

RSVP

A bridge between those who need and those who give

Sponsored by the City of Woodburn



Drivers Needed...

Dial-a-Ride is a service offered to seniors and people living with disabilities. This valuable service is sponsored through the City of Woodburn's Public Works Transit Division. The program is set up for the elderly and those living with disabilities who cannot utilize the fixed Transit bus route. There are a few different ways citizens can use Dial-a-Ride. The service utilizes a para-transit van that operates Monday through Friday. Requests for reservations can be taken up to a month in advance but a minimum of 24 hours notice is required. Dial-a-Ride also arranges for volunteer drivers to take elderly or Woodburn residents living with disabilities to medical appointments in the local area, Salem and Portland. Again, reservations can be made up to a month ahead, but a minimum of 24 hours is required. Many of you have used this service, and probably could not have kept your appointment if it was not for Dial-a-Ride! Dial-a-Ride is in desperate need of volunteer drivers. They have had a very stable, reliable base of volunteers for a number of years. But as these valuable volunteers are getting older, it is becoming increasingly important to supplement the volunteer roster. The program would not exist if not for the volunteers. Drivers choose the days they want to drive and choose where they go. They are reimbursed for their miles at \$.46 per mile. They drive to Portland and Salem and all points in between. Please call the RSVP office at 503-982-5255 or Brenda at 503-982-5233 if you have the time to volunteer.



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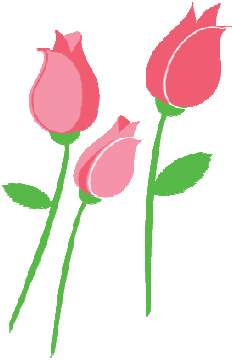
News from North Marion Adult Center

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 Monday 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.

Sue Speaks Her Mind

As I sit here starting to write this column, it is snowing outside!! It did not last long, by the afternoon the sun was shining. I am so looking forward to spring, I can't believe there can be snow in March. I hope the first day of spring, March 20th, has the sun shining all day long. This past weekend on March 15th, despite the rain, there were over 200 volunteers who came out to clean up the city for *Woodburn Proud Day*. This event was organized by the Chamber of Commerce and the City. There were groups of school kids and their teachers, city employees, area service groups and families with their kids. This will probably be an annual event to get the city spruced up for the Tulip Festival. What a great way to get out and meet new people with a common interest, have fun and at the same time make our city look great. Maybe this should become a quarterly event! As the seasons change we can all come together for a great cause, the betterment of our community and to be able to show our PRIDE in this beautiful city! The Chamber says, "Always Fresh Discoveries". This is so true. When we all come together for a good cause, the discoveries are endless. Hope to see you at the next Woodburn Proud Day!



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. **Talking Books:**Needs people who can repair portable cassette players. The worksite is in Salem or can be done at home. **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 through out the county. Call the RSVP office at 503-982-5255 for more information.

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

*To age with
dignity and with
courage cuts
close to what it
is to be a real
person.*

Roger Kahn



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 from 8:30am to 2pm and 1st Wednesday. 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.

NORTH MARION ADULT CENTER First Wednesday of the month 11am-3pm \$20. Call for appointment, 503-982-4531

AARP Driver Safety Program (formerly 55 alive) April 13 & 14 12:30–4:30pm both days. \$14.00. Country Meadows Village, call 503-982-2221.



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

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 check 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 web-site. You can find them under "Community Services".

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

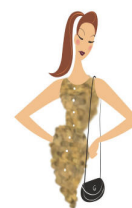
PANCAKE Breakfast Saturday April 7th, 7-8 am All you can eat for \$3.50 **April 10th** 9am Theme dance, Easter Parade. **MONDAY** Breakfast 8-10 am. We have a menu. **LUNCH** Tuesday-Friday 11:15-12:15 \$3.50

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

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

RUM-MAGHE BOUTIQUE, annual fashion show and tea will be held April 4th at 2pm, cost \$5. May 7,8,9, & 10th the **Annual Rummage** sale. Five big rooms full of great items.

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





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!



Community Services

Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

Phone: 503 982-5255
Fax: 503 980-2448
Email: rsvp.woodburn@ci.woodburn.or.us

RSVP Project Director:
Susan Fofana-Dura

A bridge between those who need and those who give.

Rat Pack Live Keller Auditorium Portland Tuesday April 7; 6-10:30pm. This acclaimed production vividly recreates a legendary evening at the Sands Hotel with the most famous performers, Frank Sinatra, Sammy Davis Jr, and Dean Martin. \$50. for transportation & show tickets.

Mt. Hood Railroad Thursday, April 24; 7:30-4 pm. Trip travels from Hood River to Odell and is about 2.5 hours. You will travel along the river, through forests, meadows, and fruit orchards. \$30,for transportation. Lunch on your own.

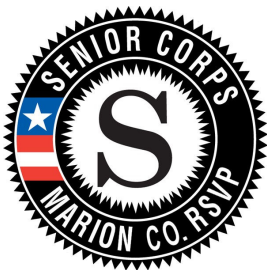


We're on the web!

www.woodburn-or.gov/parks



WHO'S on THIRD? Community Concert Series at Woodburn United Methodist Church. Sunday **April 19th 3-4:30pm** *Canby Community Orchestra*, a pop-style concert with selections from the musical "Camelot".



RSVP

Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

Bulk Rate
U.S. Postage
PAID
Woodburn, Oregon
97071
Permit No. 161

Marion County Retired & Senior Volunteer Program
Sponsored by the City of Woodburn

