

SEPTEMBER - DECEMBER 2024

WILSONVILLE ACTIVITY GUIDE

COMMUNITY PROGRAMS | SPECIAL EVENTS | FACILITY RENTALS

REGISTER BEFORE
AUGUST 26 TO GET
A 10% DISCOUNT
ON SELECT
CLASSES AND
PROGRAMS

WILSONVILLE
PARKS & RECREATION



WILSONVILLE
PARKS & RECREATION

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PARK RULES

Park & Trail Hours are 5 am-10 pm

Alcohol is not permitted in Wilsonville parks or on trails unless approved by permit.

All Wilsonville parks and trails are smoke and tobacco free.

Keep pets on leash except in dog parks; properly dispose of pet waste.

Overnight camping is not allowed in Wilsonville parks or on trails.

No open flames, fires, charcoal grills, or camp stoves shall be allowed; Propane grills may be used but must be kept on paved surfaces.

No person shall possess any loaded firearm or discharge any firearm, pellet gun, or other weapon capable of inflicting injury.

No removal or damage to park grounds, structures, or facilities.

Pickleball, tennis, and basketball courts are first come, first serve; limit court time to 60 minutes when others are waiting.

Thank you for keeping our parks clean.

*Other Restrictions and Enforcements per
Wilsonville Code Sections 3.000 - 3.030*

Have a park concern? Text it to 503-570-1678
Please include a brief description and specific location of the concern in your text.

[WilsonvilleParksandRec.com/ParkRules](https://www.wilsonvilleparksandrec.com/ParkRules)

503-783-7529
ParksandRec@ci.wilsonville.or.us



CONTACT US:

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

**ADMINISTRATIVE OFFICES
29600 SW PARK PLACE
503-783-7529**

**COMMUNITY CENTER
7965 SW WILSONVILLE ROAD
503-682-3727**



6 RENTALS & SPECIAL EVENTS

*Facility Rentals
Las Posadas
Daffodil Planting Volunteer Event
Harvest Festival
Wilsonville Winterfest*

11 YOUTH PROGRAMS

*Manners Matter
Parenting
Mini Hoopers
Kidokinetics
Soccer Shots
Youth Library Programs*

17 ADULT & 55+ PROGRAMS

*Library Programs
Oil Painting & Watercolor
Barre, Yoga, and Body Sculpt
Tai Chi & Sit, Stand and Be Fit
Personal Training
Life 101 Lecture Series
Nutrition Services*

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. 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, nearby horseshoe pits, 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

JOIN THE CIVICS ACADEMY



Join the City of Wilsonville's public engagement program and learn how the City operates. The program is great for anyone considering joining a City board or becoming more engaged in their community.

SEPT 13 - NOV 8

Applications accepted

THURS. DEC 12

Kick-off meeting & legislative overview

JAN - JUNE

One evening meeting per month

FACILITY TOURS

City Hall, Library, SMART, Public Works, TVF&R Station 56

OPTIONAL TOURS

- State Capitol
- Coffee Creek Correctional Facility

For additional information contact Zoe Mombert, Assistant to the City Manager at mombert@ci.wilsonville.or.us or 503-570-1503

To learn more and/or apply, visit: ci.wilsonville.or.us/academy

On the Cover...

On the cover is Parks Teammate Chris E. pictured mowing ball fields at dawn.

Did you know our parks team takes care of over 290 acres of parks, trails, and greenspaces? The team is made up of 11 full time teammates and 5 seasonal summer teammates.

They enjoy providing top quality parks to our community for all to enjoy!

Have a parks concern?
Text: 503-570-1678



DID YOU KNOW?

THE CITY OF WILSONVILLE OFFERS THREE GRANT OPPORTUNITIES AVAILABLE TO BOTH INDIVIDUALS AND ORGANIZATIONS.

THE GRANTS ARE DESIGNED TO FINANCIALLY ASSIST PROJECTS THAT BENEFIT THE WILSONVILLE COMMUNITY.

THE GRANTS, THE COMMUNITY OPPORTUNITY GRANT, COMMUNITY CULTURAL EVENTS AND PROGRAMS GRANT, AND THE WILSONVILLE - METRO COMMUNITY ENHANCEMENT GRANT, HAVE UNIQUE CRITERIA, FUNDING DEADLINES, AND AWARD AMOUNTS.

WILSONVILLEPARKSANDREC.COM/GRANTS

OPENING THIS FALL!

BOONES FERRY PARK INCLUSIVE PLAYGROUND

This new inclusive playground
will feature:

- Turf Surfacing
- A Fenced Perimeter
- Accessible Whirl Spinner
- Companion Swing
- Roller Slide
- New Restroom



*Coming
Soon*



**OREGON
KOREAN WAR
MEMORIAL
INTERPRETIVE
CENTER**

**NOW
OPEN**

OPEN

8 AM TO 5 PM, MONDAY - FRIDAY

The Interpretive Center is located in the Wilsonville Parks and Recreation Administrative Building in Town Center Park.

29600 SW Park Place



Harvest FESTIVAL

OCTOBER 19 | 10 AM - 1 PM

MUSIC - PUMPKINS
HORSE & CARRIAGE RIDES
CRAFT VENDORS
FACE PAINT
FREE ADMISSION!



STEIN BOOZIER BARN, MURASE PLAZA

WILSONVILLEPARKSANDREC.COM/HARVESTFEST

INTERESTED IN BEING A VENDOR AT
HARVEST FESTIVAL? SCAN THE QR CODE
OR VISIT THE WEBSITE ABOVE



VOLUNTEERS NEEDED FOR

DAFFODIL PLANTING

Sunday, October 20 / 9 am - 12 pm

Help the parks maintenance team plant daffodil bulbs between Graham Oaks and Park at Merryfield! No gardening experience necessary! Parking for this event is on the northeast side of Wood Middle School.
Course #: 11256



LAS POSADAS

join us in celebration
music, family fun, light refreshments

tuesday, dec. 17, 4-6 pm
wilsonville community center

All are welcome. Presented by Wilsonville's Diversity, Equity and Inclusion Committee.



Wilsonville Winterfest



Tree Lighting

DECEMBER 5 | 5:30 PM

Join Wilsonville Parks and Recreation for the annual tree lighting event. There will be hot cocoa, choir performances, pictures with Santa, a 'Letters to Winter Wonderland' station and more!



Scan for
More Info



Toy Drive & Senior Stockings

NOV. 1 - DEC. 6 | M-F 8 AM-5 PM, COMMUNITY CENTER

Toy Drive: Drop off NEW, UNWRAPPED toys for kids in need this holiday season. Toys will be donated to the Wilsonville Family Empowerment Center and Clackamas County Compassion in Action.

Stockings: Donate a stocking for a senior this holiday season. Items needed include snacks, games, personal hygiene items, etc.



Letters to Winter Wonderland

DECEMBER 2 - 18 | MONDAY - FRIDAY 8 AM-5 PM

A 'Letters to Winter Wonderland' station and templates will be available at the Parks and Rec Admin Office from December 2-18. Turn in your letter with a return address by December 18 and receive a reply from Winter Wonderland.



FOR MORE INFORMATION PLEASE VISIT
WILSONVILLEPARKSANDREC.COM/WINTERFEST



PARENTING THE LOVE AND LOGIC WAY

Location: Parks and Recreation Admin Building

Learn how to:

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

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

Time: Thursdays, 6 - 7 pm

Dates: 10/3-11/7

Cost: \$25

Course #: 11229



MANNERS MATTER ✨

ALL CLASSES TAKE PLACE AT THE TAUCHMAN HOUSE

This class teaches the importance of being polite in different situations and why that's important. Students will also be taught how to set the table using plates, glasses, utensils and napkins. They will practice proper greetings, handshakes and the polite way to enter a room and conversation. Children will learn the importance of being a polite host/hostess and guest; along with so much more.

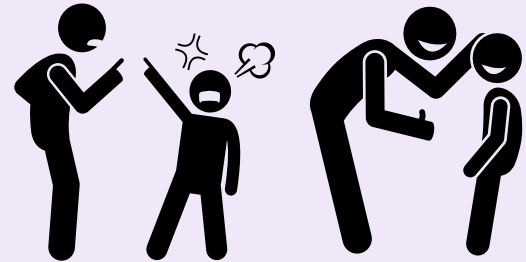
Ages 5-9: 9-10am | Ages 10-13: 10:15-11:15am
Cost \$65 per session

Session I: Sat. Nov. 2 & 9

Ages 5-9, Course #:11257 | Ages 10-13, Course #: 11259

Session II: Sat. Dec. 7 & 14

Ages 5-9, Course #:11261 | Ages 10-13, Course #: 11260



FINANCIAL ASSISTANCE PROGRAM

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

WILSONVILLEPARKSANDREC.COM/FINANCIAL-ASSISTANCE

SOCCER SHOTS

MINI - 2 TO 3 YEAR OLDS

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

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

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

PREMIER - 6 TO 7 YEAR OLDS

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

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

Saturday Fall Season Dates: 9/14 - 11/16

Location: Wilsonville Memorial Park (outdoors)

Saturday Winter Season Dates: 12/7 - 2/15

Location: Wilsonville Community Center (indoors)

Cost: \$205 (mini) \$215 (classic & premier)

SECTION:	AGE:	TIME:	FALL COURSE #:	WINTER COURSE #
Mini:	2-3.5	9-9:30 am	#11205	#11209
Classic:	3.5-4.5	9:45-10:20 am	#11206	#11210
Classic:	4.5-5	10:35-11:10 am	#11207	#11211
Premier:	6-7	11:25 am-12:10 pm	#11208	#11212

Tuesday Fall Season Dates: Tues. 9/10 - 11/12

Location: Palermo Park- Villebois (outdoors)

Cost: \$205 (mini) \$215 (Classic 3.5-4.5) \$168 (Classic 4.5-5.5)

SECTION:	AGE:	TIME:	FALL COURSE #:
Mini:	2-3.5	3:30-4 pm	#11262
Classic:	3.5-4.5	4:10-4:45 pm	#11263
Classic:	4.5-5	4:55-5:30 pm	#11264 *note this session is only 8 weeks (9/10-10/29)



MINI HOOPERS

1ST & 2ND GRADE BASKETBALL

REGISTRATION DEADLINE
SEPT. 23, 2024

Mini Hoopers is a first and second grade basketball program organized by Wilsonville Parks and Recreation and led by volunteer parent coaches. The 2024 season will run from Monday, October 21 through Saturday, December 14. Sections of the program will include: 1st grade boys, 2nd grade boys, and 1st and 2nd grade girls (combined). Practice will take place one night per week at local schools with games a mix of weekday evenings and Saturday mornings.



Interested in being a **volunteer coach**? Fill out the volunteer form by scanning the QR code. Background checks will be run on those selected to coach.

1st & 2nd Grade Girls
Course #: 11248

1st Grade Boys
Course #: 11249

2nd Grade Boys
Course #: 11250

LEARN MORE AT WILSONVILLEPARKSANDREC.COM/MINIHOOPERS



WED. 9/18 - 12/4 | COMMUNITY CENTER | COST \$270
AGES 2-3, 3:15-4 PM, COURSE #: 11235 | AGES 4-5, 4:15-5 PM, COURSE #: 11234

A fun introduction to sports designed to help kids get moving and build confidence! Each day features a warm up, an introduction to a new sport or activity, free play, cool down and an age appropriate anatomy and physiology lesson.



SAT. 9/21 | 9-11 AM | MEMORIAL PARK | AGES 4-7 | COST \$52 | COURSE #: 11231

A combination of four popular sports creates a fun learning experience with: basketball, lacrosse, jai alai, and hockey to learn agility, accuracy, flexibility, balance, endurance, coordination, and speed.



W-F 10/9-10/11 | 3-5 PM | MEMORIAL PARK | AGES 5-8 | COST \$123 | COURSE #: 11233

Watch your kids set a new standard with sprints, hand-eye coordination and teamwork using classics like flag football, and capture the flag, as well as high-energy games like flag tag, parachute, and steal the tails. Kids of all ages have a blast and all in a non-competitive environment!



SAT. 11/2 | 9-11 AM | COMMUNITY CENTER | AGES 4-7 | COST \$52 | COURSE #: 11230

During NinjaPlay, kids develop skills around stability, agility, balance, jump distance and more. Every class is designed for optimal skill development and optimal FUN! This engaging morning of activity will feature a warm up, sport-specific skills and drills, free play, cool down and an age-appropriate anatomy and physiology lesson.

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

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

Ages: 3-5
Day: Wednesdays & Thursdays 9/11-12/19
Time: 10:30-11am
Location: Oak Room and livestream on YouTube.
Cost: No Charge

Baby & Toddler Time

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

Ages: Birth to 2 years old
Day: Tuesdays 9/10-12/17 (Check library website for updates)
Time: 10:30-11am & 11:15-11:45am
Location: Oak Room and livestream on YouTube.
Cost: No Charge



Get email reminders for Kids Programs

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

Play Group

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

Ages: Birth to 6 years old with their grownups
Day: Fridays 9/13-12/20 (Check library website for updates)
Time: 10:30am-12pm
Location: Oak Room
Cost: No Charge

Adventures in Spanish

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

Ages: 3 and up
Dates: 3rd Saturday of the month (9/21, 10/19, 11/16, 12/21)
Time: 11-11:30am
Location: Oak Room
Cost: No Charge



Dolly Parton's Imagination Library

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

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

Find out more at:
WilsonvilleLibrary.org/DPIL



LIBRARY TEEN PROGRAMS

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 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.

Teen Drop-In Events - Each Wednesday from 3pm - 6pm, from Sept. 11 - Dec. 18

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

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

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

WilsonvilleLibrary.org/teens



LIBRARY ADULT PROGRAMS

Profiles

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

Ages: High School through Adult

Dates: Wed. 9/04: Judy Garland

Wed. 10/02: Truman Capote

No program in November

Wed. 12/04: A Charles Dickens Christmas

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 3rd Wednesday 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.

Genealogy Club

Join a growing group of genealogists of all levels from the Wilsonville area to discuss genealogy tips, tricks, and research. These discussions are informal in nature and are moderated by Librarian Malia Laughton. New members welcome!

Meets on the 3rd Monday of the month, from 1-2:30pm in the Oak Room.



Get email reminders for
Adult Programs

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

www.WilsonvilleLibrary.org/subscribe

First Friday Films

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

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

Book Notes Concerts

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

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

ODHS Drop-In Assistance

Need assistance paying for food or 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 9/03-12/31

Time: 10am-12pm & 1-3pm

Location: Simmons Room & Rose Room

Fee: No Charge

Beginning English Class

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

Ages: High School through Adult

Dates: Mon. 9/9-12/30

Time: 11am-12:30pm

Location: Rose Room

Fee: No Charge

Intermediate English Class

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

Ages: High School through Adult

Dates: Tues. 9/3-12/31 (no class 12/24)

Time: 10-11:30am

Location: Rose Room

Fee: No Charge

OIL PAINTING

with Judy Stubb

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

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

Tuesday Classes 5:30-9 pm

Date: 9/3 - Pathway to Autumn | Course #: 11166

Date: 10/1 - Autumn Images | Course #: 11242

Date: 11/5 - Ocean Sunrise | Course #: 11243

Date 12/3 - Snowbound Cabin | Course #: 11244



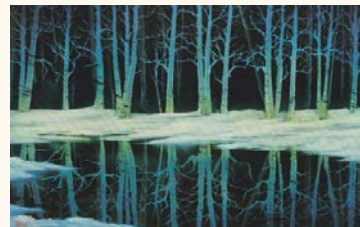
Saturday Classes 10 am-2 pm

Date: 9/14 - Wilderness Falls | Course #: 11167

Date: 10/12 - Chrysanthemums | Course #: 11247

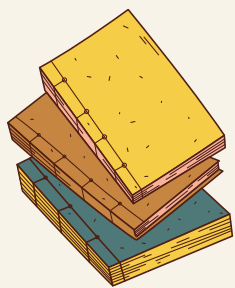
Date: 11/16 - Birches in the Snow | Course #: 11245

Date 12/14 - A Perfect Winter Day | Course #: 11246



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





BOOK BINDING

Students will be provided supplies and be led through the historical process of making their own journals and sketchbooks from scratch with just paper, cardboard and thread! Join art instructor Jasleen for 3 hours of peaceful bookbinding and music in the fall. There are three separate opportunities to take this workshop!

Age 15+

Location: Parks & Recreation Admin. Building

Cost: \$50 per session

Session I: Sun. Sept. 8 | 12-3pm | Course #11238

Session II: Sun. Sept. 15 | 12-3pm | Course #11239

Session III: Sun. Sept. 22 | 12-3pm | Course #11240



AUTUMNAL PAINTINGS IN WATERCOLOR

Learn the basics of watercolor painting in this course as we paint the changing colors of the autumnal landscape. Join art instructor Jasleen in Memorial Park to paint and observe the great outdoors this fall! Materials are provided and all skill levels are welcome. *This is a 4 week course

Ages 15+

Location: Memorial Park - Forest Shelter

Cost: \$150

Sundays Oct. 6 - 27 | 12 - 3pm | Course #11236



FLOOR BROOM WORKSHOP



Sun. Oct. 6th
2:30 - 6:00pm
Stein-Boozier Barn
Ages 16+
\$120
Course #11213

Learn how to make your very own functional floor broom from start to finish with instructor Dan Hawkins of Bad Dogs Studio! You will leave the workshop with at least one completed broom, and hopefully, the ability to make more! You'll learn about the history of broom making, forays and then we'll jump into learning how to make a broom, select sorghum, a handle, hemp cord, and begin the process! We will drill our handles, learn the starting and finishing techniques, discuss adding additional fibers/elements to a wrap, select colors, and learn how to stitch clamp/flatten a finished broom. No previous experience necessary.



Macramé Rainbow Workshops

Cost: \$65 Location: Wilsonville Community Center

In this beginner workshop with 'A Branch & Cord', explore color, play with fiber and create your very own unique rainbow wall hanging. You will be introduced to a fun hand-wrapping and shaping rainbow workshop where you can create your own fiber rainbow. Working with cotton rope, a variety of colorful yarns, and a few additional tools and supplies, you'll be supplied with everything needed to make a 7x7" fiber rainbow to hang on your wall to brighten any space.

Learn the insider tips and tricks for a neat and secure wrap and finished assembly. Once you master wrapping, the sky's the limit to the shapes and objects you can make. No prior experience is needed for this workshop, just a spirit of creativity!



Teens Workshop for ages 13-17

Course # 11194

Sat. Sept. 28, 2 - 4pm

Adults Workshop for ages 17+

Course # 11195

Sat. Nov. 16, 10am - 12pm

Candle Making Workshop

Join Nicole of Red Clover Candles to craft your own soy candle for fall! You will learn about mixing your own fragrance and all of the components that go into creating a beautiful candle. At the end of the workshop you will have a 5 oz. soy candle in lovely ceramic container that you created yourself to take home and enjoy.

Sat. Oct. 12

3:30-5:30pm

Parks & Rec. Admin Building

Ages 16+

Course #: 11193

Cost: \$45



Baking with Sam

All Classes Take Place at the Community Center

Perfecting Scones

Thursday 9/5 | 6-8 pm | \$45

Course #: 11241

Scones can be sweet or savory, perfect with coffee and tea, as a snack or really, anytime of day! Learn tips and tricks to master uniquely crisp and buttery scones with crumbly corners and a soft, flaky interior. Participants will leave with delicious scones to bake the following day plus a packet of recipes and info!

Sourdough Bread at Home

Thursday 9/19 | 6-8:30 pm | \$52

Course #: 11237

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

BARRE TONE

WITH JESSICA NORMAN

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

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

Session I: 9/17-10/29

Cost: \$75

Course #: 11201

Session II: 11/5- 12/10

Cost: \$65

Course #: 11202

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

MIDLIFE MOVEMENT WORKSHOP



For women, navigating through midlife can feel like wild and uncharted territory; physically, mentally, & emotionally. Whether you are experiencing perimenopause, menopause, or post. Whether you are experiencing life changes of divorce, career, endings to new beginnings. You are not alone! Join us in supporting yourself with this 2-hour intentional workshop with facilitated discussion, yoga inspired movement, and restorative time, with offered tea and treat bites. Our 4 week workshop series is met with different topics for each week. Bring your own mat.

Sundays from 4:30-6:30pm at the Community Center

Session I: 9/15-10/6

Cost: \$110

Course #: 11265

Session II: 10/20-11/10

Cost: \$110

Course #: 11266

BODY SCULPT

WITH JULES MOODY

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

Mondays, 6-7 pm at the Community Center

Session I: 9/16-10/28

Cost: \$59

Course #: 11196

Session II: 11/4-12/16

Cost: \$59

Course #: 11197

10% discount
when you
register for
both sessions
at once

CORE, FLOOR & MORE + STRETCH

WITH JULES MOODY

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

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

Session I: 10/9-12/11

Cost: \$79

Course #: 11198

SOUL FLOW YOGA



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

Ages 13+

Time: Tues. 7:15-8:15 pm

Location: Community Center

Session I

Date: Tues. 9/17-11/5

Course #: 11199

Cost: \$85

Session II

Date: Tues. 11/12-12/10

Course #: 11200

Cost: \$55

BODY RENEW



Welcome to Body Renew! Supporting and strengthening whole body by way of; fascia release, pelvic floor work, lymphatic support, intentional stretch with breath work. Ending with relaxing, restorative yoga inspired postures. Bring your own mat.

Ages 13+

Time: Thurs. 7:15-8:15 pm

Location: Community Center

Session I

Date: Thurs. 9/26-10/24

Course #: 11203

Cost: \$55

Session II

Date: Thurs. 11/7-12/19

(Skip dates: 11/28)

Course #: 11204

Cost: \$65

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.

9/10 - 10/24

Cost: \$70

Course #: 11251

Session II

Date: Tues. and Thurs.

10/31 - 12/12

Cost: \$59

Course #: 11252

**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.

9/10 - 10/24

Cost: \$70

Course #: 11253

Session II

Date: Tues. and Thurs.

10/31 - 12/12

Cost: \$59

Course #: 11254

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 503-570-1522
WITH ANY QUESTIONS

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.

Mondays

12:30-1:15 pm

For more information: Contact Health
and Wellness Coach, Brad Moore

503-570-1522



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



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

Session I	Session II	Session III
9/9 - 10/2	10/7 - 11/1	11/13 - 12/23
Cost: \$35	Cost: \$35	Cost: \$51
Course #: 11214	Course #: 11215	Course #: 11216

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

Session I	Session II	Session III
9/9 - 10/2	10/7 - 11/1	11/13 - 12/23
Cost: \$35	Cost: \$35	Cost: \$51
Course #: 11217	Course #: 11218	Course #: 11219

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

Sit Stand and Be Fit

with Kate

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

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

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

Mon Wed. and Fri ongoing

Community Center at 11:00 am

\$1 fee



WILSONVILLE COMMUNITY SENIORS HOLIDAY PARTY

WEDNESDAY, DECEMBER 18

1:00-3:00 PM

COMMUNITY CENTER

HOLIDAY SINGALONG TEAM TRIVIA GAME CRAFTS COOKIE DECORATING

WHITE ELEPHANT GIFT EXCHANGE - IF YOU PLAN TO PARTICIPATE,
PLEASE BRING A SMALL WRAPPED PRESENT

NO CHARGE
PRE REGISTRATION IS REQUIRED

CALL OR VISIT THE COMMUNITY CENTER
TO ADD YOUR NAME TO THE LIST



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.

Monday

October 21 or December 2

9 am - 4:30 pm

Wilsonville Community Center

\$20 for AARP members

\$25 for non-members

Call 503-682-3727 to register

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 Trainings*
Date: Mon. 9/9 or 10/7
(choose one)
Time: 10:30 am-12 pm

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

1 Canby
Date: Thurs. 9/26
Time: 11:15 am-2 pm
Location: Wilsonville Transit Center

2 Bridgeport Village
Date: Thurs. 10/17
Time: 10:50 am-2:15 pm
Location: Community Cntr.

For group trips, participants to purchase own lunch.

**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

WILSONVILLE COMMUNITY CENTER

Ongoing Activities

MONDAY

- **Life 101 Lecture Series**, 10:30 am
See following pages for schedule
- **Sit, Stand, and Be Fit**, 11-11:45am
- **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

WEDNESDAY

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

FRIDAY

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

TUESDAY

- **Wilsonville Walkers**, 9:30 am
See the WCSI Gazette for the schedule
- **Ukulele Jam Group**, 9-11 am
Parks & Rec Admin Bldg
- **Piecemakers Quilting**, 9-11:45 am
Tauchman House
- **Lunch @ the Center**, 12 pm
- **Partners Bridge**, 12:30-3:30 pm
Call 503-449-5855 to sign up
- **Virtual Reality Fitness**, 1-2 pm
- **Poetry Club**, 1-3 pm
1st & 3rd Tuesday 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 am-12 pm
(Resumes 9/12)
- **Ladies Afternoon Out**, 1-3 pm



Nutrition Program and Social Services

at the Community Center

Nutrition Program

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

Upcoming Special Themed Meals

November 27 - Thanksgiving

December 18 - Holidays

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



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.

Ridewise Travel Training

Monday, September 9

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.

Funeral Planning 101

Monday, September 16

On behalf of Wilsonville Funeral Home we invite you to an informative seminar to learn about how you can plan for and protect your family on one of the hardest days they will have. Join us to learn about our planning process and the important details needed by your family. Be a part of this dynamic discussion and take the first steps toward making your pre-arrangement plans.

Balance the Fall

Monday, September 23

With balance, you gain confidence — at any age. Balance exercises are especially important for older adults because they can help prevent falls. Should you fall, your flexibility and the strength of your muscles will help you stand up. It's a good idea to include balance training along with stretching and strength training in your regular activity. Certified Fitness Instructor, Christina Lucy shares tips on doing just that. Wear comfortable shoes and clothing just in case you want to try a balancing activity.

Estate Planning

Monday, September 30

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.

Ridewise Travel Training

Monday, October 7

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.

Veterans Funeral Planning

Monday, October 14

On behalf of Wilsonville Funeral Home we invite you to an informative seminar for Veterans and their families to learn about veteran funeral benefits and how to receive them. Join us to learn about our planning process and the important details needed by your family. Be a part of this dynamic discussion and take the first steps toward making your pre-arrangement plans.

Life 101 continued...

Long Term Care

Monday, October 28

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

What Shoud I Eat?

Monday, November 4

America is in the midst of an obesity epidemic. Learn why and what can we do about it. In this lecture, presented by Christina Lucy, nutrition and fitness expert. Find some clarity amidst the confusion out there on the best foods to eat, as well as knowing what to look out for on food labels as manufactures and advertisers can be tricky with their terminology.

Estate Planning

Monday, November 25

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.



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.

September 10

October 8

November 12

December 10

10:30 am

Community Center

Register at: NWMedicareAdvisors.com



COMMUNITY SUPPORT GROUPS & CLINICS

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

This group will provide support, education, and community for those who are caring for a person diagnosed with some form of dementia, such as Alzheimer's disease.

Participants are encouraged to share their journey, knowledge, and questions. Meetings will take place at the Charbonneau Activity Center (32000 SW Charbonneau Drive) in the Kalapuya Room. Contact Sadie Wallenberg at 503-570-1526 for more information.

Grief Support Group Select Thursdays 1-2:30 pm

Sadie Wallenberg, MSW and Ed Nelson, CT will lead the group with the focus on providing education, resources and opportunities to share your grief journey. The group will use materials by Dr. Alan Wolfelt and Grief Specialist David Kessler.

Thursdays October 24 - November 21

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

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

\$40 at the time of service - cash/check only. Please bring a towel to your appointment. Call the Community Center at 503-682-3727 to schedule your appointment.

Legal Clinic

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

REGISTRATION INFORMATION

REGISTER ONLINE AT WILSONVILLEPARKSANDREC.COM

REGISTRATION INFORMATION

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

REFUNDS & CANCELLATIONS

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

INCLUSION STATEMENT

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

PARKS AND RECREATION ADVISORY BOARD

Amanda Aird, Bill Bagnall, Jim Barnes, Daniel Christenson,
Paul Diller, 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