

COMMUNITY NOTES

SATURDAY

Cannon Beach American Legion Women's Auxiliary Breakfast — 9 to 11:30 a.m., American Legion, 1216 S. Hemlock St., Cannon Beach.

Columbia Northwestern Model Railroad Club — 1 p.m., in Hammond. Group runs trains on HO-scale layout. For information, call Don Carter at 503-325-0757.

SUNDAY

Line Dancing — 5:30 to 8 p.m., Seaside American Legion, 1315 Broadway. For information, call 503-738-5111. No cost; suggested \$5 tip to the instructor.

MONDAY

Senior Lunch — 11:30 a.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation \$3 for those older than 60; \$6.75 for those younger than 60. For information, call Michelle Lewis at 503-861-4200.

Columbia Senior Diners — 11:30 a.m., Peace Lutheran Church (lower level), 565 12th St. Cost is \$5. For information, or to have a meal delivered, call 503-325-9693.

Warrenton Senior Lunch Program — noon, Warrenton Community Center, 170 S.W. Third St. Suggested donation of \$5 for seniors and \$7 for those younger than 60. For information, or to volunteer, call 503-861-3502 Monday or Thursday.

Astoria Rotary Club — noon, second floor of the Astoria Elks Lodge, 453 11th St. Guests always welcome. For information, go to www.AstoriaRotary.org

Warrenton Kiwanis Club — noon to 1 p.m., Doogers Seafood and Grill, 103 U.S. Highway 101, Warrenton. For information, call Darlene Warren at 503-861-2672.

Knochlers Pinochle Group — 1 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside. Cost is \$1 per regular session per person. Players with highest and second highest scores split the prize. Game is designed for players 55 and older, but all ages are welcome.

Astoria Alzheimer's & Other Dementia Family Support Group — 2 to 3:30 p.m., first-floor conference room, Clatsop Care Center, 646 16th St. Open to all family members of people with dementias. For information, call Rosetta Hurley at 503-325-0313, ext. 222, or email support@clatsopcare.org

Astoria Toastmasters — 6:30 p.m., Hotel Elliot conference room, 357 12th St. Visitors welcome. For information, go to www.toastmasters.org or call 503-894-0187.

Line Dancing for Seniors — 6

Carlton Appelo to be honored Saturday

NASELLE, Wash. — The Appelo Archives Center and Wahkiakum West Telephone are holding a birthday party to honor Carlton Appelo for his 93rd birthday from 11 a.m. to 2 p.m. Saturday on the main floor at the Appelo Archive Center, 1056 State Route 4 in Naselle.

The party, which is open to the public, is also a Celebration of Service, including his over 63 years with Wahkiakum West Telephone,



Submitted photo
Carlton Appelo

as well as his even longer service to the community.

The event is informal, so visitors can drop in any time to greet Appelo and share stories as well as cake and sandwiches. To contact him, send any correspondence him at P.O. Box 7, Rosburg WA 98643. Those attending are asked not to bring presents, but instead to make a donation to the nonprofit Archives Center for its ongoing efforts to preserve and share the community's history and heritage.

to 7:30 p.m., Astoria Senior Center, temporarily located at 1555 W. Marine Drive in the old Astoria Yacht Club. For information, call 503-325-3231.

Relay For Life of Clatsop County — Team and captains meeting, 7 p.m., Shilo Inn, 1609 E. Harbor St., Warrenton. Relay for Life is being held July 11-12 at Astoria High School. Everyone is welcome to form a team by going to <http://bit.ly/1bMAlo2>

TUESDAY

Do Nothing Club — 10 a.m. to noon, 24002 U St., Ocean Park, Wash. Men's group. For information, call Jack McBride at 360-665-2721.

Senior Lunch — 11:30 a.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation of \$3 for those older than 60; \$6.75 for those younger than 60. For information, call Michelle Lewis at 503-861-4200.

Columbia Senior Diners — 11:30 a.m., Peace Lutheran Church (lower level), 565 12th St. The cost is \$5. For information, or to have a meal delivered, call 503-325-9693.

Astoria Kiwanis Club — noon, El Tapatio, 229 W. Marine Drive. For information, call Robert McClelland at 503-894-0187 or Susan Brooks at 503-741-0186 or 503-338-4994.

Astoria Lions Club — noon, Astoria Elks Lodge, 453 11th St. Prospective members welcome. For information, contact Charlene Larsen at 503-325-0590.

Warrenton Caregiver Support Group — 1:30 to 3 p.m., 2002 S.E. Chokeberry Ave., Warrenton. Support, information and resources for caregivers. For information, call Grace Bruseth at 503-738-6412.

Line Dancing for Seniors — 1:30 to 2:30 p.m., Astoria Senior Center, temporarily located at 1555

W. Marine Drive in the old Astoria Yacht Club. For information, call 503-325-3231.

Seaside American Association of University Women Film Discussion — 3-5 p.m., at the home of Jean Gill. Before attending, view the film "The Imitation Game." For information, call 503-717-2353.

Spinning Circle — 3 to 5 p.m., Astoria Fiber Arts Academy, 1296 Duane St. Bring a spinning wheel. For information, call 503-325-5598 or go to <http://astoriafiberarts.com>

Lower Columbia Hospice Bereavement Support Group — 4:30 to 6 p.m., Columbia Memorial Hospital Community Center, Chinook Conference Room, 2021 Marine Drive. Open to age 18 or older. For information, call 503-338-6230.

North Coast Chapter, ABATE of Oregon — 5:30 p.m., Astoria Moose Lodge, 420 17th Street. All are welcome. For information, call 503-791-7253.

Peninsula Arts Association — 6 p.m., PAA Office, Long Beach Depot Building, Third Street N. and Pacific Highway, Long Beach, Wash. All are welcome. For information, call 360-665-6041 or go to <http://beachartist.org>

WEDNESDAY

Help Ending Abusive Relationship Tendencies — 10 to 11:30 a.m., The Harbor, 1361 Duane St. HEART covers subjects related to the effects of domestic violence on children, parents and other family members, dynamics of power and control, and how to recognize red flags. For anyone in an abusive relationship, or who knows someone who is. Call Audrey Williams ahead to reserve a spot at 503-325-3426, ext. 104.

Open Sewing Gathering — 10:30 a.m. to 4:30 p.m., Homespun Quilts, 108 10th St. For information, call 503-325-3300 or 800-298-3177

or go to <http://homespunquilt.com>

Astoria Chapter Daughters of the American Revolution — 11 a.m., Astoria Golf and Country Club, 33445 Sunset Beach Lane, Warrenton. Program will be presented by Karen Leedom, author of "A is for Astoria." Members and women interested in membership may call Sue Glen for reservations or information at 503-861-0574.

Wickiup Senior Lunches — 11:30 a.m., Wickiup Grange Hall, 92683 Svensen Market Road. Free for those older than 60 (\$3 suggested donation), \$6.75 for those younger than age 60. For information, call Michelle Lewis at 503-861-4200.

Senior Lunch — 11:30 a.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation of \$3 for those older than 60; \$6.75 for those younger than 60. For information, call Michelle Lewis at 503-861-4200.

Columbia Senior Diners — 11:30 a.m., Peace Lutheran Church (lower level), 565 12th St. The cost is \$5. For information, or to have a meal delivered, call 503-325-9693.

Blood Pressure Checks — noon to 2 p.m., Astoria Senior Center, temporarily located at 1555 W. Marine Drive in the old Astoria Yacht Club. For information, call 503-325-3231.

North Coast Multiple Sclerosis Care and Share Help Group — noon, Clatsop Retirement Village, 947 Olney Ave. For information, call 503-325-7898.

Ukulele Players — 1:30 p.m., Warrenton Masonic Lodge, 66 S.W. Fourth St., Warrenton. All are welcome, including beginners. Loaner ukuleles available. For information, call Roger Williams at 503-717-5645.

Northwest Tea Party — 6:30 p.m., Uptown Cafe, 1639 S.E. En-

sign Lane, Warrenton. For information, call 503-325-7220.

WomenHeart of North Oregon Coast — 6:30 p.m., Columbia Memorial Hospital Health and Wellness Pavilion, third floor conference room, 2165 Exchange St. Peer support group for women living with, or at risk of heart disease. Martha Pine, yoga instructor, speaking about benefits of yoga and relaxation breathing. For information, email Michele Abrahams at WH-NorthOregonCoast@womenheart.org

U.S. Coast Guard Auxiliary, Buoy 10 Flotilla 64 Astoria — 7 p.m., USCG Tongue Point Swimmers Building No. 1. Open to the public. For information, go to www.cgaux.org

Seaside Elks Lodge No. 1748 — 7:30 p.m., 324 Avenue A, Seaside. For information, call 503-738-6651 or email seasideelks@yahoo.com

Maple Chapter No. 95, Order of the Eastern Star — 7:30 p.m., Masonic Lodge Hall, 201 N. Holladay Drive, Seaside. For information, call 503-717-0808.

THURSDAY

La Leche League of Astoria — 11 a.m. to 12:30 p.m., 320 South St. For those interested in breastfeeding; mothers, babies and toddlers welcome. The topic is "The ABCs of Breastfeeding." For information, call Megan Oien at 503-440-4942 or Janet Weidman at 503-741-0345.

Wickiup Senior Lunches — 11:30 a.m., Wickiup Grange Hall, 92683 Svensen Market Road. Free for those older than 60 (\$3 suggested donation), \$6.75 for those younger than age 60. For information, call Michelle Lewis at 503-861-4200.

Senior Lunch — 11:30 a.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation of \$3 for those older than 60; \$6.75 for those younger than 60. For information, call Michelle Lewis at 503-861-4200.

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Warrenton Senior Lunch Program — noon, Warrenton Community Center, 170 S.W. Third St. Suggested donation of \$5 for seniors and \$7 for those younger than 60. For information, or to volunteer, call 503-861-3502 Monday or Thursday.

Seaside Rotary Club — noon, Shilo Inn, 20 N. Prom, Seaside. For information, go to <http://seasiderotary.com>

Columbia River Meditation Group — 6 to 7:30 p.m., Room 306, Towler Hall, Clatsop Community College. Class format, registration required. Drop-ins welcome. For information, call Ron Maxted at 503-338-9153.

Parents, Families and Friends of Lesbians and Gays (PFLAG) Oregon North Coast — 6:30 to 8 p.m., First Lutheran Church, 725 33rd St. For information, contact Drew Herzig at drewherzig@yahoo.com

Veterans of Foreign Wars, Fort Stevens Post 10580 — 7 p.m., Warrenton Christian Church, 1376 Anchor St., Warrenton. For information, call Mel Jasin at 503-861-2030.

Lower Columbia Classic Car Club — 7 p.m., Steve Jordan's shop building, 35232 Helligso Lane. New members welcome. For information or directions, call Steve Jordan at 503-325-1807.

Rainland Fly Casters — 7 p.m., First Presbyterian Church Annex, 11th Street and Harrison Avenue. For information, call Tom Scoggins at 503-325-6358, or Walt Weber at 360-777-8295, or go to www.rainlandflycasters.com

FRIDAY

Seaside AAUW Walking Group — 9:30 a.m. Weekly low-impact group walk, followed by coffee and fellowship. For information, call 503-738-7751.

Senior Lunch — 11:30 a.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation of \$3 for those older than 60; \$6.75 for those younger than 60. For information, call Michelle Lewis at 503-861-4200.

Columbia Senior Diners — 11:30 a.m., Peace Lutheran Church (lower level), 565 12th St. The cost is \$5. For information, or to have a meal delivered, call 503-325-9693.

Open Skating — 5 to 9 p.m., Astoria Armory, 1650 Exchange St. Admission \$2. Limited roller skate rentals available for \$3; bring own skates if possible.

OTHER

U.S. Coast Guard Cutter Yoccona (168) Sailors — Reunion of shipmates being planned in 2015 for anyone stationed on the cutter Yoccona. For information, contact Ken Pearson at 503-741-0860 or kenpearson@centurytel.net

Gloves and Mittens Needed — The Astoria Warming Center needs a substantial number of large size (so they will fit everyone) men's crocheted or knitted warm gloves and mittens for the coming winter. Some hats are also needed. For information, call Sandy Rea at 503-738-3103.

Astoria Death Café meets Tuesday

The Astoria Death Café is meeting from 6 to 8 p.m. Tuesday in the Coho Room at the Columbia Memorial Hospital Education Center, 2021 Marine Drive. Those who wish to attend should RSVP to astoriadeathcafe@earthlink.com

The is the third Death Café held in Astoria, and the

format and principles of this gathering are same as previous meetings — open small group conversations focused on issues everyone faces at the end of life. In February, there was a theme for each table and participants chose the discussion they wanted to be involved in; several people had a hard time choosing

just one. For May, there is also a choice of topics related to end of life issues to guide the conversations, and those attending are asked to bring a small treat for the dessert/snack table. This will be the last meeting until fall.

For information, go to www.deathcafe.com (enter zip code 97103).

Play Bingo at the Astoria Moose Lodge

The Astoria Moose Trekkers Relay for Life Team is holding a Bingo and Dessert Auction from 1 to 4 p.m. Sunday at the Astoria Moose Lodge, 420 17th St.

Ten game packets cost \$10, plus there are two special games at \$1 each. The desserts are being auctioned between games. All proceeds are going to the American Cancer Society Relay for Life.

American music performed on weekend

The North Coast Choral, joined by the Clatsop County Children's Chorus, is holding a spring concert of American Traditional & Folk Music at 7 p.m. Saturday, and 2 p.m. Sunday, at the Performing Arts Center,

588 16th St. Tickets cost \$10 each.

In keeping with the American traditional theme, quilts will be on display in the PAC lobby, made by a quilting group at Our Saviour's Lutheran Church in

Seaside. The quilts are for sale, with proceeds going to the food bank. Other decorations at the PAC include quilts and some family heirlooms that are on loan for the event.

For information, go to www.northcoastchorale.org

SENIOR NOTES

Alzheimer's Association Oregon Chapter — Information, referral and counseling services for families and caregivers of people with Alzheimer's, dementia and other related disorders. For information, call 800-272-3900 (24 hours a day).

Astoria Alzheimer's & Other Dementia Family Support Group — 2 to 3:30 p.m. third Monday, Clatsop Care Center, 646 16th St., first floor conference room. Open to all family members of people with dementias. For information, call Rosetta Hurley at 503-325-0313, ext. 216, or email support@clatsopcare.org

Clatsop Behavioral Health After Hours Crisis Line — 503-325-5724.

Clatsop Community Action — 503-325-1400. Respite care services, low-income energy assistance, emergency food assistance, housing information, emergency personal care items.

Columbia Senior Diners — 11:30 a.m. weekdays, Peace Lutheran Church (lower level), 565 12th St. Cost is \$5. For information, or to have a meal delivered, call 503-325-9693.

Exploring New Concepts of Retirement Education (ENCORE) — 503-338-2408. Provides a wide assortment of educational experi-

ences for individuals older than 50.

Elder Friendship Line — 800-971-0016. Available from 8 a.m. to 11 p.m.; crisis calls taken 24/7.

Food Pantries — 503-325-1400. Clatsop Community Action serves six food pantries in Clatsop County through the Oregon Food Bank Network. Call for area locations and hours.

Grief Support Group, Seaside — 2 to 4 p.m. first Thursday, Bob Chisholm Community Center, Meeting Room 1, 1225 Avenue A, Seaside. For information, call Lower Columbia Hospice at 503-338-6230.

Legal Aid Services of Oregon — 888-245-4091. Provides free services in civil cases to low income people.

Lifespan Respite — 503-325-1400. Provides information, referral, training and paid respite for family caregivers.

National Suicide Prevention Lifeline — 800-273-TALK (8255). A 24-hour, toll-free suicide prevention service for anyone in a suicidal crisis. TTY users should dial 800-799-4TTY (4889).

National Alliance on Mental Illness — 800-950-NAMI (6264) or locally, 503-717-1835. Separate support groups for people with mental illness and families of

those with mental illness are available.

Northwest Oregon Housing Authority — 503-861-0119. Rent assistance based on income.

NorthWest Senior and Disability Services — 503-861-4202 or 800-442-8614. Medicaid services, food stamps, information and assistance, family caregiver support services, Medicare choice assistance, home delivered meals, senior meal sites and senior peer counseling.

Oregon Aging and Disability Resource Connection — 855-ORE-ADRC (673-2372), www.adrcoregion.org. Information and services for older adults, people with disabilities, their caregivers and families.

Oregon Home Care Commission Registry and Referral System — 877-867-0077, <https://www.or-hcc.org>. Provides lists of home care workers available to hire.

Partners for Seniors — 503-717-7174. Serves South Clatsop County seniors with volunteer visits, transportation, light housekeeping, yard work, minor home repairs, daily phone calls.

Senior Center, Astoria — Astoria Senior Center, temporarily located at 1555 W. Marine Drive in the old Astoria Yacht Club, 503-325-3231.

Regatta kicks off with Anchor Tea

The official kick-off to the 2015 Astoria Regatta Festival is the Anchor Tea, which is being held from 1 to 3 p.m. Sunday, hosted by Vintage Hardware at 101 15th St.

The public is welcome to attend. A special invitation goes out to members of the original Anchor Club, and to

past Regatta Court members from all eras.

The Anchor Tea is a heritage Regatta Festival tradition, and the first public introduction of the 2015 Regatta Festival Court.

The community is invited to meet Princesses Allison Bentley, Katrina Diego,

Kimberly Castro, Sophia Thomas and 2014 Regatta Queen Claire Helligso. Refreshments and cookies will be served.

The Astoria Regatta Festival is being held Wednesday, Aug. 5, through Sunday, Aug. 9. For information, go to www.astoriaregatta.com

COMING IN MAY OUR 8TH ANNUAL

Reserve Your Advertising Space Today!
Deadline: May 29th

coastal MenuGuide 2015

Copies distributed throughout the year to north coast hotels, motels, chambers of commerce, visitors bureaus, campgrounds, restaurants and stores and inserted in The Daily Astorian & Chinook Observer

EXPAND YOUR PALATE ONLINE

This online guide gives you a mouth-watering menu of choices on Oregon's north coast and southwest Washington.

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- Click on direct links to restaurant websites
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- Turn through virtual pages
- www.coastweekend.com/dining/coast_dining/

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