

Community

Senior News

By Karen Miller



HAPPY NEW YEAR!

For many people the New Year signa

ls changes we need to make. Can't think of any? Here's a New Year's resolution for you: Start the year out right by taking care of your health. Call my office to sign up for a FREE Health Screening by Health Watch Central, here at the Vernonia Senior Center on February 3. This screening

is made possible by Community Action Team's preventive health grant given to the Vernonia Senior Center. If you are a Columbia County senior, 60 or over, you are eligible for cardio, vision, a total lipid profile, HDL panel, cholesterol, bone density, TSH (thyroid), PSA (prostate), glucose, and hemoglobin. Don't miss this opportunity. My number is 503-429-9112.

I hope by now everyone has their power back on! Again we appreciate the Vernonia Police Department, Fire Hall, Red Cross, Vernonia Cares and the many, many volunteers that gave of their time helping one

another, and thank you to the Senior Center for allowing many volunteers to give of their time to cook and serve food that Sentry Market and Bridge Street Mini Mart donated.

Also, I know that many in the community appreciated the seven volunteers on Christmas Day who gave their time to cook a Christmas dinner for those in need on December 25. Bill and Elaine James, Roman-na Manusos, Pauline Coffman, Valeria Mack, and Gene and Jeri Cropp. Thanks to the Senior Center for donating their building for that special gathering and for those who donated money to make it happen. Truly

ly we live in a caring communi-

ty. We hope everyone who was the recipient of Romanna Manusos' poinsettias, purchased here at the center, enjoyed them. Thanks Romanna for all the fundraising efforts you work so hard at, for the benefit of our Center!!!

From our Thrift Store Manager Sharon Gibson: We would like any wheelchairs still checked out and not being used to be returned for others' use; this is a great service and we thank those who donate these items.

OK, you all know that saying: Use it or lose it!! Here's your chance to rev up your memory bank! Join us here at the center Saturday, January 13. Come on and sign up here or call 429-3912. And, Audeen Wager wants all to know: The horror of that first Spelling Bee with all those hard words is a thing of the past! She promises we won't have to work so hard this time! Spells F-U-N to me!!!

I am looking for a Senior Companion. The person who fills this position must be a low income senior, and will be paid a small stipend for 15 hours a week to visit seniors in the community. If this sounds like

just the caring opportunity for you, come in to see me!

Next AARP Safe Driving Class: March. Call to sign up. Only \$10 and NO TESTS!! This class is also beneficial for those younger than senior age!

Footcare twice a month: \$15.

Community Action Team's Veteran's service rep: Joseph Pyle at 503-366-6580.

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

Learn Spanish

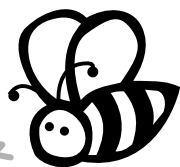
A multi-levelled Spanish Conversation class will be taught at the Vernonia Community Learning Center on Tuesday evenings from 6:30 to 8:30 p.m., starting January 9th and ending March 13th.

Instructor Carol Sawyer, a 4th generation South American, has designed the non-credit PCC class so students can learn at their own pace. Sawyer's classes are known to be lively, and several advanced students will keep things hopping. Pre-register if possible at (503) 977-4933 or go on line. Hasta el dia nueve!



On December 28, Vernonia Cares Director Sandy Welch was presented with a \$700 check, donated by Bridge Street Mini Mart, from Manager Toni Barton.

Spelling



on January 13

Now is the last chance to sign up for the Vernonia Senior Spelling Bee on Saturday, January 13, at the Vernonia Senior Center starting at 1:00 p.m. Entrants must be at least 50 years of age.

There is a sign-up sheet at the Senior Center, or call Audeen Wagner at 503-429-9700 to register. Come spell up a storm.



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