

MORE NOTES

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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, family members, friends and those who think they might have depression or bipolar disorder. For information, contact Patricia Fessler at 503-325-8930.

TUESDAY - FOURTH OF JULY World War II Warbirds — 8 a.m., Labor Temple Diner, 934 Duane St.

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.

Angora Hiking Club — 6 p.m., Sixth Street parking lot. Arch Cape potluck picnic and fireworks. For information, call John Markham at 503-436-2310.

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" are 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.

Moms Offering Moms Support Club — 9 a.m., Capt. Gray Port of Play, 785 Alameda Ave. For information, go to www.momsclubofastoria.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-

Bridge club honors CCC grad



Submitted Photo

Jaidi He, center, graduated with honors from Clatsop Community College, where the students voted him Student of the Year. He is the youngest member of bridge club Unit 491. "He has been a delight," said club member Monica Taylor. "He spoke and read very little English when he joined us in the fall of 2014, and picked up bridge quickly at the table." At the Saturday morning bridge game the day after graduation, he was presented with a check for \$600, a book-fund donation for his coming year at Oregon State University. The money was donated by the members of the Astoria and Seaside Duplicate Bridge clubs. He is pictured with bridge club members Lewis Richardson and Sue Kroning at his graduation.

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. Mystery walk. 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 to 503-738-0900.

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 Republican Women — 11:30 a.m., Astoria Golf and Country Club, 33445 Sunset Beach Lane, Warrenton. For information, call 503-738-8695 or go to <http://tinyurl.com/CCRepublican>

5863 for information.

Al-Anon Family Groups information, Oregon Area Al-Anon website. oregonal-anon.org

Alateen (Tillamook) — 6:30 p.m. Thursday, 5012 Third St. For information, call 503-730-5863.

Alcoholics Anonymous — To find a meeting in Clatsop County, call 971-601-9220, in Tillamook County, call 503-739-4856, or go to www.aa-oregon.org

Celebrate Recovery — 6 p.m. Thursday, The Table Church, 852 Broadway, Seaside. Faith-based 12-step program designed to help anyone struggling with hurts, habits and hangups, including drugs and alcohol, anger, co-dependence, domestic abuse or sex, food or pornography addictions. Being religious not required. Free dinner and child care provided. For information, call D.B. Lewis at 503-741-5977.

Eating Disorders Anonymous — 1:10 to 2:10 p.m. Wednesdays,

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>

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.

Rethinking Pain Class — 4 to 6 p.m., Providence Seaside Hospital, Education Center A, 725 S. Wahanna Road, Seaside. Learn how pain develops, body-brain connection, practice calming techniques.

RiversZen Yoga, 399 31st St. A 12-Step program. For information, call Susan Williams at 510-417-5553.

Kick Butts Group Meets (Nicotine Anonymous) — 6:30 to 7:30 p.m. Wednesday, Seaside Public Library, 1131 Broadway.

Men's Sexual Purity Recovery Group — Tuesday nights. Part of the Pure Life Alliance (www.purelifealliance.org) in Portland. For information, call the confidential voice mail at 503-750-0817, and leave a message.

Narcotics Anonymous — The Northwest Oregon Area of Narcotics Anonymous (NWONA) holds meetings in Clatsop County. For full schedule details, as well as upcoming special events, call the Helpline at 503-717-3702, or go to www.nworegonna.org

TOPS (Take Off Pounds Sensibly) (Astoria) — 5 p.m. weigh-in, 5:30 p.m. meeting Tuesday, First Lutheran Church, 725 33rd St. For information, call Trisha Hayrynen at 503-298-9058.

No cost. Reservations required. Register by calling 800-562-8964 or online at www.providence.org/classes

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.

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

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.

Saturday, help Scouts clean up Greenwood Cemetery

The Daily Astorian

Eagle Scout Will Berezay and Boy Scout Troop 628 have organized a community work project at the pioneer portion of Greenwood Cemetery, 91569 Highway 202, from 3 to 5:30 p.m. Saturday. Many old gravestones have sunk with time, been pushed askew by traveling elk herds or knocked off their foundations by several large trees that fell in the 2007 storm.

Volunteers can participate in any of three groups:

- Families with young children can help pry up smaller, sunken stones, fill the hole with sand, then reset

the stones at grass level. Bring work gloves, a bucket for hauling sand, a shovel to pry, and a level, if possible, to reset the stones.

- Older teens and strong adults can help raise and reset larger stones as they work together in small groups under the direction of a supervisor. Bring work gloves.

- Adults and older children can help clean stones; a cleaning product will be provided.

The cemetery's caretakers, Michael and Linda Leamy, need helping hands for a project this big. All community members are welcome and encouraged to participate.

Youth can sharpen outdoor skills with help of hunters

The Daily Astorian

The Clatsop Chapter of the Oregon Hunters Association holds its annual youth outdoor skills day July 8 at the Clatsop County Fairgrounds. Sign in is at 8 a.m., and the day winds up at approximately 4 p.m.

The association's youth days offer kids a chance to sharpen their outdoor skills and learn new ones. Oppor-

tunities typically include archery, clay shooting, small-bore rifle shooting and wild-life identification. Demonstrations in such disciplines as black powder rifle shooting are often offered, as well.

Many Hunters Association youth events include food prepared by chapter volunteers and drawings for prizes donated by local merchants.

For information, call Wendell Locke at 503-359-3535.

Nehalem Valley Historical Society updates exhibits

The Daily Astorian

MANZANITA — The Nehalem Valley Historical Society, 225 Laneda Ave., holds an exhibit of the replica of Sir Francis Drake's ship, The Golden Hinde, and numerous other artifacts, from 1 to 4 p.m. Saturday.

The Nehalem Valley Historical Society is in the process of updating its exhibits and welcomes visitors to view the space in its first phases of renovation. Among the displays are several items recently found that are related to the "Beeswax shipwreck."

No fireworks celebration in Elsie/Jewell this year

The Daily Astorian

JEWELL — The 11th annual Fourth of July Elsie/Jew-

ell community fireworks celebration is canceled this year, as is the fireworks booth. It is expected to return next year.



About the Relay For Life Movement

The American Cancer Society Relay For Life movement is the world's largest fundraising event to end cancer, uniting four million people around the world to celebrate survivorship, remember lives lost, and fight back against this disease. Teams camp out and participate by taking turns walking around a track or path. Symbolizing the battle waged around the clock by those facing cancer, the event empowers communities and individuals to take a stand against the disease and take action by supporting the Society's lifesaving mission.

Join us for the Relay For Life of Clatsop County!

Saturday, July 8th, 2017

Astoria High School Track

10:00 am - 12:00 am

Register your team today!

RelayForLife.org/ClatsopcountyOR

- Learn about American Cancer Society programs and services.
- Join others in fighting back against cancer!

For more information, contact: nancy.hillis@cancer.org

361.676.6378



RelayForLife.org | 800.227.2345

SELF-HELP GROUPS

Al-Anon (Astoria) — 7 p.m. Tuesday, Peace Lutheran Church, 565 12th St.; noon Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087; 7 p.m. Thursday, Crossroads Community Church, 40618 Old Highway 30, Svensen. For information, call 503-458-6467.

Al-Anon (Clatskanie) — 8 p.m. Monday, Faith Lutheran Church, 1010 N.E. Fifth St., Clatskanie. For information, call 503-728-3351.

Al-Anon (Nehalem) — 7 p.m. Monday, Riverbend Room, North County Recreation District, 36155 Ninth St. For information, call 503-368-8255.

Al-Anon (Seaside) — 6:30 p.m. Tuesday, Seaside Public Library, 1131 Broadway, call 503-810-5196 for information.

Al-Anon (Tillamook) — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., call 503-842-5094 for information; noon Friday, 5012 Third St., call 503-730-