

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

Board of Directors: Joanne Fogle, President; Cyndy Miller, Vice President; Joan Steininger, 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)

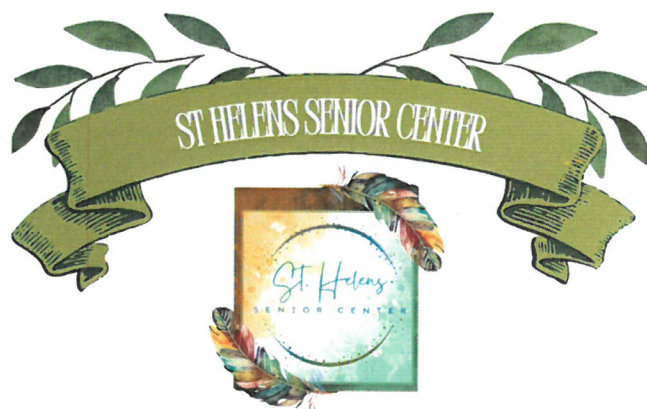
Website: shseniorcenter.org

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.



HAPPY
INDEPENDENCE
DAY
4TH OF JULY

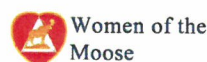


2024-2025
MEMBERSHIP

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!



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.

Senior Friendship & Loneliness Line

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



SeniorLonelinessLine.org



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 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!

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

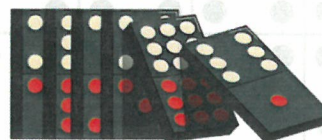
WE INVITE YOU TO JOIN US
AND SHOW OFF YOUR TALENT
AND HAVE FUN DOING IT!!!



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!



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.



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 17th for the Columbia County Fair and Rodeo Senior and Veterans Day. Make sure and stop by and say hi!

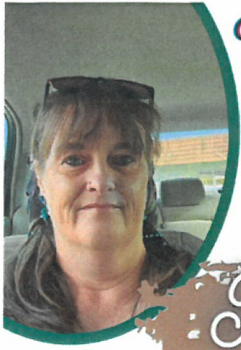
A reminder that we will be closed in observance of Independence Day, July 4th. We wish you all a safe and happy holiday and will be back to continue the celebration Friday, July 5th.

Lastly, we begin our new membership year July 1st. 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!





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

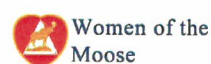
You're invited

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

TOP NOTCH THRIFT STORE



BUSINESS HOURS:

MONDAY - SATURDAY
10AM TO 5PM

DONATION HOURS:

MONDAY - SATURDAY
10AM TO 4PM

St Helens Senior Center's Summer Craft Bazaar

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

Support Local Crafters &
Artisans

Raffle Prizes
Food & Fun!




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

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)									