

Community



A scene from *Beyond the Passion*, a two-act play with original music performed by Dramatic Difference Ministries at the Jamboree Worship Service on Sunday, August 7.

Vernonia Cares 5K Fun Run on August 20, still time to join the fun

Vernonia Cares Food Bank will host a 5K Fun Run/Walk on Saturday, August 20. Registration will start at 8:00 a.m. in the American Legion/Food Bank building, 627 Adams Avenue, Vernonia. The run/walk will start at 9:00 a.m.

The course, beginning and ending at Anderson Park, will follow the linear trail around the Lake. Ribbons will be awarded for first, second, and third place in several age groups and categories.

Entry fees are \$15 for individuals, and \$30 for family/business registrations of two or more runners. Each entrant is asked to bring two cans of food for the food pantry, as well. Details can be found on registration forms in local businesses, but online entry is strongly encouraged at <www.signmeup.com/32642>.

For entertainment, Penny Costley and others from Jazzercise will be giving great cool-down exercises for the runners free of charge. Metro West will have an ambulance at the race. The Fire Pup is making a special appearance and Tuality Healthcare will be giving away lots of items. There will be free snacks for everyone and Tuality Foundation Chairman Ralph Brown is presenting a ribbon to every participant. There will be raffle tickets on sale before the race and winners can look for-

ward to claiming some great prizes, including a TV.

Tuality Healthcare is the Title Sponsor for the Third Annual Fun Run/Walk, with twenty-five other supportive sponsors. The Vernonia Cares Board is excited about the participation by local businesses, according to Fun Run Director Terry Grosnick, and looks forward to runners and walkers beginning the race with Ralph Brown in the lead. Grosnick is encouraging everyone to join the fun and see if they can get to the finish line before Ralph. Will YOU take the 'Dare to Care Challenge'?

For more information or registration forms, contact Sandy at Vernonia Cares Food Bank 503-429-1414.

Senior News

By Karen Miller



Thank you, Romanos, for all the long, hard hours you put in here at

the center's thrift shop during Jamboree Days; your unsurpassed sales expertise and ideas have been appreciated here. We thank the community for all the business support; don't forget that anyone can come eat here for only \$2.50 if you are under 60!! Those of you 60 and over are on a donation basis. What a deal!

Next footcare day is August 29. Call my office to sign up.

We are in need of thrift shop volunteers; come in and see President Bill James.

Our senior picnic is August 19 at Anderson Park if you read this in time! Seniors bring salads and desserts.

September 20 is Senior Day at the Zoo; seniors and a companion are free; we have a sign up sheet here at the center.

Go ahead and eat your chocolate so they say now! If research is correct, dark chocolate can lower blood pressure and bad LDL cholesterol. It also makes blood vessels more flexible and reduces insulin resistance. So I read... anyway. That'll work for me!!!

COOL CYBER RESOURCE, FAMILY: Children's Defense fun kinship caregiver website offers information for

relatives as parents <www.chilrensdefense.org>.

Top 5 Family Activities:

- 1) Watch for meteors
- 2) Have a bonfire
- 3) Play 20 questions
- 4) Go bowling
- 5) Hug one another.

If you know of a senior who would like a visit from the Senior Advocate or has any senior needs or concerns, please call my office at 503-429-9112.

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.

• Sign language class at 9:00 a.m. on Mondays.

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

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