

Senior News

By Karen Miller



We had a great time at our clam chowder contest Friday. We appreciate all our

entrants — here's the winners! First place Bill Yeo, second Faith Reynolds, third Bill James, fourth Elana Brasure. Actually, it was hard to pick, they were all winners.

Thank you to our community judges — Police Chief Workman, Carol Barker of US Bank, and James Gilmore, husband of the clinic's new family doctor, Phyllis Gilmore, M.D.

We are still accepting newspapers here — bring them in during our open hours, Monday through Friday from 9:00 a.m. to 3:00 p.m.

Wed, Sept. 22, here at the Center, there will be a memorial service at lunchtime for Diana Russell, beloved wife of Alan Russell. Alan is one of our

faithful members and a well-loved former meals-on-wheels deliverer. Call our office for questions, 503-429-3912.

Metro West. Call Metro West for your transportation needs — in or out of town, Monday through Friday, at 503-429-4304.

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



Above, Kathy Morrison, who has always known everything going on in Vernonia, was caught totally unaware by a surprise retirement party on Sunday, September 12 in her honor. Kathy gave more than 20 years of service to the City of Vernonia, in positions ranging from Planning Commission to City Council to city employee.

Yard of the Month



The Yard of the Month for September is the home of Chris and Kala Cota at 186 E Street. The yard is a lot of fun to view and shows a good mix of tall and short plants. This is the final Yard of the Month for 2004. That gives everyone lots of time to work on their yard plans in order to be ready for 2005 nominations.

Oregon Zoo offers free day for seniors

Seniors, and one companion, can let their inner child out at the Oregon Zoo during the 29th annual Senior Safari, Tuesday, Sept. 21 from 9:00 a.m. to 3:00 p.m. Sponsored by Providence Health Plan, Senior Safari has been planned with seniors in mind.

Seniors can begin their day at the zoo with complimentary coffee and donuts (while supplies last).

Special activities and entertainment throughout the day include free train rides, animal chats, animal feedings, petting zoo and bird displays, as well as dancing and vocal ensembles. Reasonably priced lunch options will also be available.

Providence Home and Community Services will provide wheelchairs free of charge on a first-come, first-served basis. Numbers are limited, so persons needing a wheelchair are urged to bring their own if possible. Volunteers will be available to assist with wheelchair

navigation.

Representatives from Providence Medicare Extra Ambassadors,

VISIT THE
ZOO

sadors, Providence Rehabilitation Services, Providence Health Plans, Providence Health System and Oregon

ZooGuides will help with the day's activities.

The zoo opens at 9 a.m. daily and is located five minutes from downtown Portland, just off Highway 26.

Except during Senior Safari, seniors admission is \$7.50 (65+), general admission is \$9 (12-64), children \$6 (3-11), and children under 3 are free. Additional information is available on the zoo's Web site at www.oregonzoo.org or by calling 503-226-1561.

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