

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, 1111 Exchange St., Astoria Senior Center. Cost is \$6. 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 experiences 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.

VOLUNTEER OPPORTUNITIES

4-H — Looking for 4-H leaders. For information, call Sandra Carlson at the Oregon State University Extension at 503-325-8573.

American Red Cross — Needs registration volunteers (donor ambassadors) in Clatsop County to provide customer service and enhance the blood donor experience. For information, call Angela Basurto at 503-528-5430.

Astoria Column — 1 Coxcomb Drive. Volunteers needed to welcome visitors, provide information and answer questions about the Astoria Column and the city of Astoria. For information, call the Friends of the Astoria Column Visitor Center at 503-325-2963.

Astoria Riverfront Trolley

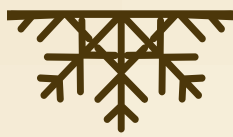
Association — 111 W. Marine Drive. Needs conductors/motormen to operate trolley and narrate points of interest. One or more three-hour shifts per month. For information, call the 503-325-6311.

Astoria Senior Center — 1111 Exchange St. To volunteer, call Larry Miller at 503-325-3231.

Astoria-Warrenton Area Chamber of Commerce — 111 W. Marine Drive. Volunteers needed at the chamber and for events. For information, call 503-325-6311.

Camp Kiwanilong — A large variety of volunteer opportunities are available. For information, call 503-861-2933 or go to www.campkiwanilong.org

SHOP HISTORIC



DOWNTOWN ASTORIA

this Holiday Season

This year many downtown Astoria businesses will be open Fridays until 7p.m. More time to shop for your holiday gifts!

Cargo

240 11th Street 503-325-8067
Visit us for many unique gift ideas!

City Lumber Company

2142 Commercial Street 503-325-4511
Monday-Friday 7:30am-5:30pm
Saturday 8 am-5 pm, Sunday 9am-4 pm

Custom Threads

1282 Commercial Street 503-325-7780
Tuesday-Saturday 10 am-5 pm

Doe & Arrow

380 14th Street 503-741-3132
Monday-Friday 11 am-5 pm
Saturday 11 am-7 pm, Sunday 12-6 pm

Forsythea Home & Gardens ARTS

1124 Commercial Street 503-325-2189
Monday-Saturday 11 am-5:30 pm
Sunday Noon-4 pm

Four Seasons Clothing

1405 Commercial Street 503-325-8200
Sun. 11 am-3 pm, Mon. 11am-4 pm, Tues. 11 am-5:30 pm,
Wed.-Sat. 10 am-5:30 pm

Gulley's Butcher Shop

1255 Commercial Street 503-325-2478
Facebook/Gulley's Butcher Shop

Holly McHone Jewelers

1150 Commercial Street 503-325-8029
Monday-Friday 10 am-6 pm
Saturday 10 am-5 pm, Sunday 11am-4 pm

Imogen Gallery

240 11th Street 503-468-0620
Monday-Saturday 11 am-5 pm
Sunday 11am-4 pm, Closed Wednesdays

Jonathon's LTD

332 12th Street 503-325-7600
Open every day 10:30 am-4:30 pm

Loop-Jacobsen, Inc.

1360 Commercial Street 503-325-6181
Monday-Saturday 9:30 am-5 pm

Maiden Astoria

255 14th Street maidenastoria.com
Monday-Sunday 11 am-5 pm
Friday December 16th & 23rd 11 am-7 pm

Old Town Framing

1287 Commercial Street 503-325-5221
Monday-Friday 9:30 am-5:30 pm, Saturday 10 am-5 pm,
Extended hours Sunday

Pat's Pantry

1153 Commercial Street 503-468-0583
Open daily

Phog Bounder's Antique Mall

892 Marine Drive 503-338-0101
Monday-Saturday 10 am-5:30 pm
Sunday 10am-3 pm

Purple Cow Toys

1380 Commercial Street 503-325-2996
Monday-Friday 10 am-6 pm
Saturday 10 am-5 pm, Sunday 11am-3 pm

Sea Gypsy Gallery & Gifts

1001 Commercial Street 360-510-2488
Sunday-Thursday 11 am-5 pm
Friday-Saturday 11 am-6 pm

What-Nots & Whimsy

1292 Commercial Street 503-325-7333
Monday-Thursday 10:30 am-5 pm
Friday 11 am-7 pm,
Saturday 11 am-5:30 pm, Sunday 12:30-5 pm

Shopping Local is Good for Your Community!