

Community

Senior News

By Karen Miller



"My Dad must be a pretty bad driver" said Brad.

"What do you mean?" asked Bret.

"I was with him when he got pulled over for speeding yesterday. The officer recognized him and gave him a season ticket."

Oops.

If this sounds too close to home, come join us at our next AARP Safe Driving Class for some safe driving tips; a first time for you, or refresher, we all need to be reminded! The class will be held here at the Vernonia Senior Center, June 25 and June 26, Monday and Tuesday at 1:00 p.m. Only \$10 and no tests! Call my office to sign up, 429-9112.

Mirror, Mirror, on the wall... who's the fairest of them all?! CONGRATULATIONS to Tessie Aldrich, the Senior Center's 2007 selection for the Columbia County Fair's My Fair Lady court. Keep your calendar open to attend Senior Day at the Fair, on Wednesday, free for seniors; come and clap and cheer for the crowning of this year's Queen and for ALL the Princesses. Good job ladies.

For beauty and talent, Vernonia has it! 2005 Queen Nacia...will you yodel for us again?

Looking for: Anyone who has first-hand experience with purchasing drugs from Canada. Please call my office, Karen Miller, at 429-9112.

Thank you to Keith Cameron for putting some donated coins to the Center's thrift shop on E-Bay. Someone was most happy to add to their coin collection. Keith's E-Bay services are available for you. Call my office for information.

We had a terrific plant sale the last weekend in May; thank you to all who helped and those who donated: Carl Holsey, Betty Holsey, Pauline Coffman,

Fran Hendricks, Marsha Smith, and especially to Jim Coen for making those handmade birdhouses. Thank you plant sale chairman Bill James and daughter, Jeri Cropp, for all your hard work.

Thank you to Bernice Frey who made and donated a patriotic lap blanket we auctioned off at a Wednesday Band Day. Proceeds benefited our benevolence fund.

Footcare twice a month for \$15.

From thrift store manager Sharon Gibson: We have one 10 speed bicycle for sale.

Our blue light half-price specials are the last Friday of the month...and any other time the light switch goes on.

Memory Loss with Aging – Things to help you remember:

- Keep lists
- Follow a routine
- Make associations such as using landmarks to help you find places
- Keep a detailed calendar.
- Put important items such as your keys, in the same place every time.
- Repeat names when you meet new people.
- Do things that keep your mind and body busy...like joining in available classes around town and/or volunteering here at the Vernonia Senior Center! Ask our Golden Oldies Band... playing an instrument is a perfect brain memory booster! Go seniors!

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

Aldrich named as Vernonia's My Fair Lady Princess

The My Fair Lady Court was announced June 5 by pageant organizer Columbia River PUD. The My Fair Lady pageant is held each year at the Columbia County Fair to recognize senior women for their outstanding service in the community.

Tessie Aldrich, who was nominated by Bill James, will serve as Vernonia's My Fair Lady Princess for 2007. Aldrich was born in Mississippi and came to Vernonia in 1950. She has four children, seven grandchildren and four great-grandchildren and is a widow. She said her most important job was as a homemaker. Aldrich is an active member of the Vernonia Community Church and the Vernonia Senior Center. Her favorite hobbies are flower gardening and yard work. Anyone who has had the pleasure of eating her pies or cakes will tell you they are some of the very best in Vernonia. Aldrich always has a cheery "hello, hon" for those who know her.

Clatskanie's Princess is Lydia Arthur. The princess from St. Helens is Mary Ann Dahlgren. From Scappoose, the princess is Betty Karsten and Marian Nolin will represent Rainier.

Seniors can sign up for free round-trip transportation to the fair, on Wednesday of fair week (in July), by calling their local senior center.



My Fair Lady Princess Tessie Aldrich

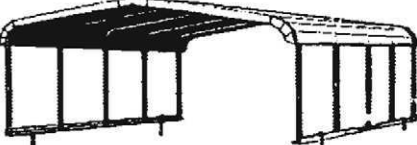
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Happy 4th of July