

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

# WCSI GAZETTE

**APRIL 2025**

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

## Mission and Purpose

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

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

## 2023-2024 WCSI Board of Directors

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

## Community Center Staff Parks & Recreation:

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

## Social Services

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

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

**Gazette Editor and Publisher:** Nancy Combs

## Center Hours

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



**Meet at City Hall 10:30 am**  
**Bus will leave at 10:45 am, returning approx. 3:30**

**UNLESS otherwise noted below**

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**Sign up begins on Tuesday, April 1st @ 9:00am**

**Thursday, April 10th**

**Lunch at White's Restaurant**  
**Then off to the Salem Carousel**

**SPECIAL MEET TIME: 10:00 am**

**SAVE THE DATE**

**Thursday, May 29th**

**Lunch at Blondzee's in Salem**

**Then off to Adelman Peonies Gardens**



Please Join us on  
 Wednesday, April 2nd  
 Wednesday, March 16th

**@ 1:00 p.m. for an hour of Bingo**

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



## Wilsonville Community Center Brian Stevenson, Program Manager

### Life 101 Lecture Series

The Community Center is proud to present an informative Life 101 lecture series. All lectures will begin at 10:30 am and will take place at the Wilsonville Community Center. While there is no charge to attend, participants are asked to contact the Community Center at 503-682-3727 to pre-register.

On **Monday, April 7**, **Attorney Michael Rose** of Rose Elder Law will present a workshop centered around Medicaid planning, preserving and protecting assets, and veteran's benefits.

The **Alzheimer's Association's**, "Exploring Care and Support Services" examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care and will take place on **Monday, April 14**.

**Ride Connection and SMART** will be at the Center on **Monday, April 21** presenting 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 prepare for an optional field trip on April 24 to Washington Square to practice utilizing the transit system.

Finally, on **Monday, April 28**, **Attorney Michael Rose** of Rose Elder Law will present a workshop centered around estate planning basics such as wills, trusts, probate, powers of attorney, advance directives, and Medicaid Planning.

### AARP Smart Driver

The Community Center is excited to present the "AARP Smart Driver™" classroom course. Participants will learn techniques for handling left turns, right-of-way, following distance, and roundabouts, as well as how to reduce traffic violations, crashes, injury risk, and learn Oregon specific items. Proven driving methods to help keep participants and their loved ones safe on the road will be shared and attendees may even be able to save money on their auto insurance with successful completion of the course. The one-day course will take place on **Tuesday, April 22 from 9 am to 4:30 pm at the Wilsonville Community Center**. Cost is \$20 for AARP members and \$25 for non-members. Call 503-682-3727 to register and secure your spot as this course will sell out.

### Greif Support Group

The group, facilitated by Ed Nelson, CT, will focus on providing education resources and opportunity for attendees to share their grief journey. There is no charge to attend and complimentary workbooks will be provided. The group will meet on **Thursdays, April 10 through May 15, from 1:00 - 2:00 pm** at the Wilsonville Community Center. There is no charge to attend but please call 503-682-3727 to save your spot.

### Beginning Tai Chi - Drop In

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. The class will take place on **Tuesdays and Thursdays from 2:00 - 2:45 pm** at the Community Center through May 1. Cost is \$10 per class.

## April 2025 Activities Schedule

	ONGOING ACTIVITIES	CLASSES AND PROGRAMS
<u><b>Monday</b></u>	<p style="text-align: center;"><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p style="text-align: center;"><b>Poetry Club</b> 1:00 pm - 3:00 pm (1st &amp; 3rd Monday)</p> <p style="text-align: center;"><b>Chicago Bridge</b> 1:00 pm - 4:00 pm (2nd &amp; 4th Monday)</p> <p style="text-align: center;"><b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm</p>	<p style="text-align: center;"><b>Located at Community Center unless otherwise noted.</b></p> <p style="text-align: center;"><b><i>Pre-Registration Required + Please call 503-682-3727 to sign-up *</i></b></p> <p style="text-align: center;"><b>Oil Painting + “A Hint of Spring”</b> Tuesday, 4/1 5:30 pm - 9:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p> <p style="text-align: center;"><b>Life 101 Series: Long Term Care *</b> No charge Monday, 4/7 10:30 am - 11:30am</p> <p style="text-align: center;"><b>Oil Painting + “Moonlit Seas”</b> Saturday, 4/12 10:00 am - 2:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p>
<u><b>Tuesday</b></u>	<p style="text-align: center;"><b>Piecemakers Quilting</b> 9:00 am – 11:45 am (Tauchman House)</p> <p style="text-align: center;"><b>Ukuleke Jam Group</b> 9:30 am– 11:30 am (Parks &amp; Rec. Admin Office)</p> <p style="text-align: center;"><b>Partners Bridge</b> 12:30 pm - 3:30 pm Call 503-449-5855 to sign up</p> <p style="text-align: center;"><b>Virtual Reality Fitness</b> 1:00 pm - 2:00 pm</p> <p style="text-align: center;"><b>Art Club</b> 1:00 pm - 2:30 pm (2nd Tuesday)</p>	<p style="text-align: center;"><b>Life 101 Series: Ridewise Travel Training *</b> No charge Monday, 4/21 10:30 am - 11:30am</p> <p style="text-align: center;"><b>Life 101 Series: Estate Planning *</b> No charge Monday, 4/28 10:30 am - 11:30am</p>
<u><b>Wednesday</b></u>	<p style="text-align: center;"><b>Photography Club</b> 10:00 am - 11:30 am</p> <p style="text-align: center;"><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p style="text-align: center;"><b>Pinochle/Cribbage Play</b> 1:00 pm - 4:00 pm</p> <p style="text-align: center;"><b>Bingo</b> 1:00 pm - 2:00 pm (1st &amp; 3rd Wednesday)</p> <p style="text-align: center;"><b>Book Club</b> 1:00 pm - 2:30pm (4th Wednesday)</p>	<p style="text-align: center;"><b>The Empowered Caregiver Series *</b> <b>Exploring Care and Support Services - 4/14</b> This education series will teach caregivers how to navigate the responsibilities of caring for someone living with dementia. No charge 10:30 am</p> <p style="text-align: center;"><b>Class Spotlight</b> <b>Beginning Tai Chi +</b> Tuesday, and Thursday 3/11 - 5/1 Begin your journey of self improvement with Yang style Tai Chi. Improve balance, flexibility, memory &amp; mindfulness while learning the first section of the 108 forms &amp; a variety of Qi-Gong. 2:00 pm - 2:45 pm (\$80) (\$10 drop in)</p>
<u><b>Thursday</b></u>	<p style="text-align: center;"><b>Improving Your Bridge</b> 10:00 am - 11:30 am</p> <p style="text-align: center;"><b>I-5 Connection Community Chorus</b> 10:00 am - 12:00 pm</p> <p style="text-align: center;"><b>Ladies Afternoon Out</b> 1:00 pm - 3:00 pm</p>	
<u><b>Friday</b></u>	<p style="text-align: center;"><b>Conversational Spanish Group</b> 10:30 am - 11:30 am</p> <p style="text-align: center;"><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p style="text-align: center;"><b>Bridge</b> 11:30 am - 3:00 pm</p> <p style="text-align: center;"><b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm</p>	

## APRIL FOOLS DAY

April Fool's Day has been celebrated in some form for centuries and by many different cultures. The exact origins of the day are not entirely clear, but some speculate that it dates back to the 16th century when France switched from the Julian calendar to the Gregorian calendar. In the Julian calendar, the new year began on April 1st to coincide with the Spring Equinox.

In changing calendars the new year moved to January 1st. Many people were not immediately aware of the change and continued to celebrate the last week of March, leading up to the new year on April 1st. Mockery often follows when one is slow to discover new trends or information, so these people became the butt of jokes and were known as "April Fools".

The first written record of an April Fools' Day prank is from a 1561 poem by Eduard de Dene, a Flemish poet. The poem is about a nobleman who sends his servant on foolish errands on April 1st. This is where the term "fool's errands" may have originated.

The first person to use the name "April Fool's Day" in writing was John Aubrey in 1686

### Some Notable Pranks:

In 1966, Taco Bell duped people when it announced it had agreed to purchase Philadelphia's Liberty Bell and would rename it the Taco Liberty Bell.

In 1980 the BBC announced a big change. Big Ben's clock face was being changed to digital, and the first person to get back to the network could win the clock hands.

In 1998 Burger King advertised a new "Left-Handed Whopper". Scores of customers requested the fake sandwich

2000, Google told users to try out their new "MentalPlex" search feature. All you had to do was think really hard about what you wanted to search and stare at an animated image. Instead of initiating a search, however, the screen would update with error messages, such as "Brainwaves received in analog, please re-think in digital," or "Query is unclear. Please try again after removing hat, glasses, and shoes."

In 2015, Google flipped the script (literally) by displaying search results as a mirror image.

In 2017, Duolingo announced a new course to help you "speak emoji." (Something that would be great for your grandparents and parents, am I right?)

In 2021, Lego invented the "smart brick," which would actively move out of the way before being stomped on. With the advancements in AI, this technology may not be far off.

In 2022, 7-Eleven announced a "tiny gulp," which looks like the perfect size for Barbie.

In 2024, Tinder listed a job posting for a new executive position, the "VP of Ghosting," who would be in charge of implementing a new protocol aimed at reducing the fly-by-night behavior.

# BINGO NIGHT

## WCSI BINGO NIGHT FUNDRAISER

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

SATURDAY, APRIL 5, 2025

6:30pm - 9:00pm      Doors will open at 6:00pm

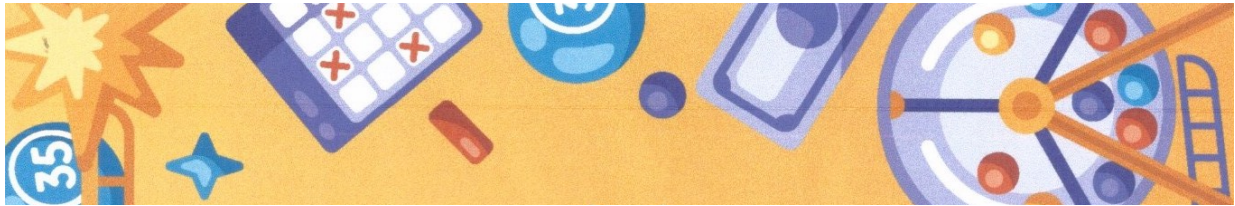
WILSONVILLE COMMUNITY CENTER

**REMINDER**

Seating is Limited

**\$25.00 (cash or check) - 12 games of Bingo  
Raffle Baskets, Hand Made Items for sell**

Bring your ticket to the event



**Earth Day. Tuesday, April 22, 2025**



The official theme for 2025 is Our Power, Our Planet. Aiming to triple global electricity generation from renewable sources by 2030. Renewable energy comes from replenishable sources, like the sun, which do not produce greenhouse gasses.

## WILSONVILLE WALKERS APRIL 2025 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 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.

April 1 Tues.           **Graham Oaks Nature Trail**,  
11825 SW Wilsonville Road, Wilsonville

April 3 Thurs.       **Mentor Graphics** - meet in the parking lot across from  
the post office in Wilsonville

April 8 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 at Donut Land, 19350 SW Boones Ferry Road, Tualatin.

April 10 Thurs.     **Memorial Park**, lower, around the track, through the  
woods and to the end of SW Montgomery Way and back.

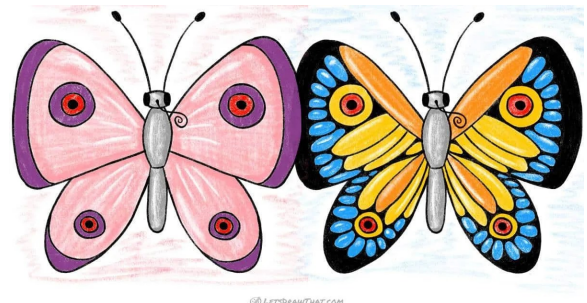
April 15 Tues.       **Old Town/Boones Bridge** - meet in the Fred Meyer  
parking lot near McMenamins

April 17 Thurs.     **Villebois** - meet in the SMART/WES transit center  
parking lot, 9699 SW Barber Blvd, Wilsonville.

April 22 Tues.       **Browns Ferry Park**, 5855 SW Nyberg Street, Tualatin.  
Coffee hour at Panera Bread, Nyberg Shopping Center.

April 24 Thurs.     **Library** - meeting in the parking lot of the Wilsonville  
Public Library

April 29 Tues.       **Charbonneau** - meet in the Village Center parking lot, near Lux  
Sucre where we will have our coffee hour afterwards



# Earth Day - April 22nd

WORD SCRAMBLE AND CROSS: Unscramble each of the words on the left and write them in the grid. When the puzzle is complete the shaded letters going down will spell out another name for your home.

ERTWA ..... → 

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RSHTA ..... → 

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AOCEN ..... → 

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BLOGAL ..... → 

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NLLTOIUOP ..... → 

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AETUNR ..... → 

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REEDCU ..... → 

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OCSTPMO ..... → 

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YLCCEER ..... → 

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TWSAE ..... → 

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NYGEER ..... → 

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EREUS ..... → 

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TEILTR ..... → 

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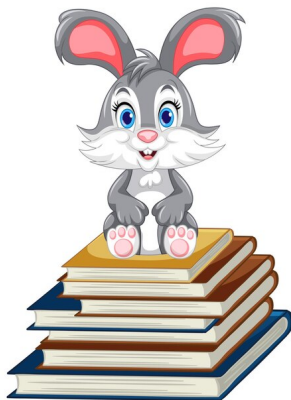


Answers on page 9

Most of us look forward to the month of April as spring returns with warm temperatures, blooming flowers, and many outdoor festivals. There are a lot of fun facts and celebrations in April-

Many festivals occur in April. In Washington DC, there is the cherry blossom festival, New Orleans hosts its Jazz and Heritage Festival and Atlanta celebrates its annual Dogwood Festival. In St. Louis, thousands come out to participate in the annual Earth Day festival.

- April celebrates the birth of Queen Elizabeth II, Leonardo da Vinci, William Shakespeare and Thomas Jefferson.
- The first shots of the American Revolution started April 19, 1775. The Civil War, Spanish War and World War II all started in April.
- George Washington was inaugurated as the First President of the United States on April 30, 1789.
- After a 1,500-year break, the first Olympics of the modern era took place on April 6, 1896, in Athens
- America's first astronauts were announced by NASA on April 9, 1959.
- Ford unveiled their first Mustang on April 17, 1964, costing \$2,368.
- "Houston, we've had a problem"! April 11, 1970 Apollo 13 launched from Cape Kennedy. Fifty-six hours later, she suffered a catastrophic explosion that crippled the ship. Fortunately, the astronauts were able to return home unharmed
- April celebrates Arab American heritage, child abuse prevention, and Autism Awareness. It is also Keep America Beautiful month, Jazz Appreciation Month and Poetry Writing Month
- Some "just for fun" April celebrations include: National Find a Rainbow Day - April 3rd National Pillow Fight Day (6th), National Siblings Day (10th) National Pet Day - April 11th. National Garden Day - April 14th, Hi-Five Day - April 21st and World Penguin Day (25th).
- April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16th to April 26th each year. There's another one called the Eta Aquariids meteor shower that can be seen onwards from April 21st.





# Earth Day - April 22nd

## SOLUTION

ERTWA ..... WATER  
RSHTA ..... TRASH  
AOCEN ..... OCEAN

BLOGAL ..... GLOBAL  
NLLTOIUOP ..... POLLUTION  
AETUNR ..... NATURE  
REEDCU ..... REDUCE

OCSTPMO ..... COMPOST  
YLCCEER ..... RECYCLE  
TWSAE ..... WASTE  
NYGEER ..... ENERGY  
EREUS ..... REUSE  
TEILTR ..... LITTER



# April 2025

Monday	Tuesday	Wednesday	Friday
	1	2	4
	Meatloaf Muffin Mashed Potatoes/Gravy Vegetable Banana Pudding	Turkey Cranberry Wrap Shredded Lettuce Macaroni Salad Chips Cookie 	Cheese Ravioli With Marinara Sauce Italian Vegetables Garlic Toast Ice Cream Cup 
7	8	9	11
Minestrone Soup with Sausage Focaccia Cake with Berries 	Turkey Burger with Swiss Cheese & Mushrooms Chips Coleslaw Brownie	Chicken Cobb Salad Bacon, Tomatoes, Avocado Egg, Blue Cheese Dressing Croutons Cookie	Fish Taco Shredded Lettuce/Cheese/Sour Cream Fiesta Rice Lemon Bar
14	15	16	18
Spaghetti and Meatballs Green Beans Garlic Bread Yogurt with Berries	Beef/Bean Burrito Salsa/Sour Cream Rice Chuckwagon Vegetable Pears	Chicken Caesar Salad Shaved Parmesan Garlic Breadstick Cookie	<b>Bunny Brunch</b> <b>Easter</b> Ham Cheesy Potatoes Asparagus Blueberry Scone  
21	22	23	25
Stuffed Pepper Brown Rice Vegetable Jello 	Chili Onion/Cheese/ Sour Cream Cornbread Tossed Salad Cookie	Chicken Gyro Tzatziki Sauce Lettuce/Tomato Tots Tropical Fruit	 <b>Chef's Choice</b>
28	29	30	
Orange Chicken Brown Rice Kyoto Vegetable Rice Pudding 	Loaded Baked Potato Broccoli/Cheese/Sour Cream Parsley Carrots Fruit 	Italian Chopped Salad Garbanzo Beans/Cherry Tomatoes/Mozzarella Chicken/ Pepperoncini Breadstick Cookie	

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.

**Please note: there will be no HDM on Tuesdays. Meals are subject to change.**