

Community is invited to recital

The community is invited to the year-end Music Recital of Madeleine's Music School students on Sunday, June 5, at the First Christian Church, 410 North Street at 4:00 p.m.

Students of all ages and experience will perform on piano, violin, viola and guitar. Local guest musicians will also perform. The performance is free, presented for the love and beauty of music.

All ages are invited, including children. Teachers Madeleine Gendron and Chris Fotinakis will be available to answer questions about lessons, and an early sign up for the summer and fall will be available. For more information, call Madeleine Gendron at 503-429-9402.

The First Christian Church is at 410 North Street in Vernonia.

Mm, mm, good, Bar-B-Que cook off June 25 - 26

Terrel's Northwest Bar-B-Que Showcase and Cook-off will take place June 25 and 26 at Hawkins Park, Vernonia.

At this new event, there will be LOTS of food, a beer garden, kids games, an amateur bar-b-que contest, live music and vendors.

Vendor and other information is available by calling Tina at 503-957-2087.

Reynolds 90th cause for party

Friends of Faith Reynolds, a long-time Vernonia resident who will be 90 this month, are invited to celebrate with her at a Birthday Party on Saturday, May 21, from 2:00 to 4:00 p.m. at the Scout Cabin, 901 Park Drive, Vernonia.

Cake, punch and coffee will be served. Please RSVP to Roy Reynolds, Marjorie (Reynolds), and John Carson at 503-296-6143.

Friends are invited to bring a story about Faith Reynolds to put in her memory book. Reynolds also enjoys new recipes and photos for her albums and genealogy research. No other gifts, please.

Senior News

By Karen Miller



Some of our seniors, including our Princess for this year's My Fair Lady

Court at the Columbia County Fair, Necia DeWitt, had a great time attending the 5-area lunch April 25 at St. Helens Senior Center. The crowd just wouldn't let her get away without her famous yodeling which some of you miss out on every Wednesday here with the Golden Oldies. Next up: 5-area lunch at the Vernonia Center on May 31. Don't miss out!

Health conscious seniors!!! Northwest Wellness Clinic will be here May 14 beginning at 8:00 a.m. for a health screening on bone density, arteriosclerosis, cholesterol, blood sugar level, thyroid testing and PSA. This testing is FREE, paid for by a Preventative Health grant through Community Action Team in St. Helens. Criteria: You must be age 60 and up. Call my office to sign up to take advantage of this grant. Also, you may come have these tests done if you are under 60 and pay for them yourself; call my office for more information, 503-429-9112.

Our grief support group is now in session on Mondays at 2:00 p.m. here at the Center. If you are currently going through a loss of any kind or can offer support to someone who is, please join us.

Current Preventative Health classes being offered at the

Center at no charge: footcare, Jazzercise, swimming, and legal aid help. Call our office to take advantage of these great programs.

Need some questions answered on health care? Please call me and I will direct you to someone who can help answer your questions.

Identity theft is a growing problem among our senior population: Place the contents of your wallet on a photocopy machine and do both sides of your license, credit cards, etc. You will then have all the account numbers and phone numbers should you have to call and cancel them. Put that copy in a safe place.

Cool Cyber Resource: Trips, Inc. Vacations for travelers with Developmental Disabilities. 800-686-1013 or <www.tripsin.com>.

Quilt lovers!!! Be sure to come in to purchase tickets for our beautiful handmade quilt here at the Center. It will be raffled off at this year's Christmas Bazaar the first weekend in December.

This Wednesday at our lunchtime auction we will auction off a senior gentleman's handyman round-the-house services. Come join the fun!!

Member Profile: This month we would like to spotlight a beautiful, vibrant young senior here who has been a dependable, faithful volunteer for the past three years. Her name is Romanna (see, sweet name, too) Manusos, originally from Poland. She was one of six siblings who came to America with their immigrant parents in search of a new life, in 1951. After landing in New York, they made their way to Chicago,

where Romanna was among the 1960 graduating class. She then struggled through night classes working towards a college degree. She married a Greek restaurateur (by the way, Romanna is a GREAT cook) and they moved to Texas. After being left a widow with three children, she made her way to Lake Oswego and is now in Vernonia with her gardening partner, her little Yorkie, Mindee. The three kids are all now married; Victoria, mother of Jonathan and Christian; Nicholas, father of Alice Ann; and Jamille, a registered nurse.

Romanna's energy and people loving skills get put to good use here working in the thrift store, baking goodies to share, doing fundraising and being a bright spot of encouragement. In other "spare" time, you can find her in her garden with her flowers and nature, at the beach or doing other outdoorsy activities. So, Romanna, from

Poland to Oregon to Vernonia, we'll enjoy you as long as you'll stay!!!

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.
- Jazzercise class at 2:00 p.m. on Tuesdays.

• 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



A mother duck caring for her brood at Vernonia Lake is a common scene this time of year.

Vintage Suites (Marquis Assisted Living Community)

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- 3336 19th Avenue, Forest Grove (503) 359-1129

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619 Bridge St. • Vernonia • 503-429-7003