

SENIOR SCHEDULE

MONDAY—Painting class 10 to 3
Quilting
Meals On Wheels (MOW)
Bingo after SNAPP
TUESDAY—SNAPP and MOW
1st Tuesday-County Nutrition meeting at 2 pm.
2nd Tuesday-Nutrition Steering Committee meeting at 2 pm.
WEDNESDAY—SNAPP and MOW
THURSDAY—SNAPP and MOW
FRIDAY
1st Friday-Potluck with Board of Directors meeting at 2 pm.
2nd Friday-COLCO Transportation meeting at 10 am.
County Council of Seniors at 1 pm.
SNAPP-Monday through Friday at 12 noon.
PAPER ROLLING-Every day

REGULAR MEETINGS AND EVENTS

MONDAY
1st and 3rd Mondays, Vernonia City Council meeting in City Hall at 8 pm.
Cadette and Seniors meet in the WGS cafeteria from 3-4:30 pm.
2nd Monday, Chamber of Commerce meets at 1 pm in the West Oregon Electric building.
TUESDAY
Brownies meet in WGS cafeteria from 3-4:30 pm.
Junior Girl Scouts meet in WGS cafeteria from 6:30-8 pm.
Adult Volleyball at Washington Grade School from 7 to 9 pm.
2nd Tuesday, Mist-Birkenfeld Volunteer Fire District board of directors meeting at the fire hall at 7:30 pm.
2nd and 4th Tuesday, PEO Sisterhood meets in member's homes. Call 429-6713 for information.
American Legion Post No. 119 holds monthly meeting and potluck dinner on fourth Tuesday of each month, at 7 pm in the Legion Hall.
WEDNESDAY
1st and 3rd Wednesdays, Vernonia Planning Commission meeting in City Hall at 8 pm.
2nd and 4th Wednesdays, Natal Grange meeting in Natal Grange Hall at 8 pm.
T.O.P.S. meet in Jewell at 7 pm.
THURSDAY
1st Thursday, Study Club meeting in member's homes at 8 pm.
2nd and 4th Thursday, Vernonia School District Board meeting in school district office at 8 pm.
3rd Thursday, Mist-Birkenfeld Quick Response Unit meeting in the fire hall at 7:30 pm.
T.O.P.S. meeting in Portable 1.
Al-Anon meeting at the First Christian Church at 10 am. Call 429-3761.

AUTOMOTIVE DIESEL

Now at

Claude's Saw & Service

VALLEY VETERINARY OUTPATIENT CLINIC

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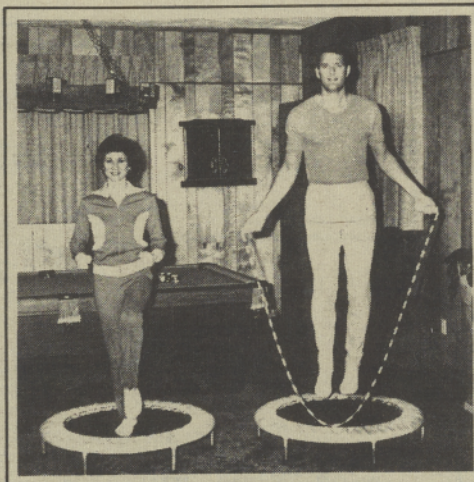
2nd & 4th Thursdays
of each month
for information and
appointments

CALL 556-3084

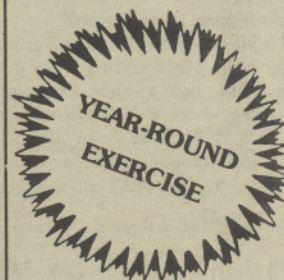
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Jog-N-Tramp

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SIMPLE AND INVIGORATING
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The JUMPKING Jogger-Trampoline adds a new dimension of fun and fitness to exercise! No matter what conditions exist outside, the JUMPKING is always ready to provide enjoyment and invigorating aerobic exercise inside. The rebounding exercise concept first discovered by a NASA scientist as part of the astronaut fitness program is now being acclaimed by numerous doctors as safe, effective and rehabilitative.

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- 38" Diameter Frame
- Chrome Steel Removable Legs
- Heavy Duty Weatherproof Jogging Mat
- 32 Long Life Galvanized Springs
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- 7" High

Family

FITNESS CAN BE YOURS

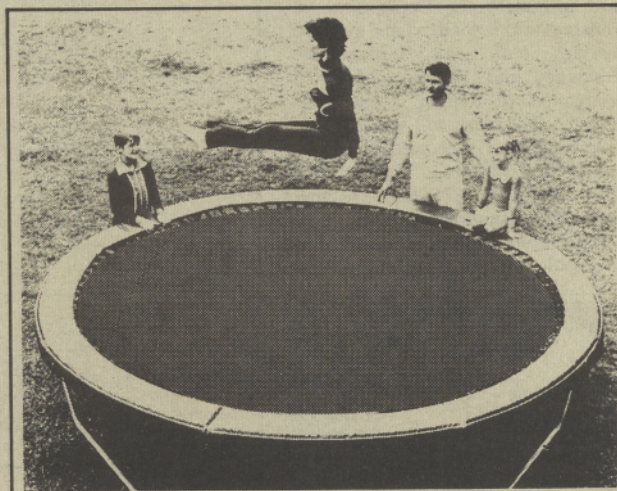
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