

Senior Stars: The Golden Oldies--Still Playing That Tune

Every Wednesday at lunch time, the folks at the Vernonia Senior Center get a special treat. A group of musicians shows up and performs. "That's not so special," you may say. "Lots of senior groups have entertainment." Well, this group of musicians is no ordinary band. They're the Golden Oldies and they have an average age of eighty-one!



The Golden Oldies come to Vernonia from all over the area-- Banks; Mist; North Plains; Vernonia, of course-- even as far away as McMinnville. Duke Gortler, eighty-six, leads the band on accordion; Al Shaffer, eighty, and Lex Hollis-- a youngster at seventy-three-- man the guitars; Mike Yemen-- who was coy about his age-- plays the mandolin; and Dorothy Schmidlin, eighty, on bass and Eleanor Thompson, ninety-two, (that's right--92!) on drums, provide the rhythm. The band is joined by Pat Ray, seventy-two, on vocals. Missing on the day I visited were Art Issakson and Bob Eastman, who both play harmonica and sing, and Pat Wheeler on violin.



The Golden Oldies play a mix of old country and bluegrass standards and popular songs from the past. You may even get to hear some yodelling. They have been playing at the Vernonia Senior Center since 1995, where the

audience loves to join in for a sing-along and really enjoy the spirit of these Senior Stars.



Senior Center Activities For March 2009

Connie's Fabulous Breakfasts: Fabulous breakfasts are available to the public on Fridays for a cost of only \$3. The event happens at the Senior Center (446 Bridge Street) from 7:00 to 9:00 AM each Friday. Meal price includes a beverage, too. Enter through the side, parking lot door. What a deal!

Week Day Lunches: The Vernonia Senior Center offers nutritious and tasty lunches each weekday for only \$3. These are available to the public, not just Senior Citizens. (Mealtime is noon; late arrivals may not be served.) You can reserve your lunch by calling by 11:15 AM, or further in advance if possible, to assist the cooks as they prepare the day's meals.

Maple Bars available locally!: Connie King, the cook at the Senior Center, is making maple bars each day. The maple bars are available to the public, too, and only cost \$1 each. Availability is subject to quantity on hand. You can assure yourself of a good supply by pre-ordering them directly from Connie by calling the Senior Center (503-429-3912) any week day, from 7:00 AM-3:00 PM. Please allow one day lead time for larger orders. The Center's front door opens at 9:00, but the side parking lot door opens at 7:00. Ah, sweet treats!

Thrift Store: Bargain prices can be found in Vernonia's Senior Center in their Thrift Store. The retail store is open Monday through Friday, from 9:00 AM until 3:00 PM. It is also open most Saturdays mornings from 9:00 to noon. The Thrift Store provides funds for the Senior Center's facility and its many activities. Donations can also be dropped off during those same hours. Buy locally and support your local Senior Center.

Membership Dues: Another way to support Vernonia's Senior Center is to pay the \$10 annual membership dues. Checks may be mailed or dropped off at the Senior Center.

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