

MORE NOTES

Continued from Page 1B

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.

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.

Depression and Bipolar Support Alliance — 7 to 9 p.m., Room A, Columbia Memorial Hospital, 2111 Exchange St. Open to all those diagnosed with a mood disorder, or have a family member or friend diagnosed, or who think they might have depression or bipolar disorder. For information, contact Patricia Fessler at 503-325-8930.

TUESDAY

World War II Warbirds — 8 a.m., Labor Temple Diner, 934 Duane St.

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.

Rethinking Pain Class — 12:30 to 2:30 p.m., Providence Seaside Hospital, Education Center A, 725 S. Wahanna Road, Seaside. Learn how pain develops, body-brain connection, practice calming techniques. No cost. Reservations required. Register by calling 800-562-8964 or online at www.providence.org/classes

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.

North Coast La Leche League — 5:30 to 7 p.m., Blue Scorch Bakery, 1493 Duane St. 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.

Evergreen Masonic Lodge No. 137 — 6:30 p.m. dinner, 7:30 p.m. meeting, 201 N. Holladay Drive, Seaside. All Masons and their families are welcome. For information, call 503-717-0808.

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

'The Parenting Doctor' shows how to help kids' well-being

The Daily Astorian

Northwest Parenting offers parents, children and educators an opportunity to learn from "The Parenting Doctor" about how to deal with complex feelings, and help develop emotional intelligence, when Ann Corwin presents "Emotional Intelligence — Building a Child's Overall Well-Being and Development" on June 13.

Two programs are scheduled: from 9:30 to 10:30 a.m. in the Seaside Public Library Community Room, 1131 Broadway; and from 6 to 8 p.m. in the Astoria Public Library Flag Room, 450 10th St.

Corwin has over 30 years of experience in parenting consulting and child development education. She has helped thousands of parents with children ages birth through elementary school, teens and beyond.

Each family at the presentation receives a free Toddlers to Teens program kit, and light refreshments will be provided. Registration is appreciated. To register, or for information, email Darcy Rose Cronin at dcroronin@co.clatsop.or.us or leave a message at 503-823-8673, ext. 2.

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 — 7 a.m., Dooger's Seafood & Grill, Youngs Bay Plaza, 103 S. U.S. Highway 101, Warrenton. For information, call 503-325-4030.

Moms Offering Moms Support Club — 9 a.m., Capt. Gray Port of Play, 785 Alameda Ave. For information, go to www.momclubofastoria.org or email president@momsclubofastoria.org

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.

Angora Hiking Club — 1 p.m., Sixth Street parking lot. Warrenton dike hike. For information, call Bob Westerberg at 503-325-4315.

Sit & Stitch — 1 to 3 p.m., Homespun Quilts & Yarn, 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.

Seaside Dementia Support Group — 2 to 3:30 p.m., Necanicum Village, 2500 S. Roosevelt Drive, Seaside. For families and/or caregivers of dementia patients. All are welcome. To attend, RSVP at 503-738-0900.

Warrenton Gateway Masonic Lodge No. 175 — 6:30 p.m. dinner, 7:30 p.m. meeting, at 66 S.W.

Fourth St., Warrenton.

Seaside Elks Lodge No. 1748 — 7:30 p.m., 324 Avenue A, Seaside. For information, call 503-738-6651 or email seasideelks@yahoo.com

THURSDAY

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.

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://seaside-rotary.com>

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.

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.

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.

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, Educa-

tion 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.

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@astoriamusicfestival.org

Relay for Life — Relay For Life, a fundraiser for the American Cancer Society, is being held July 8 at Astoria High School. The Relay for Life Committee needs donated canopies, bands to entertain the volunteers throughout the day, and someone who can play taps. For information, contact Laura Parvi, event chairwoman, at lauraparvi@hotmail.com or 503-298-8943.

COMMUNITY NOTES

The Daily Astorian

Mandatory boating class offered

U.S. Coast Guard Auxiliary Flotilla 62, in partnership with the Oregon State Marine Board, offers a mandatory Boater Education Class, leading to a boater education card, from 8 a.m. to 4 p.m. June 10 in the second floor conference room at Englund Marine and Industrial Supply, 95 Hamburg Ave. Registration starts at 7:30 a.m.

The cost for the class, including the manual, is \$10. The course covers practical boating safety information, local boating rules and regulations, tips and techniques and cold-water survival.

Students successfully completing the course may apply for a boater education card, required by Oregon and Washington mandatory boater education programs. Boaters can be cited and fined for not having a card, which also saves money on boat insurance.

To preregister for the class, or for information, call Dave Phillips at 503-440-9130.

Osborne, McCracken perform to celebrate pride and diversity

Singer-songwriter Summer Osborne, along with Sarah McCracken, present their "Left Coast Tour of Epic — Mind Blowing — Awesomeness" concert at 7:30 p.m. Tuesday at the VooDoo Room, 1114 Marine Drive. The suggested donation at the door is \$8 to \$15. The night is a community celebration of pride, diversity and inclusion.

Osborne has entertained audiences throughout the U.S. and Canada. Her eighth album, "As I Am," was released in June 2013. She is on tour promoting "As I Am" in communities across Texas, New Mexico, Arizona, California and Vancouver, British Columbia, and is including only one Oregon stop, in Astoria.

The concert is sponsored by Clatsop Community College, Lives in Transition program and The Healing Circle/Victory Over Child Abuse Camp program.

'Shanghai'd' needs more actors

The Astor Street Opry Company is looking for a few good men and women, age 17 and older, to be in this season's production of "Shanghai'd in Astoria," which runs from July 7 through Sept. 9. No experience is necessary, and minimal show commitment is involved.

Participants can learn theater techniques and this precise style of stage craft performance. For more information, contact Markus Brown, director, at 503-325-6104 or email info@astorstreetycompany.com or visit www.astorstreetycompany.com

Astoria High School presents the musical 'Mary Poppins'

Astoria High School presents "Mary Poppins," the Broadway musical at 7 p.m. today and Saturday, and at 2 p.m. Sunday. The cost is \$10 for adults and \$5 for kids. Tonight, buy one ticket, get one free; Saturday night, say "supercalifragilistic" for \$2 off; on Sunday, wear a British flag for \$2 off. The event is a fundraiser for the school's drama department.

STARTS FRIDAY, JUNE 2!

JCPenney

THIS STORE IS CLOSING!

NEW PRICE CUTS!

40-60% OFF
ORIGINAL PRICE
EVERYTHING!*

*EXCLUSIONS MAY APPLY. VALID IN-STORE ONLY.

SAVE ON EVERY ITEM IN EVERY DEPARTMENT EVERYTHING MUST GO! NOTHING HELD BACK!

**1343 COMMERCIAL ST
ASTORIA, OR 97103**

STORE FIXTURES & EQUIPMENT FOR SALE
SEE MANAGEMENT

JCPENNEY COUPONS CANNOT BE USED FOR CLOSING STORE PURCHASES. ALL SALES FINAL. NO RETURNS, REFUNDS OR EXCHANGES ACCEPTED. OFFERS VALID AT THIS LOCATION ONLY. DUE TO THE NATURE OF THE SALE, ADS, COUPONS AND DISCOUNTS FROM OTHER JCPENNEY STORES WILL NOT BE ACCEPTED DURING THIS EVENT. ITEMS AT JCP.COM ARE EXCLUDED FROM THIS OFFER. INTERMEDIATE MARKDOWNS MAY HAVE BEEN TAKEN.

ROP2-01-3835-0

OREGON CAPITAL INSIDER

Get the inside scoop on state government and politics!

