

**Community**

**Museum now open fall/winter hours**

The Vernonia Historical Museum will be open during the fall, winter, and spring months on Saturdays and Sundays from 1:00 to 4:00 p.m.

The next museum talk will be October 16 at 2:00 p.m. with the Thompson girls. Enjoy the conversation as Eleanor, Dee Dee, Joyce and Jan share their memories of Vernonia.

The hedge has been removed and outside improvements continue. Thanks to Bill Sword, in advance, for furnishing the split rail fence that will enclose the museum grounds.

The next museum meeting will be on October 12 at 7:00 p.m. at the museum. Everyone is welcome.

**Register now for Couples retreat**

A couples retreat will be held October 14 and 15 at Cedar Ridge, sponsored by Columbia County Christian Men's Group. Cost of the retreat is \$50 per

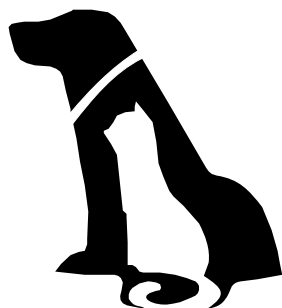
couple without lodging, or \$80 with one night's lodging.

Call Pastor Grant Williams at 503-429-6790 for information or to register.

**Col. Humane Society Garage Sale**

Columbia Humane Society will hold a fund raising garage sale October 7 and 8 from 9:00 a.m. to 4:00 p.m.

The sale will be in Scappoose at 50925 SW Old Portland Road.



**Senior News**

By Karen Miller



Mamma Mia!!! What a fun time we had here Friday, September 19, for our successful Spaghetti Extravaganza for Cycle Oregon! Everyone who ate here raved over Connie the cook's "famous" spaghetti sauce, and yes, we catered to the vegetarian crowd, too; serenaded by our Italian music on top of it all. We owe a great big thank you to our volunteers: In the kitchen — Connie King, Shelly Roberts, Jeri Cropp, Christina McCord, Georgia Pelletier, Art Isakson. Servers — Dorothy Howard, Vonna Schwilke, Gladys Gans. Promoters — Romanna Manusos (Romanna — do you still have a voice left?). Romanna also brought a pink Schwinn Hollywood "50s"

bicycle which, by the way, is for sale. Thanks also to Patty Lloyd who made our advertising signs, and Sharon Gibson. Thanks to Bill James who organized this event. Everyone worked hard, yet, I must admit the hardest thing I did that whole day was trying to squeeze my size \_\_\_ (fill in the blank) into a size 6. Thanks Georgia for lending me your Italian ensemble. Thank you to one and all and hurray Cycle Oregon...see you next time!

Community Action Team is looking for two willing, dependable, volunteers, 45 or over, to be trained to provide confidential, personal, and supportive mentoring. Senior Peer Counselors receive on-going supervision and training from qualified professionals. Please, if this sounds like something you might enjoy and feel good about helping others, come in to see me in my office here at the Senior Center — Karen Miller, Senior Advocate.

We still could use some help in the thrift store!

Community Action Team has also contracted with several local attorneys to provide certain legal help for low income seniors. My office number is 429-9112. Call to see if we may be of assistance to you.

We are enjoying the beautiful bench out in front of our building. Once again, thank you to Vernonia Pride; you ladies do a great job with all you do.

For all you senior losers out there. That is, for you seniors who want to lose some weight. Seniors, if you want to do some Jazzercise, get a hold of Penny Costley, Jazzercise instructor, at 429-0196. Penny would love to accommodate you; it's great fun and a definite "win/lose" situation!

COOL CYBER RESOURCE: <www.citizen.org>, protecting health, safety and democracy.

Foot care is now just once a month. Next foot care day, October 28. Judy does a great job, so slots fill up fast. Call for an appointment.

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



Unscheduled entertainment at the Giles Family Benefit Barbeque, held on September 24 at Shay Park, was provided by the pseudo vocal stylings of Scott Rethwill and Mark Hall to the sounds provided by Tommy Disco.

**55 Safe Driving class offered in Hillsboro**

55 Safe Driving classes will be held at the Tuality Health and Education Center on Eighth and Baseline in Hillsboro on October 10 and 11, from

8:30 a.m. to 12:30 p.m. The eight hour, two day class covers new rules of the road, local problem areas, safety suggestions and tips from students.

Upon completion, an insurance discount may be available. For more information, call 1-888-227-7669.

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