

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)

SEPTEMBER 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 & Debra Wilson

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-12PM 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.



So happy to report that the Board of Directors filled the remaining empty seat! Debra Wilson is a long-time volunteer with both the Senior Center and Top Notch. She also has held many other volunteer positions throughout St. Helens! She is always quick to lend a hand wherever she is needed and we are so excited to have her on the Board!

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

Debra Wilson

WELCOME TO THE BOARD Of Directors



ST HELENS SENIOR CENTER PRESENTS OUR

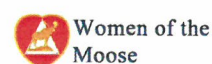
2024 WRAPPING UP SUMMER Block Party

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!



September Member Birthday's

Stephen Brown 9.2
 Ronnie Olson 9.2
 Joanne Fogle 9.7
 Thomas Kimberling 9.8
 Joan Steininger 9.8
 Lynn Chiotti 9.9
 Tom Poole 9.9
 Richard Buell 9.10
 Donna Baer 9.14
 Sandra Jones 9.15
 Joi Sweten 9.15
 Theresa Knoop 9.17
 Jerry Marquette 9.18
 Don Mogenson 9.18
 William Nowling 9.18
 Margaret Wills 9.20
 Kerry Sweten 9.21
 Judy Parmley 9.23
 Sophia Lee 9.28
 Cyndy Miller 9.30

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!



COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY

CRPUD Hosing GLOW Fundraisers



Give Light, Offer Warmth

Columbia River PUD has a couple of events scheduled in September to raise money for its GLOW Fund.

On Sunday, September 15, the PUD is partnering with MOD Pizza for a fundraising event. MOD Pizza in St. Helens will donate 20% of qualifying sales that day to the GLOW Fund.

For a sale to qualify, you will need to mention the fundraiser at checkout or use the digital code MODGIVES20 when ordering online.

The PUD is hosting a yard sale at its office September 18-20 from 9 a.m. until 4 p.m. each day. All proceeds from the sale will benefit the GLOW Fund.

GLOW provides emergency bill payment assistance to income-qualified CRPUD customers.

You can learn more at crpud.net/glow, or by calling the PUD at (503) 397-1844.

Senior Friendship & Loneliness Line

503-200-1633

800-971-0016

800-282-7035

SeniorLonelinessLine.org



WE WANT TO HEAR FROM YOU!

Take a survey to help The Columbia County Health Department assess the county's health needs and strengths!

To take the survey, you must be at least 18 years old and live in Columbia County, Oregon.

In Memory



Loretta Banry



Our sincere condolences for the family and friends

Thank
you

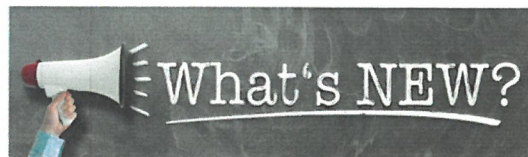
We would like to thank the friends and family of both David Belden and Marvel Brown. We received many donations here at the Center to support our programs in their memory. We were blessed to have them be a part of our Center, and they will be missed by many.

If you know someone, or are interested yourself, in making a Memorial Donation to the St. Helens Senior Center you can drop off in person at our front desk, or mail to PO Box 692, St. Helens, OR 97051. We appreciate all the support received, and that it allows us to continue our mission of serving Seniors in our community.



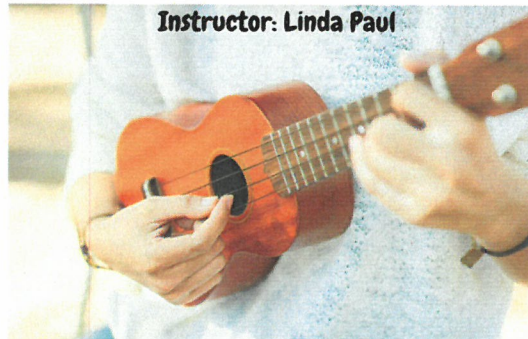
BEQUESTS ... If you would like to leave a legacy and help others, this is one way you can do it:

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

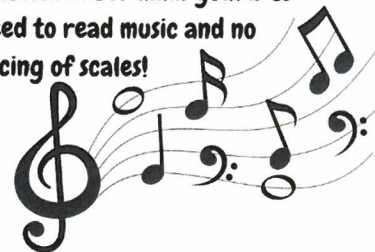


**Beginning Ukulele Class Tuesdays 9/3 – 9/24,
10:00 to 11:00 Saint Helens Senior Center**

Instructor: Linda Paul



This class will start at the beginning. You will play songs on the first day! We will cover the parts of the ukulele, posture, tuning, strumming, beginner chords and familiar songs. Bring your ukulele and music stand if you have them. A few loaner ukuleles and music stands will be available for the first class only. After the first class students should bring their own instrument so they can practice at home. Our main goal is to have fun! No need to read music and no practicing of scales!



**ATTENTION
PLEASE**

Our serving hours for our in house meal at the St Helens Senior Center are changing. Please note our new hours effective September 3rd, and remember to RSVP by calling 503 397 3377.

Monday through Thursday - 11am to 12pm

Friday - Meal served at 12pm

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!

Columbia River PUD

Thank you for the donation of a whole hog! We are so grateful for your continued support in our mission and programs!

Bengal Blooms

Thank you for all the beautiful flower arrangements you have been showering our Center with! They have brought a smile to everyone here and we are so thankful for you thinking of us!

Bob & Donna Jensen

Thank you for the donations of fresh and delicious produce from your garden for our home-delivered-meals program!



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.



Fall is coming! The Holiday Season is coming!!!

Get ready folks....the busiest time of the year is quickly making it's way towards us! We are in the process of planning some fun Holiday events and activities, and our Thrift Store, Top Notch, is already planning for the Holiday items to hit the floor (and boy do they have bunches)!

While we plot...*cough*....plan some fun things for the upcoming months we are hoping to hear from a few volunteers who may be interested in forming a decorating committee? Design skills, creativity, and a whole lotta drive for fun is all that you need. We'd love to have you help us bring the Holidays here to the Center! If interested, let Dinae know at the front desk.

Our Block Party is coming together nicely and we are hoping to see you all there. Good times, great people, and yummy food all at the ready! We'll have many donation opportunities available to help support our home-delivered-meals program as well as talented vendors, BBQ, games and raffles! We hope to see you there and join us in the fun!

Thank you for renewing your memberships and taking this wild ride of life with us all here at the Center! We are definitely excited for all the fun times and new fun memories to be made as we shift gears into Holiday mode!!!

See you all 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



**Movies
w/ Pals!!!**

Select Thursdays at 1pm feel free to join us for Movies & Board Gams! Bring a pal or three and join us for some good fun complete with popcorn!

CINEMA

This month's offerings...

9/12 Private Eyes
9/19 Smokey & the Bandit
9/26 The Labyrinth



**TOP NOTCH
THRIFT STORE**

BUSINESS HOURS:
MONDAY - SATURDAY
10AM TO 5PM

DONATION HOURS:
MONDAY - SATURDAY
10AM TO 4PM



YOUR ST HELENS SENIOR CENTER
INVITES YOU TO OUR

HALLOWEEN
craft Bazaar

TAKING VENDOR APPLICATIONS NOW
EMAIL MANAGER@SHSENIORCENTER.ORG FOR AN
APPLICATION, OR STOP BY THE SENIOR CENTER

**SATURDAY & SUNDAY
OCTOBER 5TH & 6TH
9AM TO 3PM**

ST HELENS SENIOR CENTER
375 S. 15TH ST. ST HELENS OR 97051
LOOK FOR US ON FACEBOOK!

A Call for Volunteers...

With fall and the holiday season 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!



We love having our members and community join us in house for lunch at the St. Helens Senior Center! It always brings good company and conversation. One action our members and community visitors can take to help us manage our nutrition program is to remember to call our Center and RSVP for their meal. This helps us to keep an accurate count and manage our food supply and costs. Call the front desk at any time (we check messages every morning) and let us know you'll be joining us! We'll have a place set for you at our table.

503-397-3377

RSVP



3rd Annual Columbia County Senior Health Fair

Presented by Understanding My Medicare

ALL THE RESOURCES SENIORS NEED ALL IN ONE PLACE!

Tuesday
Sept. 17,
2024
10:00 am to
3:00 pm

Columbia County
Foursquare
Church
555 Commons Dr.
St. Helens, OR

FREE
OPEN TO
ALL AGES

- | | |
|-------------------------|---------------------------|
| Veterans Administration | Resource Booths |
| Medical Equipment | Wellness |
| Retirement Facilities | Financial Planners |
| Vision Specialists | Legal Planners |
| Insurance Companies | Free Flu Shots & Boosters |
| Workshops | And Much More! |

This free event is made possible in part by these sponsors



More details at: understandingmymedicare.com or call 503-987-1113

September 2024 - St Helens Senior Center Activities Calendar

St. Helens Senior Center 375 S. 15th St, St Helens OR, 97051 503-397-3377

SEPTEMBER

Square Dancing - Sundays at 6pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Closed in observance of Labor Day</p>	<p>3</p> <p>9am-12pm Open Studio in Craft Room</p> <p>10am Ukelele Class</p> <p>11:30am Senior Belly Dancing</p> <p>1pm Mexican Train Dominoes</p> <p>1pm Cribbage</p> <p>Foot Care w/ Alisha</p>	<p>4</p> <p>8am Billiards</p> <p>9am Exercise Class</p> <p>10am Crafting</p> <p>10am Tai-Chi</p> <p>10am Computer Class</p> <p>1pm Karaoke/Music Trivia</p> <p>4pm Yoga</p> <p>Foot Care w/ Alisha</p>	<p>5</p> <p>9am Coffee/Social Hr</p> <p>9am-12pm Open Studio in Craft Room</p> <p>12:30pm Hand & Foot Card Game</p>	<p>6</p> <p>8am Billiards</p> <p>9am Exercise Class</p> <p>10am Bingo in Craft Room</p> <p>10am John Pereira</p> <p>NW Medicare Advisors</p> <p>10am-1pm Care Oregon</p> <p>Medicare Advantage</p> <p>11am Stone River Band</p> <p>Theme: Beach Party</p>
<p>9</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>SHSC Board Meeting 9am</p>	<p>10</p> <p>9am-12pm Open Studio in Craft Room</p> <p>10am Ukelele Class</p> <p>11:30am Senior Belly Dancing</p> <p>1pm Mexican Train Dominoes</p> <p>1pm Cribbage</p>	<p>11</p> <p>8am Billiards</p> <p>9am Exercise Class</p> <p>10am Crafting</p> <p>10am Tai-Chi</p> <p>10am Computer Class</p> <p>1pm Karaoke/Music Trivia</p> <p>4pm Yoga</p> <p>Foot Care w/ Alisha</p>	<p>12</p> <p>9am Coffee/Social Hr</p> <p>9am-12pm Open Studio in Craft Room</p> <p>12:30pm Hand & Foot Card Game</p> <p>1pm Movie w/ Pals "Private Eyes"</p>	<p>13</p> <p>8am Billiards</p> <p>9am Exercise Class</p> <p>10am Bingo in Craft Room</p> <p>10am John Pereira</p> <p>NW Medicare Advisors</p> <p>11am Stone River Band</p> <p>1:30pm Columbia County Public Health Listening Session</p> <p>Rootbeer Floats</p> <p>Theme: Around the World</p>

<p>8am Billiards 9am Exercise Class 10am Art & Painting 12pm Hand, Foot, Toe Card Game 6pm Pinochle</p>	<p>16</p>	<p>9am-12pm Open Studio in Craft Room 10am Ukelele Class 10:30am VFW Aux 11:30am Senior Belly Dancing 1pm Mexican Train Dominoes 1pm Cribbage Foot Care w/Alisha</p>	<p>17</p>	<p>8am Billiards 9am Exercise Class 10am Crafting 10am Tai-Chi 10am Computer Class 12pm Craft Room Meeting 1pm Music Trivia 4pm Yoga Foot Care w/Alisha</p>	<p>18</p>	<p>9am Coffee/Social Hr 9am-12pm Open Studio in Craft Room 12:30pm Hand & Foot Card Game 1pm Movie w/Pals "Smokey & the Bandit"</p>	<p>19</p>	<p>8am Billiards 9am Exercise Class 10am Bingo in Craft Room 10am-1pm Care Oregon Medicare Advantage 10am-11:30am KP Vernon Norris 10am John Pereira NW Medicare Advisors 11am Stone River Band 1:30pm Shelly Lessard Inflation Reduction Act</p>	<p>20</p>	
<p>8am Billiards 9am Exercise Class 10am Art & Painting 12pm Hand, Foot, Toe Card Game 6pm Pinochle</p>	<p>23</p>	<p>9am-12pm Open Studio in Craft Room 10am Ukelele Class 11:30am Senior Belly Dancing 1pm Mexican Train Dominoes 1pm Cribbage Foot Care w/Alisha</p>	<p>24</p>	<p>8am Billiards 9am Exercise Class 10am Crafting 10am Tai-Chi 10am Computer Class 1pm Karaoke/Music Trivia 4pm Yoga Foot Care w/Alisha</p>	<p>25</p>	<p>9am Coffee/Social Hr 9am-12pm Open Studio in Craft Room 12:30pm Hand & Foot Card Game 1pm Movie w/Pals "The Labyrinth" Foot Care w/Alisha</p>	<p>26</p>	<p>8am Billiards 9am Exercise Class 10am Bingo in Craft Room 10am John Pereira NW Medicare Advisors 11am Stone River Band</p>	<p>27</p>	
<p>8am Billiards 9am Exercise Class 10am Art & Painting 12pm Hand, Foot, Toe Card Game 6pm Pinochle</p>	<p>30</p>	<p>9am-12pm Open Studio in Craft Room 10am Ukelele Class 11:30am Senior Belly Dancing 1pm Mexican Train Dominoes 1pm Cribbage Foot Care w/Alisha</p>	<p>24</p>	<p>8am Billiards 9am Exercise Class 10am Crafting 10am Tai-Chi 10am Computer Class 1pm Karaoke/Music Trivia 4pm Yoga Foot Care w/Alisha</p>	<p>25</p>	<p>9am Coffee/Social Hr 9am-12pm Open Studio in Craft Room 12:30pm Hand & Foot Card Game 1pm Movie w/Pals "The Labyrinth" Foot Care w/Alisha</p>	<p>26</p>	<p>8am Billiards 9am Exercise Class 10am Bingo in Craft Room 10am John Pereira NW Medicare Advisors 11am Stone River Band</p>	<p>27</p>	
<p>September Birthday Treat Theme: Pirate Adventure</p>			<p>20</p>	<p>JOIN US AT THE ST HELENS SENIOR CENTER WRAPPING UP SUMMER BLOCK PARTY 11AM TO 4PM SATURDAY SEPTEMBER 7TH, 2024 TALENTED VENDORS, BBQ, LIVE MUSIC, & GOOD TIMES ALL DONATIONS RECEIVED DURING THIS EVENT BENEFIT OUR HOME-DELIVERED-MEALS PROGRAM</p>			<p>27</p>	<p>SUPPORT LOCAL</p>		
<p>If interested in hosting a class, presentation, or activity please reach out to our Administrative Assistant, Dinae Monro</p>										

St. Helens Senior Center - SEPTEMBER 2024 Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED	3 Chicken & Dumplings	4 Roast Beef	5 Meatloaf	6 LS Ham
9 BLT	10 Baked Chicken	11 Swedish Meatballs	12 Fettucini Alfredo	13 BBQ Chicken
16 Zucchini Lasagna	17 Pork Roast	18 Swiss Steak	19 Meatball Subs	20 Chicken Fried Steak
23 Sweet & Sour Chicken	24 Vegetarian Chili	25 Spaghetti	26 Meatloaf	27 LS Ham
30 Broccoli Beef				
Dining Room serving meals at the Center from 11am to 12pm, Monday through Thursday (Friday meal served at 12pm) RSVP Required				