

JANUARY - APRIL 2024

WILSONVILLE ACTIVITY GUIDE

COMMUNITY PROGRAMS | SPECIAL EVENTS | FACILITY RENTALS

REGISTER BEFORE
JANUARY 1 TO GET
A 10% DISCOUNT
ON ALL CLASSES
AND PROGRAMS

*Register
Now*



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Community Choirs for Youth & Adults

www.wilsonvillechoirs.com
Wilsonville Choral Arts Society

FIND PARKS AND REC ON SOCIAL MEDIA



Instagram:
[@WilsonvilleParksandRec](https://www.instagram.com/WilsonvilleParksandRec)
[@Steinboozierbarn](https://www.instagram.com/Steinboozierbarn)



Website:
WilsonvilleParksandRec.com



Facebook:
[@WilsonvilleParksandRec](https://www.facebook.com/WilsonvilleParksandRec)

Wilsonville **COMMUNITY GARDEN**

www.WilsonvilleParksandRec.com/CommunityGarden

The City of Wilsonville Community Garden offers year-round gardening, with 134 in-ground plots and 21 raised beds. Plots are limited to one per household. The garden has on-site water, a compost area, and is protected by a deer fence.

- 9'x10' foot in-ground plot: \$22 for the year
- 4'x8' foot raised bed: \$25 for the year

Gardeners who had a plot in 2023 have first right of refusal for 2024. Any remaining available garden plots will be posted for registration online in Spring of 2024.

Visit the website above for additional information.



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



6 RENTALS & SPECIAL EVENTS

- Facility Rentals*
- Daddy Daughter Dance*
- Egg Hunt*
- Community Garden*
- DEI Speaker Series*

10 YOUTH PROGRAMS

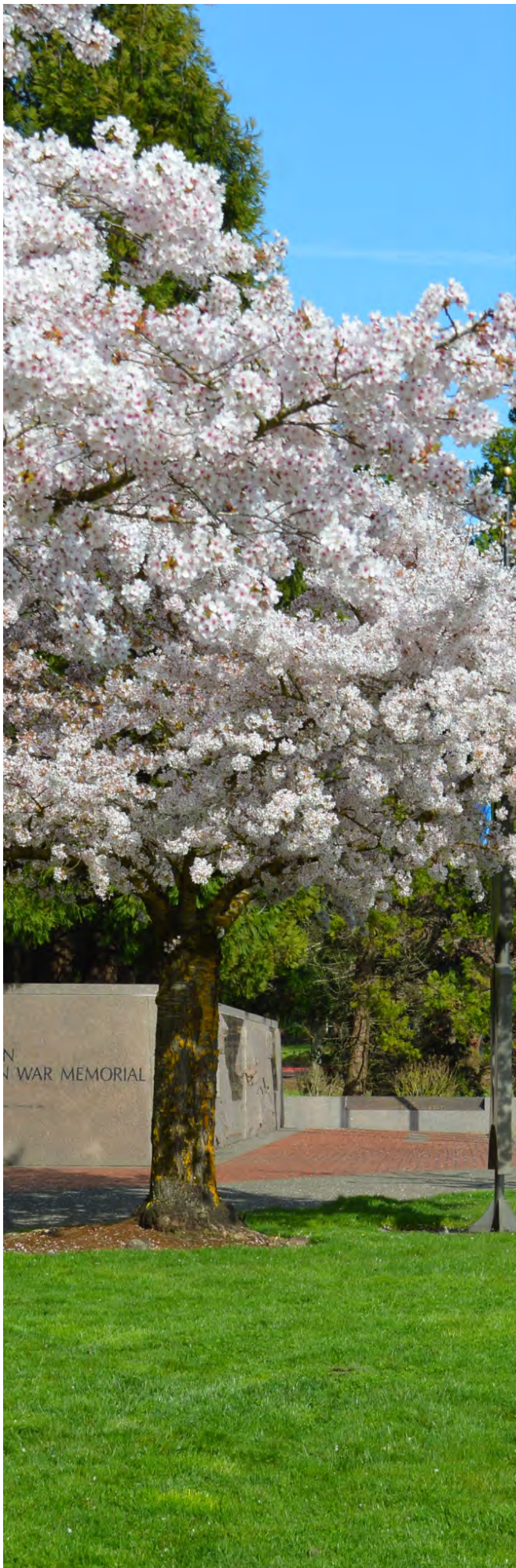
- Skyhawks & Chess Wizards*
- Spring Soccer Shots*
- SMART Programs*
- Library Programs*

18 ADULT RECREATION

- Oil Painting*
- Body Sculpt*
- Yoga*
- Wellness Lectures*
- Barre*
- Virtual Reality Fitness*

21 PROGRAMS FOR 55+

- Healthy Bones and Balance*
- Sit & Be Fit*
- Tai Chi*
- Clubs and Ongoing Activities*



Wilsonville Parks + Trails

Arrowhead Creek Park
10350 SW Arrowhead Creek Lane

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

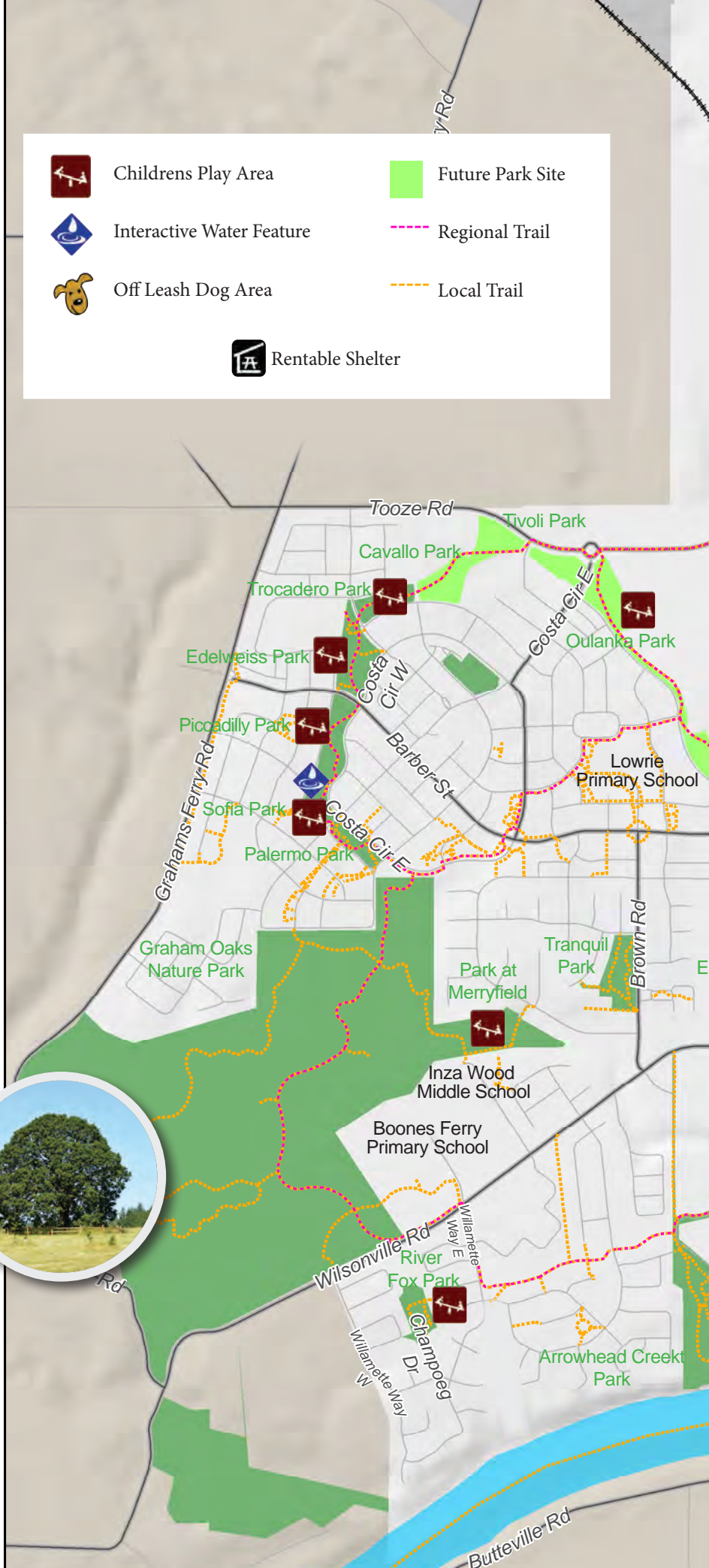
Town Center Park
29600 SW Park Place

Tranquil Park
10580 SW Brown Road

Trocadero Park
28400 SW Paris Ave

Willow Creek - Landover Park
28350 SW Willow Creek Drive

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





→ To Canby Ferry



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 will be accepted on March 11 for Wilsonville residents, and March 18 for 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

Murase Plaza

Entrance at 8100 Memorial Drive

Tauchman House

31240 SW Boones Ferry Road



DADDY DAUGHTER DISCO

FEBRUARY 23 | 7-9 PM
WILSONVILLE COMMUNITY CENTER
COURSE #: 10897
\$20 PER PERSON



Presented by
Wilsonville's
Diversity, Equity
and Inclusion
Committee

DEI SPEAKER SERIES

FREE EDUCATIONAL EVENTS TO SHED LIGHT ON THE LIVED EXPERIENCES OF HISTORICALLY-MARGINIZED COMMUNITY MEMBERS



- WEDNESDAY, MARCH 6
- THURSDAY, APRIL 4
- THURSDAY, MAY 30

Visit ci.wilsonville.or.us/calendar for information about speakers, topics

All events at 6 pm; light refreshments served

CCC-Wilsonville Campus (29353 SW Town Center Loop E.)



WILSONVILLE
PARKS & RECREATION

COMMUNITY EGG HUNT

MARCH 30, 2024

10AM

Memorial Park Sports Fields



FREE

Learn to Ride Bike Clinics

*Clínicas para Aprender
a Andar en Bicicleta*

GRATIS

For students who have never ridden a bike before or who are returning to cycling after an extended period.

Para estudiantes que nunca antes han andado en bicicleta o que regresan a andar en bicicleta después de un período prolongado.



March 25-29
(must attend all 5 days)
ages 5-11
1:00-2:00 pm
2:15-3:15 pm
3:30-4:30 pm

April 8
(1 day session)
middle school
students
1:00-2:00 pm
2:15-3:15 pm
3:30-4:30 pm

April 24
(1 day session)
high school
students
1:00-2:00 pm
2:15-3:15 pm
3:30-4:30 pm

Register at / Registrarse en:
rideSMART.com/BikeClinics

Made possible with support from Metro and the Federal Transit Administration.

SMART
SOUTH METRO AREA REGIONAL TRANSIT

 **Metro**

Hecho posible con el apoyo de Metro y la Administración Federal de Tránsito.

PARENTING THE LOVE & LOGIC WAY

Thursdays 6-7:30 pm | Jan 11 - Feb. 15

Parks and Rec Admin Office | \$25 per person | Course #: 10878

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.



CHESS WIZARDS SPRING BREAK CAMP

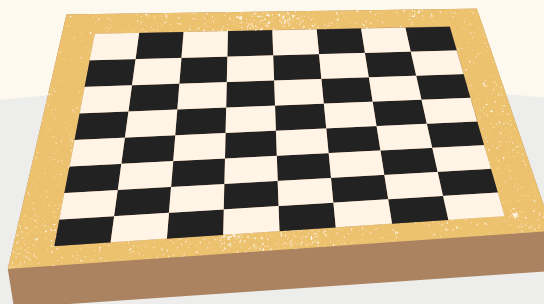
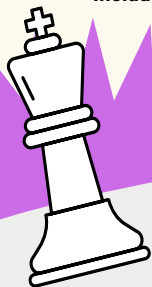
MARCH 25-29 | AGES 6-12 | TAUCHMAN HOUSE

MORNING HALF DAY | 9AM-12PM | \$260 | COURSE #: 10891

FULL DAY | 9AM-3PM | \$390 | COURSE #: 10892

AFTERNOON HALF DAY | 12PM-3PM | \$260 | COURSE #: 10893

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!



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 - 5 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 DAY OF CLASS.

DATE: SAT. 1/6 - 2/24 (8 WEEK WINTER SESSION) **LOCATION:** WILSONVILLE COMMUNITY CENTER
COST: \$159 (MINI) \$167 (CLASSIC & PREMIER)

SECTION:	AGE:	TIME:	COURSE #:
MINI:	2-3	9-9:30 am	#10842
CLASSIC:	3-4	9:45-10:20 am	#10843
CLASSIC:	4-5	10:35-11:10 am	#10844
PREMIER:	5-7	11:25-12:10 pm	#10845



Register at
Register.Skyhawks.com

Skyhawks Sports Camps

Spring Break Basketball Camp

March 25-29
 Boones Ferry Fauna Gym

Ages 6-12
 Half Day 9am-12pm \$185
 Full Day 9am-3pm \$340

Winter Classes

Saturday Afternoons
 January 27 - March 2
 Wilsonville Community Center

SoccerTots Cubs | Ages 2-3
 12:30 - 1pm | Cost \$100

SoccerTots/BaseballTots | Ages 3-5
 1:10 - 1:45pm | Cost \$100

CITY HALL ART GALLERY

Wilsonville City Hall is the newest Art Gallery that is part of the Clackamas County Arts Alliance's Artist Exhibit Program.

The Gallery, located downstairs at City Hall, features artwork from local artists from all over the County. Exhibits rotate approximately every 3 months and many artists have their work for sale.

CLACKAMAS
ARTS
ALLIANCE



Abstract Watercolor Painting

Session 1: Sundays 2/4 – 2/25, Course #10894

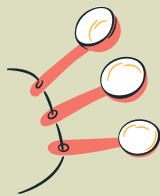
Session 2: Sundays 3/10– 3/31, Course #10895

10am - 11am, Ages 15+

Price: \$99

Parks & Recreation Admin Building

Students will learn techniques specific to watercolor which they can translate to painting captivating and colorful abstractions of their favorite subjects in a relaxed environment. Students are encouraged to bring refreshments and snacks to accompany a cozy painting session each week. New techniques will be introduced in each class session, and students will go home with a new painting each week. Students will be guided through the fundamentals of painting and color theory, so all skill levels are welcome to create.



Nutritious (and Delicious!) Foods with Sam

All of Samantha Romanowski's classes will take place at the Wilsonville Community Center and are best suited for those ages 16+

Fermented Foods are Fun (\$39) Wed. 2/7 6-8pm Course#: 10880

Not sure how or why to add fermented foods to your diet? This class is for you! Participants will be able to taste a variety of fermented foods including beet kraut, kombucha, kimchi and other lacto-fermented vegetables. We'll also discuss the health benefits of fermented foods and how to make delicious, healthy condiments and snacks. Participants will take home a packet of recipes, a jar of sauerkraut and a jar of lacto-fermented pickled vegetables. Please bring a quart and pint size jar.

Baking Sourdough at Home (\$52) Thurs. 3/7 6-8:30pm Course#: 10879

Learn the basics of sourdough baking. This class will guide you through a no-knead method of baking. 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 strong sourdough starter, a loaf to bake at home, a packet of recipes and a proofing basket! You will also leave with the knowledge and confidence you need to start baking sourdough at home regularly. Please bring a small jar or container to take your starter home as well as a bowl to take your dough home.

No-Knead Focaccia (\$45) Wed. 4/3 6-8pm Course#: 10881

Golden brown and soft and chewy, focaccia is a crowd pleaser. Learn the ins and outs of this Italian delight so you can impress your friends at your next gathering. Participants will take home a loaf to bake the following day plus recipes for flavored focaccia and delicious dips! Please bring your own large bowl to take the dough home in.

All Things Cinnamon (\$45) Mon. 4/29 6-8:30pm Course#: 10882

A favorite spice all year long, cinnamon is extra special in baked goods. Learn all the tips and tricks to making delicious overnight brioche cinnamon rolls, cinnamon swirl bread and Swedish cinnamon/cardamom snacking bread. Participants will get to taste delectable treats and take home 9 cinnamon buns (with icing) to bake that day and a packet of recipes and info! Please bring two bowls to class to bring the dough home in.

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:

Family Storytime

Presenting favorite stories with our own zany and creative blend of storytelling including early learning fun. Interactive Storytime recommended for children 3-5 years with their grown-up.

Ages: 3-5
Day: Wednesdays & Thursdays
Time: 10:30 am
Location: Oak Room and livestream on YouTube
Cost: No Charge.

Toddler & Baby Time

Babies and Toddlers unite while building early learning skills for reading readiness! Youth Services Librarians shake it up with engaging songs, stories, and play for your babies and toddlers. Interactive Storytime recommended for children birth-2 years with their grown-up.

Ages: Birth to 2 years old
Day: Tuesdays
Time: 10:30 am & 11:15 am
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 www.WilsonvilleLibrary.org/subscribe

Play Group

Drop-in program for kiddos to play with a variety of toys as well as socialize with the under 6 years crowd. Recommended for children birth-6 years with their grown-up.

Ages: Birth to 6 years old
Day: Fridays
Time: 10:30am
Location: Oak Room
Cost: No Charge

STEAM Stuff

Drop-in program for hands-on STEAM activities at the library on early release Wednesdays. Designed for elementary age (kindergarten to 5th grade) with an adult in attendance.

Ages: Grades K-5
Dates: Early Release Days
Time: 1pm
Location: Oak Room
Cost: No Charge



Teen Advisory Board

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

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

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



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

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.

Teen Drop-In Events - Each Wednesday from 3pm - 6pm

Stop by the Teen Area on Wednesdays anytime between 3-6pm. Each week, snacks, prizes, giveaways, video games, movies, board games, music, and more activities will be available. This program is for teens.

We'll also have special events on Early Release Days 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: 1st Wednesday of the Month
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.

Walking Book Club

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.

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
Day: Tuesdays
Time: 10:30am-12pm
Location: Rose Room
Fee: No Charge

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 Wilsonville Friends of the 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 child care? 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
Time: 10am-12pm & 1-3pm
Location: Simmons Room & Rose Room
Fee: No Charge

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 Mondays (1/29, 3/18, 4/15), from 1-2:30pm in the Oak Room.

Repair Fair

Experienced fixers will attempt to repair or mend your items for free and may teach you how to fix them yourself. There are no guarantees for a repair. Some repairs may not be available or may require a part we don't have. To confirm an item you want to bring can be repaired, please email sustainability@clackamas.us. Saturday, April 27, 10am-1pm 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
www.WilsonvilleLibrary.org/subscribe

LIBRARY PROGRAMS FOR ALL AGES



Winter Reading Challenge

This winter, read books and discover new library services. Complete the Bingo Reading game board and receive a small prize! The fun for all ages begins January 2.

Last day to turn in completed Bingo game boards is February 29.



Tiny Art Show

Display your artistic talents in our Tiny Art Show! Starting February 1, pick up a mini art kit (while supplies last) and create your masterpiece. When completed, return it to the Library by February 24 to be part of the March show. Open to all ages.

This contest is sponsored by the Wilsonville Public Library Foundation.

MORE THAN BOOKS!

You can also find the following
at the library...!

- Get free admission to local attractions like the Portland Art Museum and Japanese Garden with our cultural passes
- Check things out like board games, kitchenware, and outdoor gear with our Library of Things
- Download/stream e-Books, audiobooks, magazines, movies, TV, and music with Library2Go and Hoopla
- Free Wi-Fi and computer workstations
- Monthly art exhibits by local artists!



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 & older | Cost: \$50 per course

Tuesday Classes 5:30-9 pm

Date: 1/2 - Pacific City View | Course #: 10846

Date: 2/6 - Arctic Beauty | Course #: 10847

Date: 3/5 - Storm on the Horizon | Course #: 10849

Date: 4/2 - Serenity | Course #: 10851

Date: 5/7 - Mountain Serenity | Course #: 10852

Saturday Classes 10 am-2 pm

Date: 1/6 - Pastel Winter | Course #: 10890

Date: 2/10 - Quiet Mountain River | Course #: 10848

Date: 3/9 - Mary's Macaw | Course #: 10850

Date: 4/13 - Island in the Wilderness | Course #: 10852

Date: 5/11 - Ginger Blossoms | Course #: 10854

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



PERSONAL CHOICES, HEALTHY LIVING

3 PART LECTURE SERIES WITH
SCIENTIST & TRADITIONAL CHINESE MEDICINE PHYSICIAN, PK MELETHIL

DATE: SATURDAYS 3/9, 3/16, 3/23

TIME: 3-4 PM

PARKS AND RECREATION ADMIN OFFICE

SATURDAY 3/9 - EATING HEALTHY, AFFORDABLE OPTIONS

Our daily food intake can be a great way to build health, to hasten recovery from chronic illnesses, and to extend health span. Proper nutrition does not have to be expensive. The key is to learn how many calories are needed from carbohydrates, lipids (fats and oils), and proteins, as well as essential fatty acids, minerals, vitamins, and adequate water intake. Learn ways to personalize food and fluid intakes to achieve long-term health and wellness.

SATURDAY 3/16 - REGULAR PHYSICAL ACTIVITY ROUTINES

Current research suggests that exercise has no equal in the broad range of benefits it provides, for both body and mind, for young and old. Learn how exercises aids in moving blood and body fluids, benefits our joints and muscles, and how it provides relief for chronic mood disorders like stress, anxiety, and depression.

SATURDAY 3/23 INTEGRATION - OVERCOMING CHRONIC & RESISTANT HEALTH CONDITIONS

Western healthcare is famous for medicalizing normal life developmental patterns, like aging, menopause, insomnia, and obesity. People lived for centuries without drugs to manage these conditions and we all have the option of giving the old ways a chance to help us on our life course. Learn about the four factors that are within our control - Air (Respiration), Water (Hydration), Food (Nutrition), and Movement (Integration) - there are no drugs to replace them.

The lecture series is offered at no charge but please call 503-682-3727 to reserve your spot.

BINGO NIGHT

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

SATURDAY, MARCH 9

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 January 31 at 8:30am

Sales continue on Mon, Wed, and Fri.

8:30am to Noon

Gift Cards
& Prizes!

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

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 13+

Mondays from 6-7 pm at the Community Center

Session I: 1/8 - 2/12

Cost: \$49

Course #: 10857

Session II: 2/19 - 3/25

Cost: \$49

Course #: 10858

10% discount
when you
register for
both sessions
at once

BARRE TONE

WITH JESSICA NORMAN

Barre Tone is a full body workout, set to upbeat music, that will help you tone and define. Using inspiration from dance, yoga and pilates, you'll focus on strengthening and stretching for improved posture and overall fitness. You'll leave feeling recharged and graceful! Yoga socks or bare feet recommended.

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

Session I: 1/9 - 2/27

Cost: \$77

Course #: 10884

\$10 drop-in
students
welcome

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.

Ages 13+

Time: 7:15 pm-8:15 pm

Location: Community Center

Cost: \$77 (\$10 Drop-In)

Session I

Date: Tues. 1/9 - 2/27

Course #: 10874

Session II

Date: Tues. 3/12-4/30

Course #: 10875

RESTORATIVE YOGA



Take care of yourself by slowing down, resting the mind, and nurturing the nervous system with Restorative Yoga. This 60 min evening class for all levels will bring you from action to stillness. Allowing for your physical and subtle body to catch up. Releasing any withholdings mentally, physically, emotionally. Settle in with guided meditation followed by intentional time in supportive resting poses.

Ages 13+

Time: 7:15 pm-8:15 pm

Location: Community Center

Cost: \$77 (\$10 Drop-In)

Session I

Date: Thurs. 1/11-2/29

Course #: 10876

Session II

Date: Thurs. 3/14-5/2

Course #: 10877

GENTLE YOGA

w/ Kathryn Kindorf

The class will progress through poses slower than traditional classes and most poses can be done in a chair, or on the yoga mat. Designed for all abilities and experience levels, the class will provide modifications and options for different levels. Great for those just starting their health and wellness journey, as well as, those more active adults looking to benefit their pickleball, tennis, or golf game.



Thursdays
8:30-9:30 am
\$80 per session
(\$10 Drop In)

Session I
1/11 - 2/29
Course # 10859

Session II
3/14 - 5/2
Course # 10860

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: \$70

Session I

Date: Tues. and Thurs.

1/16 - 3/7

Course #: 10862

Session II

Date: Tues. and Thurs.

3/12 - 4/25

Course #: 10864

Can't commit for the entire session?

Drop in for \$10

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: \$70

Session I

Date: Tues. and Thurs.

1/16 - 3/7

Course #: 10863

Session II

Date: Tues. and Thurs.

3/12 - 4/25

Course #: 10865

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: \$30 per session

Session I 1/8 - 1/31 Course #: 10866	Session II 2/5 - 2/28 Course #: 10867	Session III 3/11 - 4/3 Course #: 10868	Session IV 4/8 - 4/29 Course #: 10869
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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: \$30 per session

Session I 1/8 - 1/31 Course #: 10870	Session II 2/5 - 2/28 Course #: 10871	Session III 3/11 - 4/3 Course #: 10872	Session IV 4/8 - 4/29 Course #: 10873
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**** Register for all four sessions at one time and receive 10% off! ****

Training & Wellness Coaching

w/ Brad Moore ACSM CPT, NBC-HWC

PERSONAL TRAINING

4 sessions*	\$99
8 sessions	\$255
16 sessions	\$440
24 sessions	\$560

*only available as a one-time introductory package

WELLNESS COACHING

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

ONGOING ACTIVITY SPOTLIGHT:

PHOTOGRAPHY CLUB

The Photography Club is a like-minded group that shares photographs that members have taken and, at times, critiques them in order to enhance picture taking. The group increases skills through instructional videos by professionals and willingly helps those interested in learning photography. A few times a year, the group will go on off-site field trips.

📅 Wednesdays
10 am -11:30 am

📍 Community
Center



Drop in Group -
No Pre-Registration Needed

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.

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

Tuesdays from 1 - 2 pm
Community Center
No Charge

PLEASE CONTACT 508-570-1522
WITH ANY QUESTIONS



Stand, Sit and Be Fit

The Stand, Sit 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.

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!

Tues, Wed, and Fri ongoing

Community Center at 11:15 am

\$1 fee

*Note: Tues and Fri will provides optional standing curriculum, while Wed focuses on seated exercises



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.

1 Classroom Training
Date: Mon. 4/8
Time: 10:30 am-12:00 pm

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

1 Graham Oaks Nature Park
Date: Mon. 4/8
Time: 1:00-2:30 pm

2 Washington Square Mall
Date: Thurs. 4/18
Time: 10:45 am-3:00 pm
*1 hour free time

3 Villebois Story Walk
Date: Thurs. 4/25
Time: 10:40 am-12:15 pm

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

To register call 503-682-3727

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

SMART
SOUTH METRO AREA REGIONAL TRANSIT

Ride
CONNECTION

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 30 or April 16

9 am - 4:30 pm

Wilsonville Community Center

\$20 for AARP members

\$25 for non-members

Call 503-682-3727 to register

WILSONVILLE COMMUNITY CENTER

Ongoing Activities

MONDAY

- **Life 101 Lecture Series**, 10:30 am
See following page for schedule
- **Lunch @ the Center**, 12 pm
- **Weight Loss Support Group**,
12:30-1:15 pm
- **Bridge Group Play**, 1-4 pm
- **Mexican Train Dominoes**, 1-4 pm

TUESDAY

- **Wilsonville Walkers**, 9:30 am
See the WCSI Gazette for the schedule
- **Ukulele Jam Group**, 9-11 am
Parks & Rec Admin Bldg
- **Piecemakers Quilting**, 9-11:45 am
Tauchman House
- **Stand, Sit & Be Fit**, 11:15-11:55 am (\$1 fee)
- **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
- **Poetry Club**, 1-3 pm
1st Tuesday of the month

WEDNESDAY

- **Photography Club**, 10-11:30 am
- **Sit & Be Fit**, 11:15-11:55 am (\$1 fee)
- **Lunch @ the Center**, 12 pm
- **Pinochle/Cribbage Play**, 1-4 pm
- **Bingo**, 1-2 pm
1st & 3rd Wednesday of the month

THURSDAY

- **Wilsonville Walkers**, 9:30 am
- See the WCSI Gazette for the schedule
- **Bridge for Beginners Lessons**, 10-11:30 am
- **I-5 Connection Group**, 10:00 am-12:00 pm
- **Ladies Afternoon Out**, 1-3 pm
- **Art Club**, 1-2:30pm
2nd Thursday of the month

FRIDAY

- **Bridge for the Intermediate Lessons**,
10 - 11:30 am
- **Stand, Sit & Be Fit**, 11:15-11:55 am (\$1 fee)
- **Bridge Group Play**, 11:30 am-3 pm
- **Lunch @ the Center**, 12 pm
- **Mexican Train Dominoes**, 1-4 pm



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.

Understanding and Responding to Dementia Related Behavior

Monday, January 22

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Dizziness Workshop

Monday, January 29

Have you ever experienced dizziness with moving your head or woken up to the room spinning? Dizziness commonly becomes a problem as we age and can lead to falls and decreased participation in your favorite activities. Hear from physical therapist and vestibular specialist Sydney Neumann, PT, DPT, about the most common causes of dizziness, what you can do to decrease your symptoms, and how physical therapy can help manage and eliminate the most common causes of dizziness.

Estate Planning

Monday, February 5

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.

Reducing and Preventing Back Pain and Injury

Monday, February 12

Did you know that 85% of people will experience low back pain at least once in their lifetime? Join physical therapist Sydney Neumann, PT, DPT, to learn about the common causes of low back pain and what you can do to reduce your pain and prevent future injury. This workshop will also include tips and tricks for managing low back pain and how physical therapy can help.

Long Term Care 101

Monday, February 26

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

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Monday, March 4

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

Daily Choices Promote Personal Health

Monday, March 11

America has the most expensive healthcare system in the world. Yet, our health outcomes are among the lowest among industrialized nations along many mortality and morbidity metrics. Why is this happening? Health literacy is low in our country. We move in high speed bubbles, feeling lonely, without enough time to think about what we really need to be healthy and happy. Learn more about how these needs do not need to be expensive and can be integrated into your daily life.

Healthy Bones and Aging

Monday, March 18

Bone mass peaks between age 25-30. Hear from Renee James, MSPT, OCS, CMP about what can be done to keep bones healthy and strong as we age. Learn about prevention of osteoporosis and ways to manage it if you've already been diagnosed.

The Grocery is the Pharmacy

Monday, March 25

Many dietary supplements are derived from plant-based foods. Attendees will learn how whole foods, available in the local grocery store, can help produce a variety of healthy benefits. For example, daily doses of turmeric in prepared dishes are much cheaper and as effective as expensive pills, in most situations. Learn about common "grocery-pharmacy" items that can help you lead a healthier life.

Ridewise Travel Training

Monday, April 8

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 and be sure to bring your phone to practice trip planning. Three group adventures are also planned to practice your skills. Details can be found on the Ridewise advertisement in this guide on the previous page.

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 2023 Federal and State Returns will be provided by trained and certified IRS-AARP Tax Aide Volunteers.

Appointments will be accepted beginning on Monday, January 8, 2024.

Call 503-682-3727 to schedule an appointment.

Appointments available on Tuesdays, February 6 - April 9
9am - 3:30pm



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.

2nd Tuesday of the month

January 9

February 13

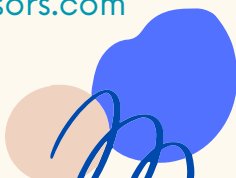
March 12

April 9

10:30 am

Community Center

Register at: [NWMedicareAdvisors.com](https://www.nwmedicareadvisors.com)



Wilsonville Community Center Nutrition Program and Social Services

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

March 15 - St. Paddy's Day

March 29 - 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



Community Support Groups and Clinics

Foot Care Clinic

3rd Tuesday of the Month

Proper foot care and routine evaluations of your feet help to prevent infection, as well as reduce discomfort due to ingrown nails and/or thick corns and calluses. Foot care is especially important for individuals with diabetes, poor circulation, neuropathy, and decreased vision. Each appointment includes nail trimming (including ingrown nails), filing down corns and calluses, massage and foot evaluation, and nursing advice, as needed.

\$40 due at the time of service. Cash or check only.

Please bring a towel to your appointment.

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

No drop-ins.

Law 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.

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.

Grief Support Group

Thursdays, 2/8 - 3/14 | 1-2:30 pm

Chaplain Hannah Dewing, M.Div and Ed Nelson, CT will lead the group with the focus on providing education and tools for coping with grief and mourning. Also, there will be an emphasis on telling one's story. A support group provides the opportunity to both help yourself and others.

Weight Loss Support Group

Mondays, Ongoing 12:30-1:15 pm

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.

For more information call Brad Moore at 503-570-1522

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, Jim Barnes, Daniel Christenson, Keith Gary, Amanda Harmon

Beltran Properties, where clients are like family!

BELTRAN PROPERTIES GROUP

*What's Your
Inspiration?*



People often ask Jaimy Beltran, "How did you get into real estate?" And Jaimy loves to tell the story of his inspiration-his grandfather, Ben Bauer

Ben was a very successful Realtor, and whenever they were together, Jaimy and Ben talked real estate. Ben would always say, "Jaimy, you should be in real estate."

Ben's encouragement eventually became reality. As Jaimy looks back, he thinks about the inspiration from Ben and how it changed his life.

Now, so many years later, as a real estate professional so many in Wilsonville trust, Jaimy is inspired every day. To provide expert guidance and plain old hard work to produce results for his clients. "My faith, my family, my friends, our community and serving the best interests of my clients encourage me to be my best every day," he says.

When it's time to buy or sell real estate, trust in Jaimy Beltran. *He's Inspired by You.*

Jaimy Beltran - Inspired by You



Jaimy Beltran
Broker/Owner of
Beltran Properties Group



BeltranProperties.com

Se Habla Español

29100 TOWN CENTER LOOP W STE. 130 | WILSONVILLE, OR



503.502.3330