

Community

Senior News

By Karen Miller



ask any preacher the fastest way to disperse a crowd and he will probably tell you: "Take up a collection." Ask the folks at the Vernonia Community Learning Center the fastest way to ATTRACT a crowd and they will probably tell you: "Juggling on a nice sunny day at Hawkins Park." Kudos to Kid Justice, master juggler, as the crowd continued to expand; young and old alike, with Noni Andersen taking honors as our senior representative. Good job. Check out more inspiring classes online at www.vernonia-or.gov/vclc. Remember: May is Older American's Month. This year's theme is "Making Choices for a Healthier Future." Expand your mind. Make healthy choices. The Vernonia Community Learning Center is located downtown on Bridge Street.

appreciated. Bill James is our coordinator this year. Call him at 429-2072 or come in to see us here. Our address is 446 Bridge St., for any out-of-towners reading this. The sale starts at 9:00 a.m. Come early for the best selection!

CYCLE OREGON will be wheeling into town next month! They loved it here and now they'll be back! Join them here at the center for a spaghetti dinner on Friday, June 22, from 4-8 p.m. The Vernonia Senior Center – Where the action's at!

SO YOU'RE A SMART DRIVER? Distracted drivers do the craziest things. Little-known fact that I read recently: The first car ride resulted in the first car crash. In 1885, auto pioneer Karl Benz rolled out his invention, started the engine and drove it into a wall. He was so excited he said later he forgot to steer! Whether it's touching up mascara or squaring off with an annoying driver next to you, we've all let ourselves be distracted behind the wheel. Driver inattention accounts for nearly 80 percent of car crashes. Come join our next AARP Safe driving class for tips on staying sharp on the road. Call my office, 429-9112.

Footcare twice a month: second and fourth Fridays.

Willoughby Hearing next date: June 11.

Have a safe Memorial Day week-end!

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



Volunteer and enjoy Cycle Oregon

Do you want to meet new people? Do you want to bring a group of friends and be zany and creative? Volunteers are being sought for Cycle Oregon's visit. You can serve food, hand out information, entertain, greet riders and more. Cycle Oregon will be here June 22 to June 24.

The public is invited to enjoy

the many activities that will be going on in town. Saturday, there will be entertainment on the main stage in Hawkins Park, as well as events in the downtown area.

Come join in. For more information or to volunteer, call the Vernonia Chamber of Commerce at 503-429-6081, or go to info@vernoniachamber.org.

Ridge Riders will hold ceremony

The Vernonia Ridge Riders will be holding a dedication ceremony at Anderson Park on Saturday, May 26, at 10:30 a.m.

The plaque, on the flag pole at the horse arena, will be ded-

icated to the founders of the Ridge Riders and will contain their names.

Everyone is invited to attend this ceremony.

Buxton earns bachelor's degree

Alexander Wood "Woody" Buxton has graduated from Lewis & Clark College with a bachelor's degree in German Languages. He received a Congress-Bundestag Scholarship in high school and spent his junior year of college in Germany.

A 2001 graduate of Vernonia High School, Buxton is the son of Cici Bell and Jim Buxton of Vernonia.



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Medicare and Supplements

Medicare and Supplements? What does PPO, HMO, PFFS, Medigap mean? What and Why so much to choose from? Prescription Drugs?

Do you need help understanding this?

Please come to these seminars to get a better understanding of the ins and outs of benefits offered to go with your Medicare Part A and B. You will also learn about some plans for you to determine the best plan to meet your needs.

June 14th 1pm to 3pm

July 23rd 1pm to 3pm

Please call 503 366 9550 or cell 503 422 3945

24 hours a day 7 days a week to RSVP

or leave a message for a call back.

Your benefits change every year and it is important to know the facts.

Columbia City Benefits Group
240 Spinnaker way Columbia City OR 97018

Catfish Blues

Featuring...Sweet Baby James

Saturday, May 19

Dinner 5:00 - 6:30 pm

Advance Tickets \$9.95 or \$10.95 at Door

Blues 7:00 - 9:00 pm

Advance Tickets \$5.00 or \$6.00 at Door

No-host bar with beer & wine

SILENT AUCTION

Scappoose Senior Center

33342 SW 4th Street • 503-543-2047

A Fundraiser for Nutrition Programs