

Senior Center News

The Senior Center Thrift Shop is open Monday through Friday from 9:00 a.m. to 3:00 p.m. Always half price during the first week of each month.

Free blood pressure checks are available on the 4th Wednesday of each month from 11 a.m. to noon.

Lunch is served 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.

This month's 5 Area Lunch will be in Clatskanie on Monday, April 25th.

On the last Wednesday of each month, Wauna Federal Credit Union makes a good lunch even better by providing diners with free ice cream.

Birthday lunch on the last Friday of each month. April birthdays will be noted on the 29th.

The Center's kitchen and dining area are also put to good use on Friday mornings, when breakfast is available to all ages at \$3.50 per person, from 7:30 to 9:00 a.m. Additionally, maple bars are made fresh daily and are only \$1.00 each.

Free surplus bread, pastries, etc., are available at the Center on most Tuesdays. It's first-come, first-served until everything is gone.

Remember, needle-workers gather on Tuesdays, and pinochle players enjoy friendly competition on Fridays after lunch. Newcomers are welcome to join the activities, and it's a good way to meet new folks.

Vernonia Senior Citizens Center: 446 Bridge Street
Hours: Monday through Friday, 10 a.m. to 3:00 p.m.
Senior Information Assistance Rep: Rosie McCoy
Thrift Shop Hours: 9:00 a.m. to 3:00 p.m.
Phone: 503-429-3912



The Daisy Girl Scouts, and their adult helpers, spread bark dust under the street trees on Bridge St. during Make Vernonia Shine Day on April 16. Over 60 people turned out to work on a variety of projects to spruce up Vernonia.

Vital Vernonia Indicator Project coming

What difference will all of the community projects make in Vernonia? To help answer that question, the Vernonia Economic Development Committee has partnered with Extension faculty members from Oregon State University to create a series of indicators that reflect the community's economic, environmental, social, and capacity goals.

The process, known as the

Vital Vernonia Indicator Project, will use community input to create measurable benchmarks of Vernonia's progress towards its vision for a healthy sustainable

future. The project will produce a baseline measurement of vitality and, in the future, the community will be able to con-

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Author Cody coming to Vernonia

Author Robin Cody, who writes about Northwest Oregon, will be at the Vernonia Public Library on Wednesday, May 10th at 7:00 p.m. to discuss his latest book, *Another*

Way the River Has: Taut True Tales from the Northwest. He will discuss the book, sign previously purchased books and have books available for purchase.

Plan to attend Vernonia Health Fair

A Vernonia Health Fair will be held May 7, from 9:00 a.m. to 4:00 p.m., at the Vernonia school cafeteria.

The Vernonia Lion's Club will offer hearing and sight testing, Tom Haselstrom, Farmers Insurance, will offer children's fingerprinting and pictures. Providence Health & Services will offer glucose and cholesterol testing and blood pressure tests. The glucose and/or cholesterol will be offered as fasting tests from 9:00 to 11:00

a.m. and as non-fasting all day.

Red Cross will have information on emergency preparedness, in addition to having the Blood Mobile on hand. Carol McIntyre, N.D., will provide medical and exercise information. Dr. Chris Scheuerman, Vernonia Dental, will give free dental exams and the Colum-

bia County Sheriff's Office will be holding a drug take-back event.

Penny Costley, with Jazzerise, will provide information, and the Vernonia Scouts will provide healthy food.

The health fair is sponsored by the Vernonia Health Board.

Christian Church Let's Pray, May 4

Vernonia Christian Church will hold a Let's Pray Together Again, Vernonia in Prayer event on Wednesday, May 4, from 7:00 to 8:30 p.m.

The Vernonia Christian Church is located at 410 North Street.

St. Mary's Rummage Sale

Inventory includes: Household items, Furniture, Quality Clothing, Books, Children's items and 'Man Stuff' Within Everyone's Budget!

April 29th April 30th
 Friday 10am to 4 pm
 Saturday 10am to 3 pm
 980 Missouri Ave, Vernonia

For info call Maria at 503-429-1069 or St. Mary's at 503-429-8841



Free Longview coin show, May 1

The Cowlitz Coin Club will hold its 43rd annual Coin Show on Sunday, May 1, from 10:00 a.m. to 4:00 p.m.

Entrance is free and there will be a \$25 U.S. gold coin raffle. Coins, currency and tokens will be available to buy, sell or

trade.

The coin show will be held in the AWPPW Hall, at 724 15th Ave., Longview. The Cowlitz Coin Club is a non-profit organization.

This Easter give your family more than fuzzy bunnies.

Give the miracle of the Life!

Join us as we celebrate the Resurrection

The living Christ
Jesus

GOOD FRIDAY
 Service 7:30 PM

EASTER SUNDAY
 Community Brunch 9AM -10:20AM
 Easter Worship and Praise 10:30 AM

Vernonia Community Church
 957 State Ave