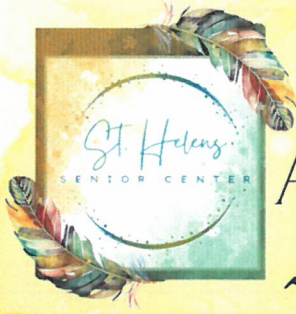


375 S. 15th St.
P.O. Box 692
St. Helens, OR
97051-0692
Phone: 503-397-3377
Fax: 503-397-4795

Office Hours:
Monday -Friday
8:00am to 2:00pm
(Except Holidays)



APRIL
2024

St Helens Senior Center Newsletter
Melissa Watson, Executive Director
Email: manager@shseniorcenter.org

Board of Directors: Joanne Fogle, President; Cyndy Miller, Vice President; Joan Steining, Secretary; Judy Parmley, Treasurer; Reni Nowling, Sherry Belden, Debra Parsons, and Jerry Marquette

Membership Dues: Membership runs from July 1, 2023 through June 30, 2024 and costs \$20 per individual or \$32 couple (living at same residence.)

NOW SERVING LUNCH FROM 11AM-12:30PM Monday-Thursday, and served at noon on Friday

Please call our front desk and R.S.V.P. if you will be planning to dine with us

Meals: Suggested donation of \$5.00 for individuals 60+ years old;
Under 60 = \$8.00 (required)
Website: shseniorcenter.org

Top Notch Thrift Store website: tnthriftstore.com



UPCOMING EVENTS AT YOUR
ST HELENS SENIOR CENTER!



Invites you to spend an
Enchanted Evening with us at our
St Helens Senior Center

2024 Dinner & Auction

Live & Silent Auction
Music & Dance
Rustic & Hearty Food
Costume Contest

May 18th, 5:00 PM

375 S. 15th St., St Helens

**\$25
Ticket**

This will be our biggest fundraiser of the year!

St. Helens Senior Center
Spring Craft Bazaar

April 13th & 14th
9am to 3pm

375 S. 15th St.
St. Helens, Or 97051



APRIL MEMBER BIRTHDAY'S

Donald Hubbs 4.1
 Pat Eagleston 4.3
 Robert Booth 4.8
 Shawna Boswell 4.9
 David Jones 4.9
 Evaline Bixby 4.12
 Kathy Innocenti 4.20
 Valerie Lauter 4.20
 Karin Bates 4.21
 Annie Buell 4.22
 Elenor Hampton 4.24
 Pamela Powel 4.24
 Colin Nakamura 4.25
 Claudia Johnson 4.27
 Diane Aulenbacher 4.29
 Mary Jurkowski 4.29

WE ARE NOW SERVING A BIRTHDAY TREAT FOR ANYONE CELEBRATING A BIRTHDAY, ON THE THIRD FRIDAY OF EVERY GIVEN MONTH. COME ON OUT AND CELEBRATE YOUR BIRTHDAY WITH FRIENDS! BE SURE TO ASK DINA HOW TO RECEIVE A FREE RAFFLE TICKET!



COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY

CRPUD Trimming Trees Throughout Its Service Area



Columbia River PUD will be pruning and removing vegetation throughout its service territory, in accordance with the Public Utility Commission clearance requirements.

Vegetation management is important to minimize wildfire risk, increase public safety, and maintain safe and reliable electric service.

You may see Columbia River PUD crews or contracted Asplundh crews trimming and clearing vegetation near power lines. Please call the PUD at (503) 397-1844 if you have any concerns.

Please also contact the PUD if you notice trees growing into or close to power lines. You can call the PUD at (503) 397-1844 or complete a tree trimming request form online at www.crpud.net/trees.

Looking for your input...

Classes

Walk in the Park

Swimming

Book Club

Guest Speakers

We Want to Hear Your Senior Center Activity Ideas

Senior Friendship &
Loneliness Line

503-200-1633

800-971-0016

800-282-7035



SeniorLonelinessLine.org

In Memory



Wilda Eberly

Sylvia Thomas

Lonnie Johnson



Our sincere condolences for the family and friends

BEQUESTS ... If you would like to leave a legacy and help others, this is one way you can do it:

I give, devise, and bequeath the sum of \$_____ to the St. Helens Senior Center located at 375 South 15th Street (PO Box 692), St. Helens, OR 97051 to be used for the Senior Nutrition and Pleasure Program (SNAPP) which includes home-delivered meals. The St. Helens Senior Center is a 501(c)(3) organization - IRS ID# 93-0722366



Daniel R. Garrison, CPA
2114 Columbia Blvd
St. Helens, OR 97051

Email: dan@drgtax.com

Phone: (503) 366-0994 FAX: (503) 366-2632

... for quality, personalized financial guidance for individuals and businesses, see Dan for your basic tax management and accounting services or ask him for help with more in-depth services such as audits, financial statements, and financial planning.

Dungeons & Dragons
Gaming Club
1st & 3rd Tuesday
Of the month



4pm to 7pm



April & May

Focused on
character creation
and campaign
intro



TOP NOTCH THRIFT STORE
JEWELRY EXTRAVAGANZA
SATURDAY APRIL 27TH, 9AM-2PM

JOIN US AT THE
ST. HELENS SENIOR CENTER
375 S. 15TH ST, ST HELENS OR

MANY CATEGORIES TO SHOP!
MEN'S WATCHES
VINTAGE SILVER
GEMSTONE GOLD
AND MUCH MORE!

ALL PROCEEDS BENEFIT THE
ST. HELENS SENIOR CENTER'S
HOME DELIVERED MEALS AND
OTHER GREAT PROGRAMS!

Community Support

Thank you to those who have been generous with donations of cash, time, supplies, etc. Donations continue to be accepted by clicking on the "Donate" button on our Facebook page (Point your smart phone camera at the QR code), calling the Center with your debit/charge card, or by mailing a check to PO Box 692.

Yankton Yummy

Thank you for providing another wonderful cake to celebrate our February Birthdays!

Bert & Sue Mueller

Thank you for cleaning up the Senior Center landscaping!

Mark Johnson

Thank you for helping with the Karaoke hour, and for raising funds for the Center with your birthday fundraiser!

Dyno Nobel

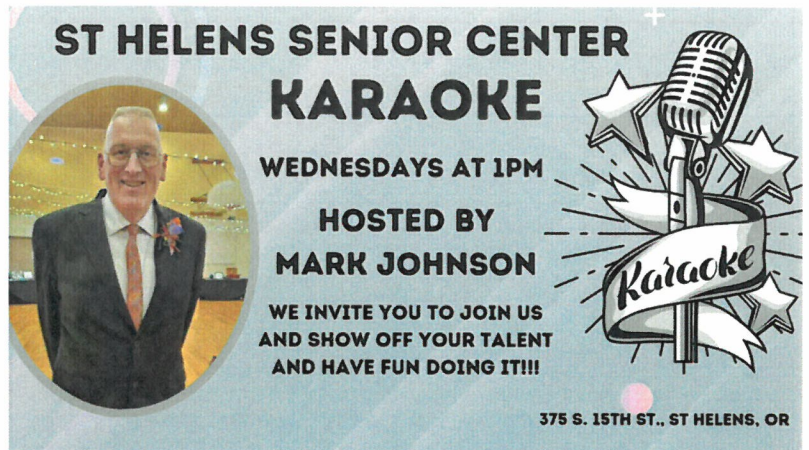
Thank you for the wonderful donation to our home-delivered-meals program!

Cheryl Lauten

Thank you for organizing our Library at the Center!

Joanne Fogle

Thank you for sharing your house plants with the Center and bringing more life to our Lobby!



ST HELENS SENIOR CENTER
KARAOKE
WEDNESDAYS AT 1PM
HOSTED BY
MARK JOHNSON
WE INVITE YOU TO JOIN US
AND SHOW OFF YOUR TALENT
AND HAVE FUN DOING IT!!!
375 S. 15TH ST., ST HELENS, OR



ST HELENS SENIOR CENTER
HAND, FOOT, & TOE GAME
MONDAYS AT 12:00PM

HAND & FOOT GAME
THURSDAYS AT 12:00PM
375 S. 15TH ST., ST HELENS, OR



ST HELENS SENIOR CENTER
EXERCISE & MORE!
TAI CHI WEDNESDAYS AT 10:00AM
EXERCISE CLASS MON-WED-FRI 9:00AM
Join us! Active & Grinnin'
SENIOR BELLY DANCE TUESDAYS AT 11:30AM
YOGA WEDNESDAYS AT 4:00PM
375 S. 15TH ST, ST HELENS



Eclectic Crafter's Club
At St. Helens Senior Center
375 S. 15th St., St. Helens
2:30pm to 7:30pm
2nd and 4th
Tuesdays
of the Month
Bring your project and meet others
who enjoy all things crafting!
Free for Members
of SHSC
Minimum
Donation of \$5 for
Non-Members



April is Stress Awareness Month!

Here are 10 tips to reduce stress:

1. Be Active

Exercise won't make your stress disappear, but it can reduce some of the emotional intensity that you're feeling, clearing your thoughts and letting you deal with your problems more calmly.

2. Take Control

If you think you can't do anything about your problem, your stress can get worse. That feeling of loss of control is one of the main causes of stress and lack of wellbeing. The act of taking control is in itself empowering, and it's a crucial part of finding a solution that satisfies you and not someone else.

3. Connect with People

A good support network of colleagues, friends, and family can ease your work troubles and help you see things in a different way. The activities we do with friends can help us relax and relieve stress. Talking things through with a friend may also help you find solutions to your problems.

4. Have Some "Me" Time

Many of us work long hours, meaning we often don't spend enough time doing things we really enjoy. It's important to take some time for socializing, relaxation or exercise. You could try setting aside a couple of nights a week for some quality "me time" away from work.

5. Challenge Yourself

Mulch Setting yourself goals and challenges, whether at work or outside, such as learning a new language or a new hobby, can help build confidence. This may help you deal with stress. It can also make you want to do things and be active.

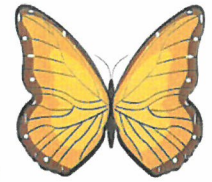
6. Avoid Unhealthy Habits

Don't rely on alcohol, smoking and caffeine as your ways of coping. They might provide temporary relief, but in the long term, these crutches won't solve your problems. They'll just create new ones. It's best to tackle the cause of your stress.

7. Help Other People

Evidence shows that people who help others, through activities such as volunteering or community work, often become more resilient. If you don't have time to volunteer, try to do someone a favor every day.

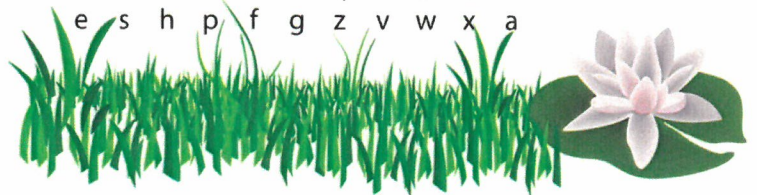
APRIL WORD SEARCH



a d x a l i p c w a i
y i g b e e d u j n s
k a a i o l a v t h s
u m e o h o f d u o e
f b z i i u f h l i m
a n c k j a o i i i y
h d b n g r d o p u i
a e e e l b i i o j v
m a g f o o l u d p a
e a s t e r v i k e x
p s a l m e o i o u a
b v t o u u n c t o t
c u n d e r g r a d s
p a s s o v e r u u e
e s h o w e r s r y i
d a t a b f e d u r n
v b l o o m q f s a i
e s h p f g z v w x a

WORDS

showers
underground
daffodil
tulip
bloom
taurus
diamond
earth
easter
passover
fool



8. Work Smarter, Not Harder

Working smarter means prioritizing your work, concentrating on the tasks that'll make a real difference. Leave the least important tasks to last. Accept that you will not have time for everything.

9. Try to Be Positive

Look for the positives in life, and things for which you're grateful. Try writing down three things that went well, or for which you're grateful, at the end of every day.

10. Accept the Things You Can't Change

Changing a difficult situation isn't always possible. Try to concentrate on the things you have control over.

Some of the key takeaways to good stress management are building emotional strength, being in control of your situation, having a good social network, and adopting a positive outlook.

Thank you to all who regularly support us!

The Stone River Band: Tim McAnnany, Al Wutzke, Mike McBride, Landon S. Johnson and all the groupies!

All volunteers (individuals, groups, churches, etc)

ACE Hardware St. Helens

Bethany Lutheran WOW

Tai Chi (Gina Harrington & participants)

Greg Korpela, for regular knife-sharpening

Columbia Pacific Food Bank

The South County Spotlight

Daniel R. Garrison, CPA

Stan's Refrigeration & Air Conditioning, Inc.

Trotter & Morten Longview

Topher Mood – Edward Jones

St. Helens Market Fresh

Safeway – St. Helens #424

Grocery Outlet, St. Helens

Grocery Outlet, Scappoose

Columbia River PUD

United Way of Columbia County

PGE

Betsy Johnson, John Helm, & Samuel S. Johnson Foundation

Meadow Park Health & Specialty Care Center

Preheim Computers

Community Action Team

City of St. Helens

City of St. Helens Public Works

City of St. Helens Chamber

St Helens Senior Center Pet Food Drive



Food to be given to the seniors and disabled in our community that may be struggling to feed their pets.

Nobody should be skipping a meal to feed their fur babies!



Drop off Monday -Friday 8am to 2pm

375 S. 15th St.

St. Helens, OR 97051

ST HELENS SENIOR CENTER MEXICAN TRAIN DOMINOES

TUESDAYS AT 1:00PM



375 S. 15TH ST., ST HELENS, OR

Please, remember to bring in or mail your Market Fresh receipts & your cans or bottles to support the Senior Center's Drive!

TOP NOTCH THRIFT STORE



BUSINESS HOURS:

**MONDAY - SATURDAY
10AM TO 5PM**

DONATION HOURS:

**MONDAY - SATURDAY
10AM TO 4PM**

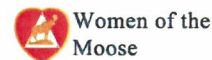
ST. HELENS SENIOR CENTER LOOKING TO GROW OUR VOLUNTEER FAMILY!



IF YOU ARE INTERESTED IN JOINING US IN THE WORK WE DO FOR THE SENIORS IN OUR COMMUNITY, PLEASE STOP BY THE CENTER AND WE WILL BE HAPPY TO GIVE YOU A TOUR!

375 S. 15TH ST., ST HELENS

CALL 503-397-3377





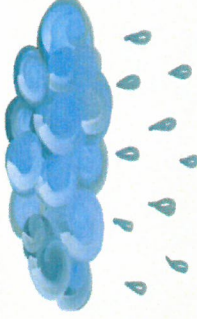
April 2024



St. Helens Senior Center Activities Calendar

SUNDAYS 6PM- SQUARE DANCING


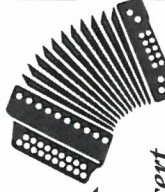
AARP Tax service available by appointment only!



1st & 3rd Tuesdays of the month, from 2:30 to 7:30pm:
Dungeons & Dragons Club

2nd & 4th Tuesdays of the month, from 2:30 to 7:30pm:
Eclectic Crafter's Club

Monday		Tuesday		Wednesday		Thursday		Friday	
8am Billiards	11:30am Senior	8am Billiards	8am Billiards	12pm Hand & Foot	8am Billiards	12pm Hand & Foot	8am Billiards	8am Billiards	8am Billiards
9am Exercise Class	Belly Dancing	9am Exercise Class	9am Exercise Class	Card Game	9am Exercise Class	Card Game	9am Exercise Class	9am Exercise Class	9am Exercise Class
10am Art & Painting	VFW - Craft Room	10am Crafting	10am Crafting		10am Tai Chi		9:30am to 1pm	9:30am to 1pm	9:30am to 1pm
12pm Hand, Foot, Toe Card Game	1pm Mexican Train	10am No Computer Class	10am Tai Chi		10am No Computer Class		Care Oregon Medicare Library	Care Oregon Medicare Library	Care Oregon Medicare Library
	Dominoes - Dining Room	11am Accordion Concert by Wil Knoop	10am No Computer Class		11am Accordion Concert by Wil Knoop		10am Bingo in Craft Room	10am Bingo in Craft Room	10am Bingo in Craft Room
	2:30pm D&D Session 0	1pm Karaoke w/Mark	10am No Computer Class		1pm Karaoke w/Mark		11am Band	11am Band	11am Band
	Foot Care by Alisha	Foot Care by Alisha	1pm Karaoke w/Mark		Foot Care by Alisha				
6pm Pinochle	TAX-AARP 9am-3:30 conf. & Billiards	TAX-AARP 9am-3:30 conf. & Billiards	Foot Care by Alisha		TAX-AARP 10am-3:30 conf. & Billiards				Color Theme: Purple
8am Billiards	11:30am Senior	8am Billiards	8am Billiards	12pm Hand & Foot	8am Billiards	12pm Hand & Foot	8am Billiards	8am Billiards	8am Billiards
9am Exercise Class	Belly Dancing	9am Exercise Class	9am Exercise Class	Card Game	9am Exercise Class	Card Game	9am Exercise Class	9am Exercise Class	9am Exercise Class
10am Art & Painting	1pm Mexican Train	10am Crafting	10am Crafting		10am Tai Chi		10am Bingo in Craft Room	10am Bingo in Craft Room	10am Bingo in Craft Room
12pm Hand, Foot, Toe Card Game	Dominoes - Dining Room	10am No Computer Class	10am Tai Chi		10am No Computer Class		11am Band	11am Band	11am Band
	2:30pm Eclectic Crafter's Club	1pm Karaoke w/Mark	10am No Computer Class		1pm Karaoke w/Mark				
		Foot Care by Alisha	Foot Care by Alisha		Foot Care by Alisha				
6pm Pinochle	TAX-AARP 9am-3:30 conf. & Billiards	TAX-AARP 9am-3:30 conf. & Billiards	TAX-AARP 10am-3:30 conf. & Billiards		TAX-AARP 10am-3:30 conf. & Billiards				Color Theme: Rainbow

<p>8am Billiards 9am Exercise Class 10am Art & Painting 12pm Hand, Foot, Toe Card Game</p> <p>6pm Pinochle</p>	<p>11:30am Senior Belly Dancing 1pm Mexican Train Dominoes - Dining Room 2:30pm D&D Session 0 Foot Care by Alisha</p>	<p>8am Billiards 9am Exercise Class 10am Crafting 10am Tai Chi 10am Computer Class 1pm Karaoke w/Mark Foot Care by Alisha</p>	<p>12pm Hand & Foot Card Game</p>	<p>8am Billiards 9am Exercise Class 9:30am to 1pm Care Oregon Medicare Library 10am Bingo in Craft Room 11am Band</p> <p>Color Theme: Blue</p>	<p>15</p> <p>16</p> <p>17</p> <p>18</p> <p>19</p>
<p>8am Billiards 9am Exercise Class 10am Art & Painting 12pm Hand, Foot, Toe Card Game</p> <p>6pm Pinochle</p>	<p>11:30am Senior Belly Dancing 1pm Mexican Train Dominoes - Dining Room 2:30pm Eclectic Crafter's Club</p>	<p>8am Billiards 9am Exercise Class 10am Crafting 10am Tai Chi 10am Computer Class 1pm Karaoke w/Mark Foot Care by Alisha 1pm Spring Bouquets with Shelly Lessard Sponsored by Bridlewood Medicare RSVP at desk</p>	<p>12pm Hand & Foot Card Game Foot Care by Alisha</p>	<p>8am Billiards 9am Exercise Class 10am Bingo in Craft Room 11am Band</p> <p>Color Theme: Floral</p>	<p>22</p> <p>23</p> <p>24</p> <p>25</p> <p>26</p>
<p>8am Billiards 9am Exercise Class 10am Art & Painting 12pm Hand, Foot, Toe Card Game</p> <p>6pm Pinochle</p>	<p>11:30am Senior Belly Dancing 1pm Mexican Train Dominoes - Dining Room Foot Care by Alisha</p>	<p><i>Spring Bouquets w/ Shelly Lessard Sponsored by Bridlewood Medicare</i></p> <p>April 24th at 1pm Please RSVP for this event by calling the front desk at 503-397-3377, and ask to be put on the list. RSVP is due by April 22nd!</p> <p>Thank you Shelly!</p> 	<p><i>Accordian Concert by Wil Knoop</i></p> <p>Please join us April 3rd, 11am to 12pm to enjoy the lovely talent performed for us by Wil.</p> <p>Thank you Wil for your generosity and skills!</p>		<p>29</p> <p>30</p>
<p>If interested in hosting a class, presentation, or activity please reach out to our Receptionist, Dinae Monro</p>					

St. Helens Senior Center - APRIL 2024 Menu (SH-A)

St. Helens Senior Center Phone Number 503-397-3377, Open Monday - Friday 8:00am to 2:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti & Meatballs	2 Turkey Ala King	3 Salisbury Steak	4 Minestrone Soup	5 Meatloaf
8 Baked Flounder	9 Baked Pork Roast	10 Malibu Chicken	11 Grilled Chicken Salad	12 Roast Beef
15 Crustless Zucchini Quiche	16 Sheppard's Pie	17 Macaroni & Cheese	18 Clam Chowder	19 Cordon Bleu Casserole
22 Tamale Pie	23 Bratwurst	24 Chicken Enchiladas	25 Split Pea Soup	26 Baked Turkey
29 Chicken Pot Pie	30 Low Sodium Ham			
Dining Room serving meals at the Center from 11am to 12:30pm, Monday through Friday (Friday meal served at 12pm)				