

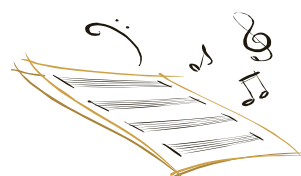
WHAT'S HAPPENING

Out & About is your guide for the winter and spring activities. Look for an exciting list of trips. And remember, if you have any suggestions call Stu at 503-982-5266. He would love to hear from you!

The **FAB Four Beatles Tribute** at the Elsinore Theatre in Salem. Acclaimed as the "best Beatle tribute ever", recreates the Beatles like no other group has before. Saturday, **March 14; 6:30-11pm**. \$40 for transportation & ticket.



"WHO'S on THIRD?" Community Concert Series at Woodburn United Methodist Church. Sunday, March 15th, **Portland Wind Band** 3:00-4:00pm. Church located at 700 N. Cascade Dr. Woodburn



Volume 14 Issue 3

March 2009

RSVP

A bridge between those who need and those who give
 Sponsored by the City of Woodburn



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 Susan Fofana-Dura

A bridge between those who need and those who

We're on the web!

www.woodburn-or.gov/parks

Looking for Your Pot of Gold?

If only life were as simple as chasing down the infamous leprechaun and getting his pot of gold. Wouldn't that make your life better? Probably not. Most of us have realized that, while money does help to smooth out life's bumps, it is not the most important thing. Health, happiness, family, friends...those are what dreams are made of. One way to maintain or achieve these pursuits is volunteering. Every month our newsletter addresses this issue because it is so important to you, to your family, and to the community. Staying active after retiring is extremely crucial. The "use it or lose it" phrase takes on a whole new meaning as life progresses.

I spent this morning visiting a home bound volunteer who is a crocheter. RSVP provides her with yarn and she provides beautiful handmade items for Love Santa, Healthy Start and local nursing homes. In one week she made 16 caps, and two baby blankets! Then I stopped by the Meals-on-Wheels programs and visited with the volunteers. What a great group, the comradeliness was infective! What a way to spend a morning, laughing with friends and knowing 100 or more people will have a hot healthy meal.

With our current economic challenges, volunteering can be an invaluable work source for our communities. This benefits everyone. Senior volunteers are an untapped source of expertise. We have a wealth of retired teachers, bankers, accountants, managers, builders and the most challenging profession of all...parenting!

So, stay young, stay active. When you use it, you won't lose it! We'll help you find an activity that suits you!



WAASP/RSVP
 c/o Woodburn City Hall
 270 Montgomery Street
 Woodburn, OR 97071

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News from North Marion Adult Center

The North Marion Adult Center, Inc. **VISION STATEMENT:** *The North Marion County area will come together to offer a safe and attractive center for senior citizens to socialize and participate in activities that will help them to continue to expand their lifelong learning and wellness pursuits. There will be an opportunity for volunteering in many areas that can bring a sense of accomplishment to individuals as well as an increase in the number of activities that can be offered.* The Center is located at the First Presbyterian Church Hwy 214 & Boones Ferry Road. Hours of operation are 1pm-4pm Monday-Friday. There is a full calendar of activities. SALT (Seniors and Law Together) will be holding their monthly meeting on the 2nd Wednesday of each month. Blood pressure on the 2nd and last Mondays, 11am-1pm. Foot Clinic, the 1st Wednesday of the month. There are two computers that are internet friendly. Help with the computers is available daily in the afternoons. For more information, call Beverlee at 503-982-4531.

RSVP is a division of the National Senior Corp under the auspices of the Corporation for National and Community Service.

Marion County Retired & Senior Volunteer Program

Sponsored by the City of Woodburn



Sue Speaks Her Mind

The first few months of the new year have slipped by quickly. The last newsletter was sent out at the end of November. And now, here it is, two months later. A lot has taken place in these months. Most shockingly, the tragedy at the bank in mid-December. What a shock for the City- the senseless loss of two brave law enforcement officers . Our own Capt. Tom Tennant, who is dearly missed and the near fatal injuries to Police Chief Russell. The Chief is recovering miraculously and making strides daily. We hope to see him back in City Hall, soon. Capt. Tennant will be honored in May during a week long memorial event in Washington D.C. This is National Police Week and his name will be engraved on the wall at the National Police Officers Memorial. The city is asking for donations to help Capt. Tennant's wife Mary and their three children attend the event. The Tennant family will also be able to attend a survivor's grief conference tailored to help law enforcement families cope with their loss. The City needs to raise \$6000., to send the entire family to the event. Donations can be dropped off at the administration desk at Woodburn City Hall. For more information, contact Terrie Stevens, Assistant City Administrator at 503-982-5231.



Please HelpHome Crafters Need Yarn

Volunteers needed: SMART volunteers are needed at Washington, Nellie Muir, and Lincoln Elementary Schools. One hour a week is all it takes to make a difference in a child's life. **Department of Justice** still needs volunteers to staff the consumer hotline. **Woodburn Visitor's Center** at the Company Stores, 3 hour shifts, Sunday-Saturday. Meet new and interesting people from all over the world. Don't forget the **North Marion Adult Center**. If you have a talent and want to share it with others, let Beverlee know. If there is somewhere you want to volunteer, let me know. I can find the match for you. There are many opportunities throughout the county. Call the RSVP office at 503-982-5255 for more information.

"Your own story and the American story are not separate--they are shared. And they will both be enriched if we

Volunteer Hour Report

By completing & returning this hours reporting form, you allow RSVP to be in place to help other volunteers find their niche. If you volunteer at an actual site, there is probably a timesheet. Be sure to record your hours. If there isn't a timesheet, please use this form & return it to the RSVP office by the 10th of each month. You may also email your hours to: rsvp.woodburn@ci.woodburn.or.us

Your Name: _____
 Telephone: _____ Location: _____
 Total Hours: _____ Month: _____ 2009
 Project : _____ Supervisor's initials _____



Community Information and Education Page

BINGO, BINGO! Tuesday Bingo at the Woodburn Grange Hall. Sponsored by WAASP. Doors open at 12 pm. Game starts at 12:30



WOODBURN INTERNAL MEDICINE, 974 Cascade Dr. offers a **FOOT CLINIC** every Thursday and 1st Wednesday, from 8:30am to 2pm Appointments are required. Cost \$25. Call 503-982-4878.



SILVER CREEK ASSISTED LIVING COMMUNITY Foot Clinic is the 1st Wednesday of the month from 1:30-5 pm. Licensed staff, \$20. Call 503-981-4142 for more information.

AARP Driver Safety Program (formerly 55 alive) March 9th & 10th 5:30pm-9:30pm both days. \$14.00. Country Meadows Village, call 503-982-2221.

Support the local **AWARE** food bank. Non-perishable food and monetary donations accepted.

News From Salemtowne

CENTER 50+ SALEM SENIOR CENTER 2615 Portland Rd. NE, Salem 503-588-6303

The new center is open and filled with many exciting workshops and classes. Next time you are in Salem stop by and checked it out!

TRIPS AHOY!! Contact the Center travel office for a complete travel guide or call 503-588-6303. Registrations are taken Mon and Thru 11am-3pm. All trips are available to anyone 21 years or older.

Center 50+ offers a wide variety of language & cultural, arts & crafts, workshops, fitness, music, personal enrichment. All classes are taught by professional, caring enthusiastic instructors. There is sure to be something to meet your goals. Call the Center at 503-588-6303 to get information on all activities at **Center 50+**. Or come to the beautiful new center to register.

Volunteer Opportunities Turn that free time into helping someone else! Center 50+ thrives on volunteer power!

Look-up Center 50+ at the City of Salem website. You can find them under Community Services.

AQUATIC CENTER ACTIVITIES: Water is such a powerful natural element. The pool and spa at the Woodburn Aquatic Center harness that power, providing an environment that is soothing and restorative, as well as just plain fun!

Open Swim: Monday-Friday 1-3:30pm 7-9pm Saturday & Sunday 1-5pm

Lap Swim: Monday -Friday 5:30-3:30pm 6-9pm Saturday & Sunday 1-5pm (2 lanes open)

ARTHRITIS AQUATIC CLASS Tues & Thurs 9:30-10:15AM

HIP FLEXIBILITY Fridays 9-10AM

AQUAROBICS M/W/F 8-9am and M/T/W/Th 6-7pm

DEEP WATER FITNESS Mon & Wed 8-9AM

WATER WELLNESS M/W/F 9:15-10am



KEIZER/SALEM AREA SENIORS CENTER 930 Plymouth Dr. Keizer 503 390-7441

PANCAKE Breakfast Saturday March 7th 7-8 am All you can eat for \$3.50

MONDAY Breakfast 8-10 am. We have a menu.

LUNCH Tuesday-Friday 11:15-12:15 \$3.50.

March 15th 1:30pm **Hawaiian Luau** fund raiser

March 12 & 26 **Foot Clinic** by appt. 503-390-7441.

SOUTH SALEM SENIORS 6450 Fairway Ave. Salem 503-588-0748

LUNCH Mon-Fri 12 noon All seniors welcome \$2.50. Many daily activities offered. Call center for schedule.

TAX Preparation will begin Feb 4th and run through April 10. 8:30 thru 2:30 Wed, Thurs & Fri. Call 503-588-0748 for appt.

Lunch & Cruise on the Portland Spirit; April 23rd. Call Laina at 503-588-0748 or 503-581-7870 for assistance or questions.

