

Community

Senior News

By Karen Miller



That old saying, "the way to a man's heart is through his stomach"

is just as true here at our Senior Center. We appreciate our chef staff; on Mondays, Wednesdays and Fridays, Jamie Peura with cook help, Nellie Gregg, and our Tuesday and Thursday volunteer chefs Carol Davis, and fill in Pat Orlando.

We serve balanced, nutritious meals here every week day for a modest price:

- Under 50 = \$3.25
- 50 - 59 = \$2.50
- 60 and up = donation basis.

TAKE NOTE: FREE BLOOD PRESSURE CHECKS the 1st and 3rd Fridays of each month by Vernonia Clinic here at the Center at 10:30 a.m.

FOOT CARE: February 27 for those 60 and up. Call our office to sign up, donation basis only.

Singers wanted

You can raise your voice in song with the Vernonia Community Chorus as it prepares for the annual Easter Cantata. All voices are needed and singers at all levels of experience are welcome.

Practices are on Sundays at 3:00 p.m. at the First Baptist Church at A and Washington Street.

Watch for fundraising events coming soon.

CHANGE OF DONATION DROP OFF HOURS: 9:00 a.m. to 8:00 p.m., seven days a week.

Our 1/2 price sale is still on. Half off winter coats and sweaters.

Again we thank our volunteers. Another gal we wish to acknowledge is Linda Tellef, who helps along with Pat Lloyd. Thank you, ladies.

See you at our Valentine lunch on Wednesday, February 11. Fun prizes, great music. Hint: Wear lots of red.

REMEMBER:

- Pastries and bread Wednesday and Saturday a.m.
- Bingo, Mondays at lunch.
- Music with the Golden Oldies on Wednesdays.
- Games on Thursdays.
- Willoughby Hearing every second Friday at 11 a.m.
- Sign language class Monday, 10:30 to 11:30 a.m.

If you know of a senior who would like a visit from the Senior Advocate or have any senior needs and concerns, call our office.

INFORMATION NUMBERS

- Senior Advocate... 429-9112
- Senior Center..... 429-3912
- Transportation..... 429-4304

Valentine's Day Dance at Grange

Bring your favorite dancing partner to the "Sweethearts Ball" Valentine's Day dance on Saturday, February 14, at 8:00 p.m. at the Vernonia Grange Hall. The cost will be \$5.00 per couple.

The Grange hall is located at the corner of North Street and Washington Avenue.

Bears, coyotes to decorate downtown lamp posts, and donkeys will vie at basketball

Vernonia Pride members have kept busy throughout the winter with planning sessions and are moving along with plans for some new projects along with several on-going projects.

The newest project is the sale of black metal bears and coyotes that will be mounted on downtown lamp posts. These charming silhouettes will be sold as "In memory of" memorials for \$240.00 each. Contact

Donna Webb at 503-429-5201 or Enid Parrow at 503-429-8134 for more information.

On-going projects include downtown beautification, clean up at the Welcome signs, selling bricks by the Shay, planning final information for historical plaques on homes and businesses on a local walking tour, along with a booklet about these sites.

The annual SOLV clean up day will be April 24. Start

planning to come out that day and help clean up the town. Lunch will be served to all workers at the Scout Cabin following the work.

Also, mark your calendars for Donkey Basketball in April. Watch for more information.

Vernonia Pride meetings are held the third Thursday of each month at 1:00 p.m. at Vernonia City Hall. Everyone interested is invited to attend and get involved.

My Fair Lady Pageant nominations sought

The My Fair Lady Pageant is seeking nominees for the 2004 My Fair Lady Court, held during the Columbia County Fair each year to recognize senior women for their outstanding service in our community. Nominations are accepted for representatives from each area in Columbia County. A panel of judges from throughout the county review the nominations and makes the final selections for the court.

If you would like to nominate

someone to be a member of the 2004 My Fair Lady Court, contact Nancy Harwood at the Retired & Senior Volunteer Program at 503-397-5655 for an application form. Nominees must be 55 years or older but do not need to be a member of RSVP or their local senior center. Nominations are due by March 1, 2004. The court will be selected by the My Fair Lady Pageant Committee and announced in March.

The My Fair Lady Pageant

will be held Wednesday, July 21, 2004, as part of Senior Day activities at the Columbia County Fair. A panel of judges selects a queen by rating the women on their community service and their responses to questions asked during the pageant.

Columbia River PUD organizes the pageant each year in conjunction with the Retired & Senior Volunteer Program and Columbia River Fire and Rescue.



Room with a view...and safe harbor...

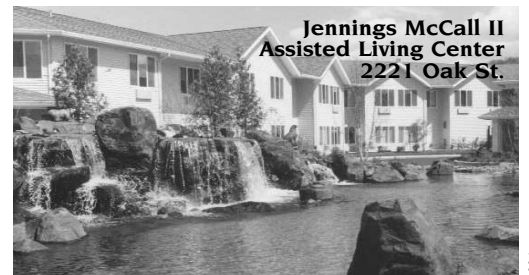
"We love our view of the fountain. It reminds us of our favorite camping spot on the Owens River. I feel we have found a 'safe harbor.' I have been a mother, a grandmother, and a great grandmother. I gave and gave. Though I found it a little embarrassing when care was offered to me, at 90 years old I'm learning to accept it graciously. We're fussy, and the staff caters to our every whim with friendliness."

- Jim and Lita Deyoe

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BUCKHORN FAMILY RESTAURANT & Pub DINING

Treat Your Sweetheart to a Special Valentine's Day Dinner Saturday, Feb. 14th

Reservations Recommended
Special Requests with Advance Notice
Nonsmoking Dining Room • Smoking in Lounge
934 BRIDGE STREET, VERNONIA • 503 429-3751