

Volume 14 Issue 6

July 2009

RSVP

A bridge between those who need and those who give

Sponsored by the City of Woodburn



Benefits of Community Gardening



Community gardening is something that is being talked about a lot lately. And why not? With the high cost of fresh produce, what a good idea it is to plant a garden and do it with friends and neighbors. Its being said there are many benefits to gardening. For example: improves the quality of life for people working the garden, stimulates social interaction, produces nutritious food and reduces a food budget. These are all good ideas and is what pushed Beth Balaban into action. Beth is the Woodburn Meals-on-Wheels coordinator. She is in charge of the NorthWest Senior & Disability Services meal program at the First Presbyterian Church. The Church is situated on a large lot on the corner of Boones Ferry Road and Hwy 214. Not only is Meals-on-Wheels coordinated out of the church, there is also a noon meal served, and its home to North Marion Adult Center. Beth saw the need for fresh produce and with permission from the Church, broke ground and started planting. With the help of friends and volunteers and donated seeds and plants, she has planted potatoes, peas, tomatoes, cucumbers, a pumpkin patch and much more. As summer lingers on and the vegetables ripen, Beth will share the produce with homebound seniors on the Meals-on-Wheels route, folks that have lunch at the meal-site and the senior center patrons. Everyone with some spare time who loves gardening is welcome to come by and spend some time in the garden. Meet new friends, enjoy lunch and spend some time at the Adult center.

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

News from North Marion Adult Center

The Center has a packed monthly calendar. Every first Wednesday, a **Foot Care Clinic** is offered from 11am-3 pm. Call 503-982-4531 for appt. **Blood Pressure Check** the 2nd & 4th Monday of the month, from 11am-1 pm. Walk-ins welcome. **SALT** (Seniors & Law Together) monthly meeting is the 2nd Wed. of each month.,9-11 am. Every **3rd Wednesday**, enjoy the Music Jammers 1-3 pm. Listen to local musicians perform impromptu. Come relax and enjoy Woodburn's finest musicians. Every afternoon there are games from 1-4 pm. On Mondays, come enjoy a movie and popcorn on the BIG screen TV, 1-4 pm. Also, there are computers with internet access. There is always someone there to help with any computer questions.

Love

Sue Speaks Her Mind

Summer is here and Woodburn is full of activities. *Music in the Park*, at Library Park, kicks-off on July 7th and runs every Tuesday from 7-9pm until August 25th. The line-up is fantastic!! Food vendors will be available in the park from 6-9pm. You can't go wrong on any of the concerts. Bring your chair or blanket and enjoy the music and company of other music lovers on a warm Tuesday evening. On Saturday, July 25, from 4-5:30pm show your appreciation and honor Woodburn's Police, Fire and Ambulance personnel at the Downtown Plaza. Light refreshments will be provided, along with educational materials about National Night Out and Woodburn's Weed & Seed program. The 10th Annual Walt's Family Run/Walk starts and ends at Centennial Park, on Saturday August 8th. Check in at 9am. And as summer vacation winds down, come to the Aquatic Center on Thursday, August 13, for a traditional hot dog BBQ and swimming. The BBQ takes place at noon on the lawn of the Aquatic Center and is followed by swimming from 1 to 3:30pm. There will be something for everyone. Come on down and enjoy the cool waters of our beautiful pool. Have a great summer!



Please Helphome crafters need yarn

Volunteers needed: Legacy Hospice Services: needs local volunteers. Call Shelley Wagener, volunteer coordinator at 1-800-361-8506. **Dial-a-Ride:** is always in need of drivers. Volunteers use their own car to transport clients to medical appts. **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 throughout 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

*Volunteers are
not paid
because they
are worthless,
but because
they are
priceless.*



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



Community Information and Education Page

BINGO, BINGO! Will be breaking for the summer. Please join them September 8th at the Woodburn Grange Hall.



WOODBURN INTERNAL MEDICINE, 974 Cascade offers a **FOOT CLINIC** every Thursday from 8:30am to 2pm and 1st Wednesday. Appointments are required. Cost \$30. 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) July 13 & 14 12:30-4:30pm both days. \$14.00. **Cascade Park**, call 503-981-0033.



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 Thur 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".

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

DEEP CARDIO T/TH 6-6:45am

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

DEEP WATER FITNESS M/W/F 8-9AM **WATER WELLNESS** M/W/F 9:15-10am T/Th 8-9am

Support the local **AWARE** food bank. Non-perishable food and monetary donations accepted. Drop-boxes at City Hall, Library and Senior Estates or at **AWARE**, 680 N. 1st Mailing address PO Box 551 Woodburn, OR 97071.



Pitch In for Pools, Parks & Play-This summer during July's National recreation & Parks Month the Aquatic Center will be hosting a fundraising opportunity for the Community Services Department Scholarship Fund. A water jug will be on the counter at the center for everyone to pitch in their change. Thank you ahead of time for your generosity. Debbie, Center Manager.

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

PANCAKE Breakfast Saturday July 4th 8am. 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 **Dance** theme, Red, White & Blue **July 3rd** 9:30am **Foot Care** by appt. July 9 & 23 call 503-390-7441



SOUTH SALEM SENIORS 6450 Fairway Salem 503-588-0748

MISSION/DUES The purpose of the South Salem Seniors organization is to provide programs and activities for the educational, recreational, social and cultural needs of Seniors 50 years of age & older. **Dues** are \$15 per person per year. Life time memberships are age 50-64, \$225; 65-74, \$150; 75 and up, \$75.



LUNCH Mon-Fri 12 noon All seniors welcome \$2.75. Many daily activities offered. Call center for schedule.



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.

We're on the web!

www.woodburn-or.gov/parks

WHAT'S HAPPENING

WELLSPRING SATURDAY MARKET Farmers, fun and fitness, oh my! This is not your average farmers market. Join Wellspring, local farmers, growers and artisans for this weekly community event in the front parking lot at 1475 Mt. Hood Ave. Woodburn. **9AM-1PM Saturdays through September**

JULY 4th Celebration at Centennial Park on Parr Road. The fun starts at 4pm. Features family activities, music entertainment and fabulous firework show!

CHUCKWAGON BREAKFAST Legion Park, 4th of July. 6am-10:30 A Woodburn Tradition for almost 50 years! Adults \$6.00, Kids under 12 \$4.00.

OHSU Tram over I-5 This is the silver tram that travels high in the air above Interstate 5. A mystery lunch stop is scheduled after the ride. **Wed. July 1; 10am-2pm** \$15. for transportation and tram tickets. Lunch on your own.

STERNWHEELER Lunch Cruise Life returns to the Willamette River where once sternwheelers were the main mode of transportation. The sternwheeler leaves River-Front park in Salem and travels up the Willamette for a one hour cruise that includes lunch. **Thursday, July 16; 10:30am-2:30pm.** \$40. including transportation and lunch.



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Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

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

