

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)

JULY 2024

## St Helens Senior Center Newsletter

Melissa Watson, Executive Director  
Email: [manager@shseniorcenter.org](mailto:manager@shseniorcenter.org)

Board of Directors: Joanne Fogle, President; Cyndy Miller, Vice President; Joan Steinger, Secretary; Judy Parmley, Treasurer; Debra Parsons, Carl Sandeen, and Jerry Marquette

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 = \$8.00 (required)  
Website: [shseniorcenter.org](http://shseniorcenter.org)

Top Notch Thrift Store website: [tnthriftstore.com](http://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.



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!



# July Member Birthday's

- Janice Knox 7.1
- Ruthie Nelson 7.2
- Barbara Olson 7.2
- Mary Woiccak 7.2
- Patricia Long 7.3
- Rita Schlageter 7.3
- Kathy Syrstad 7.8
- Mary Crist 7.11
- Terry Rude 7.11
- David Klinke 7.12
- Kathryn Hendrickson 7.13
- Lolita Robinson 7.17
- Wendy Rude 7.19
- Dana Jester 7.23
- Marlene Warren 7.23
- Frances Moorhead 7.30

*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!*

happy birthday

# COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY



**You can save on your electric costs this summer by following these tips from the energy experts at Columbia River PUD**

1. **Cook more meals on an outdoor grill or in your microwave.** This will heat your food without heating your home.
2. **Run your dishwasher at night.** This is especially helpful if you choose to air dry dishes to help keep steam from filling up your kitchen.
3. **Set your thermostat to 78 degrees or higher to save energy.**
4. **Use fans instead of air conditioners.** Fans increase air movement, which can make you feel up to five degrees cooler. They use less energy than air conditioners. Just remember to turn fans off when you leave a room because fans don't actually cool a room, they simply make you feel cooler.
5. **Close windows, doors, and blinds on hot days.** Open them when it cools down to let breezes through.

Find more suggestions for summer savings at [crpud.net/staycool](http://crpud.net/staycool).

## Senior Friendship & Loneliness Line

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



[SeniorLonelinessLine.org](http://SeniorLonelinessLine.org)

Looking for your input...

Classes

Walk in the Park

Swimming

Book Club

Guest Speakers

We Want to Hear Your Senior Center Activity Ideas

In Memory



**Marvel Brown**



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 15<sup>th</sup> 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!*

**Pinochle Club**

**Mondays at 6pm**

**LOOKING FOR NEW PLAYERS TO  
JOIN THE FUN!**

CALL JERI AT 503-314-0956 FOR MORE  
INFORMATION!

COST IS \$3.25 FOR A SINGLE DECK

**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**

**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

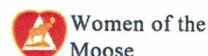
**ST HELENS SENIOR CENTER**

**MEXICAN TRAIN DOMINOES**

**TUESDAYS AT 1:00PM**



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



## 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.

### Robert Easley

Thank you for the donation of two event canopies to our Center to use for fundraisers and events!

### St Helens School District

Thank you for your donations of food for our meals program and food pantry. We appreciate you thinking of us!

### Dave Innocenti

Thank you for having the Top Notch parking lot re-finished! It looks so amazing and our customers love it!

### Kerry Kelly

Thank you for filling in last month to keep our home-delivered-meals program running so smoothly!

### Joan & Phil Steininger

Joan, thank you for all the extra hours spent volunteering for Top Notch over the past couple of months! Phil...thank you for taking on testing donations we are clueless about!



The heat is here and Summer is in full swing! So happy for some good 'ol sunshine!

We had an absolute blast at Citizens Day in the Park and are really excited with new friendships made as well as new ideas to bring to our Center. Folks seemed to enjoy our "Guess the number of Walkers in our Walker Jumble" game and we got some great participation. Really enjoyed being out in our community and we will be at it again July 17<sup>th</sup> for the Columbia County Fair and Rodeo Senior and Veterans Day. Make sure and stop by and say hi!

A reminder that we will be closed in observance of Independence Day, July 4<sup>th</sup>. We wish you all a safe and happy holiday and will be back to continue the celebration Friday, July 5<sup>th</sup>.

Lastly, we begin our new membership year July 1<sup>st</sup>. Make sure and renew your membership with us so we can keep you on our books. Also, once you get your completed NAPIS form back to us we will put your name in for a raffle for an opportunity to win some pretty neat prizes. More details to come, we just want to make sure we get to spend another amazing year with you folks!!!

Take a look at our upcoming events as well. Our summer craft bazaar in August and our rockin' block party in September.

Enjoy the sun and we will see ya soon!



### **Daniel R. Garrison, CPA**

**2114 Columbia Blvd  
St. Helens, OR 97051**



Email: [dan@drgtax.com](mailto: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.



Welcome our new  
**Top Notch**  
 ASSISTANT STORE  
 MANAGER

*Patty Davis*

We are so happy to introduce our new assistant store manager for Top Notch Thrift Store. Patty Davis started at our store towards the end of May. She comes with a background in retail management and customer service and in just a few weeks has caught on well to the chaos that is our chaotically wonderful store.

Patty has been in St. Helens for three years now, and also works part-time at our local Safeway as a cashier. She has two adult children and 5 cats to keep her busy at home. When not working she enjoys legos, hiking, and reading.

Patty is a great fit for our store and she understands our mission well. She is going to be a great support for our staff and volunteers at Top Notch and we are so blessed she found us.

*Welcome*  
 TO THE TEAM!



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!

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!

*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's Summer Craft Bazaar

Saturday & Sunday, August 3rd  
& 4th  
9AM to 3PM

Support Local Crafters &  
Artisans

Raffle Prizes  
Food & Fun!



## TOP NOTCH THRIFT STORE

**BUSINESS HOURS:**

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

**DONATION HOURS:**

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

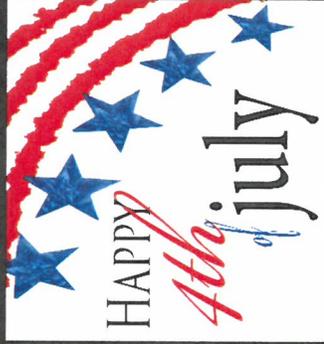


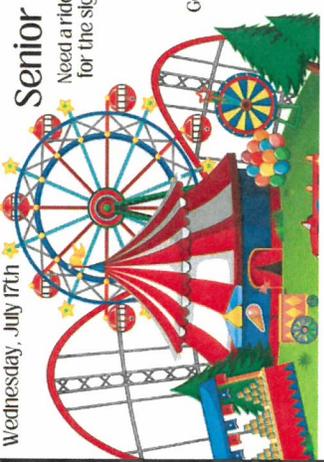
# July 2024 - St Helens Senior Center Activities Calendar

# JULY

Square Dancing - Sunday July 7th

Computer Class Canceled Until September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>8am Billiards 9am Exercise class 10am Art &amp; Painting 12pm Hand, Foot, Toe Card Game 6pm Pinochle</p>	<p><b>2</b></p> <p>11:30am Senior Belly Dancing 1:00pm Mexican Train Dominoes VFW - Billiards Room</p>	<p><b>3</b></p> <p>8am Billiards 9am Exercise Class 10am Crafting Tai Chi 1pm Karaoke with Mark Johnson 4pm Yoga</p>	<p><b>4</b></p> <p><b>CLOSED</b></p> 	<p><b>5</b></p> <p>8am Billiards 9am Exercise Class 10am Bingo in Craft Room 11am Stone River Band Alisha McCord - FootCare</p>
<p><b>8</b></p> <p>8am Billiards 9am Exercise class 10am Art &amp; Painting 12pm Hand, Foot, Toe Card Game 6pm Pinochle</p>	<p><b>9</b></p> <p>11:30am Senior Belly Dancing 1:00pm Mexican Train Dominoes</p>	<p><b>10</b></p> <p>8am Billiards 9am Exercise class 10am Crafting Tai Chi 1pm Karaoke with Mark Johnson 4pm Yoga</p>	<p><b>11</b></p> <p>12pm Hand &amp; Foot Card Game 12:30pm Puzzles with Friends</p>	<p><b>12</b></p> <p><b>Theme: Red, White, &amp; Blue</b></p> <p>8am Billiards 9am Exercise class 10am Bingo in Craft Room 11am Stone River Band</p>
<p>SHSC Board Meeting 9am</p> <p>Rootbeer Floats <b>Theme: Beach Vibes</b></p>				

8am Billiards 9am Exercise class 10am Art & Painting 12pm Hand, Foot, Toe Card Game 6pm Pinochle	15	11:30am Senior Belly Dancing 1pm Mexican Train Dominoes Alisha McCord - FootCare	16	8am Billiards 9am Exercise Class 10am Crafting Tai Chi 1pm Karaoke with Mark Johnson 4pm Yoga Alisha McCord - FootCare	17	12pm Hand & Foot Game 12:30pm Puzzles with Friends	18	8am Billiards 9am Exercise class 10am Bingo in Craft Room 11am Stone River Band	19
8am Billiards 9am Exercise class 10am Art & Painting 12pm Hand, Foot, Toe Card Game 6pm Pinochle	22	11:30am Senior Belly Dancing 1pm Mexican Train Dominoes Alisha McCord - FootCare	23	8am Billiards 9am Exercise Class 10am Crafting Tai Chi 1pm Karaoke with Mark Johnson 4pm Yoga Alisha McCord - FootCare	24	12pm Hand & Foot Game 12:30pm Puzzles with Friends	25	8am Billiards 9am Exercise class 10am Bingo in Craft Room 11am Stone River Band	26
8am Billiards 9am Exercise class 10am Art & Painting 12pm Hand, Foot, Toe Card Game 6pm Pinochle	29	11:30am Senior Belly Dancing 1pm Mexican Train Dominoes Alisha McCord - FootCare	30	8am Billiards 9am Exercise Class 10am Crafting Tai Chi 1pm Karaoke with Mark Johnson 4pm Yoga Alisha McCord - FootCare	31	<b>COLUMBIA COUNTY FAIR</b> Wednesday, July 17th <b>Senior &amp; Veterans Day</b> Need a ride? Ask Dinae at the front desk for the sign up sheet. Ride provided by CC Rider. 10AM Opening 11AM Lunch 1PM My Fair Lady & Gentleman Ceremony 			Theme: Garden Party
<b>Senior &amp; Veterans Day</b> Pick up between 9:30-10:30			<-----Must sign up at front desk for bus ride to location.						

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

## St. Helens Senior Center - JULY 2024 Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger 1	Pinto Bean Soup 2	Taco Soup 3	CLOSED 4	Pulled Pork Sandwich 5
Spaghetti 8	Baked Salmon 9	Broccoli-Cheddar Soup 10	Teriyaki Pork Stir Fry 11	Meat Loaf 12
Roast Beef Sandwich 15	Baked Fish Amandine 16	Alice Springs Chicken 17	Chili con Carne 18	Corned Beef & Cabbage 19
Minestrone Soup 22	Fried Chicken 23	Meatball Subs 24	Chicken Fried Steak 25	Sweet & Sour Chicken 26
Vegetarian Chili 29	Spaghetti 30	Meat Loaf 31		

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