

Community

Krispy Kremes at PEO Booth on September 16

The Vernonia chapter BS of PEO will have a booth along the main route of the Cycle Oregon event on September 16, from noon until 8:00 p.m. selling juice and Krispy Kreme doughnuts.

Proceeds from the booth will be used for state and local PEO scholarships for women seeking higher education.

Rostvit twins to sing at church

Vernonia Christian Church will welcome the Rostvit Twins, Faye and Janice, to Vernonia on September 25, at 9:45 a.m.

The sisters, who are identical twins, have an extensive world-wide music ministry that has taken them to 90 countries. They have sung in well over 100 different languages.

The church is located at 410 North Street, Vernonia.

Couples retreat at Cedar Ridge

A couples retreat will be held October 14 and 15 at Cedar Ridge. Sponsored by Columbia County Christian Men's Group. The spokespersons at this year's retreat will be Jim and Carol Wold from Vancouver, Washington, speaking on "Marriage: God's Multi-faceted Gift."

Help! Vernonia Grange Haunted

Vernonia Grange 305 is Haunted! Individuals or groups who are interested in decorating, or who have ghoulish acting talent, are invited to help emphasize its haunting presence for Halloween.

On Monday, October 31, the grange will open to the public so all can join the festivities.

To help make the haunted grange happen, call the Grange Master at 503-429-2401 (work) or 503-429-0633 (home).

Quilt Fair today through Sunday

St. Mary's Quilt Fair is celebrating its 35th anniversary on September 15, 16, 17, and 18. The doors are open from 10:00 a.m. to 4:00 p.m., except on Friday, September 16, when they are open from 10:00 a.m. to 9:00 p.m.

The Wolds are with Barnabas Ministries.

Cost of the retreat is \$50 per couple without lodging (three meals and conference) or \$80.00 with one night's lodging.

Call Pastor Grant Williams at 503-429-6790 for registration information.

Senior News

By Karen Miller



It's the water? No, it just has to be the great cooking, great music, and all around great fun we have around here at the Vernonia Senior Center that has been the reason we have been packing 'em in here on Wednesdays; last week we had lunch visitors from Lake Oswego, Hillsboro, Longview, Vancouver, Fishhawk Lake, Mist, Rainier, and of course, all our regulars here and around!!

Mamma Mia!!! Come join us along with our Cycle Oregon guests here September 16 for our Spaghetti Extravaganza! The town is gearing up and we want to be a part of it!!

Seniors in need of some legal help please call my office to see if Community Action Team can be of assistance to you. My number is 503-429-9112, Karen Miller, Senior Advocate.

Looking for a volunteer job? We are always looking for help in our thrift store, Come see President Bill James if you are interested.

Hey, next time you are in here shopping you might be lucky enough to get in our blue light specials; if our blue light is on, everything in the store is half price!!!

FREE SENIOR DAY at the zoo is September 20; A senior and companion can get in free; we have a few slots left on our \$5 van trip to the zoo and back. Call to sign up.

Footcare: September 16 and September 30. Judy, our foot-care nurse does an excellent job; the cost is only \$15. Slots fill fast, call for an appointment.

For your financial health: Identity theft is becoming a bigger problem in these modern times. Here are some tips to help decrease the chances of your identity being stolen:

- Don't share your Social Security number unless it is absolutely necessary.
- Shred financial documents.

You may also want to shred pre-approved credit card offers.

- Guard your name. Tell your financial service providers not

to share your information with any affiliates they may have.

COOL CYBER RESOURCE: A site that has great tools to help you plan your next road trip: <www.etravelogue.com>.

Free, free, free – Blood pressure checks the first Tuesday of each month at 11:00 a.m. by Kathy Rozinek from the Providence Clinic. Take advantage of this great service.

A big thank you to Vernonia Pride for the beautiful bench out front – It really sets off our "new" building facelift!

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.

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

INFORMATION NUMBERS

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

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