

Community

Senior News

By Karen Miller



JUNE
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17. Sat-
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morning
on this
day of

the KUPL Fishing Derby, we will be serving breakfast here at the center beginning at 6:00 a.m. Two choices will be offered for a "what-a-deal" price of only \$5.00: 1) Sausage, eggs, and hashbrowns, or 2) Biscuits, gravy, and eggs. Both entrees will come with coffee, juice, and fruit. See you on June 17!

Romanna's Garden Party! Thanks to all of those who donated their time and talent, plants and flowers to our most successful fundraiser yet!! We thank the community for their patronage and just all-around fun visiting time during our four day sale! SPECIAL thanks to: Jeri Cropp's painted rocks and stepping stone, Bill James' painted bee condos, Jim Coen's sweet birdhouses. Donations: Farmwoman's Nursery, Iwasaki Nursery, Woodstock Nursery. Local individuals: Bert Madland, Betty Neer, Jazzercise's Penny Costley, Gladys and George Gans, Connie King, Alan Russell. Helpers: Larry Bernardi, Francine Lenz. THANK YOU to Romanna Manusos for all your hard work and organizational and P.R. skills in putting on this event to benefit the communities Senior Center. Thanks to all of you who helped and any names that were missed this time we'll get next time!

LADIES: Come join our "losers" class on Monday nights at 6:30 for one hour here at the center; just a fun time of get-together. Call us here, or just show up to get the scoop; not scoops of ice cream though (unless fat and calorie free!!). Weight loss support group: Mondays at 6:30.

Join us on the last Wednesday of the month for our ice cream social after lunch with

the Golden Oldies. Thanks to The Grove Assisted Living in Forest Grove for bringing all the trimmin's.

Please go ahead and donate your newspapers here at the center. Thanks to Doyle and Erni who come from St. Helens to pick them up and donate them to cancer research.

AARP Safe Driving Class: Next date scheduled is July 13 and 14. The cost is only \$10. Call my office for sign ups.

From the Community Action Team's Senior Advocate's Office:

1) Veteran's Service information is not being made available through our office.

2) Join us for swimming to the Forest Grove pool on our preventative health grant.

3) Do you know of someone in need of some senior visiting and/or counseling service? We have a volunteer who would be glad to assist you in that area.

See you Fridays for Connie's great breakfasts: Only \$2.50 and great company besides! 7:30 to 9:00 a.m.

Cool Cyber Resource: www.aoa.gov. Administration on Aging, an agency of the U.S. Department of Health Services – fact sheets on aging issues, caregiver information, elder-abuse prevention, and links to several more sites.

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 a.m.

• Bingo, Mondays at lunch.

• Music with the Golden Oldies on Wednesdays.

• Games on Thursdays.

• Willoughby Hearing every first Friday at 11:00 a.m.

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

• Breakfast every Friday, 7:30 a.m. to 9:00 a.m., \$2.50.

INFORMATION NUMBERS

Senior Advocate...429-9112

Senior Center.....429-3912

Transportation.....429-4304

Golden Rose Award to Budge family



Cassandra, Jerry and Eric Budge stand in their award winning yard.

The Jerry Budge Family won the June Golden Rose Award for their well-maintained and landscaped yard. Located at 120 D Street, the yard became a family project for Jerry, wife Cassandra, and sons Eric and Bryan.

Vernonia Pride presents the Golden Rose Award each month from June through September. Winners are selected from nominations left in the "Yard of the Month" box at Vernonia City Hall. The only restrictions are that landscapes must be seen from front of the home (not back yards), and former winners are not eligible.

Some former winners are: Frank and Liz Serafin, Loren and Robin Dennis, Jim and Kathy Morrison, Gary and Patty Davis, Edison and Tessie Aldrich, Terry's Gym, Zeke and Jan Miyasaki with Frank and Patty Schrier (the landscape encompassed both yards), Ross and Debbie Snook, Ken

and Ginger Westlake, Don and DeLoris Webb. Chris and Kala Cota, Mike and Marleen Shazer, and Cindy Woodall.

Now is the time to nominate

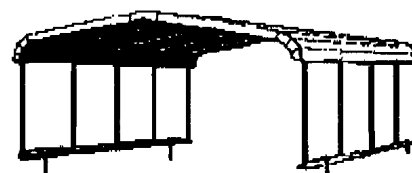
your favorite yard for the month of July.

For more information, contact Vernonia Pride at 503-429-4019.

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