

## Community

### Senior News

By Karen Miller



Who says you can't be beautiful in your old age? Ask Sophia Loren, age 72,

who in one poll was voted the world's most beautiful woman! And to what does she attribute her beauty? Number one: PASTA (We can serve you a dose of beauty right here for only \$2.50!) Number two: A HAPPY OUTLOOK ON LIFE: (We can help you with that too; the most fun place in town!) Number three: BATHING IN VIRGIN OLIVE OIL!!!! h-m-m-m – well, now that one you'll have to do on your own. Or we can put a little on your salad?!

Sophia may be beautiful, but she's no match for the beautiful senior ladies I encounter around here, who rate number one in MY poll. I love you all, and thanks for making this a great place to work and serve this great Vernonia Community.

AARP Safe Driving class will be at the Clatskanie Senior Center October 23 and 24. Call Marge at 503-728-3608 or my office to sign up. Ten dollars and NO TESTS!

DON'T FORGET free blood pressure checks here at the center the first Tuesday of the month; thank you to our local Providence clinic.

Footcare is available also here twice a month; get your feet pampered for only \$15.00.

Veteran's Services are now available through Community

Action Team; call their Veteran's Representative: Joseph Pyle, direct phone, 503-366-6580. Joe will be glad to promptly assist you with your veteran's service needs.

We will be having a Christmas Bazaar here at the center; Call us for information.

NOW HEAR THIS: Bread will be available on Saturdays once again; and also the thrift shop will be open from 9:00 a.m. until 1:00 p.m.! Now that's service!

Last but not least: Join us Monday, October 30, here at the Vernonia Center for our five area lunch; Prizes for best ladies and gents costumes from each of the five centers, "witch" should be lots of fun; See you there!

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 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

## Dine Out for United Way this week

Stop by your favorite spot and tell them thank you for helping make this a great community to live and work. Then enjoy dinner or your favorite beverage.

You can dine out, enjoy a mocha or special dessert at your favorite restaurant or try a new one. You will have a great time, good food and help United Way support many community programs.

Following is a list of sites and cities where you can help us help your neighbors.

As we receive more information on specific specials or more participants we will share the information with you. Watch for flyers in windows, and banners around town announcing the "Dine Out for United Way" event.

Black Bear Coffee, Vernonia, October 14 - 22, \$.25 donated for every mocha sold.

## Grange work-

A workday at the Vernonia Grange has been scheduled for Saturday, October 21, from 10:00 a.m. to 4:00 p.m. The grange will provide gloves, refreshments, equipment and supplies. They just need people to use the supplies and equipment. Projects scheduled include general clean-up, painting, and minor repairs.

The grange is located at 375 North St., Vernonia.

## Camelot Care Center

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Insurance Contracts

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& Rehabilitative Therapies

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Dedicated & Caring Staff

**3900 Pacific Ave.,  
Forest Grove  
(503) 359-0449**

## Pumpkin carvers sought for prizes

Three children carved winning pumpkins at Salmon Festival on October 7, and have prizes awaiting them.

The Salmon Festival committee is trying to identify and locate the following pumpkin carvers; 1st place – Levi Burton, 2nd place – Brandon, and 3rd place – Nikita.

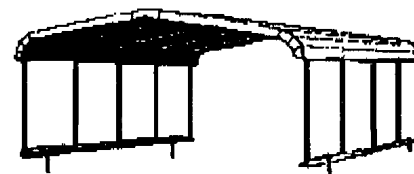
To claim prizes, call Shirlee Daughtry at 503-429-9002.



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**SUNDAY'S BEST GREAT NW CRAFTS**  
**503-429-2530**

Wednesday thru Saturday 10 am - 6:30 pm  
884 Bridge St., Vernonia