

ST. HELENS SENIOR CENTER
375 S. 15TH ST – PO BOX 692
ST. HELENS, OR 97051

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Your local resource for questions about Medicare and your benefits. Call or email anytime, we are happy to help:
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(503)543-3844
52461 Columbia River Hwy, Scappoose



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John W Pereira, Broker/Owner
503-313-4160 direct
john@nwmedicareadvisors.com
www.NWMedicareAdvisors.com
First Friday each month at SHSC, 10-11. Come see me!



**UNDERSTANDING
MY MEDICARE**

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Are you in the right plan for your needs?
Do you have questions about Medicare?
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Beth Moffett
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Scappoose, Or
~ Your local Medicare experts ~

Give Alisha McCord a call
at 503-528-6140 to make
your foot care
appointment!

This space could be yours!
Please reach out to our
front desk to discuss
advertising your services

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)



MAY
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

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



The St. Helens Senior Center Will Be Closed
Monday, May 27th In Observance of Memorial Day



Letter from the
DIRECTOR

Hello all!

Wow has 2024 been an interesting and crazy ride so far! Thankfully winter didn't treat us too rough, and it feels like we're having the first authentic Oregon Spring season in years. Our hope is that you all fared well and know you are just as thrilled as us for some warmer weather on the horizon.

Last month we had our Spring Craft Bazaar and with over 20 vendors it was our biggest one yet (filled out the majority of the whole building)! There is so much talent in our community and it was so wonderful watching them show off their skills. If you missed it, don't worry...we've got more on the books for the year! We are very fortunate to watch our events continue to grow.

I also wanted to share some pretty wonderful things with you all as we get close to closing our 2023-2024 program year. In one year's time, our Center served just under 50,000 meals! This includes both home-delivered-meals and those joining us at the Center for lunch. Also, our Center provides home-delivered-meals to 64% of those on the program in Columbia County!

We also began taking in pet food donations to distribute and support our clients' furry companions so they can keep their bellies full too.

The generosity in our community knows no bounds, and we are so thankful to our volunteers, program partners, neighbors, and staff members that help continue performing the work that we do. Such a phenomenal team and I can't wait to see what we do in the next year!

I am well and truly blessed to work with you all,

Melissa Watson



Thank You



MAY MEMBER BIRTHDAY'S

John Harbour 5.2
 Dorothy Watkins 5.3
 Nancy Price 5.4
 Karen Gladwin 5.6
 Joseph Gregory 5.8
 Kevin Watson 5.8
 Rich Scherer 5.11
 Margaret Booth 5.12
 Rita Edwards 5.12
 Nick Kathrein 5.12
 Sally Marson 5.12
 Dinae Monro 5.14
 Jerold Cate 5.20
 Randy Nelson 5.20
 Dorothy Rofinot 5.22
 Claudia Leveque 5.24
 Patricia Bean 5.26
 David Topham 5.27
 Melissa Watson 5.28
 Ursula Ossig 5.29
 Rose Lewno 5.30

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!



Evening of Enchantment

Dinner & Auction

Our Biggest Fundraiser for the Year!



We at the Center are getting more and more excited for our upcoming fundraising event! We are so very thankful for the support given including volunteers, auction donations, and those helping spread the word to make sure we hit our ticket sales! This will be the biggest fundraising event for our Center in 2024, and we're hoping for a good turnout which will help support our current home-delivered-meals program as it continues to grow each year! Join us for a fun night of good food, fantastic auction items, great company, and supporting a needed program in our community.

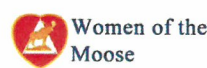
Invites you to spend an
 Enchanted Evening with us at our
St Helens Senior Center

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!



**Senior Friendship &
Loneliness Line**

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



SeniorLonelinessLine.org

In Memory



Kimberly Eagle

Richard Leuer

Elizabeth Shahmoradian

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.

**COLUMBIA RIVER
PUD**
A COMMUNITY-OWNED UTILITY

**Columbia River PUD
Systematically Replacing Meters**

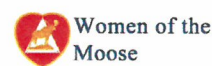


As part of Columbia River PUD's continued effort to improve operational efficiency and to improve outage awareness and response, the PUD will be replacing your electric meter.

The PUD is in the third year of a five-year project to systematically replace all of the electric meters in its service territory. To do so, the PUD will need to briefly shut off your power to install your new meter.

The new meters will look and function essentially the same way your current meter does.

The PUD thanks you in advance for your patience as it continues to improve its service and reliability. If you have any questions, please call the PUD's Engineering Department at (503) 397-0760.



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.

AARP Tax Volunteers

Thank you for all the Tax help your provided for our members and community this year!

Purzz & Paws

Thank you for the generous donation of pet food to help us support our home-delivered-meals clients!

Mark Johnson

Thank you for helping with the Karaoke hour! Very excited to watch this keep growing in the future!

Steve Salvey

Thank you for helping us get our sound system up and running, and your patience with us non-technologically inclined selves!

Spring Craft Bazaar Vendors & Volunteers

Thank you making our Spring Craft Bazaar a success. What an amazing group of talented folks! Thanks for sharing the weekend with us and we hope to see you back at future events!



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



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!!!

MAY 8TH 22ND & 29TH! 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
&
Grinning!



SENIOR BELLY DANCE
TUESDAYS AT
11:30AM

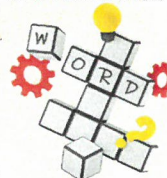


YOGA
WEDNESDAYS AT
4:00PM

375 S. 15TH ST. ST HELENS

St Helens Senior Center

ENJOY SOME SUDOKU BUT MISSING SOME SOCIALIZING?
WANTING TO DUST OFF YOUR BOARDGAMES SKILLS BUT NEED SOME OPPONENTS?
LOOKING TO FIND A FUN ACTIVITY TO DO WITH OLD FRIENDS OR MAKE NEW ONES?



Thursdays at 12:30pm
Puzzles & Board Games with Friends!
WE ARE WANTING TO HEAR YOUR IDEAS ON GAMES AND PUZZLES THAT
YOU'D LIKE TO PARTICIPATE IN!!!

While you plan your garden...



The St. Helens Senior Center would welcome any extra fruits and vegetables from your garden this year to help supplement our home-delivered meals program, and help us continue to support our neighbors who benefit from the meals we provide through our organization.

Extra Fruits and Vegetables?

St. Helens Senior Center would be grateful to take extra fresh fruit and vegetables off your hands

We've all seen the rise in food costs in our grocery stores and local restaurants, and surely all feel the effects in our own homes and bank accounts. Unfortunately, we at the Senior Centers have as well in regards to our food budget for our home-delivered-meals program and in-house meal offerings. Our Center in particular has watched our average monthly food bill increase several thousand dollars.

We've been expecting this and are working on multiple ways to help supplement our meals program, but wanted to open ourselves up to our community and just throw out there that we would be so thankful to be considered if a case of crop-overload occurs, and a community member is looking to find a place to offload a bushel of apples or peck of peppers!

Each one of the meals we prepare for our clients is high in nutritional value and being able to offer fresh produce is a blessing that we, and our clients, look forward to every season. So while the garden planting season gets off and running...if you'd like, and you're able, save a row for your St. Helens Senior Center.

Spring Crossword Puzzle

Across

5. A spectrum of color in the sky when it rains.
 7. A colorful plant with leaves and petals.
 8. A circular device that keeps the rain off your head.
 11. The month in which we celebrate moms.
 12. A winged insect that comes in many colors.

Down

1. One of the earliest birds to appear in spring.
 2. _____ showers bring May flowers.
 3. A sport played with a bat and ball.
 4. The early bird gets the _____.
 6. The month in which spring starts.
 9. When snow and ice turn into water.
 10. The color of grass once it comes back to life.

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Dungeons & Dragons Gaming Club

1st & 3rd Tuesday
Of the month



4pm to 7pm



April & May

Focused on
character creation
and campaign
intro





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!



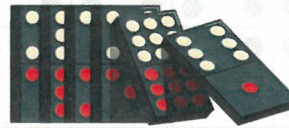
Drop off Monday -Friday 8am to 2pm

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

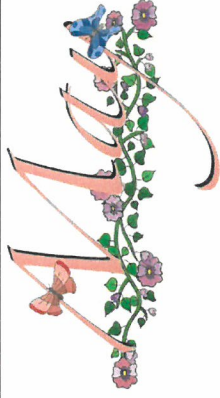
May 2024 - St Helens Senior Center Activities Calendar


Square Dancing - Sunday May 5th at 6pm

1st & 3rd Tuesdays of the month, from 4:00 to 7:30pm: Dungeons & Dragons Club


Computer Class Canceled Until September 2024

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join us for... <i>An Evening of Enchantment Dinner & Auction</i></p> <p><i>Our Biggest Fundraiser of the year!</i></p> <p><i>Saturday May 18th, 5pm - 375 S. 15th St., St. Helens OR</i></p> <p><i>Tickets are \$25 and available for purchase at Top Notch Thrift Store & St. Helens Senior Center!</i></p>	 <p>11:30am Senior Belly Dancing</p> <p>1:00pm Mexican Train Dominoes</p> <p>VFW - Billiards Room</p> <p>4pm D&D Club</p>	<p>8am Billiards</p> <p>9am Exercise Class</p> <p>10am Crafting Tai Chi</p> <p>Foot Care by Alisha</p> <p>4pm Yoga</p>	<p>12pm Hand & Foot Card Game</p> <p>12:30pm Puzzles with Friends</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 Art & Painting</p> <p>12pm Hand, Foot, Toe Card Game</p> <p>6pm Pinochle</p>	<p>8am Billiards</p> <p>9am Exercise class</p> <p>10am Crafting Tai Chi</p> <p>1pm Karaoke with Mark Johnson</p> <p>Foot Care by Alisha</p> <p>4pm Yoga</p>	<p>8am Billiards</p> <p>9am Exercise class</p> <p>10am Crafting Tai Chi</p> <p>1pm Karaoke with Mark Johnson</p> <p>Foot Care by Alisha</p> <p>4pm Yoga</p>	<p>12pm Hand & Foot Card Game</p> <p>12:30pm Puzzles with Friends</p>	<p>8am Billiards</p> <p>9am Exercise class</p> <p>10am Bingo in Craft Room</p> <p>10:30am Care Oregon Member Advisory Group</p> <p>11am Stone River Band</p>

Rootbeer Floats
Color: Lavender

<p>8am Billiards 9am Exercise class 10am Art & Painting 12pm Hand, Foot, Toe Card Game 6pm Pinochle</p>	<p>11:30am Senior Belly Dancing 1pm Mexican Train Dominoes 4pm Eclectic Crafters Club</p>	<p>8am Billiards 9am Exercise class 10am Crafting Tai Chi Foot Care by Alisha 4pm Yoga</p>	<p>12pm Hand & Foot Game 12:30pm Puzzles with Friends</p>	<p>8am Billiards 9am Exercise class 10am Bingo in Craft Room 11am Stone River Band</p>
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<p>CLOSED IN OBERVANCE</p> 	<p>11:30am Senior Belly Dancing 1pm Mexican Train Dominoes Foot Care by Alisha 4pm Eclectic Crafters Club</p>	<p>8am Billiards 9am Exercise class 10am Crafting Tai Chi 1pm Karaoke with Mark Johnson Foot Care by Alisha 4pm Yoga</p>	<p>12pm Hand & Foot Game 12:30pm Puzzles with Friends Foot Care by Alisha</p>	<p>8am Billiards 9am Exercise class 10am Bingo in Craft Room 11am Stone River Band</p>

If interested in hosting a class, presentation, or activity please reach out to our Receptionist, Dinae Monro

St. Helens Senior Center - MAY 2024 Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Chow Mein	2 Tomato Basil Soup	3 Beef Stroganoff
6 Spinach Alfredo	7 Polynesian Pork	8 Swedish Meatballs	9 Citrus Chicken	10 Glazed Meatloaf
13 Shredded Beef Sandwich	14 Spaghetti with Meat Sauce	15 Chicken Fried Steak	16 Vegetable Soup	17 Lemon Chicken
20 Tilapia Parmesan	21 Tofu with Sweet and Sour Sauce	22 Baked Chicken Legs	23 Cream of Broccoli Soup	24 Lasagna
27 CLOSED	28 BLT	29 Baked Pizza Casserole	30 Polish Sausage	31 Swiss Steak
Dining Room serving meals at the Center from 11am to 12:30pm, Monday through Friday (Friday meal served at 12pm)				