

## MORE NOTES

Continued from Page 1B

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

**Astoria Kiwanis Club** — noon, El Tapatio, 229 W. Marine Drive. For information, call Frank Spence at 503-325-2365 or Susan Brooks at 503-791-3026.

**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.

**Bras2Moms Fitting** — 1 to 3 p.m., Columbia Memorial Hospital Birthing Center, 2111 Exchange St. Bras2Moms provides free nursing bras and/or tanks to mothers, so women do not become discouraged with, or stop breastfeeding because they cannot afford a nursing bra. A \$5 donation is requested, but not required. For best fit, come for a fitting two weeks after giving birth. Sizes subject to availability. For information, call 503-325-4321.

**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.

**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>

**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, in-

# Register now for one-day childbirth class

The Daily Astorian

SEASIDE — A one day Childbirth Preparation Class is being held from 9:30 a.m. to 3:30 p.m. Oct. 22 in Education Room A at Providence Seaside Hospital, 725 S. Wahanna Road. The class will meet the instructor at 8:50 a.m. in the Providence Seaside Hospital main lobby, and be taken to the classroom.

This condensed workshop is geared toward first-time parents, who will learn about labor and delivery, coping with con-

tractions, medical procedures, comfort measures, pain management and medications. Those attending should dress in loose comfortable clothing, and bring a pen or pencil, two pillows, a small blanket and, if desired, beverages and snacks. There will be a lunch break, and the hospital cafeteria will be open to purchase lunch or snacks.

There is no charge for the class, but registration is required. To register, go to [www.providence.org/classes](http://www.providence.org/classes) or call 503-717-7736.

cluding "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., Hometown Quilts, 108 10th St. For information, call 503-325-3300 or 800-298-3177 or go to <http://hometownquilts.com>

**Astoria Chapter, Daughters of the American Revolution** — 11 a.m., Astoria Golf and Country Club, 33445 Sunset Beach Road, Warrenton. Professor J. Karel Lambert presents "Murder and Mathematical Logic." Women interested in joining may contact Sue Glen at 503-861-0574.

**La Leche League of Astoria** — 11 a.m. to 12:30 p.m., 726 Seventh St. For those interested in breastfeeding; mothers, babies and toddlers welcome. Topic is: "Realistic Expectations: A New Baby in Your Family." 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.

**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.

**Cannon Beach Garden Club** — noon, Tolovana Hall, 3779 S. Hemlock St., Cannon Beach. Neal Maine, biology teacher at Seaside High School, naturalist and wildlife photographer, is guest speaker. Topic is "Backyard Birds." Visitors are welcome. To reserve at seat, call Pam Chater at 503-436-2331 and leave a message or email [pamchater@msn.com](mailto:pamchater@msn.com)

**Blood Pressure Checks** — noon to 2 p.m., Astoria Senior Center, 1111 Exchange St. 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.

**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

### THURSDAY

**Angora Hiking Club** — 9 a.m., 1820 S.E. Front St. Roadside cleanup. For information, call Bob Westerberg at 503-325-4315.

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

**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.

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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.

**Northwest Tea Party** — 6:30 p.m., Uptown Cafe, 1639 S.E. Ensign 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. For information, email Michele Abrahams at [WH-NorthOregonCoast@womenheart.org](mailto: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](http://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](mailto: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.

**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.

**Veterans of Foreign Wars, Fort Stevens Post 10580** — 7 p.m., Warrenton Christian Church, 1376 Anchor St., Warrenton. For information, call Mel Jasmin 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](http://www.rainlandflycasters.com)

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

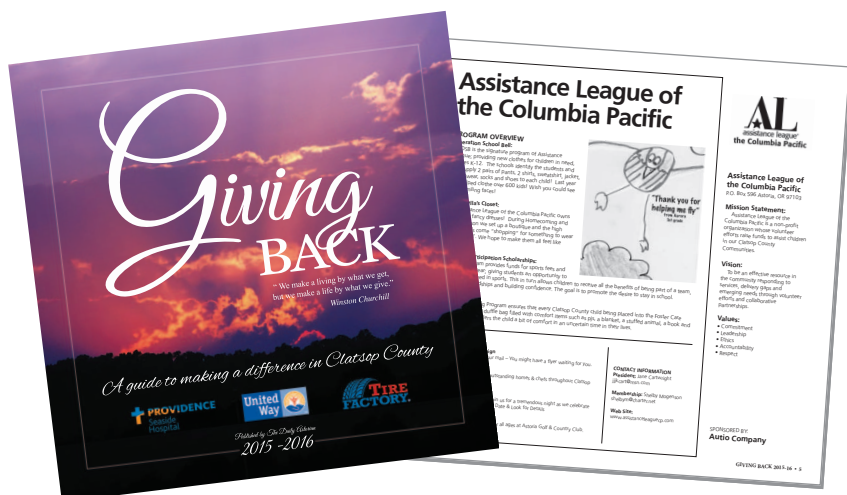
**Community Skate Night** — 5 to 9 p.m., Astoria Armory, 1650 Exchange St. Admission \$3. Limited roller skate rentals available for \$3; roller blades available. For information, call 503-791-6064 or go to [www.astoriaarmory.com](http://www.astoriaarmory.com)

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

### OTHER

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

Coming October 2016



We are proud to present the 2nd annual edition of

# Giving Back

Giving Back is designed to give our community nonprofits and corporations that support them a platform for exposing their mission and their fundraising needs to the business community.

Giving Back is a resource designed to offer companies and individuals a wealth of information to assist them in their charitable giving plans.

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**PUBLISHES**  
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**DEADLINE:**  
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For Space Reservation

Mammograms  
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CMH Imaging Services at  
**503-338-7525** to schedule  
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**One person at a time.**

## 5 Things To Tell a Friend

October is National Breast Cancer Awareness Month

- Your two greatest risk factors for breast cancer are being a woman and getting older.
- Get screened. Finding breast cancer early and receiving treatment will increase your chance of surviving breast cancer.
  - 20-40 years old: Get a clinical breast exam every three years from your doctor. Talk to your doctor about self exams.
  - 40 years and older: Get a mammogram and a clinical breast exam from your doctor every year.
- Practice self care. You can reduce your risk of cancer by getting regular exercise, maintaining a healthy weight and limiting your alcohol intake.
- Be proactive. Through early detection and better treatment, more women are surviving breast cancer.
- Talk about it. Tell any woman you care about to get a mammogram. You could save her life.



**CMH Breast Health Program**  
503-338-4520

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