

## MORE NOTES

Continued from Page 1B

### MONDAY

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

**Scandinavian Workshop** — 10 a.m., First Lutheran Church, 725 33rd St. Needlework, hardanger, knitting, crocheting, embroidery and quilting. All are welcome. For information, call 503-325-1364 or 503-325-7960.

**Senior Lunch** — 11:30 a.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation \$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. 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](http://www.AstoriaRotary.org)

**Knochlers 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](mailto: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](http://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-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.

**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](mailto:info@cgifellowship.org) or call 916-307-9790.

### WEDNESDAY

**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 Relation-**

The Daily Astorian

## Scholarships announced by Astoria PEO Chapter DL

Astoria PEO Chapter DL has announced two scholarship awards. Abbie Johnson, a student at Linfield-Good Samaritan School of Nursing, received an Oregon Scholarship for \$1,500. The Margaret Howell \$1,500 scholarship was awarded to Tessa Rae Lessard, a Clatsop Community College student transferring to Portland State University, and majoring in international studies.

PEO is an international women's organization that promotes educational opportunities for women through a variety of scholarship, loan and grant programs.

## After-hours business social planned Wednesday

The Lower Columbia Human Resources Management Association (LCHRMA) hosts an after-hours business social from 5:30 to 7:30 p.m. Wednesday at the Fort George Brewery Lovell Room, 1483 Duane St. The event, sponsored by the Fort George Brewery and Wauna Credit Union, is open to the public, and community members are encouraged to come, have some refreshments and network with local peers.

For information, contact Stacey Brown at 503-338-9154 or [communications@lchrma.org](mailto:communications@lchrma.org)

**ship 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.

**International Longshore and Warehouse Union Pensioners** — noon luncheon, 1 p.m. meeting, Local No. 50 Longshore Hall, 491 Industry St.

**Angora Hiking Club** — 1 p.m., Sixth Street parking lot. Coffenburg Lake hike. For information, call Marlene Colendich at 503-325-8208.

**Warrenton Kiwanis Club** — 1 p.m., Dooger's Seafood and Grill, 103 U.S. Highway 101, Warrenton. For information, call Darlene Warren at 503-861-2672.

**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.

**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>

**Warrenton Sunrise Rotary Club** — 6 p.m., Uptown Café, 1639 S.E. Ensign Lane, Warrenton. For information, call 503-325-4030.

### THURSDAY

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**Seaside Rotary Club** — noon, Outlet Mall, 1111 N. Roosevelt Drive, No. 206, 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.



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**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.

**Knochlers Pinochle Group** — 1 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside. Group hosts free refresher and beginning course in card game of pinochle. Course open to anyone 55 and older.

**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.

**Clatsop County Republicans** — 7 p.m., BJ's Pizza Palace, 2490 U.S. Highway 101. For information, call 541-969-2976 or go to <http://tinyurl.com/CCRRepublican>

### 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](http://www.astoriaarmory.com)

## RELIGION BRIEFS

### Pacific Unitarian Universalist

The Pacific Unitarian Universalist Fellowship holds a traditional discussion service at 11 a.m. Sunday in the downstairs Green Room at the Performing Arts Center, 588 16th St. The topic is "Science and Spirituality: Are There Conflicts Between Them? If so, What Are Their Scope?" led by Mahlon Hellert. Child care is available.

For information about the service go to the "Summer Services" page under the "Worship" menu at [www.pacuuf.org](http://www.pacuuf.org)

### Religious Society of Friends

ILWACO, Wash. — The Lower Columbia Quakers, also known as the Religious Society of Friends, meets at 3 p.m. Sunday in the Ilwaco Community Center, 158 First Ave. N. All are welcome to visit and participate. For information, go to <https://lowercolumbiaquakers.org>

### Cannon Beach Community

CANNON BEACH — Cannon Beach Community Church, 132 E. Washington St., holds an Evensong service at 6 p.m. the first and third Sunday of the month. All are welcome.

Evensong features Wes Warhund (guitar, flute and clarinet) and meditative songs, Psalms, readings, candlelight and time for quiet reflection.

For information, call the church at 503-436-1222.

### St. Brendan the Navigator Orthodox

St. Brendan the Navigator Orthodox Mission holds Vespers at 5 p.m. Saturday at the home of Seraphim and Jacinta Waidelich, 2875 Mill Pond Lane, then a Typica service, led by Seraphim, who is a reader from the Annunciation Orthodox Church in Milwaukie. A social gathering follows.

Typica services are also held at 10 a.m. Sunday at the St. Francis de Sales Mission, 867 Fifth St. in Hammond, again led by Seraphim Waidelich.

Typica services — held when a priest is not available for Liturgy services — and Vespers, are held the third

weekend of each month. For directions, call Steve Sollars at 503-298-1824.

### Calvary Episcopal

SEASIDE — Calvary Episcopal Church, 503 N. Holladay Drive in Seaside, is not offering its usual Saturday Vigil Mass on Saturday, due to anticipated heavy traffic in preparation for the eclipse on Monday. The Saturday service is also canceled for Aug. 26, due to the Hood to Coast Relay. The service will resume at 5 p.m. Sept. 2.

The Sunday celebration of Holy Eucharist is being held as usual at 9:30 a.m. Sunday. For information, call 503-738-5773.

### Grace Episcopal

On Sunday, the 8 a.m. service is being held in the sanctuary at Grace Episcopal Church, 1545 Franklin Ave. The 10 a.m. service is at the North Shelter at Cullaby Lake County Park. A potluck picnic lunch and barbecue follow.

Limited openings are available for Grace Preschool for this coming school year. The morning classes are from 8:30 to 11:30 a.m. five days a week, and parents may choose the days that fit best for their children.

For information, call the church at 503-325-4691 or go to [www.graceastoria.org](http://www.graceastoria.org)

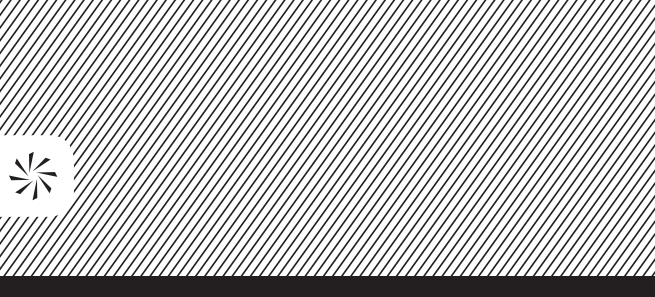
### Warrenton United Methodist

WARRENTON — Warrenton United Methodist Church, 679 S. Main Ave., holds its annual Pancake Breakfast and fundraiser from 8 to 11:30 a.m. Saturday. Breakfast includes pancakes, scrambled eggs, sausage, juice and coffee. The cost is \$5 for adults and \$2.50 for children younger than 10.

### Bethany Free Lutheran

Those who attended the Free Lutheran Youth national convention in Estes Park, Colorado, in July are sharing about their experience at 7 p.m. Wednesday at Bethany Free Lutheran Church, 451 34th St. The event includes an ice cream social, and all are welcome

For information, call 503-325-2925.



# ENERGY SAVINGS ARE IN YOUR FUTURE

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