

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)



FEBRUARY
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; 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

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

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

A HUGE THANK YOU TO ALL OUR VOLUNTEERS WHO HELPED US GET MEALS OUT DURING JANUARY'S ICE STORM.

**YOU ALL ARE VERY MUCH THE REASON WE ARE ABLE TO DO WHAT WE DO HERE!
ABSOLUTELY PHENOMENAL WORK!**

Thank You!

We want to hear from
YOU

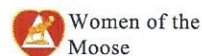
What kind of classes or activities would you like to see offered at your St. Helens Senior Center?



We want your hobbies and interests represented in our calendar of activities!

Maybe you have a skill you would love to share with your peers?

Please touch base with our Activities Coordinator, Amy, and share your thoughts with us.



FEBRUARY MEMBER BIRTHDAY'S

- Jill Trninich 2.1
- Gerry Murphy 2.2
- Leannard Hebert 2.8
- Barbara Topham 2.8
- Sharon Brackney-Crislip 2.9
- Kristi Usher-Sandeen 2.9
- Doris Thomas 2.11
- Audrey Burke 2.13
- Dora Cagle 2.13
- Helen Connelly 2.13
- Marian Smith 2.13
- Mary Freeman 2.15
- Martin Schiller 2.15
- Marla Lapping 2.18
- John Coldwell 2.23
- Allen Fay 2.23
- Lynne Pettit 2.23
- Susan Proctor 2.23
- Ken Gregory 2.24
- Debbie Tupper 2.26
- Merna Cave 2.27
- Steve St. Germain 2.28

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 AMY HOW TO RECEIVE A FREE RAFFLE TICKET!

Happy Birthday to you



A COMMUNITY-OWNED UTILITY

March is Your Chance to Enroll in Budget Pay

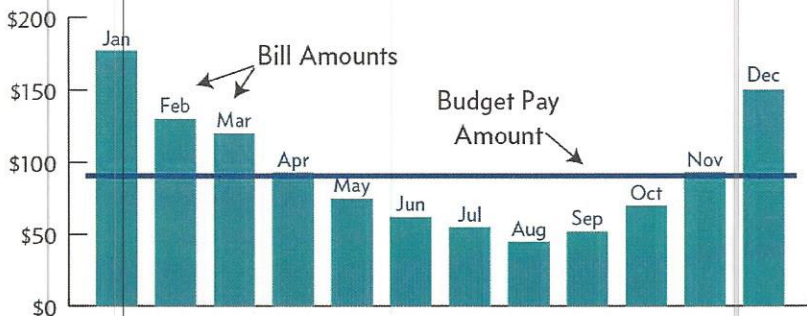
Would you like to remove surprises from your monthly power bill? Enroll in Columbia River PUD's Budget Pay program and pay the same amount every month of the year.

With Budget Pay, the PUD calculates your payment based on your electric usage over the previous year. That amount is divided into 12 equal payments for the coming year. The amount is adjusted annually in March, so customers currently enrolled in Budget Pay may see their payment amount change next month.

"The Budget Pay program is great. I use it because there are no surprises for one year. It makes it much easier to budget that way," says Diana in St. Helens.

To enroll, you need at least 12 months of account history at your current location and a \$0 balance. Accounts not kept current will be switched back to standard billing.

New Budget Pay plans are only set up in March. Want to enroll? Please call our Customer Accounts Department at (503) 397-0590 or email info@crpud.org.



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



Senior Friendship & Loneliness Line

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

SeniorLonelinessLine.org



In Memory

Our deepest sympathy to the Families...

Jeanette Barker



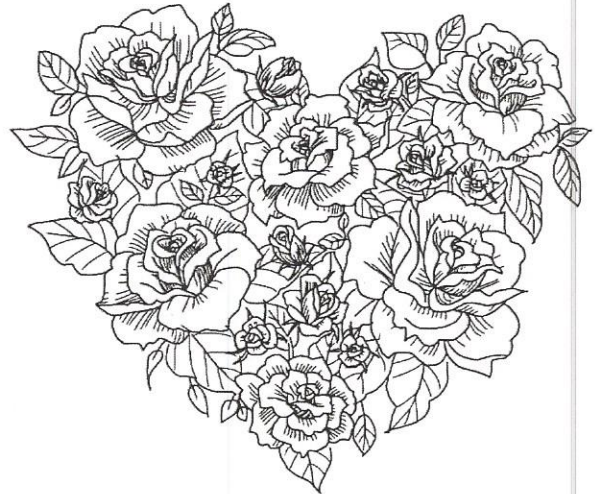
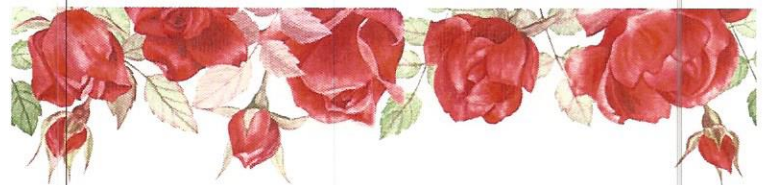
Daniel R. Garrison, CPA
2114 Columbia Blvd
St. Helens, OR 97051

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.

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

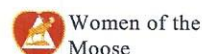


FEBRUARY

- | | |
|------------|--------------|
| ARROWS | GROUNDHOG |
| BALLOONS | HEARTS |
| CANDY | LOVE |
| CARDS | PRESIDENTS |
| CHOCOLATE | RELATIONSHIP |
| CUPID | SUGAR |
| FLOWERS | SWEETS |
| FRIENDSHIP | VALENTINE |



F V A L E N T I N E C R O F R
S L P I H S N O I T A L E R A
W C O Y D N A S A B R S W I G
E A Y W C H C U P I D L L E U
E R D S E O C O L A S O E N S
T S M S T R A E H T E V N D P
S W A I R F S S R E O L F S U
E O C N D S E T A L O C O H G



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



TAX TIME APPOINTMENTS
START ON FEBRUARY 6TH

TAX PREPARATION SERVICES OFFERED BY VOLUNTEERS FROM AARP.

WE ARE HAPPY THAT THESE WONDERFUL VOLUNTEERS HAVE
RETURNED TO OUR CENTER TO OFFER THEIR SERVICES IN TAX
PREPARATION!

TAX APPOINTMENTS WILL BE BY APPOINTMENT
ONLY. TO GET ON THE LIST CALL THE ST. HELENS
SENIOR CENTER .
TUESDAYS & WEDNESDAYS

CALL 503-397-3377 AND GET YOUR NAME ON THE LIST!






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.



Sharon Brackney-Crislip

Thank you for the donation of craft supplies for our jewelry classes and Eclectic Crafter's Club!

City of St. Helens Public Works

Thank you for plowing our parking lot so that our volunteers, staff, and members could get into our Center on Friday after the week of inclement weather!

Scappoose Senior Center

Thank you for offering space in your Center for our home delivered meals drivers and coordinators to meet up out of the weather for hand-offs!

Yankton Yummy

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

Items to Bring to AARP for Tax Year

Preparation

Government issued identification for all adults

Social Security card or copy for each person on the tax return

All tax documents, 1099'2, 1099SA (SS income), education 1098T, W-2 and child care information

Prior year (2022) tax return

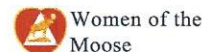
Blank check if electronic refund desired. If not available, check will be mailed

Any IRS correspondence for the past two years

Gambling winnings and documentation for any losses

Health insurance 1095A if you have marketplace insurance

Complete IRS forms 13614C and 14446 before you meet with the tax counselor. The forms will be available from the receptionist should you want to complete them before you arrive. If you still need to complete them, come at least 30 minutes early to complete the drop off of materials.



Let's Leap into New Activities this Leap Year!

1. Let Your Inner Artist Run Free!

Sign up for a watercolor paint class, throw pottery like a pro, learn the secrets of flower arranging or make your own flower art. If you're not the creative type but still appreciate art, check out local art galleries, museums, and festivals.



2. Expand Your Mind!

Learning has no age limit! Take a class, finish a degree, or discover a new passion. Test your culinary skills with a cooking class, step into the past with a history class, or listen to a podcase series on technology. For a more laid-back experience, enjoy a challenging crossword puzzle or sit in a cozy library with a historical fiction novel.



3. Get Your Groove On!

Dancing is one of the best things you can do for your mind and body. It's a fun way to exercise, connect with others, and let your inner Fred Astaire cut loose. Belly, line and tap dancing are just a few ideas to get you moving on that dance floor.



4. Explore the Great Outdoors!

Pack a picnic, step outside for some fresh air, and get back to nature because there are endless fun things to do outdoors. Explore state and local parks, take a walking tour, meander hiking trails, wander area gardens and floral habitats, and take in breathtaking scenery.



5. Find Your Sweat Squad!

Cardio, balance, strength and flexibility are types of many beneficial exercises to boost your mind, maintain your independence, and reduce risk of age-related ailments and diseases. Improve your strength and flexibility with yoga, tai chi, pilates and sit-ercise. With so many options you can find the exercise that holds your interest!



(Continued on next page)

Creamy Hazelnut Pie



Ingredients

1 Package (8 oz) cream cheese, softened

1 Cup confectioners' sugar

1-1/4 Cups Nutella, divided

1 Carton (8 oz) frozen whipped topping, thawed

1 Chocolate crumb crust (9 inches)

Directions

1. In a large bowl, beat cream cheese, confectioners' sugar and 1 cup Nutella until smooth. Fold in whipped topping. Spread evenly into crust.

2. Warm remaining Nutella in microwave for 15-20 seconds; drizzle over pie. Refrigerate at least 4 hours overnight.



Need a space for your next party or event?

How about utilizing your very own St. Helens Senior Center?



Stop by and ask Amy about renting the Center!

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

Continued from last page...



6. Lend a Hand!

One of the most rewarding things to do is to give back and make a difference in the lives of others. Volunteer opportunities are abundant in our Center and our community. We would love to have you join our family of volunteers!



7. Take a Dip!

Join your fellow aquaholics at your community pool to practice your strokes, take a water aerobics class or join a game of water volleyball. An indoor heated pool means you can wear your swimsuit and goggles year-round.



8. Eat Your Veggies!

Those with a green thumb can try at-home gardening – whether you plant your seeds in pots on your porch or balcony, or in outdoor raised beds. If growing isn't your thing, sample fresh produce and pick your own fruit and veggies at a local farmers market or organic farm.



9. Hit the Road, Hit the Town!

The choices are endless for those who are travel-loving and culture-seeking. Take a drive to nearby historic towns and cities; explore a wine trail; check out the latest museum exhibit; or spend an afternoon shopping at boutiques, galleries and antique shops.



10. Catch a Game!

Spectator sports are one of the more popular things for citizens to do, and you don't have to travel far to cheer on your favorite team. Sports lovers can don their favorite jersey and take their pick of watching football, baseball, hockey, soccer or basketball.

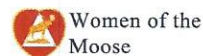
These are just a few suggestions and ideas to get us all leaping into our 2024! If you have any ideas you would like us to look into for the Center please be sure and let us know. We would love the opportunity to bring the activities you are searching for to your St. Helens Senior Center. *Excerpts taken from an Article published online by The Heritage of Green Hills.

**TOP NOTCH
THRIFT STORE**



BUSINESS HOURS:
MONDAY - SATURDAY
10AM TO 5PM

DONATION HOURS:
MONDAY - SATURDAY
10AM TO 4PM



ST. HELENS SENIOR CENTER – FEBRUARY 2024 MENU(V-D)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Beef Stroganoff	2 Turkey Lettuce Wraps	3
4	5 Meat Sauce Spaghetti	6 California Chicken Legs	7 Spinach & Fish Rolls	8 Chicken Enchilada Bake	9 Chicken Fried Steak	10
11	12 Polynesian Pork	13 Ground Beef Taco Salad	14 Spinach Alfredo Lasagna	15 Hamburger Steak w/Gravy	16 Baked Chicken	17
18	19 Meat Loaf	20 Pork & Apple Stew	21 Tuna Salad Pitas	22 BBQ Chicken	23 Chef's Choice	24
25	26 Baked Fish w/Cornmeal Crust	27 Scalloped Potatoes	28 Crustless Broccoli Quiche	29 Herb Roasted Turkey w/Gravy		

February 2024

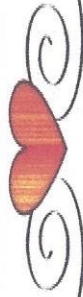
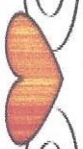
St. Helens Senior Center Activities Calendar

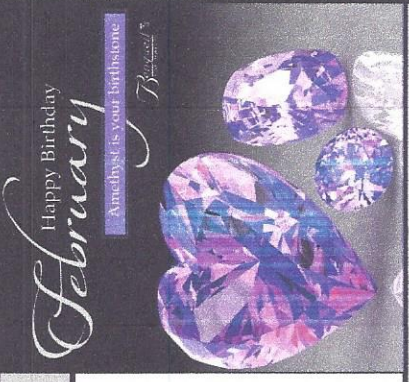
AARP Tax service available by appointment only!
Call the center to schedule today!

SUNDAYS-6PM-SQUARE DANCING

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8am Billiards</p> <p>9am Exercise class</p> <p>9am Care Oregon in conference room</p> <p>10am Art & Painting</p> <p>12pm Hand/Foot/Toe</p> <p>6pm Pinochle</p>	<p>8am Coffee Social</p> <p>11:30 Senior Belly Dancing</p> <p>1:00 Mexican Train</p> <p>Dominoes-dining room</p> <p>VFW - craft room</p> <p>TAX-AARP 9am-3:30 conf. & Billiards</p>	<p>8am Billiards</p> <p>9am Exercise class</p> <p>10am Crafting</p> <p>Tai Chi</p> <p>Computers- Library</p> <p>Alisha Footcare</p> <p>4pm Yoga</p> <p>TAX- AARP 10am-3:30 conf. & Billiards</p>	<p>12pm Hand & Foot Game</p> <p>1pm Walk-A-Block W/ Amy</p> <p>2pm- VR Experience</p> <p>SHIBA - 11am-2pm - Conference room</p> <p>12pm Hand & Foot Game</p> <p>2pm Poetry & Coffee</p> <p>3pm Walk-A-Block W/ Amy</p>	<p>9am Exercise Class</p> <p>10am Bingo in Craft Room</p> <p>11am Band</p> <p>1pm Karaoke</p> <p>NW Medicare Advisors - John Pereira</p> <p>Color: Pink</p> <p>9am Exercise Class</p> <p>10am Bingo in Craft Room</p> <p>11am Band</p> <p>1pm Karaoke!</p> <p>Color: Turquoise</p>
			1	2
			8	9
			7	
			6	
			5	



8am Billiards 9am Exercise class 10am Art & Painting 12pm Hand/Foot/Toe	12	8am Coffee Social 11:30 Senior Belly Dancing 1:00 Mexican Train Dominoes- dining room Alisha Footcare 2:30 Eclectic Crafters Club TAX-AARP 9am-3:30 conf. & Billiards	13	8am Billiards 9am Exercise class 10am Crafting Tai Chi Computers- library Alisha Footcare 4pm Yoga TAX- AARP 10am-3:30 conf. & Billiards	14	12pm Hand & Foot Game 1pm Walk-A-Block W/Amy 2pm VR Experience	15	9am Exercise Class 10am Bingo in Craft Room 11am Band 1pm Karaoke Color: Red	16	
6pm Pinochle										
8am Billiards 9am Exercise class 10am Art & Painting 12pm Hand/Foot/Toe	19	8am Coffee Social 11:30 Senior Belly Dancing 1:00 Mexican Train Dominoes-dining room TAX-AARP 9am-3:30 conf. & Billiards	20	8am Billiards 9am Exercise class 10am Crafting Tai Chi Computers- library Alisha Footcare 4pm Yoga TAX- AARP 10am-3:30 conf. & Billiards	21	12pm Hand & Foot Game 2pm Poetry & Coffee 3pm Walk-A-Block W/ Amy Color: Purple	22	9am Exercise Class 10am Bingo in Craft Room 11am Band 1pm karaoke Color: Purple	23	
6pm Pinochle										
8am Billiards 9am Exercise class 10am Art & Painting 12pm Hand/Foot/Toe	26	11:30 Senior Belly Dancing 1:00 Mexican Train Dominoes-dining room Alisha Footcare 2:30 Eclectic Crafters Club TAX-AARP 9am-3:30 conf. & Billiards	27	8am Billiards 9am Exercise class 10am Crafting Tai Chi Computers-Library Alisha Footcare 4pm Yoga TAX- AARP 10am-3:30 conf. & Billiards	28	12pm Hand & Foot Game 1pm Walk-A-Block W/Amy 2pm VR Experience	29			
6pm Pinochle										
If interested in hosting a class, presentation, or activity please reach out to our Activities Coordinator Amy Pritchett										