

Community

May activities at Vernonia Grange

Share an evening of fun on May 5 at the Spring Dance at the Vernonia Community Grange hall on North Street at 7:00 p.m. There will be live music by the "Pebble Creek Gang" a country western band. Come kick up your heels! Everyone welcome. No smoking or drinking; \$3 per person, kids are free.

In cooperation with the Friends of the Library, The Vernonia Community Grange will be showing Al Gore's film, *An Inconvenient Truth*, on Saturday May 5, at 2:00 p.m., with discussion to follow.

Get a good start on this year's garden with the "Annual Plant Trade" on Saturday, May 12, starting at 1:00 p.m. and going until the plants are gone. Bring some trades or acquire new varieties of plants for your home and garden. Questions about house plants and gardens can be answered by the seasoned gardeners on hand.

Jamboree has prizes for entries

The 51st annual Vernonia Friendship Jamboree will be August 3, 4 and 5, 2007.

This year the theme for Jamboree "REMEMBER WHEN...", and The Vernonia Friendship Jamboree Committee invites all Vernonians, past and present to "REMEMBER WHEN..." This is your opportunity to reminisce and come up with your best memories of Vernonia.

The committee is offering prizes of \$50.00, \$30.00, \$20.00 and Jamboree T-Shirts for the first, second, and third best "Remember When's..." Entry boxes are located at the

For more information, call 503-429-2401.

Then, mark your calendar for Friday, May 18, for Open Mike Night with the Community Grange and Hands on Art. Showcase your talent or enjoy watching others perform. Musicians, poets, magicians, comedians, or whatever you do are welcome to come to this family friendly event. The cost for everyone is a \$1.00 donation to pay for the heat and power. Performers show up at 7:00 p.m., show starts at 7:30 p.m.

May is Grange Awareness Month and if you would like more info on the Vernonia Community Grange come to a meeting on the third Monday of the month at 7:00 p.m., everyone is welcome! For more information on becoming a Vernonia Community Grange member, call Maggie Peyton at 503-429-2401 or Robb Wilson at 503-429-7731.

Senior Center, City Hall and Vernonia Sentry. Enter as many times as you wish!

The committee also welcomes anyone wishing to participate in this year's Jamboree planning, either with new ideas or to just help out. Jamboree committee meetings are held on the second Monday of each month at 7:00 p.m. at Vernonia City Hall.

Senior News

By Karen Miller



Do you know that Americans are getting stronger? 25 years

ago it took two people to carry \$20 worth of groceries; now any 5 year-old can do it.

Do you also know that... May is OLDER AMERICANS MONTH? The theme this year is "Making Choices for a Healthier Future." Aging well... living well, is the goal of this largest growing segment of our nation's population! Just as physical activity keeps your body strong, mental activity keeps your mind sharp. One way to do this is to challenge yourselves by learning new skills. If you do this, your brain

will keep growing. Sharing our talents with others is an inspirational way to keep them and our brains useful and inspire those around us. One way seniors can accomplish this is through the Vernonia Community Learning Center where several of our local Vernonia seniors are teaching classes offered to our community. Read this newsletter in May for a juggling report from member, Kid (Mike) Justice from his class on April 28. Make a healthy choice! Pick up a schedule

from their office or log onto vcclc@vernonia-or.gov.

MARK your calendar for the Vernonia Senior Center's upcoming plant sale scheduled for Thursday, May 24; Friday, May 25 and Saturday, May 26. If you have any plant or garden related donations please bring them in. Any help on those days would be most appreciated. See Bill James or call him at 429-2072.

If you haven't seen the beautiful quilt hanging in our dining hall, you're missing something good. There's another reason to come in - this quilt lovingly stitched by our faithful quilters here on Tuesdays: Faith Reynolds, Louise Hamnett, Fran Hendricks, Susan Goodhope, and any others who happen to join on that day. All quilters welcomed! Raffle tickets are being sold, one dollar a ticket, raffle date: November 14.

DROP OFF: 1) your old used prescription bottles, minus the labels, here at the center. A local veterinary office will put them to good use. 2) your used papers here at the center in a sack. \$3,100 was raised for cancer research because of this service. Thank you.

Call my office to sign up for

our next AARP Safe Driving Class, 429-9112.

Do you like the new padded chairs here in our dining hall? Donations of money toward these chairs will enable us to continue replacing the older ones. Thanks to you who have donated toward this needy project. Remember: Lunch is served every day here to ALL ages. Small price of \$2.50 and, for 60 and up, on a donation basis. Connie's fabulous breakfast is served Friday mornings 7:30-9:00, \$3.00. See you here.

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.
- Sign language class at 9:00 a.m. on Mondays.
- Breakfast every Friday, 7:30 a.m. to 9:00 a.m., \$3.00.

INFORMATION NUMBERS

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



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