

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

WCSI GAZETTE

APRIL 2024

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

Mission and Purpose

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

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

2023-2024 WCSI Board of Directors

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

Community Center Staff Parks & Recreation:

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

Social Services

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

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

Gazette Editor and Publisher: Nancy Combs

Center Hours

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



Meet at City Hall 10:30 am

Bus will leave at 10:45 am, returning approx. 3:30 pm unless otherwise noted below

Thursday, April 11th

Crystal Springs Rhododendron Garden

Meet 12:30 pm at City Hall bus leaves at 12:45pm

Cost is \$5.00

Sign up begins Monday, April 1st at 9:00 am

SAVE THE DATE

Thursday, May 9th

Lunch at Nicholas Madison (Middle Eastern Cuisine)

then off to

Hellenic-American Culture Center & Museum

Sign up begins Wednesday, May 1st at 9:00am



Please Join us on
Wednesday, April 3rd and
Wednesday, April 17th
@ **1:00 p.m.** for an hour of Bingo

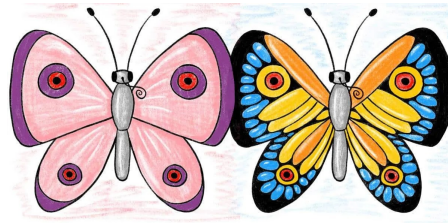
Bingo Games are free with a small prize for the winners. Meet in the Multi Purpose Room

CELEBRATING BIRTHDAYS

Wednesday, April 10th

Lunch Time

WCSI will be celebrating all those who have a birthday in March and April.



SENIOR TO “SENIOR” CONVERSATION

Monday April 8th. 1:00 -2:00 pm

Share your life experiences and impart knowledge to Wilsonville and Riverside High School students. Students will bring conversational starters and you will have a chance to ask them questions too! There will be short, casual conversations lasting approximately 10 minutes with multiple students rotating around the room.

Let Linda know if you plan to attend (call 503-682-3727 or stop by the front desk)

April 2024 Activities Schedule

	ONGOING ACTIVITIES (MAY BE A FEE)	CLASSES AND PROGRAMS STARTING SOON (PRE-REGISTRATION REQUIRED +)
<u>Monday</u>	<p>Sit, Stand, and Be Fit 11:00 am - 11:45 am</p> <p>Bridge 1:00 pm - 4:00 pm</p> <p>Weight Loss Support Group 12:30 pm - 1:15 pm</p> <p>Mexican Train Dominoes 1:00 pm - 4:00 pm</p>	<p style="text-align: center;">Located at Community Center unless otherwise noted.</p> <p style="text-align: center;">Oil Painting Tuesday, 4/2 5:30 pm - 9:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p style="text-align: center;">Life 101 Series: Ridewise Travel Training* Monday, 4/8 10:30 am - 12:00 pm</p> <p style="text-align: center;">Senior to “Senior” Conversations Share your life experiences and impart knowledge to Wilsonville and Riverside High School Students. Students will bring conversational starters but you will have a chance to ask them questions too! There will be short, casual conversations lasting approximately 10 minutes with multiple students rotating around the room. Monday, 4/8 1:00 pm - 2:00 pm</p>
<u>Tuesday</u>	<p style="text-align: center;">Piecemakers Quilting 9:00 am – 11:45 am (Tauchman House)</p> <p style="text-align: center;">Ukulele Jam Group 9:00 am– 11:00 am (Parks & Rec. Admin Office)</p> <p style="text-align: center;">Partners Bridge 12:30 pm - 3:30 pm Call 503-449-5855 to sign up</p> <p style="text-align: center;">Virtual Reality Fitness 1:00 pm - 2:00 pm</p> <p style="text-align: center;">Poetry Club 1:00 pm - 3:00 pm (1st Tuesday)</p>	<p style="text-align: center;">Oil Painting Saturday, 4/13 10:00 am - 2:00 pm (\$50) (Parks & Rec. Admin Office)</p> <p style="text-align: center;"><u>Class Spotlight</u></p> <p style="text-align: center;">Beginning Tai Chi Tuesdays and Thursdays, 4/2 - 4/25 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. 2:00pm - 2:45pm (\$10 Drop In)</p> <p style="text-align: center;">Gentle Yoga with Kathryn Kindorf Thursdays, 4/4– 5/2 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. 8:30 am - 9:30 am (\$10 Drop In)</p>
<u>Wednesday</u>	<p>Photography Club 10:00 am - 11:30 am</p> <p>Conversational Spanish Group 10:30 am - 11:30 am</p> <p>Sit, Stand, and Be Fit 11:00 am - 11:45 am</p> <p>Pinochle/Cribbage Play 1:00 pm - 4:00 pm</p> <p style="text-align: center;">Bingo 1:00 pm - 2:00 pm (1st & 3rd Wednesday)</p>	<p style="text-align: center;"><u>Class Spotlight</u></p> <p style="text-align: center;">Beginning Tai Chi Tuesdays and Thursdays, 4/2 - 4/25 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. 2:00pm - 2:45pm (\$10 Drop In)</p> <p style="text-align: center;">Gentle Yoga with Kathryn Kindorf Thursdays, 4/4– 5/2 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. 8:30 am - 9:30 am (\$10 Drop In)</p>
<u>Thursday</u>	<p style="text-align: center;">Bridge Basics: Drop-in Lessons 10:00 am - 11:30 am</p> <p style="text-align: center;">Ladies Afternoon Out 1:00 pm - 3:00 pm</p> <p style="text-align: center;">Art Club 1:00 pm - 2:30 pm (2nd Thursday)</p> <p style="text-align: center;">I-5 Connection Community Chorus 10:00 am - 12:00 pm</p>	<p style="text-align: center;">Gentle Yoga with Kathryn Kindorf Thursdays, 4/4– 5/2 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. 8:30 am - 9:30 am (\$10 Drop In)</p>
<u>Friday</u>	<p>Bridge for the Intermediate Player Lessons 10:00 am - 11:30 am</p> <p>Sit, Stand, and Be Fit 11:00 am - 11:45 am</p> <p>Bridge 11:30 am - 3:00 pm</p> <p>Mexican Train Dominoes 1:00 pm - 4:00 pm</p>	<p style="text-align: center;">*Please call 503-682-3727 to pre-register.</p>

WILSONVILLE WALKERS APRIL 2024 SCHEDULE

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

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|-----------------|---|
| April 2 Tues. | Graham Oaks |
| April 4 Thurs. | Mentor Graphics |
| April 9 Tues. | Tualatin City Park to Cook Park , 8549 SW Tualatin Road, Tualatin. Meet in the parking lot after going under the railroad trestle. Coffee hour following our walk will be at Donut Land, 19350 SW Boones Ferry Road, Tualatin. |
| April 11 Thurs. | Lower Memorial Park - around the track and through the woods and to end of the street beyond and return |
| April 16 Tues. | Old Town/Boones Bridge - Meet in the Fred Meyer parking lot near McMenamins. |
| April 18 Thurs. | Foothills Park , 199 Foothills Drive, Lake Oswego. Coffee hour at Rolling Hills Community Church, 3550 SW Borland Road, Tualatin, hosted by Paul and Peggy Osborn. |
| April 23 Tues. | Graham Oaks Nature Park |
| April 25 Thurs. | Brown's Ferry Park , 5855 SW Nyberg Street, Tualatin. Coffee hour at Panera Bread, Nyberg Shopping Center. |
| April 30 Tues. | Villebois - meet at the Smart/WES transit Center, 9699 SW Barber Blvd, Wilsonville |

Library News
Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

Now, here's a seasonally-appropriate joke that had them rolling in the aisles (at least back in second grade). 'If April showers bring May flowers, then what do May flowers bring?'

Answer: Pilgrims!

No, wait! Don't stop reading here, or you'll miss out on all the great activities happening this month at your friendly library. No more bad jokes, I promise!

In April, we're having Fines for Food month! Help your community by paying your overdue fines (with a 50% discount for you) all month long. Then, we'll donate the total amount paid to Wilsonville Community Sharing to help combat hunger in our area. It's win-win for everyone!

Our free and fun **First Friday Films** matinee continues on **Friday, April 5th at 3pm**. April's film is ***Wonka*, starring Timothée Chalamet**. The film tells the origin story of Willy Wonka, a character in the 1964 novel *Charlie and the Chocolate Factory* by Roald Dahl, depicting his early days as a chocolatier. Please join us for this no-cost film, featuring snacks, popcorn, and padded chairs! No reservations necessary—just show up!

On **Saturday, April 6th, at 11am**, please attend our free **Space Talk: *The Search for Life in the Universe***. Discoveries concerning the possibility of non-terrestrial life existing elsewhere in our solar system (let alone our universe) are gaining momentum every year. What are some of the recent results from the James Webb telescope? What do we plan to investigate with the Europa Clipper 'Mission to Jupiter's moon'? Presented by two experienced docents from the Evergreen Air and Space Museum.

Every Tuesday in April (the 2nd, 9th, 16th, and 23rd)—you can meet with a representative from ODHS (the Oregon Department of Human Services), who may be able to help you with housing or other social service matters. The representative will be at the library from 10am to 12pm, and again after lunch, from 1pm to 3pm. No appointments or signups are needed, but please do give us a call on the day, just to double check that the ODHS folks are available.

Also on **Mondays and Tuesdays in April**, feel free to join us for **free informal English classes** at the library. We have both a beginning ESL (from 11am-12:30pm on Mondays, the 1st, 8th, 15th, 22nd and 29th); and an intermediate ESL class (from 10am to 12pm on Tuesdays, the 2nd, 9th, 16th, and 23rd, and 30th). These are English as a Second Language classes, but anyone who would like to improve their English skills may attend. No sign-up necessary - Just drop in!

Library News Continued

Our fun and free **PROFILES** lectures will continue on **Wednesday, April 3rd at 11am**. Taught by Emeritus Professor Bill Thierfelder, and in honor of National Poetry Month, this program takes a look at one of the most frequently used poetic forms: *The Sonnet*. Dr. Thierfelder will trace the history of these 14-line gems from their beginnings in Italy during the early Renaissance, all the way up to the modern period. The second half of the hour will focus on American sonnets of the past two centuries, including Hart Crane's tribute to Emily Dickinson, Emma Lazarus's dedication of Lady Liberty to the world's tired and poor, as well as sonnets by Longfellow, Very, Tuckerman, Robinson, Frost, Stickney, Wylie, and Millay. Sign up to receive the Zoom meeting code, but act quickly! www.wilsonvillelibrary.org/classes.

On **Saturday, April 13th from 2 to 3pm**, the library will resound with the measured notes of the ever-popular **BookNotes Concert Series!** This time, join the Early Music Guild of Oregon and step back in time to the music of Oregon in the 19th century. It should be a hoot(enanny)! The program is free and open to all.

On **Monday, April 15th at 1pm**, budding or experienced genealogists can join a growing group of like-minded folks of all levels from the Wilsonville area to discuss genealogy tips, tricks, and research. One of the library's most popular offerings, these discussions are informal in nature and are moderated by Librarian Malia Laughton. New members at any level are always welcome.

On **Thursday, April 18th**, how about joining us for a refreshing walk through April's balmy breezes? With relatively sound minds and relatively sound bodies, our **Walking Book Club** departs from the library and journeys all the way to the deepest recesses of Memorial Park (and back)! During the walk we'll talk about this month's book: *This Tender Land* by William Kent Krueger (or any other book you've been reading), and perhaps we'll turn cartwheels on the grass! Or not. Meet in the library's lobby at 1pm. Walks generally last about 45 minutes, and meet rain or shine!

Last, but not least, we'll be holding our **(Second Annual) Repair Fair on Saturday, April 27th from 10am to 1pm**. Join this **free community event that brings skilled volunteers and people with broken items together**. You can bring clean clothes and textiles, bicycles, small electronics, small home appliances, tools or knives (for sharpening), or jewelry.


Some repairs may not be available or may require an unavailable part. To confirm an item you want to bring can be repaired, please email the folks at sustainability@clackamas.us. For a list of unaccepted items, please visit repairfair.org. Repair Fairs are popular, so to reduce the wait time for each attendee, one broken item per person will be examined at a time.

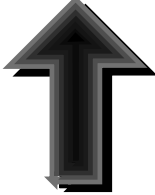
For more information, please visit the Clackamas County Repair Fair website: <https://www.clackamas.us/recycling/repairfair>

Rebus puzzles 4


Can you guess the words and expressions?


wheel
wheel
wheel DRIVE
wheel

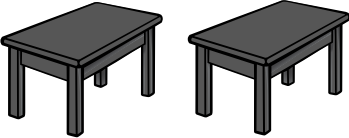
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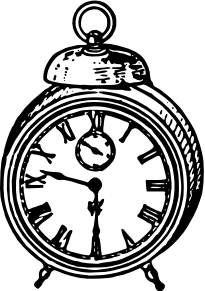


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SPRING

By David Feng

Beautiful fresh purple flowers on a hill
Slowly moving water mill
Clumps of wet frost on the ground
Life is all around

Soft grasses pop out
Flowers sprout
Chirping birds in the woods
Weather is good
Melting mountain has begun
Frosty snow quickly runs
Bright, shiny sky is clear



Rhododendron

By Jayne Davies

Soft petals of white,
Such delicate embrace,
Sweet Rhododendron,
You fill my garden space.

A picture of beauty,
In full bloom you stand,

The bees just adore you,
Your looking so grand,
The sun shines upon you,
Nature divine,
A true masterpiece,
In this garden of mine.



REBUS PUZZLE SOLUTIONS

- 1 - Four-wheel drive
- 2 - Apple pie
- 3 - Up to you
- 4 - Robin Hood
- 5 - Design
- 6 - Engineer
- 7 - Vegetables
- 8 - Afternoon tea
- 9 - Camping overnight
- 10 - Time to go
- 11 - Long time no see
- 12 - Polite



*"It takes three springs to make
one Leap year."*

April 2024

Monday	Tuesday	Wednesday	Friday
1	2	3	5
 Stuffed Shells Green Beans  Breadstick Pudding	Tuna Noodle Casserole Vegetables Banana Pudding with Vanilla wafer Whip cream	Chicken Caesar Wrap Fruit Chips Cookie	Tacos Lettuce/Tomatoes/Cheese Fiesta Rice Chuck wagon Vegetables Fruit
8	9	10	12
Macaroni and Cheese Green Beans Fruit cup 	Chicken Enchiladas Tomatoes/Green Onion Sour Cream Fiesta Rice Roasted Corn/Peppers Tapioca Pudding	Egg Salad Sandwich On Rye Bread Cup of split pea soup Chips Cookie	  Chef Choice!
15	16	17	19
Sweet and Sour Chicken Brown Rice Kyoto Vegetables Pudding	Beef Stroganoff Buttered Noodles Hot Vegetable Cookie	Chicken Salad Apples/Raisins/Red Onion/Cashews Spring Mix Strawberry Cake	BBQ Chicken Baked Beans Potato Wedges Brownie 
22	23	24	26
Biscuits and Gravy Hash brown Fruit 	Meatloaf Mashed Potatoes/Gravy Green Beans Roll Apple Blossom	Chicken Cobb Salad Bacon/Egg/Bleu Cheese crumbles Breadstick Cookie	Pasta Primavera Broccoli/Zucchini/Red Pepper Parmesan Garlic Bread Lemon Bar
29	30		
Parmesan Crusted Cod Wild Rice Asparagus Cookie 	Chicken Gyro Broccoli Salad Sun Chips Apple		

Lunch is served at the Community Center on Mondays. Tuesdays, Wednesdays and Fridays at 12:00 pm. Donations (\$3.50 for those 60 and over and \$4.25 for those under 60) are encouraged but not required. Menu subject to change due to availability of supplies and produce.