

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)

# JUNE 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 Steininger, Secretary; Judy Parmley, Treasurer; Reni Nowling, Sherry Belden, Debra Parsons, Carl Sandeen, 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](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.



Hello all and Happy Spring!

May was an absolute whirlwind and seemed to pass in an instant! We had a whole six months to plan and execute our biggest fundraiser of the year, and are so extremely happy to say it was a success! More details available a littler further into this newsletter but couldn't let folks get past the first page without thanking you all for your help, donations, and attendance. It truly was an Evening of Enchantment for us here at the St Helens Senior Center!

June will be an exciting month of planning our summer activities and events. We have a few folks working hard to plan some fun for our members and community and will be looking forward to sharing some of these with you in the next newsletter.

Also, we will be having a booth at the St. Helens Citizens Day event at McCormick Park on Saturday, June 22<sup>nd</sup>. We are planning to present the fun activities and programs we have here with the community and work on starting our membership drive for the 2024-2025 year ahead. Please stop by and say hi while you're there. We'd love to see you!

Thank you again for spending time here at the center with us all and we look forward to having one epic summer!





## June Member Birthday's

Deborah Diaz 6.1  
 Denise Yadon 6.1  
 Zvonko Trninich 6.2  
 Elizabeth Nunez 6.3  
 Robert Watkins 6.5  
 Douglas Machado 6.8  
 Marvel Brown 6.10  
 Holly Hilton 6.16  
 Carolyn Housley 6.17  
 James Crislip 6.18  
 Frances Gartzke 6.18  
 Carolyn Koop 6.18  
 Karen Sussell 6.18  
 Tom Weaver 6.19  
 Harley Saylor 6.21  
 Anite Bosse 6.27

*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!*



**Please keep your contact info  
 current at CRPUD**



It is important for you to ensure the contact information on file with your local electric utility is current.

Having proper contact information on file helps Columbia River PUD deliver timely information to you about your account. The PUD will need to reach out to you if your account is up for disconnection, or the PUD may call to notify you about PUD work occurring in your area.

You can make sure your account information is up to date by calling CRPUD at (503) 397-0590, or by logging into the SmartHub app and going into the settings tab.



### Senior Friendship & Loneliness Line

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

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



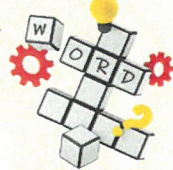


### St Helens Senior Center

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!!!

**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



**Daniel R. Garrison, CPA**

**2114 Columbia Blvd**

**St. Helens, OR 97051**

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

### **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**



You may recognize this face as a regular Friday guest and new volunteer in the kitchen! We are happy to report he agreed to fill a vacancy on our Board of Directors.....

**Carl Sandeen**

So happy to have you join us and bring your skills and experience to our organization!

## **WELCOME TO THE BOARD *Of Directors***

### **Dungeons & Dragons Gaming Club**


1st & 3rd Tuesday Of the month

4pm to 7pm



## **Happy Father's Day**

**WISHES FROM YOUR ST HELENS SENIOR CENTER!**



FATHER'S DAY IS A SPECIAL OCCASION DEDICATED TO SHOWING APPRECIATION FOR FATHERS AND FATHER FIGURES. PEOPLE OFTEN CELEBRATE IT BY GIVING GIFTS OR SENDING HEARTFELT MESSAGES TO CONVEY THEIR GRATITUDE. IT'S A TIME TO RECOGNIZE AND CHERISH THE SIGNIFICANT ROLE THAT FATHERS PLAY IN OUR LIVES.



## 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.

### James & Sharon Crislip

Thank you for the donation of supplies and time to our Evening of Enchantment Dinner & Auction Fundraiser!

### Grocery Outlet St. Helens

Thank you for donating the desserts for our Evening of Enchantment Dinner & Auction Fundraiser!

### Mark Johnson

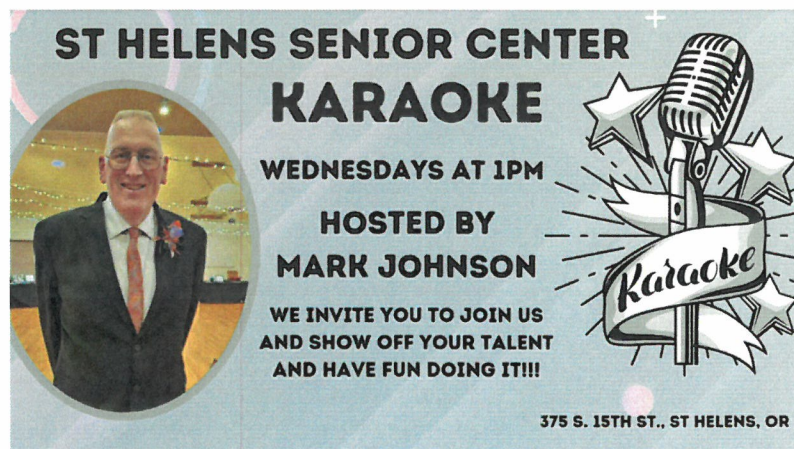
Thank you for MC'ing our Evening of Enchantment Dinner & Auction Fundraiser!

### Cyndy Miller

Thank you for reaching out to the amazing business partners we have in this community for donations to our fundraiser!

### Shelly Lessard

Thank you for coming in and spending some time with our members putting together lovely spring bouquets!



**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**  
**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 & Grinnin'*  
**SENIOR BELLY DANCE**  
TUESDAYS AT  
11:30AM  
**YOGA**  
WEDNESDAYS AT  
4:00PM  
375 S. 15TH ST, ST HELENS



**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



***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**



## Evening of Enchantment Dinner & Auction Fundraiser an Absolute Success!!!

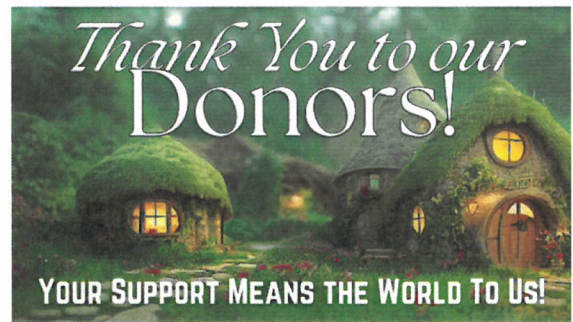
Not only did we have a lot of fun last month at our biggest fundraiser of the year, but we are so proud to announce it was a huge success for our organization! Thank you to all those who donated, volunteered their time, attended and spread the word about the event. This honestly wouldn't have been able to happen without you!



We will have a post out shortly on our Facebook page and would love it if you could share some pictures of that night with us!



Cyndy Miller	Lizz Trunell	Nate Green
Jodi Young	Carl Sandeen	Sharon Brackney-Crislip
Janine Norris	Jyo Sackett	Barb Young
Teri Naraghi	Colleen Kalama	Rosi Lopez
Dinae Monro	Anita Kjos	Linda Tryner
Jim Crislip	Kerry Sweet	Ellie Van Nostrand
Kelsi Dowdy	Wyatt Dowdy	Debbie Parsons
Ray Wulf	Sierra Young	Rob Easley
Dana Jester & James		Rachel Burr
Paul Daniels	Marnita Rodriguez	Bahmer

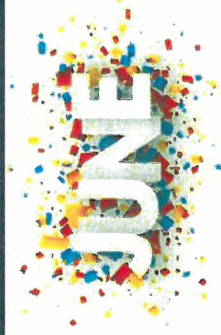


Lloyd Center Ice Rink    Artistic Bliss Portraits  
 Nate's Rogue Adventures    Willamette Valley Vineyards  
 Columbia River Peacemaker's Quilt Guild    Scott Sebring  
 Fran Pearson    Janet Jaenke    Dragon Storm Sports  
 Zvonko Trninich    Mean's Nursery    Hudson Garbage Svc  
 Scappoose Bay Marina    Best Western St. Helens  
 Hallmark Resort in Newport    Bailey's Nursery  
 Hallmark Resort Cannon Beach    Better Way Massage  
 Vista Hot Air Balloon    Broadway Rose Theater Co.  
 Priority Wine Pass    Lucky Eagle Casino    Mark Johnson  
 Scappoose Sand & Gravel    Beaver Bark    XO Ink Tattoo  
 Bayport RV Park    Deepwood Museum    The Nines Hotel  
 Bertucci's Chocolate    The Pourhouse    El Tapatio  
 Cyndy Miller    Johnny's Bar & Grill    Warren Country Inn  
 Tina Woods    Ichabod's Restaurant    Applesbees  
 Burnside Barber Shop    Arlene Ruggles  
 Great Notion Brewing    Oregon Coast Aquarium  
 The Vanity Room    Eisenschmidt Pool    Scandalous Salon  
 McMnamins    Cathedral Coffee    Fultano's Pizza  
 Music Emporium    Plymouth Pub    Pure Serenity  
 Slab Town Tours    Stephen Hobbs    Betsy Johnson  
 Rich Bailey Construction    Leonard & Sally Ann Marson  
 Dyno Nobel    Western Heating & Cooling    Les Schwab  
 Grocery Outlet, St Helens    Sass at Home    Friends of SHSC

Thank you all for helping us continue to serve the members in our community who need it so greatly. We are truly blessed to have partners like you that allow us to do the work that we do!



# June 2024 - St Helens Senior Center Activities Calendar



Square Dancing - Sunday June 2nd & 30th

Computer Class Canceled Until September 2024

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

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

## Monday

8am Billiards  
9am Exercise class  
10am Art & Painting  
12pm Hand, Foot, Toe Card Game  
6pm Pinochle

## Tuesday

11:30am Senior Belly Dancing  
1:00pm Mexican Train Dominoes  
VFW - Billiards Room  
4pm D&D Club

## Wednesday

8am Billiards  
9am Exercise Class  
10am Crafting Tai Chi  
1pm Karaoke with Mark Johnson  
4pm Yoga  
Alisha McCord - FootCare

## Thursday

12pm Hand & Foot Card Game  
12:30pm Puzzles with Friends

## Friday

8am Billiards  
9am Exercise Class  
10am Bingo in Craft Room  
11am Stone River Band  
Alisha McCord - FootCare

Color: Camouflage

8am Billiards  
9am Exercise class  
10am Art & Painting  
12pm Hand, Foot, Toe Card Game  
6pm Pinochle

11:30am Senior Belly Dancing  
1:00pm Mexican Train Dominoes  
4pm Eclectic Crafters Club  
Alisha McCord - FootCare

8am Billiards  
9am Exercise class  
10am Crafting Tai Chi  
1pm Karaoke with Mark Johnson  
4pm Yoga  
Alisha McCord - FootCare

12pm Hand & Foot Card Game  
12:30pm Puzzles with Friends

8am Billiards  
9am Exercise class  
10am Bingo in Craft Room  
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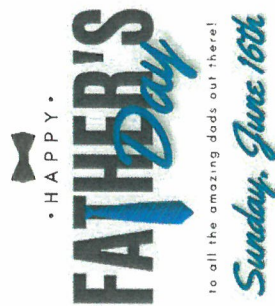
Rootbeer Floats  
Color: Maroon



8am Billiards 9am Exercise class 10am Art & Painting 12pm Hand, Foot, Toe Card Game 6pm Pinochle	17	11:30am Senior Belly Dancing 1pm Mexican Train Dominoes 4pm D&D Club	18	8am Billiards 9am Exercise Class 10am Crafting Tai Chi 1pm Karaoke with Mark Johnson 4pm Yoga Alisha McCord - FootCare	19	12pm Hand & Foot Game 12:30pm Puzzles with Friends	20	8am Billiards 9am Exercise class 10am Bingo in Craft Room 11am Stone River Band	21
8am Billiards 9am Exercise class 10am Art & Painting 12pm Hand, Foot, Toe Card Game 6pm Pinochle	24	11:30am Senior Belly Dancing 1pm Mexican Train Dominoes 4pm Eclectic Crafters Club Alisha McCord - FootCare	25	8am Billiards 9am Exercise Class 10am Crafting Tai Chi 1pm Karaoke with Mark Johnson 4pm Yoga Alisha McCord - FootCare	26	12pm Hand & Foot Game 12:30pm Puzzles with Friends	27	8am Billiards 9am Exercise class 10am Bingo in Craft Room 11am Stone River Band	28

Color: Silly Hat Day

**JOIN US AT THE  
ST HELENS**  
**CITIZENS DAY IN THE PARK**  
 MCCORMICK PARK 11AM TO 2PM  
**SATURDAY JUNE 22ND, 2024**  
 WE WILL BE THERE WITH MEMBERSHIP INFORMATION AND TO  
 HAVE A GREAT TIME IN OUR COMMUNITY!



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



# St. Helens Senior Center - JUNE 2024 Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday	
Minestrone Soup & Tuna Salad Sandwich	3	Pot Roast	4	Mushroom Frittata	5	Ham & Potatoes	6	Chicken & Vegetable Soup	7
Baked Cod Ole	10	Beef Stew	11	BBQ Chicken Sandwich	12	Pork Stir Fry	13	Meatloaf	14
Fish Tacos	17	Meatballs	18	Pinto Bean Soup	19	Lemon Chicken	20	Shepherd's Pie	21
Salmon Patties	24	Ham & Yams	25	Chicken Broccoli	26	Biscuits & Gravy	27	Grilled Chicken Salad	28
Dining Room serving meals at the Center from 11am to 12:30pm, Monday through Friday (Friday meal served at 12pm)									