

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)

AUGUST 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 Steininger, Secretary; Judy Parmley, Treasurer; Debra Parsons, Carl Sandeen, Jerry Marquette & Linda Tryner

Membership Dues: Membership runs from July 1, 2024 through June 30, 2025 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 = \$10.00 (required)

Website: shseniorcenter.org

Top Notch Thrift Store website: tnthriftstore.com

The mission of the St. Helens Senior Center is to provide nutritious meals, and healthy social, recreational, educational, and creative opportunities for the well-being of our community with a focus on senior citizens and individuals living with disabilities.



We are so thrilled to announce that another vacancy on our Board of Directors has been filled! Linda is a fabulous volunteer and instructor, along with her zest for life and helping everywhere she can..

So happy to have you join us and help us grow in serving others this new year!

Linda Tryner

WELCOME TO THE BOARD *Of Directors*



2024-2025 MEMBERSHIP

DRIVE!

RENEW & JOIN US

IN PROVING WE JUST GET BETTER WITH AGE!

**\$20 SINGLE OR \$32 COUPLE
ASK ABOUT MEMBERSHIP TODAY**

All returned and filled out NAPIS forms gains you a free raffle ticket to win a prize from us!



August Member Birthday's

- Char Baumgardner 8.7
- Roscoe Ridgeway 8.7
- Vincent Chalk 8.11
- Carleen Thomas 8.11
- Stan Chiotti 8.14
- Max Baer 8.25
- Jeanne Hanna 8.25

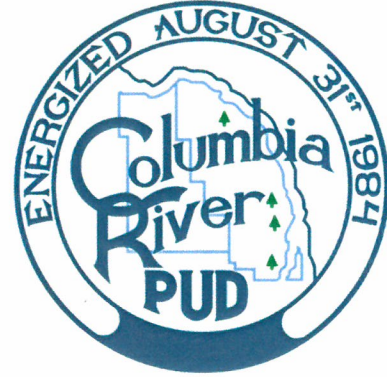


We are now serving a Birthday treat for anyone celebrating a birthday, on the third Friday of every given month. Come on out and celebrate your birthday with friends! Be sure to ask Dinae how to receive a FREE Raffle ticket!

COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY

Help Celebrate 40 Years of Public Power!



You are invited to join Columbia River PUD for hot dogs and an open house on Thursday, August 29, from 1:30 to 3:30 p.m. to help celebrate 40 years of the PUD providing public power.

In addition to enjoying hot dogs, you'll be able to see bucket trucks up close and personal. There will be fun activities for the kids and giveaway items for all.

There will also be a slideshow displaying historic images of the PUD throughout the afternoon.

The PUD office will be closed from 11:30 a.m. to 1:00 p.m. that day for an employee luncheon.

The PUD began providing electric service to Columbia County residents on August 31, 1984. At the time, the Board pledged to keep rates 5% lower than the previous investor-owned utility's rates. Today, CRPUD rates are about 40% lower, which resulted in \$15.5 million in savings for CRPUD customers in 2023. The total amount CRPUD customers have saved since 1984 is \$173 million.

Senior Friendship & Loneliness Line

- 503-200-1633
- 800-971-0016
- 800-282-7035



SeniorLonelinessLine.org

ST HELENS SENIOR CENTER PRESENTS OUR

2024 WRAPPING UP SUMMER Block Party

SEPTEMBER 7TH | SATURDAY
11AM TO 4PM

You're invited

375 S. 15TH ST., ST HELENS, OR
FREE ENTRY
DONATIONS WELCOME

RAFFLES & GAMES GOOD FOOD LIVE MUSIC
VENDORS FUN FOR ALL AGES!

In Memory



David Belden



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

**ST HELENS SENIOR CENTER
EXERCISE & MORE!**

TAI CHI WEDNESDAYS AT 10:00AM

EXERCISE CLASS MON-WED-FRI 9:00AM

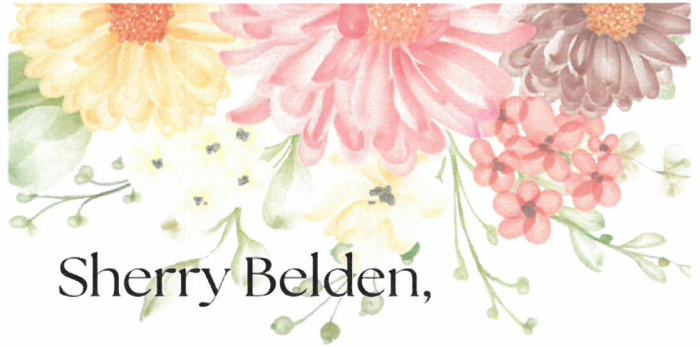
Join us! Active & Grinnin'

SENIOR BELLY DANCE TUESDAYS AT 11:30AM

YOGA WEDNESDAYS AT 4:00PM

375 S. 15TH ST, ST HELENS

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



Sherry Belden,

We are so very sorry for the loss of your beloved husband, and our thoughts stay with you during this time of grief and healing.

For those unaware Sherry has recently stepped down from the Board of Directors here at St Helens Senior Center where she served for 19 years. We are sad to see her go, but absolutely understand and are happy to say she still plans to be a volunteer and part of our community here at the Center.

We wanted to thank you so much for the 19 years served on the Board, and going on 30 years as a volunteer driver for our home-delivered-meals program. Thank you and Dave for all the giving you two have blessed your community with.



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

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 OR code), calling the Center with your debit/charge card, or by mailing a check to PO Box 692.

St Helens Community Food Bank Garden Committee

Thank you for the donation of fresh produce for use in our home-delivered meals program!

Ken Raya

Thank you for meeting with some of our staff and volunteers to teach us CPR and use of our AED machine!

Oregon Hill Farms

Thank you for your donation of yummy syrup for our upcoming Pancake Breakfast Fundraiser!

City of St Helens Public Works

Thank you for taking care of the dead tree in the parking lot, as well as checking in on us when our dishwasher started going all crazy!

THANK YOU FOR BEING AWESOME!



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

Email: dan@drqtax.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.



This summer is flying by! August at our door and Autumn coming up the driveway! We still have so many things to do before the Holiday Season arrives so we'll be bustling around the Center like bumblebees.

So happy to say that with our new year beginning we've already had over half our members renew, looking at close to 200 members to begin our 2024-2025 journey. Absolutely fantastic, and we are ecstatic to have you folks continue along this fun and crazy ride with us.

I'm also excited to see all the new volunteers coming through our doors here at the Center and at our Top Notch Thrift Store. It takes a great group of folks to do the work we do, and we are happy to have you join our family.

We have added a few more fun activities to our Calendar and are always looking for input from our members on what you'd like to see available. If you have an idea please let us know and we'll see what we can do!

Exciting times as we ramp up for the Holiday Season and we've got some fun events and activities in the works. Stay tuned and keep an eye on those Calendars as these things are so much more fun when we get to spend them with familiar faces.

Happy Summer all and we will see ya soon!



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



Beat the heat and join us for a Movie!

Select Thursdays at 1pm we will be playing a movie on our projector in the dining room. Bring a pal or three and join us for some good 'ol movie fun complete with popcorn!

CINEMA

This month's offerings...

8/8 Private Eyes	
8/15 Maverick	
8/22 Bedknobs & Broomsticks	
8/29 Clue	



CPR

A little hand to heart in July...

Interested staff from the St. Helens Senior Center and Top Notch Thrift Store got to learn and get certified in CPR in July! Ken Raya was a wonderful instructor and kept us all engaged to learn, while making it a fantastic evening.

Great team building and confidence building, as well as learning or refreshing an extremely important skill.



Good job team!



TOP NOTCH THRIFT STORE



BUSINESS HOURS:
MONDAY - SATURDAY
10AM TO 5PM

DONATION HOURS:
MONDAY - SATURDAY
10AM TO 4PM

A Call for Volunteers...

With summer arriving we are finding our volunteers getting stretched fairly thin. Our gals at Top Notch are getting buried in donations on the regular (luckily they're used to it and have a knack for wading through it all with an awesome attitude). Also, at the Center we are having more and more folks sign on for home-delivered meals which has us scrambling to cover delivery routes. We have such an amazing team of volunteers and we want to grow our volunteer family! If you have some time and an interest in serving others in our community please reach out and have a chat with us. Between both places we have something that is sure to peak your interest! We work hard, but we also have a great time working to support our neighbors and communities. Hope to hear from you soon!



UPCOMING LOCAL EVENTS

Vernonia Friendship Jamboree
August 2nd - 4th
Log Jam Car Show 9am-3pm

St. Helens Senior Center
Summer Craft Bazaar
August 3rd and 4th, 9am to 3pm

National Night Out 2024
August 6th, 5pm to 8pm
901 Port Ave, St Helens

3rd Annual Overdose Awareness Day 2024
August 17th, 11am
McCormick Park, St Helens

9th Annual Clatskanie Garlic Festival
August 17th, 10am to 3pm
60 Lillich St., Clatskanie

FRAUD PROTECTION SEMINAR

PRESENTED BY NATHAN COX, CEO OF
INROADS CREDIT UNION

JOIN US FRIDAY, AUGUST 16TH TO
DISCOVER WAYS TO PROTECT YOURSELF
AND LOVED ONES FROM ATTEMPTS OF
FRAUD. THE INFORMATION PRESENTED
WILL BE INVALUABLE IN SETTING
YOURSELF UP TO AVOID AND/OR READY
YOURSELF FROM EVER-CHANGING SCAM
ATTEMPTS.

FRIDAY AUGUST 16TH, AT 2PM



LOOKING FORWARD TO
SEEING YOU THERE!

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

August 2024 - St Helens Senior Center Activities Calendar

Square Dancing - Sunday August 18th

Computer Class Canceled Until September 2024

August

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8am Billiards</p> <p>9am Exercise Class</p> <p>10am Art & Painting</p> <p>12pm Hand, Foot, Toe</p> <p>6pm Pinochle</p>	<p>5</p> <p>VFW Billiards Room</p> <p>9am-12pm Open</p> <p>Studio in Craft Room</p> <p>11:30am Senior Belly</p> <p>Dancing</p> <p>1pm Mexican Train</p> <p>Dominoes</p> <p>1pm Cribbage</p>	<p>6</p> <p>8am Billiards</p> <p>9am Exercise Class</p> <p>10am Crafting</p> <p>10am Tai-Chi</p> <p>1pm Karaoke/Music Trivia</p> <p>4pm Yoga</p> <p>Foot Care w/ Alisha</p>	<p>7</p> <p>9am Coffee/Social Hr</p> <p>9am-12pm Open</p> <p>Studio in Craft Room</p> <p>12:30pm Hand & Foot</p> <p>Card Game</p> <p>1pm Movie w/ Pals</p> <p>"Private Eyes"</p>	<p>8</p> <p>8am Billiards</p> <p>9am Exercise Class</p> <p>10am Bingo in Craft Room</p> <p>11am Stone River Band</p>
<p>8am Billiards</p> <p>9am Exercise Class</p> <p>10am Bingo in Craft Room</p> <p>10am-1pm Care Oregon</p> <p>Medicare Advantage</p> <p>11am Stone River Band</p>	<p>1</p> <p>9am-12pm Open</p> <p>Studio in Craft Room</p> <p>12:30pm Hand & Foot</p> <p>Card Game</p>	<p>2</p> <p>8am Billiards</p> <p>9am Exercise Class</p> <p>10am Bingo in Craft Room</p> <p>10am-1pm Care Oregon</p> <p>Medicare Advantage</p> <p>11am Stone River Band</p>	<p>8am Billiards</p> <p>9am Exercise Class</p> <p>10am Bingo in Craft Room</p> <p>11am Stone River Band</p>	<p>9</p> <p>8am Billiards</p> <p>9am Exercise Class</p> <p>10am Bingo in Craft Room</p> <p>11am Stone River Band</p>

St Helens Senior Center

Summer CRAFT BAZAAR

August 3rd & 4th, 9am to 2pm

Summer Craft Bazaar




Join us and pick up some treasures made by our local talented neighbors!

8am Billiards 9am Exercise Class 10am Art & Painting 12pm Hand, Foot, Toe Card Game 6pm Pinochle	12	9am-12pm Open Studio in Craft Room 11:30am Senior Belly Dancing 1pm Mexican Train Dominoes 1pm Cribbage	8am Billiards 9am Exercise Class 10am Crafting 10am Tai-Chi 1pm Karaoke/Music Trivia 4pm Yoga	14	9am Coffee/Social Hr 9am-12pm Open Studio in Craft Room 12:30pm Hand & Foot Card Game 1pm Movie w/Pals "Maverick"	8am Billiards 9am Exercise Class 10am Bingo in Craft Room 10am-1pm Care Oregon Medicare Advantage 11am Stone River Band 2pm Fraud Protection presented by InRoads August Birthday Treat Theme: Favorite Movie	16
SHSC Board Meeting 9am							
8am Billiards 9am Exercise Class 10am Art & Painting 12pm Hand, Foot, Toe Card Game 6pm Pinochle	19	9am-12pm Open Studio in Craft Room 11:30am Senior Belly Dancing 1pm Mexican Train Dominoes 1pm Cribbage Foot Care w/Alisha	8am Billiards 9am Exercise Class 10am Crafting 10am Tai-Chi 1pm Karaoke/Music Trivia 4pm Yoga Foot Care w/Alisha	21	9am Coffee/Social Hr 9am-12pm Open Studio in Craft Room 12:30pm Hand & Foot Card Game 1pm Movie w/Pals "Bedknobs & Broomsticks"	8am Billiards 9am Exercise Class 10am Bingo in Craft Room 11am Stone River Band Foot Care w/Alisha Theme: Favorite Decade	23
8am Billiards 9am Exercise Class 10am Art & Painting 12pm Hand, Foot, Toe Card Game 6pm Pinochle	26	9am-12pm Open Studio in Craft Room 11:30am Senior Belly Dancing 1pm Mexican Train Dominoes 1pm Cribbage Foot Care w/Alisha	8am Billiards 9am Exercise Class 10am Crafting 10am Tai-Chi 1pm Karaoke/Music Trivia 4pm Yoga Foot Care w/Alisha	28	9am Coffee/Social Hr 9am-12pm Open Studio in Craft Room 12:30pm Hand & Foot Card Game 1pm Movie w/Pals "Clue"	8am Billiards 9am Exercise Class 10am Bingo in Craft Room 11am Stone River Band Theme: Favorite Board or Card Game	30
If interested in hosting a class, presentation, or activity please reach out to our Administrative Assistant, Dinae Monro							

St. Helens Senior Center - AUGUST 2024 Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
			LS Ham	Broccoli Beef
Vegetable Beef Soup	Chicken Cacciatore	Patty Melts	Baked Chicken	Roast Beef
5	6	7	8	9
Deli Sandwich	Turkey Divan	Lasagna	Oven Fried Chicken	Cheese Burger
12	13	14	15	16
Pork Chops	Potato Soup	Chicken Stir Fry	Hot Turkey Sandwich	Spaghetti
19	20	21	22	23
Hot Dogs	Grilled Chicken Salad	Pork Roast	Cream of Broccoli Soup	Spinach Quiche
26	27	28	29	30

Dining Room serving meals at the Center from 11am to 12:30pm, Monday through Friday (Friday meal served at 12pm)