

WE'RE OFFERING HEALTHY VIRTUAL EXERCISE CLASSES

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LINCOLN CITY COMMUNITY CENTER
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JOIN OCCA TODAY!

You directly support OCCA's mission to develop, promote and celebrate community arts. And part of that mission includes management of the Newport Performing Arts Center and the Newport Visual Arts Center.

Join online at coastarts.org, or call 541-265-2787.

Thank you for your support!



Lincoln City Farmers and Crafters Market

Every Sunday 9 - 2 at the Lincoln City Cultural Center!

Face masks are required.

Please check our Facebook page for the latest updates.

The Spectacular Toledo Swap Meet

Toledo Memorial Field
June 28th | 8 a.m. to 3 p.m.
385 NW A Street Toledo, Oregon

Auto Parts • Motorcycle Parts,
Tools • Household Items • Toys
Furniture • Clothes • Antiques,
& Other Cool Stuff!

Find what you've been looking for or get rid of what you can't use!

Everyone is Welcome!
All Proceeds Go To Charity!
Waterfront Market Vendors will be there!



Inspired by your special bond

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., June 18	5:47 am	0.0	5:26 pm	2.9	12:20 am	5.9	11:41 pm	8.2
Fri., June 19	6:27 am	-0.6	6:09 pm	3.1	1:09 pm	6.2	---	--
Sat., June 20	7:06 am	-1.0	6:51 pm	3.2	12:19 am	8.4	1:55 pm	6.5
Sun., June 21	7:45 am	-1.3	7:33 pm	3.3	12:58 am	8.5	2:39 pm	6.7
Mon., June 22	8:25 am	-1.5	8:15 pm	3.2	1:37 am	8.6	3:22 pm	6.8
Tues., June 23	9:05 am	-1.6	8:59 pm	3.2	2:18 am	8.5	4:05 pm	6.9
Wed., June 24	9:47 am	-1.5	9:49 pm	3.1	3:01 am	8.4	4:48 pm	6.9
Thurs., June 25	10:32 am	-1.2	10:45 pm	3.0	3:48 am	8.0	5:33 pm	7.0

Siletz Bay, Lincoln City

Date	Low Tides				High Tides			
Thurs., June 18	6:08 am	0.0	5:28 pm	2.1	12:13 pm	4.5	11:10 pm	6.5
Fri., June 19	6:45 am	-0.4	6:10 pm	2.2	12:58 pm	4.7	11:44 pm	6.6
Sat., June 20	7:22 am	-0.6	6:51 pm	2.3	1:40 pm	4.9	---	--
Sun., June 21	7:59 am	-0.9	7:32 pm	2.3	12:21 am	6.8	2:21 pm	5.1
Mon., June 22	8:39 am	-1.0	8:15 pm	2.3	12:59 am	6.8	3:03 pm	5.1
Tues., June 23	9:19 am	-1.0	9:02 pm	2.3	1:40 am	6.8	3:46 pm	5.2
Wed., June 24	10:02 am	-1.0	9:55 pm	2.3	2:24 am	6.8	4:30 pm	5.3
Thurs., June 25	10:46 am	-0.8	10:56 pm	2.2	3:12 am	6.4	5:15 pm	5.4

Yaquina Bay, Newport

Date	Low Tides				High Tides			
Thurs., June 18	5:30 am	0.0	4:50 pm	3.1	12:04 pm	5.9	11:01 pm	8.4
Fri., June 19	6:07 am	-0.5	5:32 pm	3.3	12:49 pm	6.2	11:35 pm	8.6
Sat., June 20	6:44 am	-1.0	6:13 pm	3.4	1:31 pm	6.4	---	--
Sun., June 21	7:21 am	-1.3	6:54 pm	3.4	12:12 am	8.8	2:12 pm	6.6
Mon., June 22	8:01 am	-1.5	7:37 pm	3.5	12:50 am	8.9	2:54 pm	6.7
Tues., June 23	8:41 am	-1.5	8:24 pm	3.4	1:31 am	8.9	3:37 pm	6.8
Wed., June 24	9:24 am	-1.4	9:17 pm	3.4	2:15 am	8.7	4:21 pm	6.9
Thurs., June 25	10:08 am	-1.2	10:18 pm	3.2	3:03 am	8.3	5:06 pm	7.1

Alesea Bay, Waldport

Date	Low Tides				High Tides			
Thurs., June 18	6:03 am	0.0	5:37 pm	2.6	12:17 pm	5.1	11:35 pm	7.4
Fri., June 19	6:45 am	-0.4	6:23 pm	2.7	1:06 pm	5.4	---	--
Sat., June 20	7:26 am	-0.7	7:08 pm	2.8	12:13 am	7.6	1:51 pm	5.6
Sun., June 21	8:06 am	-0.9	7:52 pm	2.8	12:51 am	7.7	2:35 pm	5.7
Mon., June 22	8:47 am	-1.1	8:36 pm	2.8	1:31 am	7.7	3:17 pm	5.8
Tues., June 23	9:28 am	-1.1	9:22 pm	2.8	2:12 am	7.7	4:00 pm	5.9
Wed., June 24	10:11 am	-1.0	10:11 pm	2.8	2:56 am	7.5	4:44 pm	6.0
Thurs., June 25	10:55 am	-0.8	11:06 pm	2.5	3:45 am	7.2	5:29 pm	6.1

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.

Be sure to reserve your space early
Admission \$2.00 per person
Children under 12 free

For more information call 541-336-3183
or email director@toledooregon.org

Put on by the Toledo Chamber of Commerce
in conjunction with the Toledo Active Group