

Senior News

By Karen Miller



Enid Parrow, along with her husband Art, were very visible members of this community and will be missed.

Those of you who missed the Fire Department's Veteran's Day program honoring our nation's past and present veterans missed a heartwarming 21-gun salute, taps, and the singing of our national anthem. These times of remembrances are special to me as my own Dad was a Navy pilot serving in World War II. Take time to thank your friends, neighbors and relatives who serve, for it is because of them that we enjoy the freedoms that we have today. You may also send a message of support to our servicemen by email at the web site <OperationDearAbby.net>.

Flu shots: Call our office for information on signing up for a Metro West bus trip over to the Wellness Clinic in Longview for flu shots. We took a van last week and will continue to do so as long as there is a need for this service. Proof of Medicare is required or there is a fee. This service is for those 65 and over OR any age if you have a chronic illness OR are a health-care provider OR if caring for a young one 6 months and under. While supplies last.

Again I want to thank Elaine James for helping us and me here at the Center as we are learning new paperwork on the computer that needs to be submitted each month. We really appreciate Allen Russell for donating this computer. It takes teamwork around here and we

have a great bunch to work with; thanks to our President Bill James for all your volunteer time!!

Are there any kind-hearted souls out there who would be willing to haul some of our overload here to Forest Grove Goodwill or any Fred Meyer Shopping Center where Goodwill parks their donation truck. Thanks for any help.

Get ready for our Senior Moments Bazaar 2004 here at the Center on Saturday, Dec. 4 from 11:00 a.m. to 6:00 p.m. and Sunday, Dec. 5 from 11:00 a.m. to 5:00 p.m. Limited number of tables are available for \$10 each. You may sell gift items, antiques, or homemade items. There will be a drawing every hour. Also quilt tickets on sale for \$1 each for the raffle to be held on Sunday, Dec. 5 at 4:00 p.m. Call Louise Hamnett at 503-429-7401 to sign up for a table.

COME ON IN and take advantage of our storewide half price sale going on NOW!

Have a safe, enjoyable Thanksgiving with your friends and loved ones!!

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

Holiday food and gift help needed

Request forms for Nehalem Valley Christmas Food Baskets are now available for families in need of assistance. Forms can be picked up at the Jewell School office, Nehalem Valley Community Church, or Baker's Country Store. Application deadline is December 13 with delivery on December 21.

Community support is needed with donations toward the meal/gifts, participation through The Giving Tree at Jewell

School or Elderberry Inn, and help in putting baskets together for delivery.

A canned food drive is underway at Jewell School through December 10. Food may be dropped off in marked boxes in the main hall. The Giving Tree at Jewell School is also in the main hall. Deadline for gifts to be returned is Friday, December 15.

For more information, call 503-755-2312.

Pac. Univ. Choral Union to perform

Pacific University Choral Union will present a program by some of history's greatest composers – Johann Sebastian Bach, Benjamin Britten and Johannes Brahms. The concert will be held Sunday, November 21, at 3:00 p.m. in McCready Hall at the Taylor-Meade Performing Arts Center on the University's Forest Grove campus.

The brief first movement of Brahms' motet for five-part choir *Schaffe in mir Gott ein rein Herz* (Create in Me a Clean Heart, O God) will open the program. It will be followed by Cantata No. 140 *Wachet auf, ruft uns die Stimme* (Sleepers, Awake, the Night is Flying) by J. S. Bach, and which in Bach's time was appropriate to the day of this concert – the last Sunday before the Advent season. The Choral Union will also sing Benjamin Britten's *A Ceremony of Carols*. Soloists from both the groups' students and community members will be featured in the performances.

Tickets are available by calling 503-352-2918, or at the door. Admission is \$5 general, and \$3 for students and senior citizens.

Take a pet Home 4 the Holidays

Home 4 the Holidays is the Columbia Humane Societies holiday pet adoption campaign, which started November 8 and runs through January 2. The Columbia Humane Society, a non-profit, no-kill shelter in St. Helens is joining 1,600 other animal shelters across the nation to bring attention to orphaned animals and to find them good homes during the holidays.

The Columbia Humane Society goal is to have every animal that came in before November 8, adopted out to loving homes before January 2. That would be approximately 140 animals. There will be specials running during the campaign,

such as discounts when *Home 4 the Holidays* is mentioned, and incentives such as donated products to be given as adoption gifts.

On December 4 and 5, there will be an Adopt-A-Thon in the garden section of the St. Helens Hi-School Pharmacy parking lot, 155 S. Columbia River Hwy. Animals will be available for adoption Dec. 4 from 10:00 a.m. to 4:00 p.m. and on Dec. 5 from 11:00 a.m. to 4:00 p.m. Low-cost pet food, supplies and pet-related gifts will also be available for purchase.

The Columbia Humane Society is located at 2084 Oregon Street in St. Helens. For more information, call 503-397-4353.



Out on a Limb

*Morning Mist
Gifts & More*



To kick off the Christmas season
Morning Mist and Out on a Limb
will open at 4:00 p.m. on Friday,
November 26 and stay open until 9:00 p.m.

**Join us for holiday treats plus complimentary mini massages
provided by *New Day Massage & Bodyworks***

Be sure to bring your wishlist to put in
the box (then friends and family can
come in and get the ideas you provided).

Find great gifts and ideas and
pick up Holiday Bucks cards here
and get stamps for your purchases.
Purchases include holiday wrapping.



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