussion format.
 3-4 pm at the Parks and Recreation Admin Office

Saturday 2/8- Protect the Middle Burner (TCM) & Enhance Vitality

Our gastrointestinal (G.I.) system's ability to absorb and assimilate the foods and fluids we consume will extend our Vitality (Yangsheng), aka Healthspan. Learn how the G.I. system connects and impacts functions of the body's various Nervous Systems.

Saturday 2/15- Increase Neuroplasticity & Manage Mood Disorders

Chronic constraints in cognitive processes can lead to feelings of despair and helplessness. Learn to overcome chronic mood disorders without drugs.

Saturday 2/22- Social Aging Patterns & Improved Behavioral Health

Many of us will live well into our 80's and 90's. Learn how to take personal responsibility and identify ways to nurture Vitality (Yangsheng). Discover the importance of a supportive community and how it impacts our behavioral and mental health.

There is no charge but please call 503-682-3727 to register

Tai Chi with Ulises

Beginning Tai Chi

Begin your journey of self improvement with Yang style Tai Chi. Improve balance, flexibility, memory, and mindfulness while learning the first section of the 108 form and a variety of Qi-Gong and warm-ups.

Time: 2 - 2:45 pm

Location: Community Center

Cost: \$80

Session I	Session II
Date: Tues. and Thurs.	Date: Tues. and Thurs.
1/7 - 2/27	3/11 - 5/1
Course #: 11296	Course #: 11297

Tai Chi Continuing

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

Time: 3 - 4 pm

Location: Community Center

Cost: \$80

Session I	Session II
Date: Tues. and Thurs.	Date: Tues. and Thurs.
1/7 - 2/27	3/11 - 5/1
Course #: 11298	Course #: 11299

**Can't commit for the entire session?
 Drop in for \$10**

Training & Wellness Coaching

w/ Brad Moore ACSM CPT, NBC-HWC

PERSONAL TRAINING	4 sessions*	\$99
	8 sessions	\$255
	16 sessions	\$440
	24 sessions	\$560
WELLNESS COACHING	*only available as a one-time introductory package	

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

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

To learn more, please contact Brad Moore at moore@ci.wilsonville.or.us or 503-570-1522

HEALTHY BONES AND BALANCE

BRAD MOORE

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

Days: Mon., Wed., and Fri. 8:30 - 9:20 am Community Center Cost \$45 per session

Session I	Session II	Session III
1/6 - 2/7	2/14 - 3/19	3/26 - 4/28
Course #: 11290	Course #: 11291	Course #: 11292

ADVANCED HEALTHY BONES AND BALANCE

BRAD MOORE

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

Days: Mon., Wed. and Fri. 9:30 - 10:20 am Community Center Cost \$45 per session

Session I	Session II	Session III
1/6 - 2/7	2/14 - 3/19	3/26 - 4/28
Course #: 11293	Course #: 11294	Course #: 11295

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

WILSONVILLE COMMUNITY CENTER

Ongoing Activities

MONDAY

- **Life 101 Lecture Series**, 10:30 am
See activity guide for schedule
- **Sit, Stand, and Be Fit**, 11-11:45 am
- **Lunch @ the Center**, 12 pm
- **Poetry Club**, 1-3 pm
- 1st & 3rd Monday of the month
- **Mexican Train Dominoes**, 1-4 pm

WEDNESDAY

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

FRIDAY

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

TUESDAY

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

THURSDAY

- **Wilsonville Walkers**, 9:30 am
See the WCSI Gazette for the schedule
- **Improving your Bridge**, 10-11:30 am
Basic Bridge knowledge required
- **I-5 Connection Group**, 10 am-12 pm
- **Ladies Afternoon Out**, 1-3 pm



Nutrition Program and Social Services

at the Community Center

Nutrition Program

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

Upcoming Special Themed Meals

February 14 - Valentine's Day
April 18 - Bunny Brunch

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

Do you know a senior or a person with a disability who is home-bound or is recuperating from an illness and needs a meal? The Home Delivered Meal Program provides daily weekday meals. There is no charge for this service but donations are gladly accepted. To determine eligibility and to register for the program please call 503-570-1526.

Social Services

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

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

Sadie Wallenberg, MSW
503-570-1526



AARP SMART DRIVER

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



Tuesday
January 28 or April 22
9 am - 4:30 pm
Wilsonville Community Center
\$20 for AARP members
\$25 for non-members
Call 503-682-3727 to register

Sit, Stand and Be Fit

with Kate

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

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

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

Mon Wed. and Fri ongoing

Community Center at 11:00 am

\$1 fee



RIDEWISE TRAVEL TRAINING PROGRAM

Join Ride Connection and SMART to learn about safe, independent travel for older adults, people with disabilities, and English Language Learners **at no cost.**

All events meet at the Community Center.

Learn about TriMet's and SMART's transit system in a classroom setting. **Bring your phone** to practice trip planning on apps. This is not a training on SMART Dial-A-Ride.

1 Classroom Trainings*
Date: Mon. 3/31 or 4/21
(choose one date)
Time: 10:30am - 12:00pm

Group adventures are designed to help participants feel comfortable with the transit system in a social and relaxed environment.*

2 Trip to Washington Square
Date: Thurs 4/24
Time: 11:00 am-2:00 pm
Location: Wilsonville Community Center

For group trip, participants to purchase own lunch.

**If you have attended a previous classroom training, you can register for the group adventure.*

To register call 503-682-3727

For more information, call
Angie Mitlehner at 503-528-1768



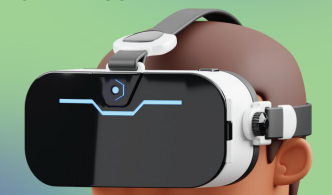
VIRTUAL REALITY FITNESS

Looking for a fun workout? Want to try something a little different? Enjoy a new electronic based workout using the Oculus Virtual Reality system.

Participants will experience the popular Beat Saber game allowing class members to enjoy a workout as easy or as challenging as they can handle. The game can be played seated or standing, and provides a fun upper body or full body workout.

Tuesdays from 1 - 2 pm
Community Center
No Charge

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



PLEASE CONTACT 503-570-1522
WITH ANY QUESTIONS

Medicare 101



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

January 21
February 11
March 11
April 8
May 13
10:30 am
Community Center

Register at: NWMedicareAdvisors.com

Register at: NWMedicareAdvisors.com

SENIOR TO "SENIOR" CONVERSATIONS

SHARE YOUR LIFE EXPERIENCES AND IMPART KNOWLEDGE TO WILSONVILLE AND RIVERSIDE HIGH SCHOOL STUDENTS.

STUDENTS WILL BRING CONVERSATIONAL STARTERS BUT YOU WILL HAVE A CHANCE TO ASK THEM QUESTIONS TOO!

THERE WILL BE SHORT, CASUAL CONVERSATIONS LASTING APPROXIMATELY 10 MINUTES WITH MULTIPLE STUDENTS ROTATING AROUND THE ROOM.

FEBRUARY 28 AND APRIL 7
1:00 - 2:30 PM
COMMUNITY CENTER

Please call
503-682-3727
to sign up

BINGO NIGHT

Adults 18 years or older, enjoy a fun evening of Bingo while supporting Wilsonville Community Seniors, Inc. activities.

SATURDAY, APRIL 5, 2025

6:30pm - 9:00pm

Doors will open at 6:00pm

WILSONVILLE COMMUNITY CENTER

\$25.00 (cash or check) - 12 games of Bingo

Raffle Basket Tickets: \$1.00 or 6 for \$5.00 Daubers \$2.00

Tickets go on sale at the Community Center March 10 at 9:00am

Special evening sale date: Thursday, March 13, 2025, 5-7pm

Sales continue on Mon. Wed. and Fri.

9:00am to Noon

**Gift Cards
& Prizes!**

For more information or questions please contact Donna at WilsonvilleCSI@gmail.com

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FEBRUARY 28 AND APRIL 7
1:00 - 2:30 PM
COMMUNITY CENTER

Please call
503-682-3727
to sign up

AARP TAX AIDE

FREE TAX ASSISTANCE

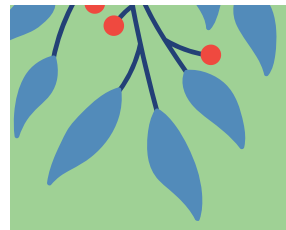
Free AARP Income Tax assistance will be held at the Wilsonville Community Center. Income tax preparation and electronic filing for both 2024 Federal and State Returns will be provided by trained and certified IRS-AARP Tax Aide Volunteers.

Appointments will be accepted beginning on Monday, January 6, 2025.

Call 503-682-3727 to schedule an appointment.

Appointments available on Tuesdays, 2/4- 4/15 9am-3:30pm





Life 101 Lecture Series

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

Estate Planning

Monday, January 27

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.

Aging & Behavioral Health

Monday, February 3

With age, the adverse impacts of prescribed drugs may lead to both physiological and mental health challenges. Mood disorders such as anxiety, depression, and stress disorders are also likely. Scientist & Traditional Chinese Medicine Physician, PK Melethil will share how cultivating regular daily investments in body and mind integration will build Swashakti, personal power.

Protect the Middle Burner (TCM) & Nurture Vitality

Monday, February 24

The gastrointestinal (G.I.) system's ability to absorb and use the foods and fluids it consumes will extend an individual's Vitality (Yangsheng), aka Healthspan. Scientist & Traditional Chinese Medicine Physician, PK Melethil will share how the G.I. system connects and impacts functions of the body's various Nervous Systems and how regular exercise increases the brain's ability to adapt and change.

ID Theft & Scams

Monday, March 3

It is important to stay one step ahead of the scammers by learning about current swindles the crooks use, and by recognizing pressuring techniques used by thieves. Clackamas County Sheriff will present on the most popular and current list of scams and the methods thieves use.

Ridewise Travel Training

Monday, March 31

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.

Long Term Care

Monday, April 7

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



Life 101 continued...

Ridewise Travel Training

Monday, April 21

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.

Estate Planning

Monday, April 28

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.

The Empowered Caregiver presented by The Alzheimer's Association

This education series will teach caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series.

Monday, February 10

Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

Monday, March 10

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

Monday, March 17

Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Monday, March 24

Responding to Dementia-Related Behaviors details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

Monday, April 14

Exploring Care and Support Services examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.



COMMUNITY SUPPORT GROUPS & CLINICS

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

This group will provide support, education, and community for those who are caring for a person diagnosed with some form of dementia, such as Alzheimer's disease. Participants are encouraged to share their journey, knowledge, and questions. Meetings will take place at the Charbonneau Activity Center (32000 SW Charbonneau Drive) in the Kalapuya Room. Contact Sadie Wallenberg at 503-570-1526 for more information.

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

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

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

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

Legal Clinic

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

REGISTRATION INFORMATION

REGISTER ONLINE AT WILSONVILLEPARKSANDREC.COM

REGISTRATION INFORMATION

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

REFUNDS & CANCELLATIONS

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

INCLUSION STATEMENT

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

PARKS AND RECREATION ADVISORY BOARD

Amanda Aird, Bill Bagnall, Paul Diller, Keith Gary, Amanda Harmon

Facility Rental Opportunities



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

STEIN-BOOZIER BARN

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

FOR MORE INFORMATION, PLEASE CALL: 503-570-1530
OR VISIT WILSONVILLEPARKSANDREC.COM/RENTALS

PARKS AND REC FACILITY RENTALS



THE RIVER SHELTER

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

Other rentals:

MEMORIAL PARK

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

MURASE PLAZA

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

BOONES FERRY PARK:

- Tauchman House (Max = 40)

INDOOR SPACES:

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



Addresses:

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

Community Center
7965 SW Wilsonville Road

Memorial Park
Entrance at 8300 Memorial Drive

Art Tech Building
29796 SW Town Center Loop East

Murase Plaza
Entrance at 8100 Memorial Drive

Tauchman House
31240 SW Boones Ferry Road