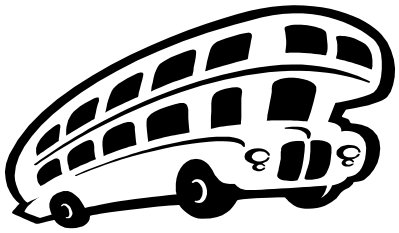
Wilsonville Community Seniors, Inc.
c/o Wilsonville Community Center
7965 SW Wilsonville Road
Wilsonville, OR 97070-7756
503-682-3727
Return Service Requested

NONPROFIT ORG
US POSTAGE
PAID
WILSONVILLE OR
PERMIT NO. 11

WCSI GAZETTE

FEBRUARY 2015

"There are no strangers here, only friends you haven't met"



February ADVENTURES, by Jean Tsokos

- **Call The Center (503-682 3727) to make reservations or cancel on day of trip.**
- **(*Call SMART to cancel if you have dial-a-ride pick-up.*)**
- **Refund policy will vary by trip.**

If a fee is due for the trip, make reservations and pay at the Center. If you need to cancel the day of the trip please call the Community Center. Note: Until further notice, trips will be limited to 20 people or less.

No Refunds!!!!! You Need To Get Your Own Replacement.

Thursday, February 12: Cabelas Shopping Center, Tualatin.
Check out their famous fudge for Valentine's Day. Also New Seasons, Home Goods, Micheal's, etc.
Lunch on your own at New Seasons, Cabelas or Pizza Place.
Leave City Hall at 11am and return by 3:30pm.

Thursday, February 26: Will try again at Uwajimaya at 10500 SW Beaverton-Hillsdale Hwy.
Lunch at Ping Pongs 503-643-4512
Then Powell's Bookstore at 3415 SW Cedar Hills Blvd. 503-220-4651
Leave City Hall at 11am and return 3:30pm

BUS DEPARTS CITY HALL AT 11am RETURNS TO CITY HALL 3:30pm

IF YOU ARE NOT ABLE TO ATTEND AN EVENT YOU HAVE SIGNED UP FOR,
PLEASE REMEMBER TO CALL THE CENTER 503-682-3727.

WILSONVILLE COMMUNITY SENIORS, INC

Donations are gratefully accepted to help defray costs. The Gazette is available to anyone who requests it, however; Suggested donation is $10 a year and donation envelopes are available at the senior desk. The ***WCSI Gazette*** was established July 1, 1993 and is published monthly by Wilsonville Community Seniors, Inc., a non-profit 501(c)(3) Corp. It is available to all in the greater Wilsonville area.

WCS, INC. BOARD OF DIRECTORS, 2013 –2014

Chair: Wesley Morris Vice Chair: Jean Tsokos
Secretary: Barbara Ricker
Treasurer: John McDonald
Robert Thompson Debbie Dahlquist Patricia Lichtenstein
Dina Holland Anna Dubas Helen Braganza David Lahr

MISSION AND PURPOSE OF WCS, INC.

The mission of Wilsonville Community Seniors, Inc. is to make a positive contribution to the lives of senior citizens of the Wilsonville area by providing:

- Companionship to foster meaningful relationships
- Entertainment, recreational activities to stimulate social abilities
- Class instruction to promote learning and intellectual growth
- Opportunities for service to the community

Volume 24 — Number 08 — February, 2015
Editor / Publisher — Helen Braganza
Circulation — Barbara Ricker, Dina Holland

CENTER HOURS: 8 AM TO 5 PM MONDAY - FRIDAY
CENTER PHONE: 503-682-3727

COMMUNITY CENTER STAFF

Parks and Recreation Director: Stan Sherer
Recreation Program Manager: Patty Brescia
Administrative Assistant: Jourdan Moore
Nutrition Coordinator: Evie Proctor
Nutrition Coordinator: Jennifer Nelson
Recreation Coordinator: Brian Stevenson
Information and Referral Specialist: Sadie Wallenberg
Fitness Specialist: Brad Moore

TRANSPORTATION

If you live in Wilsonville, a SMART bus can pick you up at home, bring you to the Center for lunch, and take you home for no charge. A trip for grocery shopping is available every Friday. Call SMART at 503-682-7790 to reserve your spot.

LUNCH PROGRAM

Meals are served at noon each weekday except Thursday. A donation of $3.50 is encouraged for those over 60. Guests under 60 are requested to pay $4.25. If you aren't able to make it to the Center, a meal can be delivered. Call the Center and make your request.

SOCIAL SERVICES

Our Information and Referral Specialist is available to provide:

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

Community Center News

Wilsonville Parks and Recreation

AARP/IRS Free Income Tax Assistance at Community Center

Appointments are now being taken for Free AARP Income Tax assistance at the Wilsonville Community Center. Income tax preparation and electronic filing for both 2014 Federal and State Returns will be provided again this year with the joint help of the IRS and AARP Tax-Aide Program. This free service is provided for seniors and individuals with limited income by trained and certified IRS-AARP Tax Aid Volunteers. The clinics will be available on Thursdays, from February 5 through April 9th between the hours of 9am and 3pm. Call the center to make an appointment, 503-682-3727. Over 200 people took advantage of this free service last year, so make your appointments early. It's not necessary to be a member of AARP to take advantage of this service.

Wellness in Wilsonville

Various healthcare practitioners in town are teaming up help 'Dispel Health and Wellness Myths' through a series of lunchtime lectures. The lectures will all take place at the Community Center at Noon, and a hot lunch is provided for a modest donation. Registration is available online and in person at the Center, and the lectures are offered free of charge. The first lecture, featuring Chiropractor David Duemling, takes place on Tues. Feb. 3, and will focus on: "Just the Facts on Grains and Dairy." The rest of the series features the following topics:

Feb. 10 "Diet Myths" Karen McGeehan, Registered Dietician
Feb. 17 "Salt, Sugar and Fat- Their Impact on Your Health" Dr. Kris Ritchey, ND
Feb. 24 "All Vitamins and Supplements are not Created Equal
Dr. Kris Ritchey, ND
March 3 "No Vaccine? Create Your Body's own Defenses Karen McGeehan, RD

AARP SMART Driver

Brush up on your skills with this six hour comprehensive review of safe driving techniques. Insurance companies will often provide discounts to those who complete the class. The class meets two consecutive Fridays, Feb. 13 and Feb. 20 from 9am to Noon. Please register online or at the Community Center. Payment of $15 for AARP member and $20 for nonmembers will be due on the first day of class.

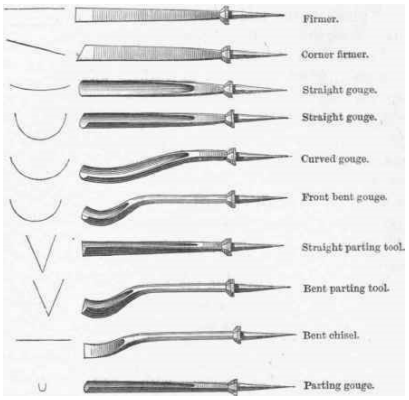
New Class Coming in March!

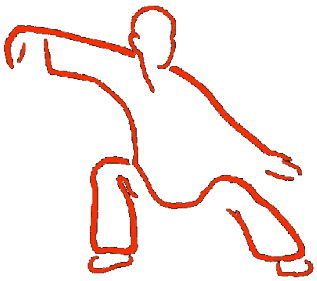
Joan Elder will offer our newest class "Crafty Card Creations" on Tuesday, March 10 from 9am to Noon. This class will teach you how to save money by creating personalized greeting cards for your friends and family. Participants will create six cards with varying themes, including: Happy Birthday, spring/Easter, and Fourth of July. All materials needed for the project will be provided for a fee of $20. The deadline for registration for this class is Feb. 23rd.

Februaty Activites

Some activities require pre-registration and there may be a fee. Call the center at (503)682-3727, or go online to www.wilsonvilleparksandrec.com Fitness Studio available Monday-Friday -call first or check room schedule for availability. Personal Training appointments available Monday-Friday. Senior Computers available Monday-Friday for drop-in use from 9:00am-4:00pm.

	Ongoing - Please Sign-Up	Ongoing Drop-In	Classes - Please Sign-Up
Monday	*Bridge Group 1:00-4:00	*Bakery 10:30-1:00 *Bridge 1:00-4:00 *Stretch/Strength & Stamina 11:00-11:45 ($1 drop in) *Hola Hola Spanish Practice Class 10:00-11:00 *Lunch 12:00	*Healthy Bones Beginning 9:30-10:20 *Healthy Bones Returning Students 8:30-9:20 *Pilates Move for Life 9:30-10:30 *Zumba Gold 1:30-2:15 *Bridge Refresher Course 1:00-3:00 *Knitting 10:00-Noon and/or 1:00-3:00
Tuesday	*Foot Clinic ($33 fee) 2/17 3rd Tuesday 9:00-4:30 *Partner's Bridge ($1) 2nd & 4th Tue 12:30-3:00	*Wilsonville Walkers 9:25 - 10:30 *Quilting Group 9:00-12:00 *Pinochle 1:00-4:00 every week *Lunch 12:00	*Oil Painting 5:30-9:00pm (2/3) *Tai Chi Beginning/Studio 1:00/2:00 *Crafty Card Creations 9:00-Noon (March) *Gentle Yoga 8:30-9:30 *Editing Digital Photos 10:00-11:30
Wednesday	*Computer Assistance 10:30-12:00 (By apt only)	*Diabetes Support Group 10:00-11:30 every week *Blood Pressure Clinic (2/18 1st & 3rd Wed 11:00-12:00 *Photography Group 10:00-11:30 *Woodcarving Group 1:00-3:00 *Tai Chi Evening Drop In 7:00-8:00pm ($1 drop in)	*Healthy Bones Beginning 9:30-10:20 *Healthy Bones Returning Students 8:30-9:20 *Pilates and Props 9:30-10:30 *Tap Dance for All Levels 1:30-2:30 *Zumba Gold 6:00-6:45pm *Knitting 2:00-4:00
Thursday	*Legal Advice (every other month) 1:00-2:30pm (by apt only) *Senior Trips (See Senior Desk for Details)	*Wilsonville Walkers 9:25-10:30 *Ladies Afternoon Out 1:00-3:00 *No lunch served on Thursdays	*Pilates Healthy Back 10:45-11:45 *Beginning Yoga 8:30-9:30 *Tai Chi Beginning / Studio 1:00 / 2:00
Friday	*Bridge Group 1:00-4:00 ($1) *Wheelchair/Walker Repair 12:00-1:00 by apt only	*Alzheimer's Support Group (2/20) 3rd Friday 10:00-12:00 *Bakery 10:30-1:00 *Bereavement Support Group 1st Friday 10:00-12:00 *Stretch/Strength & Stamina 11:00-11:45 ($1 drop in) *Lunch 12:00	*Healthy Bones Beginning 9:30-10:20 *Healthy Bones Returning Students 8:30-9:20 *Level One Yoga 8:30-9:30 *Zumba Gold 1:30-2:15
Saturday			*Oil Painting 10:00-2:00 (2/14)





February Birthdays

No Birthdays this month

BRIDGE RESULTS

	First Place	Second Place
Dec 26	Leslie Berry	Ed Linchent
Jan 02	Eileen Leary	Leslie Berry
Jan 09	Anna Dubas	Elaine Ihle
Jan 11	Anna Hyndman	Dick McPartland
Jan 23	Annette Kastle	Leslie Berry

DID YOU KNOW!!

APPROXIMATELY 141 MILLION VALENTINE'S DAY CARDS ARE EXCHANGED ANNUALLY, MAKING VALENTINE'S DAY THE SECOND MOST POPULAR CARD-SENDING HOLIDAY AFTER CHRISTMAS.

Wilsonville Library News

Wilsonville Library Adult Events

Writers Group
Tuesdays, February 3 and 17 at 4pm
Got a novel stuck in your soul? The Writers Group meets regularly to help you get it unstuck. No one will laugh at you, even if your novel is about zombies.

First Friday Film
Friday, February 6 at 6pm
Watch the latest releases, from blockbusters to independent films, for free on our big screen the first Friday of the month. This month's film is based on a famous recent book about a woman who may or may not really be 'Gone'. Snacks are available by donation, or bring your own. For film titles, please visit our First Friday Films webpage or call the library.

Tax Help
Saturdays, February 7, 14, 21, 28 all day, from 10am to 6pm
Alan, our kindly volunteer with tax experience is available to help you with your taxes here at the library. No appointment necessary – just show up with your necessary documentation, 2013 tax records, and any questions. Continues Saturdays through April 11.

Book Club
Thursday, February 12 at 6pm
The Book Club meets monthly for informal discussion in the library. This month: *Secrets of Mary Bowser* by Lois Leeven, based on the true story of a freed slave who spied for the Union during the Civil War. Join fellow readers for lively and thought-provoking conversation. Like all our Book Club books, this title is available for check out a month before we meet- just ask at the Circulation Desk.

Book Notes Concert: Rebecca Hardiman
Saturday, February 14 at 2pm
Happy Valentine's Day! Described as a unique mix of Doris Day, June Christy, Anita O'Day, and Ella Fitzgerald, Rebecca Hardiman sings a wide range of music, from sensitive ballads, to fast be-bop scats, to Gospel songs. The Book Notes Concert Series is graciously presented by the Wilsonville Friends of the Library.

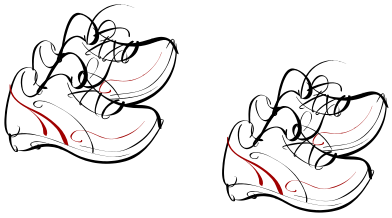
On Monday, February 16 the library will be closed in honor of Presidents' Day.

Great Books Discussion Group
Tuesday, February 17 at 6pm
Interested in philosophy and the "big questions" of life? Please join us each month for a roundtable discussion of how modern day issues are reflected and illuminated by the great Western classic books. Reading list on the Great Books Discussion Group webpage. Up this month: *Exodus* (from the Bible). For High School through Adult.

History Pub @ Wilsonville McMenamins
Tuesday, February 24 at 6:30pm @ Wilsonville McMenamins' Old Church
The Wilsonville Public Library Foundation, the Wilsonville /Boones Ferry Historical Society, and McMenamins have teamed up to present monthly programs focusing on Oregon's rich history. Come early to get your seat! (This month's program is once again undetermined at press time. – Please call the library or check the website.)

Wilsonville Library Teen Events

Teen French Night
Friday, February 13 at 6:30pm
Ooh la la! Just in time for Valentine's Day! Come experience a slice of French life with this nouvelle-themed teen event. For students in 6th through 12th grades.



Wilsonville Walkers Schedule
February, 2015

Each Tuesday and Thursday morning at 9:30am the Wilsonville Walkers get together to enjoy a walk of two miles on local paths usually. Below is a list of paths and dates for each. For a list of directions on how to get to the paths and where to park, call Kenton and Mary Wolfe at 503-694-8376.

February 03	**Graham Oaks**
February 05	**Water Treatment Plant**
February 10	**Magness Memorial Tree Farm 31195 SW Ladd Hill Road, Wilsonville**
February 12	**Memorial Park, lower**
February 17	**Mentor Graphics**
February 19	**Charbonneau with coffee after at home of Kenton and Mary**
February 24	**Murase Plaza, upper Memorial Park**
February 26	**Boones Bridge/Old Town, meet at Denny's parking lot**

WCSI Board Meeting
January 14, 2015

Chair Wes opened the meeting with roll call and approval of Nov. minutes and today's agenda.

As Treasurer John was ill, Wes reported on budget and by-yearly Audit report and all is in order.

Patty reported on the new flyer that Jourdan has designed to promote Senior Trips. Anna will be on the Smart Task Force, to represent senior service needs. New classes are filling up and a Zoo Mobile in March. Antiques Appraisal Day in April are one day events. Patty reported that the Raindeer Romp and Christmas tree lighting both had large attendance.

Patty also clarified the lunch program for those unaware. It is under Clackamas County supervision and Federal Government guidelines since 1985. The program to homebound seniors is called Home Delivery (it is not the Meals on Wheels program). There are strict guidelines on calories, sodium, carbs, etc., to create a healthy meal.

Wes brought up a discussion on paid advertising in the Gazette. This would help off-set cost and help overall budget. This will be discussed at next meeting. Also City Councel, Susie Stevens will remain our liaison to City for one more year.

Bakery donations and MOP are strong as is Gazette yearly subscriptions.

The Board will consider new ideas for fund raisers and explore other senior centers methods.

You all look forward to getting the Seniors' Gazette. It has the trips, lunches, birthdays, bridge results, activities happening at the center and the library news, and of course the Parks and Rec classes offered at the center.

Your tax deductible contribution to help off-set the cost of copying and mailing would be greatly appreciated.

The $10 contribution is for one year.

Wilsonville Community Seniors, Inc. has received a generous donation in memory and in honor of;

Sam Campagna and Francis Stade

This donation will be used to benefit and assist other seniors.

The Board thanks you for your generosity and thoughtfulness.

MaryAnn Creson and Gary Wappes

Valentine greetings

In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. Valentine's Day in Great Britain became popularly celebrated in the 17th century.

By the middle of the 18th century, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes. Due to improvements in printing technology by 1900, printed cards began to replace written letters.

It is thought that Americans probably began exchanging handmade valentines in the early 1700s. According to the Greeting Card Association, an estimated one billion Valentine's Day cards are sent each year, falling just behind the estimated 2.6 billion cards that are sent for Christmas. Women buy approximately 85 percent of all valentines.

I-5 CONNECTION

I-5 resumed practice for our up-coming spring performances, all eager and as much fun we have had in the past and look forward to pleasing you. Our Katie and Jocelyn are warmed up and ready to go and we all look forward to June 20 at Frog Pond Church, more information to follow.

February 2 is Groundhog Day!!

Groundhog Day is celebrated on February 2 in the U.S. On this day in mid-winter, the groundhog awakens from a long winter's nap, and goes outside of his den to see if he sees his shadow. This tradition is big on an otherwise cold and dreary mid-winter day. According to legend, if the groundhog sees his shadow (a sunny morning), there will be six more weeks of winter. He then returns to his den and goes back to sleep. If however, he does not see his shadow (cloudy days) he plays around outside of his hole for a while. If he does not see his shadow, spring is just around the corner.

The Groundhog's Day tradition travelled a long way. It comes from German roots. German Immigrants brought the tradition with them from Germany. As they settled in hills of Pennsylvania, they began the tradition of using the Groundhog to predict the arrival of spring. The tradition is based upon Candlemas, the day that is the midpoint between Winter and Spring. A famous Candlemas poem goes:

If Candlemas be fair and bright Winter has another flight;
If Candlemas brings clouds and rain, Winter will not come again.

Punzsutawney, Pennsylvania is the site of the annual Groundhog event. Our little rodent friend (yes, Groundhogs are classified as rodents) is called Punxsutawney Phil. There are a few other "predictors" around the country, but they all pale to comparison to Phil's ability to predict the remainder of winter.

For the record: Phil sees his shadow about 9 out of 10 times.

Thank you for your Contribution Date: _____

Seniors' Gazette Newsletter Fund $10.00

Name: _____

Address: _____

Birthday: _____

Your contribution is tax deductible. Our Tax ID# is 20-2507967

Board of Directors, Wilsonville Community Seniors, Inc.

FEBRUARY MENU

MONDAY	TUESDAY	WEDNESDAY	FRIDAY
2 Tuna Noodle Casserole w/ Spinach & Peppers Broccoli Normandy & Bread Jell-O The Super Thunderbirds	3 Scrambled Eggs, Sausage Roasted Potatoes Veggies Fruit Salad Marquis Day	4 Seafood Lasagna Steamed Vegetables WW Breadstick Orange Sherbet ***11:30 Donna Talus Piano*** The Dear Group	6 Honey Teriyaki Chicken Over Brown Rice Kyoto Vegetables Apple Slices ***11:30 Jessie and Barb Piano*** Methodist Church
9 Turkey Basil Wrap Chips Orange Slice Tropical Fruit Salad Go-Getters	10 Coleslaw Herbed Fish & Tater Tots Key West Vegetables Tangerine Sassy Sisters	11 Garden Salad Chicken Pesto Pasta Broccoli Normandy Bread & Pudding ***11:30 Donna Talus Piano*** Saint Cyril Church	**13** **Valentine's Lunch** Roast Beef Mashed Potatoes N Gravy Asparagus & Roll Mini Strawberry Cheese-cake Community of Hope
16 Center Closed 	17 Turkey Sloppy Joe On Slider bun Red Potato Asparagus w/Pepper & Onions Pound Cake w/ Cherries Willing Workers ***Mardi Gras***	18 Chicken Caesar Salad Bread Jell-O w/fruit ***11:30 Donna Talus Piano*** Ready, Willing and Able ***Ash Wednesday***	20 Kale Salad Beef Stroganoff Over Brown Rice & Bread Birthday Cake Birthday Gang *(Birthday)*
23 Chicken Parmesan Over WW Noodles Key West Vegetables & Roll Angel Food Cake w/Berries Fred Meyer Volunteers	24 Garden Salad Canadian Bacon & Pineapple Pizza Orange Wedge Butterscotch Pudding Open	25 Salmon Frittata Potato Medley Mixed Vegetable & Bread Sorbet ***11:30 Donna Talus Piano*** What Ever Happened to our	**27** Hot Cheesesteak Sandwich w/Mushrooms & peppers Potato Wedges Fruit Salad LDS Church

Meals are served at noon each weekday except Thursday.
A donation of $3.50 is encouraged for those over 60. Guests under 60 are requested to pay $4.25.
Menu subject to change due to availability of supplies and fresh produce.