

## COMMUNITY NOTES

### SATURDAY

**Lower Columbia R/C Society** — 8:30 a.m., back room at Uptown Cafe, 1639 S.E. Ensign Lane, Warrenton. Local Academy of Model Aeronautics (AMA) chartered radio control model aircraft club meets for breakfast and business. All model aircraft enthusiasts are welcome. For information, call 503-458-5196 or 503-325-0608.

**Sit and Stitch Group** — 11 a.m. to 1 p.m., Custom Threads, 1282 Commercial St. Knitting, crocheting and needle work. For information, call 503-325-7780.

**Pug Socializing Club** — 1 p.m., Caruthers Park, Warrenton. For pugs and their owners. For information, call Dave Kinney at 415-827-5190. Join online at <http://tinyurl.com/socialpugs>

**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.

**Spinning Circle** — 1 to 3 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>

### SUNDAY

**National Alliance on Mental Illness (NAMI) Support Group** — 2 to 3:30 p.m., Seaside Public Library, 1131 Broadway. Family to Family Support Group, for anyone with friend or loved one suffering from a serious brain (mental) illness. For information, contact Myra Kero at 503-738-6165, or [k7erowood@q.com](mailto:k7erowood@q.com), or go to [www.nami.org](http://www.nami.org)

**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

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

**Scandinavian Workshop** — 10 a.m., First Lutheran Church, 725 33rd St. Needlework, hardanger, knitting, crocheting, embroidery and quilting. All are welcome. For information, call 503-325-1364 or 503-325-7960.

**Mothers of Preschoolers** — 10 to 11:30 a.m., Crossroads Community Church, 40618 Old Highway 30, Svensen. MOPS group is a time for moms to relax and enjoy each others' company. For information, call 503-502-3118.

**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., 1111 Exchange St. Cost is \$6. 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](http://www.AstoriaRotary.org)

**Parkinson's Support Group** — 1 p.m., Peace Lutheran Church library, 565 12th St. For information, call 503-440-1970 or 503-440-1985.

**Peninsula Quilt Guild** — 1 p.m., Peninsula Church Center, 5000 N Place, Seaview, Wash. Newcomers welcome. Bring nonperishable food donation. For information, call Janet King at 360-665-3005.

**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.

**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.

**Pacific County (Wash.) Democrats** — 7 p.m., North County Annex, 1216 Robert Bush Drive, South Bend, Wash. For information, email Diane Knutson at [dlknutson69@yahoo.com](mailto:dlknutson69@yahoo.com)

### 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 Diners** — 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.

**Astoria-Warrenton Duplicate Bridge Club** — 12:30 to 4 p.m., Astoria Senior Center, 1111 Exchange St. Anyone may play if they have a partner; to request a bridge partner, call 503-325-0029.

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

**North Coast Chorale Practice** — 6:45 to 9 p.m., Performing Arts Center, 588 16th St. New members welcome. For information, call 503-791-5681 or 503-338-8403.

**Authentic Spiritual Conversations** — 7 to 8:30 p.m., 2021 Marine Drive. Exploring spiritual questions, doubts, practices, longings. Group supports participants in sharing their own understanding and putting their spiritual values into practice. All faiths, including "spiritual but not religious" welcome. For information, email [info@cgifellowship.org](mailto: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 Diners** — 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** — 11 a.m. to 1 p.m., 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. Bring genealogy problems; the group will try to help. 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 do-

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**Columbia Senior Diners** — 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 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>

**Astoria-Warrenton Duplicate Bridge Club** — 12:30 to 4 p.m., Astoria Senior Center, 1111 Exchange St. Anyone may play if they have a partner; to request a bridge partner, call 503-325-0029.

**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](mailto: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.

**Lighthouse for Kids Project** — 10 a.m. to 2 p.m., Homespun Quilts, 108 10th St. Making quilts for children going through sexual abuse assessment. For information, call 503-325-3300 or 800-298-3177 or go to <http://homespunquilt.com>

**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., 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](http://www.astoriaarmory.com)

### OTHER

**Republican Headquarters** — Open 11 a.m. to 3 p.m. daily at Angel Medical, 515 15th St. For information, call 503-440-9896.

## Learn about drug and alcohol culture at free workshops

*The Daily Astorian*

Officer Jermaine Galloway is presenting two free "Tall Cop Says Stop" workshops Wednesday to explain how to recognize current logos, products and paraphernalia that are used to attract young people to alcohol and drugs.

Galloway, a 6-foot-9 officer who has been in Idaho law enforcement since 1997, is one of the nation's top experts in drug and alcohol trends.

Session 1 is from noon to 4 p.m. at the Judge Guy Boyington Building, 857 Commercial St.

This workshop is for educators, prevention providers, coalition members, law enforcement, probation officers, school administrators, therapists, counselors, community members and parents.

Lunch is provided. Registration is required. To register, email Jill Quackenbush at [jquackenbush@co.clatsop.or.us](mailto:jquackenbush@co.clatsop.or.us) or call 503-325-8673, ext. 1, or call Maritza Beltran

(Español) at 503-325-4547. Provide contact information, name of agency and dietary restrictions.

Session 2 is from 5 to 7 p.m. at Columbia Hall, Room 219, Clatsop Community College, 1651 Lexington Ave.

This workshop covers alcohol and drug clothing, alcoholic energy drinks, alcopops, alcohol and drug concealment methods and containers, drug paraphernalia, drug related music and groups, logos, stickers, new technology, youth party tendencies, party games, non-traditional alcoholic beverages, social networking sites, synthetic drugs, over-the-counter drugs, inhalants, concentrates, E-cigarettes and popular party drugs.

The workshops are sponsored by The Way to Wellville through a grant from Providence Seaside Hospital, the Lower Columbia Hispanic Council, North Coast Prevention Works, Northwest Parenting and Hope for Recovery.

## COMMUNITY IN BRIEF

### Pain class is on tap for Thursday

SEASIDE — A pain education class, "Understanding Pain: With Knowledge Comes Power," is from 5:30 to 7:30 p.m. Thursday 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](http://www.providence.org/classes)

### 'Get a Grasp on Medicare' free informational classes planned

Two "Get a Grasp on Medicare" classes are being held, and no registration is required. The first class is from 3 to 5 p.m. Tuesday in the Coho Room at the Columbia Memorial Hospital Education Center, 2021 Marine Drive in Astoria. The second is from 3 to 5 p.m. Oct. 18 at the Bob Chisholm Community Center, 1225 Avenue A in Seaside.

There are no sales presentations, and no special offers, just free Medicare information, including: a summary of Part A and Part B benefits; Medicare choices; Medicare updates and the Affordable Care Act; Part D benefits, and how to enroll; avoiding health care fraud; and other helpful resources.

For information, call NorthWest Senior and Disability Services at 503-861-4200.

### Open auditions set for holiday 'Scrooged in Astoria' musical

The Astor Street Opry Company is holding open auditions for the 10th annual holiday production of "Scrooged in Astoria" starting at 6 p.m. Sunday and Monday at the ASOC Playhouse, 129 W. Bond St. Auditions typically run for two hours.

The musical is written by local playwright, Judith Niland, and directed by Bill Carr, with musical direction by Chris-Lynn Taylor. The players needed are nine males and 12 females, and the age range is 12 and older. No previous experience is required. Rehearsals begin the following week. For questions, contact Bill Carr [BillC\\_yemassee@hotmail.com](mailto:BillC_yemassee@hotmail.com) or 503-338-9813.

The performances are at 7 p.m. Dec. 2, 3, 9-11 and 16-18. There will be two matinees, at 2 p.m. Dec. 11 and 18. The house opens 30 minutes before each performance.

For information, or tickets, call 503-325-6104, go to [www.astorstretoprycompany.com](http://www.astorstretoprycompany.com) or email [info@astorstretoprycompany.com](mailto:info@astorstretoprycompany.com)

— *The Daily Astorian*

## Salty Talk planned for Wednesday

*The Daily Astorian*

ILWACO, Washington — National Park Service ranger Tom Wilson discusses the importance of salt for the Lewis and Clark Expedition, which Corps members made salt, and how it was made, at 6:30 p.m. Wednesday at the Salt Pub & Hotel, 147 Howerton Ave. The event is free

and open to the public.

Wilson, a retired elementary school teacher, began working at Lewis and Clark National Historical Park seasonally more than 20 years ago. He has participated in the park's living history programs, portrayed Corps members at events, and spent multiple weekends in character, boiling water, making

salt and living on the beach.

Salty Talks are held in partnership with the Salt Pub & Hotel, Columbia Pacific Heritage Museum, Washington State Parks and Recreation Commission, Lewis and Clark National Historical Park, with support from Friends of Columbia River Gateway and the Port of Ilwaco.

United Finnish Kaleva Brothers & Sisters  
Astoria Lodge #2

**All you can eat!**

# LAKSLODA

## ANNUAL LUNCHEON

**THURSDAY**  
**OCTOBER 13<sup>TH</sup>**  
**11:30AM-2PM**  
**\$12**

Finnish Bake Sale  
Pulla (Cardamom Bread)  
Rieska  
Prune Tarts

**Suomi Hall**  
244 West Marine Drive  
Astoria, Oregon