



Photo courtesy of Seaside Elks Lodge

Seaside Elk Lodge members assisted with the eye screening of Seaside Head Start students Oct. 16. Pictured, from left, volunteers Nancy Dale, Jan Jackson, Raedetta Castle and Joan Beneke.

Seaside Elks help out with eye screening

The Daily Astorian

SEASIDE — On Oct. 16, Seaside Elk members assisted with eye screening of Seaside Head Start students when 30 children ages 3 to 5 were screened for eye problems. Any child showing a need for more testing was referred for further screenings.

The Elks Children's Eye Clinic is the major charitable project of the Oregon State Elks Association.

Thanks to grants from the Oregon State Elks Association, the Elks Children's Eye Clinic developed free vision screenings for Head Start programs and public libraries across the state. Using photo screening technology, refraction, pupil sizes and corneal reflexes are measured instantly.

For information about other Elks community projects or membership, call 503-738-6651 or email seasideelks@yahoo.com

Free 'Get a Grasp on Medicare' class offered in Seaside Tuesday

The Daily Astorian

SEASIDE — A "Get a Grasp on Medicare" class is being held from 1 to 3 p.m. Tuesday at the Bob Chisholm Community Center, 1225 Avenue A in Seaside.

There are no sales presentations and no special offers, just free, unbiased Medicare information, including: a summary of Part A and Part

B benefits and 2018 updates; Medicare choices during the annual open enrollment period, which ends Dec. 7; Part D benefits and how to enroll; avoiding health care fraud; and other helpful resources.

Space is limited, and preregistration is required. To register, call Northwest Senior and Disability Services at 503-861-4200.



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COMMUNITY NOTES

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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

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.

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.

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 Family 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 503-338-7581.

North Coast La Leche League — 5:30 to 7 p.m., Blue Scorchers 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 Kestrel Gates at 503-453-3777, or send 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.

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.

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.

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Blood Pressure Checks — noon to 2 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

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 mem-

bers welcome. For information, call 503-717-7781.

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.

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>

Seaport Masonic Lodge No. 7 — 6:30 p.m. dinner, 7:30 p.m. meeting, 1572 Franklin Ave. All Masons and their guests are welcome.

THURSDAY

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

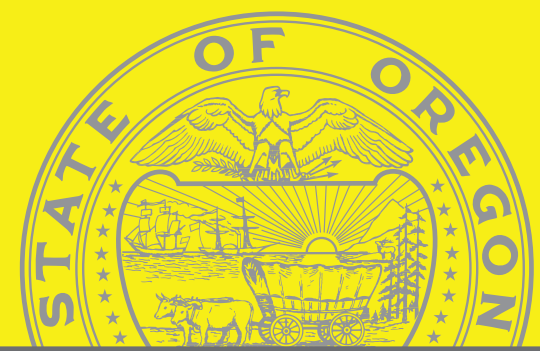
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Need help getting health insurance by the Dec. 15 deadline?

GET **FREE** LOCAL HELP!



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