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## Urgent Care

### Medical Office – Manzanita

10445 Neahkahnie Creek Road | 503-368-2292

Monday – Friday 8 am – 6 pm

Sunday and holidays 10 am – 4 pm

Beginning July 1: Saturday & Sunday 10 am – 6 pm

### Medical Office – Plaza

1100 Third St., Tillamook | 503-815-2292

Monday – Friday 8 am – 6 pm

Saturday 10 am – 6 pm

Sunday and holidays 10 am – 6 pm

### Medical Office – Lincoln City

1105 SE Jetty Ave., Lincoln City | 541-614-0482

Monday – Friday 8 am – 6 pm

Saturday Closed

Sunday and holidays 10 am – 4 pm

AdventistHealthTillamook.org



A service of Adventist Health Tillamook RHC/Medical Office Network

### Tillamook Bay, Garibaldi

Date	Low Tides				High Tides			
Thurs., Jan. 2	11:56 am	3.6	11:42 pm	2.3	5:53 am	7.5	5:31 pm	6.2
Fri., Jan. 3	1:02 pm	3.2	---	---	6:37 am	7.6	6:42 pm	5.7
Sat., Jan. 4	12:32 am	2.9	2:04 pm	2.5	7:23 am	7.8	7:59 pm	5.6
Sun., Jan. 5	1:28 am	3.4	3:00 pm	1.8	8:09 am	8.1	9:15 pm	5.8
Mon., Jan. 6	2:25 am	3.7	3:49 pm	1.0	8:55 am	8.4	10:22 pm	6.2
Tues., Jan. 7	3:21 am	4.0	4:34 pm	0.3	9:40 am	8.8	11:19 pm	6.7
Wed., Jan. 8	4:13 am	4.0	<b>5:17 pm</b>	<b>-0.4</b>	10:25 am	9.2	---	---
Thurs., Jan. 9	5:01 am	4.0	<b>5:59 pm</b>	<b>-0.9</b>	12:08 am	7.1	11:10 am	9.5

### Siletz Bay, Lincoln City

Date	Low Tides				High Tides			
Thurs., Jan. 2	12:25 pm	2.3	11:55 pm	1.4	5:48 am	5.8	5:14 pm	4.6
Fri., Jan. 3	1:33 pm	2.0	---	---	6:29 am	5.9	6:36 pm	4.3
Sat., Jan. 4	12:41 am	1.8	2:34 pm	1.5	7:09 am	6.1	8:02 pm	4.2
Sun., Jan. 5	1:32 am	2.1	3:26 pm	1.1	7:49 am	6.3	9:18 pm	4.4
Mon., Jan. 6	2:26 am	2.4	4:11 pm	0.6	8:28 am	6.6	10:19 pm	4.7
Tues., Jan. 7	3:20 am	2.6	4:53 pm	0.1	9:09 am	6.9	11:09 pm	5.1
Wed., Jan. 8	4:11 am	2.7	<b>5:33 pm</b>	<b>-0.3</b>	9:50 am	7.2	11:53 pm	5.4
Thurs., Jan. 9	4:59 am	2.7	<b>6:14 pm</b>	<b>-0.7</b>	10:33 am	7.5	---	---

### Yaquina Bay, Newport

Date	Low Tides				High Tides			
Thurs., Jan. 2	11:47 am	3.4	11:17 pm	2.0	5:39 am	7.5	5:05 pm	6.0
Fri., Jan. 3	12:55 pm	2.9	---	---	6:20 am	7.7	6:27 pm	5.6
Sat., Jan. 4	12:03 am	2.6	1:56 pm	2.3	7:00 am	7.9	7:53 pm	5.5
Sun., Jan. 5	12:54 am	3.2	2:48 pm	1.6	7:40 am	8.2	9:09 pm	5.7
Mon., Jan. 6	1:48 am	3.6	3:33 pm	0.8	8:19 am	8.6	10:10 pm	6.1
Tues., Jan. 7	2:42 am	3.8	4:15 pm	0.1	9:00 am	9.0	11:00 pm	6.6
Wed., Jan. 8	3:33 am	4.0	<b>4:55 pm</b>	<b>-0.5</b>	9:41 am	9.4	11:44 pm	7.0
Thurs., Jan. 9	4:21 am	4.0	<b>5:36 pm</b>	<b>-1.0</b>	10:24 am	9.7	---	---

### Alsea Bay, Waldport

Date	Low Tides				High Tides			
Thurs., Jan. 2	12:00 pm	3.3	11:56 pm	1.9	5:54 am	6.9	5:35 pm	5.9
Fri., Jan. 3	1:02 pm	2.9	---	---	6:34 am	7.1	6:41 pm	5.5
Sat., Jan. 4	12:41 am	2.5	2:05 pm	2.5	7:16 am	7.3	7:52 pm	5.3
Sun., Jan. 5	1:31 am	3.0	3:05 pm	1.9	8:00 am	7.5	9:03 pm	5.3
Mon., Jan. 6	2:27 am	3.4	4:00 pm	1.3	8:45 am	7.8	10:11 pm	5.5
Tues., Jan. 7	3:25 am	3.7	4:50 pm	0.8	9:30 am	8.1	11:11 pm	5.8
Wed., Jan. 8	4:22 am	3.8	5:37 pm	0.3	10:17 am	8.3	---	---
Thurs., Jan. 9	5:16 am	3.8	<b>6:22 pm</b>	<b>-0.2</b>	12:04 am	6.1	11:03 am	8.5

**Bold = Minus Tides.** Tide tables are for recreational use. Tide info courtesy tidesandcurrents.noaa.gov.

**If you discover a seal pup** or other stranded marine animal on the beach, do not approach, touch, or pour water on the animal. Instead, call 800-452-7888. Keep dogs leashed and far from all marine mammals.

**Japanese Tsunami Debris Info:** Information on significant marine debris sightings on the coast can be reported to the NOAA Marine Debris Program at [DisasterDebris@noaa.gov](mailto:DisasterDebris@noaa.gov).