

MORE NOTES

Continued from Page 1B

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

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.

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.

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 — 5:45 to 8 p.m., Golden Star Restaurant, 599 Bond St. Latest landlord-tenant law changes in Oregon Legislature; also, speaker informs how to legally and properly do tenant check-ins and check outs. Meet fellow landlords. Cost for dinner and seminar is \$15. Continuing education (CECH) credit available.

Pacific County (Wash.) Democrats — 7 p.m., South County Building, 7013 Sandridge Road in Long Beach, Washington. For information, go to www.pacificcountymocrats.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.

Authentic Spiritual Conversations — 7 to 8:30 p.m., 2021 Marine Drive. Open dialogue about spiritual issues. 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 or call 916-307-9790.

WEDNESDAY

Warrenton Sunrise Rotary Club

Astoria High School student serves as Senate page



Submitted Photo
Pictured, Kathy Zitlaly Perez, a student at Astoria High School, left, and state Sen. Betsy Johnson. Perez served as an honorary page for the Oregon State Senate April 26. She was accompanied by her mother, Esther Perez Bernardino.

— 7 a.m., Doogers 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.

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 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 & Stitch — 1 to 3 p.m., Homespun Quilts & Yam, 108 10th St. Bring knitting, crochet or other needlework projects along to this community stitching time. All skill levels welcome.

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.

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>

LGBTIQ Group — 6 p.m., Astoria Armory, 1636 Exchange St. Group is designed to help connect LGBTIQ people in Clatsop, Columbia, Tillamook and Pacific counties to discuss LGBTIQ issues freely and confidentially. For questions, contact Chris Wright at 425-314-3388.

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.

Diabetes Self-Management Class — 9:30 to 11:30 a.m., Providence Seaside Hospital, Education Center A, 725 S. Wahanna Road, Seaside. Group shares tips and ideas for diabetes management. Instructors include certified diabetes educator and pharmacist. Referral by health care provider required. To register, call 503-717-7301.

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.

Better Breathers Club — 1:30 to 3 p.m., Providence Seaside Hospital, Suite 113 (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.

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

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@astoriamusicalfestival.org

COMMUNITY IN BRIEF

The Daily Astorian

Up to \$5,000 medical grants available for Oregon children

The UnitedHealthcare Children's Foundation is accepting grant applications from Oregon families in need of financial assistance to help pay for their child's medical services, treatments or equipment not covered, or not fully covered by their commercial health insurance plan.

Qualifying families can receive up to \$5,000 per grant with a lifetime maximum of \$10,000 per child. To be eligible for a grant, a child must be age 16 or younger. Families must meet economic guidelines, reside in the U.S. and have a commercial health insurance plan.

Grants are available for medical expenses families have incurred 60 days prior to the date of application, as well as for ongoing and future medical needs. Families do not need to have insurance through UnitedHealthcare to be eligible.

Parents or legal guardians are encouraged to apply at www.UHCCF.org

Dutch Bros Astoria raises funds

On April 18, Dutch Bros Astoria donated \$1 to The Harbor for every large drink it sold, for a total of \$400. The funds will directly benefit the survivors of sexual assault, stalking and domestic violence that The Harbor serves.

"It's awesome to see the community come together like this," Jared Nunnemaker, Dutch Bros North Coast co-owner said. "A huge thank you to everyone that came out to help support The Harbor. It's a great organization, and we feel blessed to be able to support it in any way we can."

Local students inducted into Phi Kappa Phi honor society

BATON ROUGE, La. — Two local residents who attend Western Oregon University, Brook Cross of Astoria and Jose Sosa-Vazquez of Seaside, were recently initiated into The Honor Society of Phi Kappa Phi, one of the nation's oldest and most selective all-discipline collegiate honor society.

Membership is by invitation only, and requires nomination and approval by a chapter. Only the top 10 percent of seniors, and 7.5 percent of juniors are eligible for membership.

Phi Kappa Phi, founded in 1897, has chapters on more than 300 campuses in the U.S. and the Philippines. For information, go to www.phikappaphi.org

Punk and Metal Show featured at Merry Time Bar & Grill

The Merry Time Bar & Grill, 995 Marine Drive, is holding a Punk & Metal Show on Saturday. The door charge of \$5 per person starts at 9 p.m., and the bands begin playing around 9:30 p.m. This event is for those over 21 only, and ID is required.

Four Portland bands are featured, Dinner for Wolves (1970 and 1980s metal), The Thorns (hard rock/punk), Satyress (doom metal/heavy rock) and Broken Bodies (Misfits covers/punk).

For information, contact Terry Robinett at 503-468-0852 or email merrytimebar@gmail.com



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