

Community

Senior News

By Karen Miller



Some people can get a message across in several ways. For instance,

take this weather report:

Today – Partly sunny with a stray shower.

Wednesday – Partly sunny; maybe a shower.

Thursday – Some sun with a shower possible.

Friday – Chance of a shower; partly sunny otherwise.

Saturday-Sunday – a few clouds and maybe a shower.

Here at the Vernonia Senior Center, you can be sure we send a message of comfort and warmth in many ways! For instance: Our nice hot stove on a cold day, fireside games, lots of fun with music and food on Wednesdays, foot care services twice a month, blood pressure checks the first Tuesday of the month, our bread and pastry deliveries on Wednesdays, fun shopping with the blue light specials in our thrift store, our great fundraisers throughout the year, your transportation needs met through Metro West, and our senior advocate office where seniors can come for help and assistance! That's for starters. We thank the volunteers who make this a happenin' place to be!

Speaking of happenin', a dozen ladies had a fun time making Valentine cards on Saturday, February 4, here in the dining hall. Thanks to Elayna Flodin of Beaverton. Read this column for future activities!

WANTED: Is there anyone who would like to donate a Macintosh computer to one local senior in need? They would be most thankful.

We are in the process of getting together computers for public use here; call our office if you have an UPDATED computer on a donation basis that might be deemed suitable for this purpose.

We can never be reminded too much about our driving habits that need attention! Next AARP Safe Driving Class will be here at the center on Mon-

day and Tuesday, March 27 and 28. \$10 payable first day of class. Check with your insurance company for lower rates and remember NO TESTS!! Call my office to sign up, 503-429-9112.

TAKE NOTE seniors and non-seniors!! Breakfast is supposed to be our most beneficial meal of the day! So, rise and shine every Friday for Connie the Cook's great breakfasts for only \$2.50. ALL ages are welcome to eat here at our center for our meals!! Time: 7:30 to 9:00 a.m.

LUNCHES are only \$2.50 on a donation basis for seniors 60 and up; under 60 the price is \$2.50. BREAKFAST price: \$2.50 for everyone.

MEDICARE PART D help is available. Call the senior advocate's office for assistance.

Cool Cyber Resource: For the smart use of drugs <nihseniorhealth.gov>.

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

INFORMATION NUMBERS

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



Mornings with the Mayor

Enjoy a cup of coffee with
 Here Wednesdays from 7am to 9am
 Vernonia Mayor Sally Harrison

Open Daily – 831 Bridge St
 503-429-0214

1,023 visitors to museum in 2005

The Vernonia Pioneer Museum had 1,023 visitors in 2005. Of these, 565 were from this area, 353 from other towns in Oregon, 103 from other states and two from the Netherlands. Volunteers put in over 625 hours – taking inventory, doing yard work and cleaning, serving as officers, giving talks, and welcoming visitors – to help the museum function smoothly.

Tobie Finzel was elected treasurer at the February meeting. The next meeting, for visitors and members, will be held March 15.

The history resource center is available for visitors to use. There are CDs of oral history by old-timers, DVDs of museum talks, a computer with many of Bob New's articles and a scanner and printer for use. Other materials, including videos, books, and brochures are for sale.

Nancy Dailey gave a Museum Talk, January 19, about her grandmother, Nettie Lloyd, who was the local midwife. The talk included information about many babies born during the mill days, including Mary, a 1-1/2 pound baby kept alive by Mrs. Lloyd.

The next Museum Talk will be February 26, with Bob New. Everyone is welcome. Call the museum for more information at 503-429-3713.

Next Vernonia Society of Arts & Crafts meeting will be March 9, 2pm

The Vernonia Society of Arts and Crafts held a short business meeting February 9, followed by a demonstration of decoupage. Fran Hendryx showed how to create a decouped cookie container.

Attendance at the Society's meetings is open to all interested persons. Usually, participants bring whatever project they are currently working on, for a one hour work session. Often, the projects are so intriguing, everyone joins in their creation. In the past, projects have included beaded plant

identification tags, folded heart valentines and beaded Christmas ornaments.

The March 9 meeting, at 2:00 p.m. in the Vernonia Library, will feature a general session on creating decouped containers. Bring a lidded container, preferably cardboard and, if you have it, a small bottle of white craft glue.

Presidents Day,
January 20



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