

MORE NOTES

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Mahjong for Experienced Players — 1 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

Line Dancing for Seniors — 3 to 4:30 p.m., Astoria Senior Center, 1111 Exchange St. Not for beginners. For information, call 503-325-3231.

Seaside Lions Club — 5 p.m., West Lake Restaurant & Lounge, 1480 S. Roosevelt Drive, Seaside. For information, call 503-738-7693.

Clatsop County Rental Owners Association — 6 p.m., Golden Star Chinese Restaurant, 599 Bond St. Featured speaker: Christian Bryant, president of Portland Rental Owners Association with a presentation that provides credit for real estate professionals. Members and nonmembers are welcome to enjoy a meal and discussion regarding problems and solutions for residential home and apartment rentals in the community. For information, go to www.clatsoprentalowners.org

TUESDAY

Tobacco Free Coalition of Clatsop County — 9 to 10:30 a.m., Clatsop County Health and Human Services, 820 Exchange St. Anyone interested in tobacco use prevention and education welcome. For information, call Steven Blakesley at 503-325-8500 or Alissa Dorman at 503-325-4321, ext. 5758.

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 Dinners — 11:30 a.m., 1111 Exchange St. The cost is \$6. For information, or to have a meal delivered, call 503-325-9693.

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

Warrenton Alzheimer's Support Group — 2 to 3:30 p.m., 2002 S.E. Chokeyberry Ave., Warrenton. Support and information about Alzheimer's disease. For information, call Grace Bruseth 503-738-6412.

A Course in Miracles — The Astoria ACIM study group meets weekly from 3 to 4 p.m. Bring your book. For information and location, call 916-307-9790 or email moffett@cgifellowship.org



Submitted Photo

Suzanne Elise Assisted Living Community Center and the Veterans Speaker Bureau (VSB) of Clatsop County honored military veterans at an event held June 6. Back row, from left, Bert Little, Mel Jasmin and Bill Logdson. Center front, Spurgeon Keeth.

Veterans honored at Suzanne Elise event

The Daily Astorian

SEASIDE — Suzanne Elise Assisted Living Community Center and the Veterans Speaker Bureau of Clatsop County helped honor the military veterans at the center by awarding each person a certificate of appreciation for their time in service on June 6. Other veterans within the county were also invited to attend and receive a certificate.

The event included a memory of June 6, 1944, and the landing in Normandy, France and a Prisoners of War/Missing in Action tribute. The program kicked off with the Seasonal Songsters and their many songs and renditions of patriotic music.

Also at the 6 June event, the commander of Veterans of Foreign Wars Fort Stevens

Post 10580 gave the Commanders Award to the Suzanne Elise Community Center, which was accepted by facility director Jeanne Devitt. In addition, the Speakers Bureau honored the two survivors of the Pearl Harbor attack in 1941, William "Bill" Thomas (U.S. Navy) and Spurgeon D. Keeth, (U.S. Army).

The VSB of Clatsop County was formed in 1998 to promote further public interest in, and educate the public about, the military; to express appreciation to active personnel; to honor veterans; and to remember those who gave their all. With the help of coordinator Norm Doney, a retired sergeant major in the U.S. Army, the group began holding events that included using the six-service table setting for the POW/MIA tribute.

North Coast Chapter, Oregon Equestrian Trails — 5:30 p.m., El Compadre Restaurant, 119 S. Main Ave., Warrenton. Business meeting starts at 7 p.m. All are welcome. For information, call Linda Brim at 503-325-1562 days.

Authentic Spiritual Conversations — 7 to 8:30 p.m., Astoria Masonic Lodge, 1572 Franklin Ave. Exploring spiritual questions, doubts, practices, longings. All faiths, including "spiritual but not religious" welcome. For information, email info@cgifellowship.org or call 916-307-9790.

WEDNESDAY

Warrenton Sunrise Rotary Club — 7 a.m., Dooger's Seafood & Grill, Youngs Bay Plaza, 103 S. U.S. Highway 101, Warrenton. For information, call 503-325-4030.

Chair Exercises for Seniors — 9 to 9:45 a.m., Astoria Senior Center,

1111 Exchange St. For information, call 503-325-3231.

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 Juli Hol to reserve a spot at 503-325-3426, ext. 103.

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>

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 Dinners — 11:30 a.m., 1111 Exchange St. The cost is \$6. For information, or to have a meal delivered, call 503-325-9693.

Blood Pressure Checks — noon to 2 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

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

Seaside Rebounders Stroke Support Group — 1 to 2:30 p.m., Providence Seaside Hospital Education Center, 725 S Wahanna Road, Seaside. Stroke survivors, their caregivers and family members welcome. For information, call 503-717-7781.

Sit and Stitch Group — 1 to 3 p.m., Custom Threads, 1282 Commercial St. Knitting, crocheting and needle work. For information, call 503-325-7780.

Mahjong for Experienced Players — 1:15 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

Line Dancing for Seniors — 1:30 to 3 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

Warrenton Business Association — 5:30 p.m., commission chambers, Warrenton City Hall, 225 S. Main Ave. For information, call Kristin Talamantez at 503-861-9750.

Fat Quarter Quilters — 5:30 to 8 p.m., Homespun Quilts, 108 10th St. Not limited to quilts. For information, call 503-325-3300 or 800-298-3177 or go to <http://homespunquilt.com>

Seaport Masonic Lodge No. 7 — 6:30 p.m. dinner, 7:30 p.m. meeting, 1572 Franklin Ave. All Masons and their guests are welcome.

THURSDAY

Chair Exercises for Seniors — 9 to 9:45 a.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

Clatsop County Genealogical Society — 10 a.m. to noon, Church of Jesus Christ of Latter-day Saints, 350 Niagara Ave. Park in rear of church. Group has joined forces with the LDS Family History Center. Karen Martin is the presenter; discussion is about Roots Magic software program for genealogy research. All are welcome. For questions, call Carol Wamsher at 503-298-8917 or Sali Diamond at 503-325-1963.

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 Dinners — 11:30 a.m., 1111 Exchange St. The cost is \$6. For information, or to have a meal delivered, call 503-325-9693.

Warrenton Senior Lunch Pro-

gram — 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>

Better Breathers Club — 1:30 to 3 p.m., Providence Seaside Hospital Education Center (lower level), 725 S. Wahanna Road. Offered in conjunction with the American Lung Association. Sessions offer support, ways and techniques to cope with COPD, asthma, pulmonary fibrosis and other respiratory issues. Caregivers also welcome. No cost, but registration encouraged by calling 800-562-8964.

Columbia River Meditation Group — 6 to 7:30 p.m., Room 306, Towler Hall, Clatsop Community College. Class led by ordained Zen priest and is nonreligious. Group practices different meditation styles, focuses on developing a regular meditation practice. All are welcome. For information, email shinei@zendust.org

Jam Session — 6:30 to 8:30 p.m., Astoria Senior Center, 1111 Exchange St. Open to the public. For information, call 503-325-3231.

FRIDAY

AAUW Walking Group — 9:30 a.m. Seaside Branch of American Association of University Women 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 Dinners — 11:30 a.m., 1111 Exchange St. The cost is \$6. For information, or to have a meal delivered, call 503-325-9693.

Community Skate Night — 5 to 9 p.m., Astoria Armory, 1650 Exchange St. Admission \$3. Limited roller skate rentals available for \$3; roller blades available. For information, call 503-791-6064 or go to www.astoriaarmory.com

Bingo — 7 p.m., Wickiup Senior Center, 92650 Svensen Market Road. For information call Mark Tischer at 503-458-6482.

OTHER

Festival Volunteers Needed — First annual Manzanita Music Festival, scheduled for July 23 and 24, needs volunteers. For information, call Karen McCarty at 503-440-4505 or email k.mccarty53@yahoo.com

Evergreen Masonic Lodge awards scholarship to Seaside graduate



Submitted Photo

On July 3, Evergreen Masonic Lodge in Seaside awarded a \$500 scholarship to Stefani Vandenberg, a recent Seaside High School graduate. She is enrolled at the University of Oregon, where she plans to study math, with a possible goal of going into teaching.

HONOR ROLL

The following students have qualified for the honor roll by earning a 3.5 grade point average or higher at school.

Eastern Washington University Cheney, Washington

Astoria: Benjamin Frisch.
Naselle, Washington: Katelyn Magie, Mary Rose Wirkkala.

Warrenton holds all-school reunion

The Daily Astorian

WARRENTON — The Warrenton High School All-School Reunion takes place from 10 a.m. to 4 p.m. July 23 at the high school, 1700 S Main Ave. Drop in for a while or stay all day. Registration is not nec-

essary, and there are no fees for the daytime reunion. Light refreshments will be served, and memorabilia, photos and annuals will be on display.

For the past 20 years, WHS alumni have organized all school reunions every two years, a tradition started by

the Birkholz sisters. In recent years, Diane Collier and Ginger Killion have organized this event. It is an opportunity for alumni to visit with classmates as well as extended family. It is not unusual to see three, four or even five generations of families at these events.

SELF-HELP GROUPS

Seaside TOPS (Take Off Pounds Sensibly) — 9:15 to 10:15 a.m. meeting Tuesday, North Coast Family Fellowship Church, 2245 N. Wahanna Road. All are welcome. For information, call 509-910-0354.

Astoria TOPS — 5 p.m. weigh-in, 5:30 p.m. meeting Tuesday, First Lutheran Church, 725 33rd St. For information, call Trisha Hayrynen at 503-325-4114.

Warrenton TOPS — 9 to 9:45 a.m. weigh-in, 10 a.m. meeting Wednesday, First Baptist Church, 30 N.E. First St. For information, call Marilyn Barnard 503-861-2918 or Jeannie Pike 503-861-1404.

Alcoholics Anonymous — To find a meeting, call 503-861-5526 or go to www.aa-oregon.org

Kick Butts Group Meets (Nicotine Anonymous) — 6:30 to 7:30 p.m. Wednesday, Seaside Public Library, 1131 Broadway.

Al-Anon Family Groups information line for Clatsop and Tillamook counties, 503-338-5688.

Oregon Area Al-Anon website. oregonal-anon.org

Astoria Al-Anon — 12 p.m. Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087; 7 p.m. Thursday, Crossroads Community Church, 40618 Old Highway 30, Svensen. For information, call 503-458-6467.

Clatskanie Al-Anon — 8 p.m., Monday, United Methodist Church, 290 S. Nehalem St. For information, call 503-728-3351.

Nehalem Al-Anon — 7 p.m. Monday, Riverbend Room, North County Recreation District, 36155 Ninth St. For information, call 503-368-8255.

Seaside Al-Anon — 6:30 p.m. Tuesday, Seaside Public Library, 1131 Broadway, call 503-810-5196 for information.

Tillamook Al-Anon — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., call 503-842-5094 for information; noon Friday, 5012 Third St., call 503-730-5863 for information.

Seaside hospital offers free pain education seminar

The Daily Astorian

SEASIDE — A pain education class, "Understanding Pain: With Knowledge Comes Power," is being held from 12:30 to 2:30 p.m. July 15 at Providence Seaside Hospital, Education Center A, 725 S. Wahanna Road.

When people understand how pain really works, their pain decreases. This class is designed to help understand how pain works in both the body and brain. Participants will learn about what pain really is, and how much a person's own actions and thoughts can improve pain.

There is no charge for the class, but reservations are required by calling the resource line at 800-562-8964 or by registering online at www.providence.org/classes

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