

January - April 2019

WILSONVILLE ACTIVITY GUIDE

Community Programs | Special Events | Facility Rentals

WilsonvilleParksandRec.com

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PARKS & RECREATION

Administrative Offices
29600 SW Park Place
503.783.PLAY

Community Center
7965 SW Wilsonville Road
503.682.3727

503-783-PLAY (7529)

WilsonvilleParksandRec.com

ParksandRec@ci.wilsonville.or.us

CommunityCenter@ci.wilsonville.or.us



@wilsonvilleparksandrec



@wvparksandrec

Youth and Family Recreation

- Daddy Daughter Dance
- Egg Hunt
- Soccer Camps
- Outdoor Adventure
- WERK Day
- Sherwood Ice Arena
- Youth Lifelong Learning
- Library Programs

8-19

Adult Recreation

- Body and Pilates Sculpt
- Yoga
- Arts and Crafts
- Meditation
- Weight Loss Support Group
- Tai Chi
- Line and Ballroom Dance
- Watercolors & Oil Painting

20-31

Active Adults 55+ Programs & Services

- AARP Smart Driver
- Indoor Walk and Fit
- AARP Smart Driver
- Crafts Galore!
- Alzheimers Education
- Senior Meal Program
- Support Groups and Clinics
- Ongoing Activities

32-37

A Word From Your Director:








A new year is just around the corner and as we celebrate the holidays and look forward to 2019, let's take a moment to reflect back on 2018 and what a great year it was for Wilsonville. We observed the City's 50th anniversary where we welcomed members of our Sister City - Kitakata, Japan - to celebrate with us. The Parks & Rec Department offered new events and added walking trails, more park acreage, and new programs for all ages. 2019 will see the opening of the new Dog Park in Memorial Park. As you look through this season's Activity Guide, please keep in mind some of the Special Events, like the Daddy Daughter Dance (Feb. 22nd), the Community Egg Hunt (April 20th), Community Garden Sign-Up Day (April 4th), and W.E.R.K Day (April 27th). Remember, parks and playgrounds are the heart and soul of all cities and Wilsonville is second to none in offering safe, pristine, active areas to enjoy.

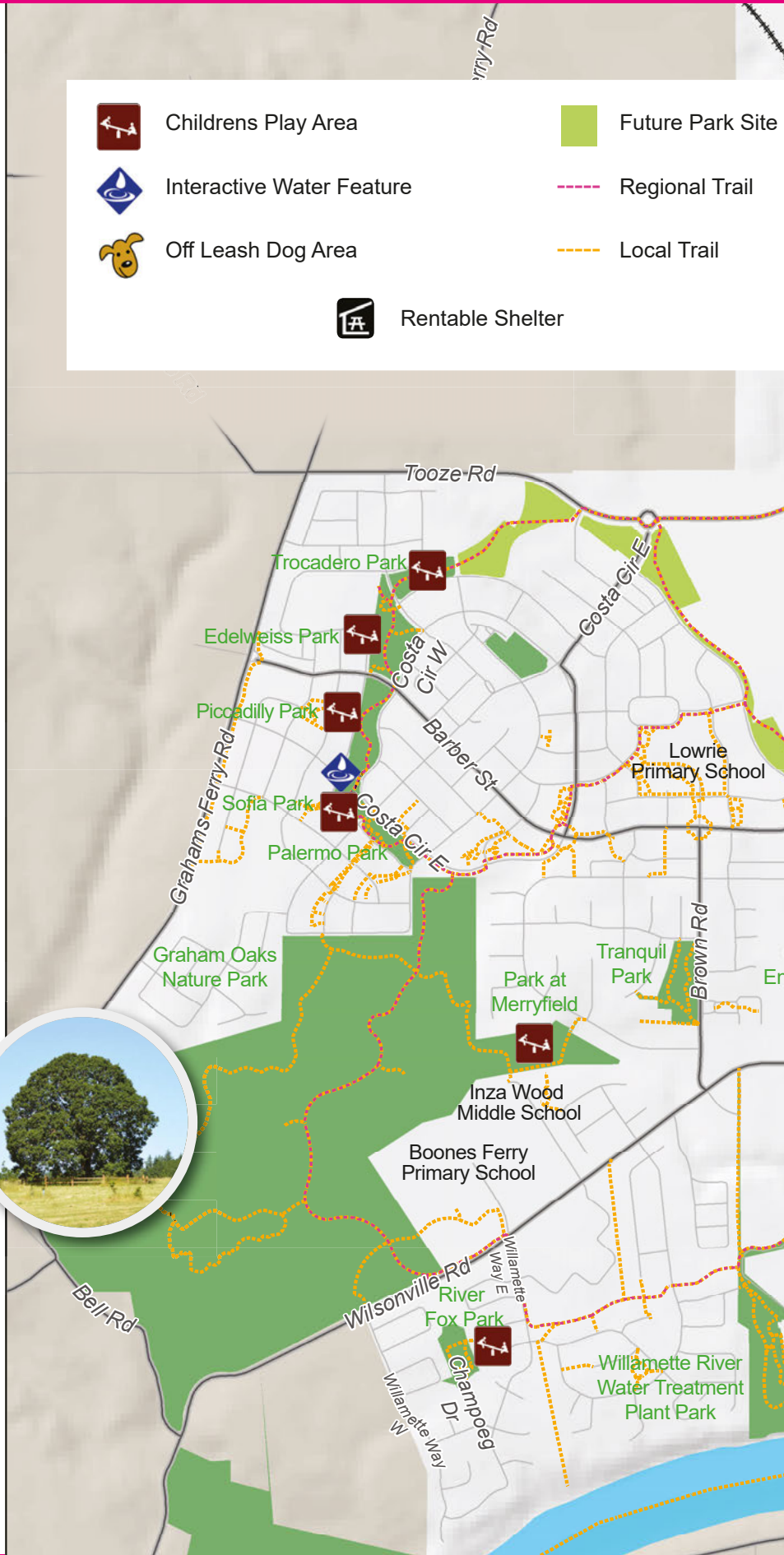


Mike McCarty
Parks and Recreation Director

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

-  Childrens Play Area
-  Interactive Water Feature
-  Off Leash Dog Area
-  Future Park Site
-  Regional Trail
-  Local Trail
-  Rentable Shelter





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

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 refridgerator 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.

Maximum capacity: 96



Community Center

The Wilsonville Community Center is available for rentals on evenings and weekends. A large multi-purpose room, including a full service kitchen and 3 classrooms. Rental includes use of tables and chairs at no additional charge.

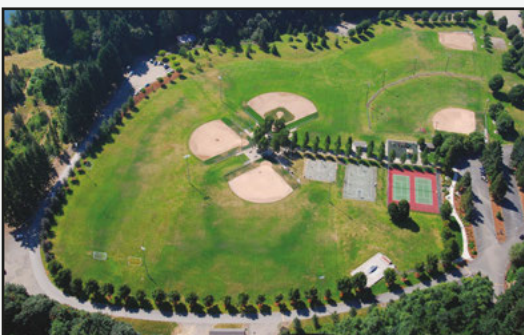
Maximum capacity: 150



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





Community Garden Sign Up Day

Thursday, April 4th at 8 AM

The Wilsonville Community Garden is located in Memorial Park.

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 4 starting at 8:00am. The garden will be tilled when soil conditions allow and open shortly thereafter.

Dates: Registration for the garden begins Thursday, April 4
Garden will open when soil has dried and been tilled. Signs to be posted.
Garden closes for winter: Sunday, November 17

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



W.E.R.K. DAY

SATURDAY APRIL 27TH

9 AM - 11:30 AM

COMMUNITY CENTER

As a volunteer, you'll receive breakfast provided by the Wilsonville Rotary Club (breakfast served at 8am), and coupons from local businesses.

Please wear long pants, closed toe shoes, and bring gloves and water

Sign up to work with friends, family members, colleagues or as an individual.

Volunteers under the age of 18 will need a parent/guardian signature to participate

Register in advance at WilsonvilleParksandRec.com/WERKDay Course#8852



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.

Time:	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
	Cost:	\$170



Winter
Date: Sat. 12/15 - 2/16
Location: Community Center

Spring
Date: Sat. 3/16 - 5/25 (No Class 4/20)
Location: Memorial Park

Course #: Mini: 8652
 Classic (A): 8654
 Classic (B): 8656
 Premier: 8658

Course #: Mini: 8853
 Classic (A): 8854
 Classic (B): 8855
 Premier: 8856

Skyhawks Spring Break Camps

Register Online at Skyhawks.com

Skyhawks Basketball Camp

Skyhawks

This fun, skill-intensive program is designed with the beginning to intermediate player in mind. Using our progression curriculum and focusing on the whole player, we teach your child the skills needed both on and off the court to be a better athlete. Our basketball staff will focus on respect, teamwork, and responsibility, starting each day with a "skill of the day" and progressing into drills and games. The result is an unforgettable camp experience for your young athlete. After a week of passing, shooting, dribbling, and rebounding, your child will show you why this is one of our most popular programs.

Ages: 6 - 12
Date: 3/25 - 3/29
Time: 9:00 am - 3:00 pm
Location: Boones Ferry Primary School (Fauna Gym)
Cost: \$159
Course #: SSA110391

Skyhawks Tennis Camp

Skyhawks

Skyhawks tennis breaks down the fundamental skills of tennis through easily understood games and exercises to help improve the athlete's overall coordination and technique. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis such an exciting game to play.

Ages: 7 - 15
Date: 3/25 - 3/29
Time: 9:00 am - 12:00 pm
Location: Memorial Park
Cost: \$119
Course #: SSA110392

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.





Youth Outdoor Adventure

Campers should bring water, lunch/snacks, sunscreen and should wear shoes and clothes that can get dirty or 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

Fishing Camp

Coyle Outside - Only 2 spots available!

We will spend the week casting, catching, cleaning and cooking! Bait and Tackle provided or you can bring your own if you like! We will be tracking the stocking schedules and either fishing the Willamette or heading to the Portland Community College pond. All transportation to local fishing holes will be provided. Be ready for an awesome week off from school!

Ages: 7 - 14
Date: 3/25 - 3/29
Time: 9:00 am - 1:00 pm
Cost: \$220
Course #: 8857

Ninja Warriors Camp

Coyle Outside - Only 3 spots available!

Practice the skills of the ninja, ranging through the woods navigating obstacles, becoming silent and hidden with camouflage and stealth. Play games of agility and strength, balance and speed while learning to do battle with foam staffs and swords. This super fun camp will have you ready to save the day in amazing style!

Ages: 6 - 9
Date: 3/25 - 3/29
Time: 9:00 am - 2:00 pm
Cost: \$265
Course #: 8858

Spring Survival and Bushcraft Camp

Coyle Outside - Only 3 spots per age group available!

Our 5-day camps teach a combination of survival and primitive skills. The intention of these camps is to build confidence, communication skills and good judgement, largely through scenario based challenges. Skills taught/practiced include but are not limited to shelters, fire building, wilderness medicine, teamwork, traps, orienteering, crisis management, cordage, stone and bone tools, basketry, fishing and food gathering, and primitive pottery. While other naturalist and survival camps give kids exposure to many of the concepts/skills above few of them have the practical knowledge/familiarity to provide significant hands-on experimentation with more than a few of these.

Dates: 3/25 - 3/29
Time: 9:00 am - 4:00 pm
Cost: \$299

Section 1
Ages: 6 - 9
Course #: 8859

Section 2
Ages: 9 - 13
Course #: 8860



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



Parent and Me Learn to Ice Skate: Ages 2-3

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

Dates: Sat. 2/2 - 3/30 (9 weeks)
Fee: \$90
Course #: 8861

Dates: Sat. 4/13 - 5/25 (7 weeks)
Fee: \$70
Course #: 8862

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

Dates: 2/6 - 3/27 (8 weeks)
Fee: \$80
Course #: 8863

Dates: 4/3 - 5/29 (9 weeks)
Fee: \$90
Course #: 8864

Saturday Sessions 11:05 - 11:35 am

Dates: 2/2 - 3/30 (9 weeks)
Fee: \$90
Course #: 8865

Dates: 4/13 - 5/25 (7 weeks)
Fee: \$70
Course #: 8866

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

Dates: 2/6 - 3/27 (8 weeks)
Fee: \$80
Course #: 8867

Dates: 4/3 - 5/29 (9 weeks)
Fee: \$90
Course #: 8868

Saturday Sessions 11:40 am - 12:10 pm

Dates: 2/2 - 3/30 (9 weeks)
Fee: \$90
Course #: 8870

Dates: 4/13 - 5/25 (7 weeks)
Fee: \$70
Course #: 8871

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

Dates: 2/6 - 3/27 (8 weeks)
Fee: \$80
Course #: 8872

Dates: 4/3 - 5/29 (9 weeks)
Fee: \$90
Course #: 8873

Saturday Sessions 11:40 am - 12:10 pm

Dates: 2/2 - 3/30 (9 weeks)
Fee: \$90
Course #: 8874

Dates: 4/13 - 5/25 (7 weeks)
Fee: \$70
Course #: 8875

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: K - 2nd grade
Date: 3/25 - 3/29
Time: 9:00 am - 12:00 pm
Location: Tauchman House
Cost: \$179
Course #: 8884

Brixology LEGO® Engineering



Mad Science

Brixology Camp by Mad Science sets the foundation for our next generation of makers! Learn about the exciting field of engineering as a Mad Scientist guides you and your team to accomplish engineering-themed projects using LEGO® bricks and other materials. Step in the shoes of an aerospace engineer while assembling a space station and delve into the physics of carnival rides, structural basics of bridges and nature's very own engineering marvels. Tinker with bricks during camp and build your own LEGO®-compatible brick models to test! Get into engineering the Mad Science way!

Ages: 2nd - 6th grade
Date: 3/25 - 3/29
Time: 1:00 pm - 4:00 pm
Location: Tauchman House
Cost: \$179
Course #: 8885

Manners Matter

Debbie Spelley

Good manners are so much more than 'Please and Thank you'. Manners Matter teaches the importance of being polite in all situations and why it is important for everyone. During class, children will be taught to set the table using plates, glasses, utensils and napkins. They will practice proper greetings and handshakes. They will also learn the polite way to enter a conversation and how to write thank you notes. Children will learn the importance of being a polite host/hostess and/or guest and so much more. This class will reinforce all the good lessons taught at home about good manners. Children will be asked to practice their good manners throughout the week and share those experiences in class.

Ages: 5-7 & 8-10
Date: Sat. 2/23 & 3/2 (attend both)
Location: Tauchman House
Cost: \$60

Section I 9:00 am - 10:30 am (5-7 year olds)
Course #: 8876
Section II 11:00 am - 12:30 pm (8-10 year olds)
Course #: 8877



Wilsonville Public Library



8200 SW Wilsonville Rd.
Wilsonville, OR 97070
503-682-2744

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.

Youth Programs at the Library

Baby Time

Moms, Dads, Grandmas and Caregivers join us for songs, rhymes, and special bonding time with your baby.

Stay afterward to play and chat with other caregivers about all things baby!

Ages: 0 to 12 months
Dates: NEW DAY! Thurs. 1/10-3/14
Time: 11:30 am-12:15 pm
(including playtime)
Location: Rose Room

Toddler Time

Join us for an interactive program that includes songs, parachute fun, bubbles, puppets and stories for our youngest patrons. This program is designed with even the most active toddler in mind!

Ages: 1 to 2 years old
Dates: Tues. 1/08-3/12
Time: 2 SESSIONS!
10:00 am-10:30 am
11:00 am-11:30 am
Location: Oak Room
Cost: No Charge



Family Storytime

Bring the whole family for a crowd pleasing good time with books, stories, and songs.

Ages: All ages
Dates: 1/08–3/14
Tues. evenings 6:30 pm–7:00 pm
Wed. mornings 10:30 am–11:00 am
Thurs. mornings 10:30 am–11:00 am
Location: Oak Room

Library Playgroup

Drop in any time and let the kiddos play with a variety of toys, as well as socialize with the under-6 crowd.

Ages: birth to 6 years old
Dates: Mon. 1/07–3/11
(no Playgroup 1/21 & 2/18)
Time: 10:00 am–11:30 am
Location: Oak Room

K-2 Book Adventures

Join us as we share some of our favorite classic stories, books and authors through interactive storytelling, puppetry and other fun activities. For Kindergarten through 2nd Grade.

Ages: Kindergarten–2nd grade
Dates: Thurs. 1/17
Thurs. 2/14
Thurs. 3/14
Time: 3:30 pm–4:15 pm
Location: Oak Room
Cost: No Charge

Lego Night

A fun night to construct, create, and imagine with Lego! Lego expert David Thornton from Canby Bricks & Minifigs will be available to provide cool tips. For grades K through 5.

Ages: Kindergarten–5th grade
Dates: Wed. 1/23
Wed. 2/27
Wed. 3/27
Time: 6:30 pm - 7:30 pm
Location: Oak Room
Cost: No Charge

Science Zone

Looking for something to do on Early Release Days? How about some science fun! Get hands-on with exciting science activities. For grades 3 through 5.

Ages: 3rd–5th grade
Dates: Wed. 1/16
Wed. 2/6
Wed. 2/20
Wed. 3/6
Wed. 3/20
Time: 1:30 pm - 2:30 pm
Location: Oak Room

Read to the Bunny

Children can sign up for 15 minute sessions of reading to a certified reading rabbit. The child chooses the book and how much reading and petting to do. The rabbit handler encourages interaction with the rabbit and will offer reading help if the child requests it.



Stop by the library or call the Youth Services office at 503-570-1599 to sign up for a 15 minute session.

Ages: All ages
Dates: Wed. 1/09–3/13
Time: 3:30 - 4:30 pm
Location: Children's Room
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

www.WilsonvilleLibrary.org/subscribe

Teen Programs at the Library

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

Teen Monthly Events



The library holds monthly events just for teens, both after-hours and after school. Past events have included Nerf Wars, movie marathons, life-size Candyland, and more.

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 and in the Oak Room.

Teen Advisory Board

The Teen Advisory Board (TAB) is made up of 6th through 12th graders like you who meet to:

- Hang out, eat, and have fun
- Help choose books, music, and movies for the library to buy
- Help make the teen space a comfy and attractive place to hang out
- Plan events

If you're interested, send us an email or call Brad at 503-570-1592, or just show up at our next meeting.

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!

Adult Programs at the Library

Adult Winter Reading Program

Join us for the 8th annual Adult Winter Reading Program. Read books and get entered to win fabulous prizes, including an Amazon Kindle!

Starts Wednesday, January 2.

Stop by the library to pick up forms, or download them from our website:

www.WilsonvilleLibrary.org/awrp



Winter classes coming!

Kick off the new year right with fun and enlightening classes at the library. Classes are open to adults ages 18 and over, and run 4–6 weeks.

Visit our website for more information:

www.WilsonvilleLibrary.org/classes



Book Club



The Book Club meets monthly for informal discussions in the Library. Join fellow readers for lively and thought-provoking conversation about excellent books.

New meeting day and time TBA. Visit the library website for more information:

www.WilsonvilleLibrary.org/bookclub

Questions? Contact Malia Laughton by phone at 503-682-2744, by email at reference@wilsonvillelibrary.org, or visit our website at www.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. Snacks available by donation, or bring your own!

All film screenings are free and start at 6:00 pm.

Friday, January 4
Friday, February 1
Friday, March 1
Friday, April 5



Genealogy Club



The Genealogy Club encourages and nurtures an interest in genealogy by providing instruction, information, and inspiration to its members.

Meetings are on the third Monday of every month from 1:00 pm - 2:30 pm in the Oak Room.

Ages: High School through Adult
Dates: January TBA
February TBA
Mon. 3/18
Mon. 4/15
Time: 1:00 pm - 2:30 pm

Book Notes Concert Series



The library stacks are alive with the sound of music! Join us on the second Saturday of the month at 2 pm for free concerts by local musicians by the large picture windows.

Ages: All Ages
Dates: Sat. 1/12: Radio Stranger (electic acoustic pop duo)
Sat. 2/09: Opera on Tap (Name that tune!)
Sat. 3/09: The Hanson Family (the best of Western Swing)
Sat. 4/13: PAEMA (women's choral ensemble)
Time: 2:00 pm - 3:00 pm
Location: Reading area behind Reference Desk
Fee: No Charge

Great Book Discussion Group

Interested in philosophy and the big questions of life? Please join us each month for a round table discussion of how modern day issues are reflected and illuminated by the great Western classic books.

Ages: High School through Adult
Dates: Tues. 1/15: "A Simple Heart"
Tues. 2/19: "Of Personal Identity"
Tues. 3/19: "Thus Spake Zarathustra"
Tues. 4/16: "The Inferno"
Time: 6:00 pm - 8:00 pm
Location: Phila Simmons Room
Fee: No Charge

History Pub: Oregon History at McMenamins



The Wilsonville Public Library, the Wilsonville/Boones Ferry Historical Society, and McMenamins have teamed up to present monthly programs focusing on Oregon's rich history.

These free programs take place the last Tuesday of each month at 6:30 pm at Wilsonville McMenamins's Old Church.

Ages: High School through Adult
Dates: Tues. 1/29
Tues. 2/26
Tues. 3/26
Tues. 4/30
Time: 6:30 pm - 8:00 pm
Doors open at 5:00 pm

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.

Time: 8:30 am - 9:30 am
Location: Community Center

Session I
Date: Tues. 1/8 - 3/5
Cost: \$54
Course #: 8778

Session II
Date: Tues. 3/19 - 5/7
Cost: \$48
Course #: 8779

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.

Time: 8:30 am - 9:30 am
Location: Community Center

Session I
Date: Thurs. 1/10 - 3/7
Cost: \$54
Course #: 8780

Session II
Date: Thurs. 3/21 - 5/9
Cost: \$48
Course #: 8781

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.

Time: 1:00 pm - 2:00 pm
Location: Community Center
Cost: \$65

Session I
Date: Tues. and Thurs.
1/15 - 2/28
Course #: 8782

Session II
Date: Tues. and Thurs.
3/19 - 5/2
Course #: 8783

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.

Time: 2:00 pm - 3:40 pm
Location: Community Center
Cost: \$80

Session I
Date: Tues. and Thurs.
1/15 - 2/28
Course #: 8784

Session II
Date: Tues. and Thurs.
3/19 - 5/2
Course #: 8785

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.

Time: 9:30 am - 10:30 am
Location: Community Center
Cost: \$59

Session I
Date: Fri. 1/11 - 3/1
Course #: 8837

Session II
Date: Fri. 3/8 - 5/3
Course #: 8838

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. 1/16 - 3/6
 (no class 1/21 or 2/18)

Time: 8:30 am - 9:20 am

Course #: 8786

Time: 9:30 am - 10:20 am

Course #: 8787

Session II

Date: Mon., Wed. and Fri. 3/13 - 4/26

Time: 8:30 am - 9:20 am

Course #: 8788

Time: 9:30 am - 10:20 am

Course #: 8789

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 (2lbs-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

Cost: \$59

Session I

Date: Thurs. 1/10 - 2/28

Course #: 8790

Session II

Date: Thurs. 3/7 - 4/25

Course #: 8791

Nia

Ela McDaniel

Inspired by martial arts, dance arts and healing arts, Nia is known to be a very transformational movement class for anyone seeking wellness. This unique blend allows the body to move in a fun and free way that brings better health and vitality to the body. A Nia class is a choreographed cardio movement class to make you feel uplifted and alive and is practiced barefoot (optional). While dancing to an eclectic mix of global music, Nia teaches you to feel at home in your body, mind, emotions and spirit and to live with joy. Crafted using 52 moves and low impact, classes are adaptable for all ages and for all bodies! No prior dance experience required. Wear comfortable athletic attire.

Time: 8:30 am - 9:20 am

Location: Community Center

Session I

Date: Fri. 1/11 - 3/8

Cost: \$54

Course #: 8792

Session II

Date: Fri. 3/22 - 5/10

Cost: \$48

Course #: 8793

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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.

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 or 503-570-1522



Take the First Step Towards a Healthier You

Walk Smart is a free program that encourages participants to walk more by providing tools and motivation. Practice walking more each week and learn to walk more and drive less.

Find our *Walk!* booklets & New *Wilsonville Bike and Walk Map* at various locations around town.

Spring Walk @ Lunch dates:

Wednesday April 24, May 1, 8, 15, 22, 29, 2019

Visit Ridesmart.com/walksmart for times and locations.



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

Indoor Walk and Fit

Come out of the cold, wet weather and enjoy a warm place to get some exercise. In addition to having a walking course set up, there will be an area for stretching and a few strength building exercises.

Date: Mon. and Fri. ongoing through March 29
Time: 1:30 pm - 2:30 pm
Location: Community Center
Cost: No Charge
Course #: 8798



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Evening and Weekend Health and Fitness

Yoga - R & R

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. While modifications and challenges are suggested, some prior yoga experience is beneficial, as well as the ability to get up and down from the mat independently. Students must bring their own yoga mat.

Ages:	16+	Session I		Session II	
Time:	5:30 pm - 6:30 pm	Date:	Tues. 1/8 - 3/19	Date:	Tues. 4/2 - 6/11
Location:	Community Center	Course #:	8878	Course #:	8879
Cost:	\$88				

Yin/Yang Yoga

Ahsamon Ante-Marandi

This 90-minute class combines active and passive yoga postures, with deep breathing and meditation. We'll move through a series of Hatha-based yoga poses to build heat and strength in the body. Then transition to gentle, restorative postures using various props to nourish the body and calm the mind. Open to all levels, including beginners, but does require the participant's ability to move from the floor (supporting body weight) to standing. Please bring your own yoga mat. All other props will be provided.

Ages:	16+	Session I (Candlelight)		Session II	
Time:	5:30 pm - 7:00 pm	Date:	Thurs. 1/10 - 2/28	Date:	Thurs. 3/7 - 4/25 (No Class 4/4)
Location:	Community Center	Cost:	\$80	Cost:	\$70
		Course #:	8880	Course #:	8883

Slow Vinyasa Yoga

Ahsamon Ante-Marandi

Start your weekend off right! Mindfully flow in this Vinyasa-based class from one pose to the next using your breath as your guide. Explore your body and mind while developing flexibility, strength, and balance. Open to all levels, including beginners, but does require the participant's ability to move from the floor (supporting body weight) to standing. Please bring your own yoga mat.

Ages:	16+	Session I		Session II	
Time:	9:00 am - 10:00 am	Date:	Sat. 1/12 - 2/16	Date:	Sat. 2/23 - 4/20 (No class 4/6)
		Location:	Tauchman House	Location:	Community Center
		Cost:	\$50	Cost:	\$65
		Course #:	8881	Course #:	8882

Partner Yoga Workshop

Tracy Cohen & Ahsamon Ante-Marandi

The power of relationship is profoundly helpful in yoga practice. Come to this workshop with your sister, daughter, mother, partner, spouse or BFF. Practice a variety of partner yoga poses to build strength and improve flexibility in the body while connecting with your friend or loved one. Open to all levels, including beginners, but does require the participant's ability to move from the floor (supporting body weight) to standing. Please bring your own yoga mat.

Ages:	16+	Location:	Community Center
Date:	Sat. 2/9	Cost:	\$15 per person
Time:	2:00 pm - 3:30 pm	Course #:	8898

Spring Equinox Yoga Workshop- New!

Ahsamon Ante-Marandi

Celebrate the transition from winter to spring with a special yoga practice designed to "spring clean" your body and mind. Through yoga postures, breathing exercises, meditation and journaling, we will let go of what no longer serves us, move stagnant energy, and plant seeds of intention for the future. This class is open to all levels, including beginners, but does require the participant's ability to move from the floor (supporting body weight) to standing. Please bring your own yoga mat, journal, and pen. All other props will be provided.

Ages:	16+	Location:	Community Center
Date:	Sat. 3/16	Cost:	\$20
Time:	2:00 pm - 4:00 pm	Course #:	8903

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: \$65

Session I

Date: Mon. 1/7 - 2/25
Course #: 8894

Session II

Date: Mon. 3/4 - 4/22
Course #: 8895

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.

Ages: 12+
Time: 6:00 pm - 7:00 pm
Location: Community Center
Cost: \$65

Session I

Date: Wed. 1/9 - 2/27
Course #: 8896

Session II

Date: Wed. 3/6 - 4/24
Course #: 8897

Ballroom Dancing for Couples- New!

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+
Date: Wed. 1/9 - 3/20
Time: 7:30 pm - 8:30 pm
Location: Community Center
Cost: \$235 per couple
Course #: 8911



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

Dates: 2/6 - 3/27 (8 weeks)
Cost: \$80
Course #: 8899

Dates: 4/3 - 5/29 (9 weeks)
Cost: \$90
Course #: 8900

Saturday Sessions 11:40 am - 12:10 pm

Dates: 2/2 - 3/30 (9 weeks)
Cost: \$90
Course #: 8901

Dates: 4/13 - 5/25 (7 weeks)
Cost: \$70
Course #: 8902

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

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

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. Bring your own cushion; chairs available, if preferred.

Ages: 16+
Date: Sat. 1/19
Time: 1:30 pm - 3:00 pm
Location: Parks and Rec. Admin Building
Cost: \$10
Course #: 8904

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

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: 1/30, 1/31, 3/18, 3/21
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

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Arts & Crafts

Oil Painting

Judy Stubb

In this Bob Ross style of oil painting class, you will start with a blank canvas and leave with a completed masterpiece! This class is taught by Judy Stubb who has been painting for 11 years and is a certified Bob Ross Floral Instructor. Each class is a different painting. All supplies are provided. Class schedule available at wetpaints.net.

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

Tuesday Classes

5:30 pm - 9:00 pm

Date: Tues. 1/8 Winter Sunset
Course #: 8822



Date: Tues. 2/5 Frosty Winter Morn
Course #: 8823



Date: Tues. 3/5 Lighthouse on Driftwood
Course #: 8824

Date: Tues. 4/2 Stormy Beach
Course #: 8825

Saturday Classes

10:00 am - 2:00 pm

Date: Sat. 1/12 Fisherman's Trail
Course #: 8826



Date: Sat. 2/9 Desert Twilight
Course #: 8827

Date: Sat. 3/9 Pretty Pansies
Course #: 8828



Date: Sat. 4/13 Grizzlies in the Fall
Course #: 8829

Everyone is an Artist - Exploring Watercolor

Elaine Luneke

Did you know that doing art acts like meditation, 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. In an effort to keep costs down, students will be asked to call instructor to review supplies before class.

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. 1/15 - 2/26
Course #: 8832

Session II

Date: Tues. 3/12 - 4/23
Course #: 8833

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



Knitting Classes with Alice

Instructor Alice Knox offers personalized instruction in a fun group setting. Participants can choose from a variety of knitting projects.

Location: Community Center
Cost: \$50

Leaf Scarf

Come and create a beautiful leaf scarf of your color choice. It features embossed leaves on a background of garter stitches, it will grow on you.

Date: Mon. 1/7 - 3/11 (no class 1/21 or 2/18)
Time: 10:00 am - 12:00 pm
Course #: 8820

Clementine Cowl

This slipped stitch polka dot pattern is a simple way to add a beautiful texture stockinette stitch. Knit in the round and you will enjoy the color play come alive.

Date: Wed. 1/9 - 2/27
Time: 2:00 pm - 4:00 pm
Course #: 8821



Music & Dance

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



Ballroom Dancing for Couples- New!

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 a couple's lives.

Ages: 16+
Date: Wed. 1/9 - 3/20
Time: 7:30 pm - 8:30 pm
Location: Community Center
Cost: \$235 per couple
Course #: 8911



Line Dancing - New!

Nadja Schmaltz

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

Session I

Fri. 1/11 - 3/8 (No Class 2/22)

Session II

Fri. 3/15 - 5/3

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 #: 8886
 Session II Course #: 8887

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 #: 8888
 Session II Course #: 8889

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 #: 8890
 Session II Course #: 8891

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 #: 8892
 Session II Course #: 8893



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 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



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.

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

Session I

Date: Fri. 2/15 and 2/22 (must attend both)
Course #: 8834

Session II

Date: Fri. 4/19 and 4/26 (must attend both)
Course #: 8835

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

Living Well with Diabetes

Clackamas County Staff

Are you living with Diabetes or caring for someone with Diabetes? Clackamas County is hosting "Living Well with Diabetes," a six-week workshop. You will discover "tools" that can improve your health and outlook on life. Facilitators share techniques & tools to help you take charge and feel better living with your condition. Living Well workshops are fun and interactive. You will learn to use self-management skills to fight fatigue, problem solve, make decisions and reduce stress. Participants will experience ways to:

- * Use positive thinking, breathing and relaxation
- * Develop healthy eating habits and meal planning
- * Discover the physical activity that's right for you
- * Communicate effectively with others
- * Get tips about medication use
- * Prevention and monitoring of low blood sugar
- * Manage foot care and pain
- * Prevent or delay complications from diabetes
- * Brainstorm solutions to challenges and barriers
- * Make weekly action plans

Date: Wed. 3/6 - 4/10
Time: 9:00 - 11:30 am
Location: Parks and Rec Admin Building
Cost: No Charge but must pre-register
Course #: 8836

"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. 2/5
Time: 10:00 - 11:00 am
Location: Community Center
Fee: No Charge - Please pre-register*

Preventing Scams and Fraud

Clackamas County Sheriff's Office

Scams are more popular than ever. It is important to stay one step ahead of the scammers by learning about current swindles the crooks use. The most popular scams will be reviewed and the methods these thieves use will be discussed so you are able to recognize when things seem fishy.

Date: Tues. 4/2
Time: 10:00 - 11:00 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. 1/15 or Fri. 3/29
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. 1/22 or 4/23
Time: 10:00 - 11:30 am
Location: Community Center
Fee: No Charge - Please pre-register*

Brain Health 101

Neurologist Michael Nelson MD has a special interest in working with patients and their families around the challenge of dementia and will be sharing his memory care tips for healthy brains and optimum lifestyles.

Date: Fri. 1/11
Time: 9:00 - 11:00 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.

Free Income Tax Assistance



Registration will open on January 2 for Free AARP Income Tax assistance at the Wilsonville Community Center. Income tax preparation and electronic filing for both 2018 Federal and State Returns will be provided with the joint help of the IRS and AARP Tax-Aide Program. This free service is provided by trained and certified IRS-AARP Tax Aid Volunteers. Call 503-682-3727 to schedule an appointment.

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.

1/10 – 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.

2/14 – Healthy Living for Brain & Body

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

3/14 – 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.

4/11 – Effective Communication Strategies

Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and help connect and communicate at each stage of the disease.

Crafts Galore!

Come create a fun, season-specific craft on the 2nd Tuesday of the month. All supplies are provided. Registration opens for the monthly craft on the first of each month. Space is limited to 12 participants.

Date: 2nd Tuesday of the month
Time: 10:30 am - 11:45 am
Location: Community Center
Cost: No Charge

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



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 12:30 - 3 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
Computer Assistance	Wednesdays 10:30 am - noon	Call 503-682-3727 for an appt.
Digital Photography	Wednesdays 10 - 11:30 am	
I-5 Connection (chorus)	Thursdays 10 am - noon	
Indoor Walk & Fit	Mondays and Fridays 1:30 - 2:30 pm	
Ladies Afternoon Out	Thursdays 1 - 3 pm	
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	
Woodcarving	Wednesdays 1 - 3 pm	

Law Clinic (At Parks & Rec. Admin Building)

Last 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.



“The Nutrition program is not just a meal, it is a service—it’s a connection to other volunteers or other seniors—and a way to contribute to your community.”

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

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 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
- * 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





Spring Beauty is BACK

Al's
garden * home

Al's of Wilsonville
27755 SW Parkway Ave. 97070
als-gardencenter.com



Slick's Big Time BBQ

At Slick's, it's a Taste of Summer All Year Long!



Barbi and I are so grateful for all your support of Slick's Big Time BBQ in Wilsonville the last 3 years. Guests have quickly become friends and family to us. We look forward to meeting Y'all!

Voted #1 BBQ

Restaurant Hours
Tue - Thu 11:00am - 7:00pm Fri - Sat 11:00am - 8:00pm
Sun and Mon - Closed

Catering available 7 days a week!
Please call (503) 427-2414 for all your corporate, family and holiday catering needs!

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At our core, we aim to serve. In an industry where our competitors can spend too much time focused on themselves, we will make sure our focus is always on YOU.



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