

Senior Center News

Have you had your flu shot yet? If not, you can get it at the Vernonia Senior Center on Friday, November 19, from 9:30 a.m. until 2:30 p.m. This flu shot clinic is for all ages, and will be provided by Columbia County Public Health. The cost is just \$10 per person, but will be free for those who can't afford the \$10.

The dates for senior foot care were wrong in the last column. Foot care is regularly scheduled for the second and fourth Fridays of each month. Holidays sometimes make it necessary to change that schedule, which will happen this month and in December. In November, foot care will be available on Friday, Nov. 12, and Tuesday, Nov. 23. In December, foot care is scheduled for Friday, Dec. 10, and Tuesday, Dec. 21. Call Marilyn Albro, R.N., for an appointment, at 503-429-0406. Foot care is \$15.00.

On the subject of schedule changes because of the holidays, the senior center will close for Thanksgiving on Thursday and Friday, Nov. 25-26. Nevertheless, there won't be any interruption of Friday afternoon games because Rosie McCoy will open the center at 1:00 p.m. on the Friday after Thanksgiving. Only the games will be scheduled, no other center services or activities will be available.

Free hearing checks will be performed by a representative of Columbia Hearing Aids on the second Monday of each month. Call the Center for an appointment.

The Senior Center Thrift Shop has made a change that may help stretch your budget a little farther. The week-long Half-Price Sale will now be the first week of each month, instead of the last, so more folks can take advantage of the great bargains.

The Thrift Shop also rents wheel chairs so, if the need arises, it's far more convenient and less expensive than if you have to go out of town.

Lunch is served at the center, Monday through Friday, at noon. A \$4.00 donation is suggested for those 60 and older, and \$5.00 for those under 60. If you prefer lunch to go, for only \$5.00 you can call ahead and place your order.

Meals on Wheels are available for those who are home-bound. Call Senior Information Assistance Representative Rosie McCoy. She will explain how to put this great service to work.

The Golden Oldies entertain every Wednesday from mid-morning until around 2:00 p.m. If you haven't taken time to listen this group, you're missing some great entertainment.

Great breakfasts are available Fridays (except Nov. 26) at the Senior Center, from 7:30 to 9:00 a.m. Breakfast for all ages is just \$3.50 per person. Maple bars are made fresh daily for \$1.00 each! If you want maple bars for a gathering of any kind, call 503-429-3912 a day or two ahead and place your order.

Bread and pastries are often available at the center. Come take a look, your favorites may be here.

The next Supper and Game Night will be Saturday, Nov. 20, starting at 5:00 p.m. with Pot Luck. Bring your favorite Pot Luck dish and join the fun.

Before we know it, the Christmas season will be here, and the senior center will join in the community-wide festivities with a Christmas Bazaar on Saturday and Sunday, Dec. 4-5. Make your reservation now to rent a table for \$10. The center will also serve lunch.

The senior center Board of Directors meets on the second Friday of each month at 10 a.m. Come in and meet your board members, bring questions and ideas, too.

Would you like to help a child learn to read, and earn a small stipend, too? Check with Rosie for details of this great program.

Vernonia Senior Citizens Center:

446 Bridge Street

Senior Information Assistance Rep:

Rosie McCoy

Hours: Monday through Friday,
10 a.m. to 3:00 p.m.

Thrift Shop Hours: 9:00 a.m. to 3:00 p.m.

Phone: 503-429-3912

Winter Preparedness forum, Nov. 13

The City of Vernonia will hold a public forum on Winter Preparedness and Community Action Requirements on Saturday, November 13, starting at 12:00 noon at the Vernonia Community Learning Center, 939 Bridge Street.

The forum will discuss emergency preparedness and storm response before, during and after inclement weather. City and County staff will address the responsibility of the City, the re-

sponsibility of private land and home owners, and the responsibility of the general public. It is critical for the community to work together to minimize the potential negative impacts of inclement weather.

Please plan to attend this informational forum.

If you are unable to attend, but have questions you would like answered, contact Joann Glass at 503-429-5291x104 or email joann@vernonia-or.gov.

Skein Slayers set Nov. 8 meeting

Know how to knit, crochet or wind yarn? A new group, Skein Slayers, will be meeting in Vernonia two evenings per month to knit friendships between adults and youth, while working on projects that will be donated to Washington Grade School and Vernonia High School.

The Skein Slayers first meeting will be held at 6:00 p.m., November 8, at the Vernonia Community Learning Center. Yarn donations are

needed and welcomed.

For more information, contact Catherine Helmer at 503-914-9525.

Come sing in Xmas choir

Choir members are needed for the December 4, "The Spirit of Christmas in Vernonia".

If you would like to sing, come to the Vernonia Community Learning Center at 3:00 p.m. on Sunday, November 14. And, if you play the piano we really need you.

Call Lynda at 503-429-1161 if you are interested or want more information.

**Daylight-Savings
time ends at
2:30 a.m.
Sunday,
November 7**

Arts & Craft
Classes

Vernonia
Florist



**75% OFF
Home
Decor!**

**Plants ~ Antiques ~ balloons ~ Handmade Crafts
Stuffed Toys ~ Greeting Cards & More**

OPEN Mon-Sat 10-6 (503) 429-2000

736 Bridge St. Vernonia www.vernoniaflorist.com

Run with Extra Confidence with Chevron DELO 400™ PLUS MOTOR OIL

*The name you
trust for:*

- Gasoline
- Diesel Fuel
- Oils • Solvents
- Additives • Greases



SEE US FOR

**HEATING OIL
DECK & SHINGLE OIL
ANTI FREEZE**



CALL

(503) 429-6606



WILCOX & FLEGEL

720 Rose Avenue • Vernonia