

Senior News

By Karen Miller



When you are young you want to change the world, when you are old you want to

change the young.

Does this sound fishy? **CLAM CHOWDER CONTEST!** Friday, September 10:

1. Clams are the only seafood allowed.
2. Bring your list of ingredients.
3. Judging begins at 11:00 a.m.
4. Anyone can enter, only one entry per person.
5. First, second, and third prizes. Prize to all participants.
6. Menu for lunch Sept. 3; Clam Chowder!!

From Metro West: Sign up

for free Senior Day at the Zoo – 65 and up – no entrance fee, minimal transportation fee. Call 429-4304 to sign up.

From the Thrift Shop: Come in and browse through our selection of 25¢ patterns for kids, women, crafts. Don't forget our storewide 1/2 price sale the last Friday of every month. See you August 27!

Also, August 27 is our annual senior picnic at Anderson Park with the Golden Oldies. Begins at noon – bring salad and/or dessert and anticipation for a good time.

The "ice cream ladies" from the Grove Assisted Living will be here with their "Sundae" makings on Wednesday, August 25. Also, more fun that day with Karaoke, so bring your favorite songs.

Congratulations to Francine Lenz, winner of the Name the Year contest in our last issue – Did you guess 1959?

If you know a senior needing

respite care or housekeeping help, call our office about qualifying. This is a great program for those in need.

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 11:00 a.m.
- Sign language class on Mondays, 10:30 to 11:30 a.m.
- Free blood pressure checks the first and third Tuesdays, 10:45 to 11:45 a.m.

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

INFORMATION NUMBERS

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

Vernonia RFPD picnic scheduled

Former volunteers with the Vernonia Rural Fire Protection District are invited to the Annual Picnic, to be held September 12 at Larry Steele's Sport Camp on Keasey Road.

Amenities at the sport camp include a swimming pool, volleyball, horseshoes, etc. Lunch

will be served at 11:00 a.m., the main dish will be salmon.

Those who wish to participate are asked to call 503-429-8252 or stop by the fire station by September 3. The number of attendees is necessary to insure that enough salmon will be available for all.



Vernonia Firechief Paul Epler, 2nd from left, accepts a blanket honoring firefighters, which was presented by Maxine (left) and Vic (2nd from right) Jones of Maxine's Enterprise, and their daughter, during Jamboree weekend.



The Vernonia Senior Center was full of people enjoying the pancakes, with or without blueberries, at the breakfast prepared by the Sweet Adelines during Jamboree weekend.

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