

Community

Senior News

By Karen Miller



SAFE SAFE SAFE Driving Course coming next month: Take the

AARP Driver Safety Program, the nation's first and largest classroom refresher designed for motorists 50 and older, but any age may participate. Learn how to avoid driving hazards. \$10 course fee and NO tests!!! Most insurances will lower rates after proof of course participation. Consult your insurance agent. Call our office to sign up, 503-429-3912 or 503-429-9112.

For Seniors: Company and Care, providing affordable, reliable in-home care and assistance. This is a great new service out of Columbia County; if you are interested in being a part of this company for hire, or if you need their service, either one, call my office for information or come see me here at the Center.

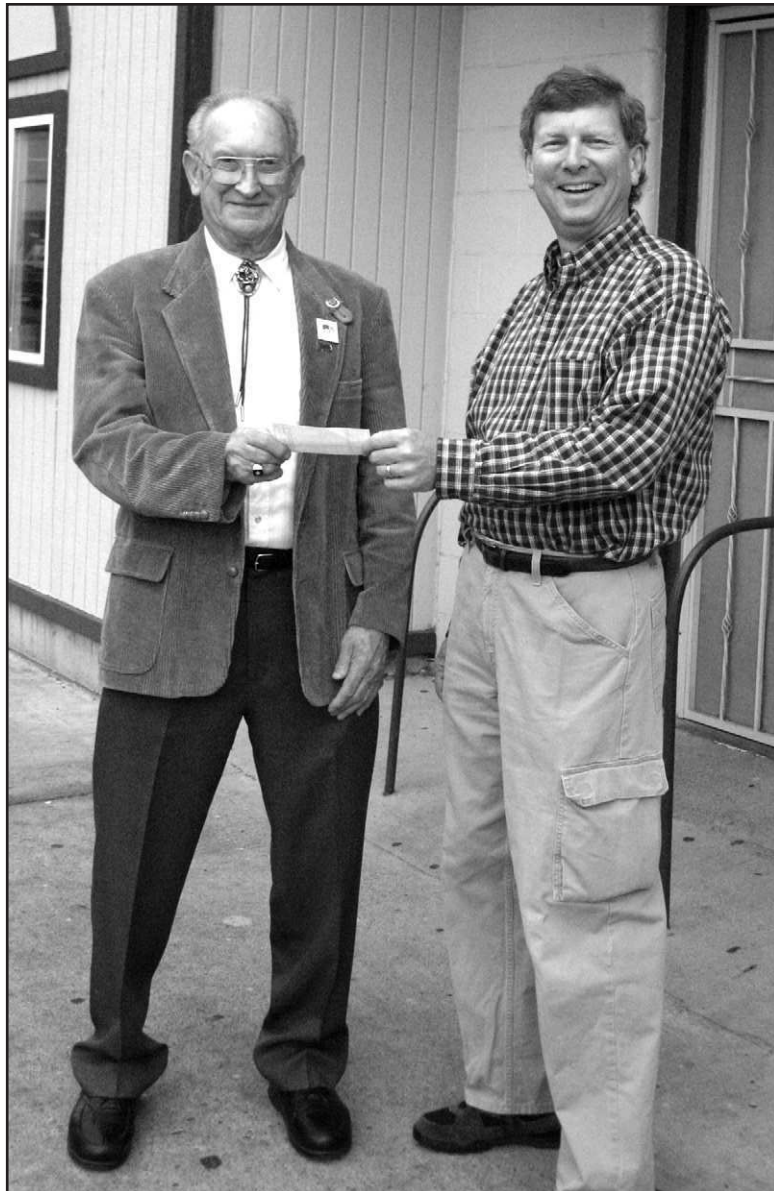
FOOTCARE is now once a month until the first of the year; our slots fill fast and our next date is October 28.

If you are in need of guidance through the maze of new information coming out now on Medicare Part D, please call my office.

Blood pressure checks are available for free here at the center by our local Providence Clinic in the morning hours EVERY FIRST TUESDAY of the month. Come in and take advantage of this service. Thanks, Kathy.

President Bill James would like the public to know we are in need of donations for a covered trailer to haul pastries and bread twice a week from the Oregon Food Bank located on West Union Road in Washington County. If any generous hearts out there would like to share their resources, this is a needed opportunity.

HALLOWEEN Party here at the Center, October 31, at our five area lunch; Connie will be cooking up some great food, WITCH incidentally will fit the occasion; door prizes, prizes



On October 8, Burt Tschache presented a check for \$500 to Senior Center President Bill James. The money came from Cycle Oregon, part of their contribution to the community for hosting them in September. Tschache earned the right to decide where to donate money by being in charge of the entertainment at the main stage during Cycle Oregon's visit.

for best dressed male and female, prizes for best dressed kids; entertainment by Frankenstein singing the Monster Mash. Come join the fun.

Don't forget to come in and get in on our blue light specials. When the light's on - 1/2 price on clothes and other items. Storewide half price every last Friday of the month. Thanks for everyone's donations and to all

our customers. COOL CYBER RESOURCE: <healthyamericans.org>. You can view statistics on health concerns like diabetes and obesity. Read about issues that may affect your family's health. See you October 31!

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

Banks-Vernonia Friends annual meeting

The annual meeting of the board of directors of the Friends of Banks-Vernonia Trail, Inc. will be held Thursday, October 27 at 7:00 p.m., at the Brown Derby Restaurant, 181 South Main Street, Banks.

The agenda includes election of directors for 2006-08 and election of officers for 2005-06. Other business may also be included.

Happy Halloween

HONEY DO? WE CAN HELP!!!!

We have a *huge* selection of materials for

- Rock walls
- Block walls
- Pathways
- Patios
- Flower beds
- Gardens
- New lawns
- Water feature rock
- Instant Lawn
- Bagged products
- Barkdust
- Cedar chips
- Compost
- Column rock
- Crushed rock
- Round rock
- Decorative boulders
- Railroad ties & more

We have just what you'll need to enhance any landscape project. Open 7 days a week. We can deliver or you can pick up.

Hours: Mon - Fri...7AM - 5PM
Saturday...8AM - 5PM
Sunday...10AM - 4PM

Camelot Care Center

Skilled Nursing and Long Term Care

Deficiency Free Survey 2005

Private and Semi-Private Suites Available

Dedicated And Caring Staff

3900 Pacific Ave., Forest Grove • 503-359-0449

SCAPPOOSE SAND & GRAVEL

33605 E Crown Z Road
(corner Hiway 30 & Vernonia Hiway)

503-543-8821