

MORE NOTES

Continued from Page 1B

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

Knocklers 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.

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

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.

Astoria Toastmasters — 6:30 p.m., Hotel Elliot conference room, 357 12th St. Visitors welcome. For information, go to www.toastmasters.org or call Christa Svensson at 206-790-2869.

TUESDAY
Stewardship Quilting Group — 9:30 a.m. to 1:30 p.m., First Lutheran Church, 725 33rd St. All are welcome. Donations of material always appreciated. For information, call Janet Kemp at 503-325-4268.

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 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>

Authentic Spiritual Conversations — 7 to 8:30 p.m., 2021 Marine Drive. Open dialogue about spiritual issues. Group supports participants

Clatsop Cruise Host volunteer roles explored on Tuesday at WineKraft

The Daily Astorian

Clatsop Cruise Hosts welcomes new volunteers for its 2017 season.

For those who have thought about becoming a Cruise Host, there is an opportunity to meet Volunteer Coordinator Cyndi Mudge from 4 to 6 p.m. Tuesday at WineKraft on Pier 11. "This is a casual meet-and-greet," Mudge explained. She will have volunteer applications, cruise ship schedules and other information available about becoming a Cruise Host.

The first ship of the season is May 3, with a total of 23 ships arriving to the Port

in sharing their own understanding and putting their spiritual values into practice. All faiths, including "spiritual but not religious" welcome. For information, email info@cgjifellowship.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. Open group for females and those who identify as female, and for anyone in an abusive relationship, or who knows someone who is. For information, call Juli Hol at 503-325-3426, ext. 103.

Astoria Chapter Daughters of the American Revolution — 11 a.m., Astoria Golf and Country Club, 33445 Sunset Beach Road, Warrenton. Elections for the coming year. Luke Thomas, Clatsop County Veterans Service Office, presents a program on Veteran's Services. Members and women interested in membership, Sandra Fuller at 503-325-2419 for reservations or information.

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.

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

Cannon Beach Garden Club — noon, Tolovana Hall, 3779 S. Hemlock St., Cannon Beach. Visitors are welcome. To reserve a seat, call Pam Chater at 503-436-2331 and leave a message or email pamchater@msn.com

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

Beginner 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 Café, 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

of Astoria this year. There are about 150 registered volunteers with Clatsop Cruise Hosts, and between 50 and 70 are needed to assist greeting each ship.

Clatsop Cruise Hosts is a nonprofit organization of volunteers dedicated to ensuring cruise ship passengers, crew and staff are welcomed to the community and encouraged to explore all that the North Coast offers. Cruise Hosts are devoted to educating visitors about local history, culture and activities.

For information, go to www.ClatsopCruiseHosts.org, email ClatsopCruiseHosts@gmail.com or call 503-440-7168.

risk of heart disease. For information, email Michele Abrahams at WH-NorthOregonCoast@womenheart.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

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

North Coast La Leche League — 10 a.m. to noon, Seaside Public Library, 1131 Broadway, Seaside. Pregnant women, mothers, babies and toddlers welcome. Topics: preparing for childbirth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, benefits and challenges of breastfeeding, nutrition and weaning. For breastfeeding support, call or text Megan Oien at 503-440-4942 or message on "La Leche League of Astoria" Facebook page.

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.

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, Best Western Ocean View Resort, 414 N. Prom, Seaside. Lunch costs \$15. All are welcome. 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.

Survivors Circle — noon to 1 p.m., The Harbor, 1361 Duane St. Trauma Recovery and Empowerment Model Peer Support Group for survivors of intimate partner and sexual assault. Held in a safe confidential place to explore the causes, effects and methods of healing from trauma; emphasis is on empowering survivors. For information, contact Shannon Symonds at 503-325-3426 ext. 106.

Columbia River Estuary Action Team — 6 to 8 p.m., Blue Scorcher Bakery and Café, 1493 Duane St. CREATE's purpose: Foster citizen involvement in protecting the Columbia River Estuary. Visitors and new members always welcome. For information, go to <https://create-columbia.com>

Trivia — 6:30 p.m., Uptown Cafe, 1639 S.E. Ensign Lane, Warrenton. Teams of up to four players. Three \$2 games, winners take each pot. Rolling jackpot builds from week to week if no one answers jackpot question. For information, call 503-861-5639.

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

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

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

OTHER

Astoria Music Festival — Volunteers needed for 15th Anniversary Summer 2017 Celebration June 11 through June 25, two weeks of opera and symphonic and chamber music. Many opportunities available, all with flexible hours and commitments, from assisting to leading. For information, email office@astoriamusicfestival.org

COMMUNITY IN BRIEF

The Daily Astorian

Washington State Parks invite visitors for two free days to play

ILWACO, Wash. — The Washington State Parks and Recreation Commission invites the public to enjoy two free days at state parks in April. On free days, visitors don't need a Discover Pass for day-use visits by vehicle. The first free day is Saturday, in honor of spring; the next free day is April 22, Earth Day.

The Discover Pass legislation provided that State Parks could designate up to 12 "free days" when the pass would not be required to visit state parks. The free days apply only at state parks; the Discover Pass is still required on Washington Department of Fish and Wildlife and Department of Natural Resources lands.

The Discover Pass provides daytime access to parks. An annual pass costs \$30, and a daily pass costs \$10. Overnight visitors in state parks are charged fees for camping and other overnight accommodations; day access is included in the overnight fee. For information, go to www.DiscoverPass.wa.gov

Vintage Hardware hosts Clatsop Coin's pop-up shop in April

Clatsop County coin dealer, Scott McClaine of Clatsop Coin, is Vintage Hardware's Pop Up Shop through April 29. This time frame encompasses the 94th annual National Coin Week, April 16 to 22. McClaine is available at Vintage Hardware, 1162 Marine Drive, during their normal business hours, 10 a.m. to 5 p.m. Monday through Saturday. He currently has in stock American Silver Eagles, Silver rounds, coin collecting supplies and the Whitman Redbook, both in hardbound and large print spiral edition, along with a variety of coins.

For information, call 503-298 3898.

Savvy Caregiver sessions on tap

WARRENTON — A five-week Savvy Caregiver workshop is being given from 1:30 to 3:30 p.m. Mondays, April 24 through May 22, in the Northwest Senior and Disability Services' Conference Room, 2002 S.E. Chokeberry Ave.

This workshop is designed for caregivers who assist people with dementia and/or Alzheimer's disease. Savvy Caregivers learn to: understand dementia and its progressive losses; increase caregiving skills; set flexible caregiver goals; involve family and friends in caregiving; and reduce caregiver health risks.

The course is free to all family caregivers, but registration is required, and space is limited. To register, call Michelle Lewis at 503-861-4202.

Ham technician license class set

A Ham Radio Technician License class is being held from 9 a.m. to 4 p.m. Saturday, with a lunch break, at Columbia Memorial Hospital. This is an entry level ham radio class, followed by FCC sanctioned testing for a General or Extra Class license at 4 p.m. April 22. The class is free, but there is a \$15 testing fee, payable at the test.

For information, contact Michael Gore at 503-338-8884.

COLUMBIA MEMORIAL HOSPITAL

Did you know?

1. CMH cares for the whole family.
2. You can pay your bill online.
3. CMH provides an athletic trainer to schools at no cost.
4. Our volunteers are priceless!

2111 Exchange St., Astoria, Oregon • 503-325-4321
www.columbiamemorial.org • A Planetree-Designated Hospital