

MORE NOTES

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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.

Diabetes Class — 1:30 to 2:30 p.m., Providence Seaside Hospital, Education Room A, 725 S. Wahanna Road, Seaside. Free help managing diabetes from certified diabetes educators. All are welcome. For information, go to providence.org/diabetes or call 503-717-7301.

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.

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., Activity Center, first floor, CMH-OHSU Knight Cancer Collaborative, 1905

Exchange St. 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
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.

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

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.

Pacific Northwest Head Injury Group — 5:30 to 7 p.m., Merkaba Center for Healing LLC, 395 11th St. For those who have experienced some sort of head trauma, and/or family members and loved ones, who are trying to make sense of the aftermath. For information, call 209-791-3092, email pnwhgroup@gmail.com or go to pnwhgroup.vp-web.com

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 homespunquilt.com

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

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

Alzheimer's Support Group — 11 a.m. to 1 p.m., Nehalem Bay House, 35385 Tohl Ave., Nehalem. Free lunch provided. For information, call 503-368-6445.

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, Outlet Mall, 1111 N. Roosevelt Drive, No. 206, Seaside. Lunch costs \$15. All are welcome. For information, go to seasierotary.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.

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.

Lower Columbia Chief Petty Officers Association — 1 p.m., Clatsop Post 12 American Legion, 1132 Exchange St. The club accepts all enlisted prior, retired and active military personnel, rank E7 and above. For information, call Dave Kinney at 415-827-5190.

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 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 astoriaarmory.com

OTHER
Quilting Project Needs Fabric — Our Saviour's Lutheran Church in Seaside needs polyester/cotton fabric, 1/2 yard or larger, and clean sheets (queen or king size) for a quilting project. A group meets weekly on Thursdays to complete quilts to send within the U.S. and around the world to provide warmth, and often shelter, to those in need. To donate, call Claudia Kulland at 503-738-5895.

COMMUNITY BRIEFS

Oregon Arts Commission announces grant recipients

The Oregon Arts Commission awarded small operating grants for fiscal year 2018 to 79 arts organizations. Among those receiving grants to help ensure arts access for rural Oregonians are the Hoffman Center for the Arts in Manzanita, the Monday Musical Club of Tillamook and the North Coast Chorale in Astoria.

Eligibility is limited to organizations who have operated as a 501(c)(3) nonprofit for two years or more. Most organizations received \$1,230.

For information about the grant program, contact Brian Wagner at 503-428-1981 or brian.wagner@oregon.gov; for information about the Oregon Arts Commission, go to oregonartscommission.org

Veterans invited to learn about American Legion and benefits

SEASIDE — All military veterans in and around this region are invited to learn more about the American Legion and veteran benefits from 9 a.m. to 4 p.m. Thursday and Friday, and from 9 a.m. to noon Jan. 27, at the Seaside American Legion Post 99, 1315 Broadway. American Legion membership and veteran information staff are available to assist area veterans with claims or other veteran benefit-related questions during these times.

Since its inception in 1919, the American Legion has been a key advocate for veterans' benefits and instilling values in young people through numerous programs and a strong national defense, with a focus on quality-of-life issues for those serving in today's armed forces.

For information, contact Lou Neubecker at 503-717-2269 or neube@att.net

Nominations sought for forestry awards to mark Arbor Day

SALEM — In celebration of Arbor Day, the Oregon Department of Forestry's Urban and Community Assistance Program (ODF) and Oregon Community Trees (OCT) board are seeking nominees from Oregon for the 2018 Urban and Community Forestry Awards.

The awards recognize two nomination categories, individuals and organizations, for promoting tree planting and quality tree care, engaging citizens, raising awareness and knowledge about urban trees and forests, and protecting Oregon's urban forests.

All award nominations must include: the name and contact information of the person nominating, and the individual or organization being nominated; and a 250-words or less description of the accomplishments and reason for the nomination.

Nominations must be received by Feb. 15, and may be submitted at oregoncommunitytrees.org/awards

For information about OCT, go to oregoncommunitytrees.org — *The Daily Astorian*

RELIGION BRIEFS

Pacific Unitarian Universalist

The Pacific Unitarian Universalist (UU) Fellowship holds a service at 11 a.m. Sunday at the Performing Arts Center, 588 16th St. Rev. Katie Larsell speaks about the work of Oregon UU Voices for Justice. Religious education for the children is available each week following the "Moment with the Children" near the beginning of the service.

After the service and social hour, Dave Ambrose leads a discussion about "When to Lie: When Is Lying the Right Thing To Do?"

For information, call 503-325-5225, email pacuuf@gmail.com, or go to pacuuf.org

Common Ground Interspiritual

A Celebration of Spirit, sponsored by Common Ground Interspiritual Fellowship, meets from 9:30 to 10:30 a.m. Sunday in the Wesley Room at the Astoria First United Methodist Church, 1076 Franklin Ave. Use the 11th Street building entrance. This morning gathering is not defined by any particular belief system, and is intended for the "spiritual but not religious," as well as those who draw from more than one faith tradition. For information, go to cgifellowship.org

Religious Society of Friends

ILWACO, Washington — 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 lowercolumbiacquakers.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.

First Lutheran

The First Lutheran Church Men in Mission hold their annual crab feed at 6 p.m. Thursday at the church, 725 33rd St. The dinner consists of a whole crab, coleslaw, garlic toast, cake and beverages. The cost is \$15 per person. To attend, sign up in the foyer of the church by 1 p.m. Sunday.

For information, call 503-325-6252 or email flcastoria@gmail.com

Sacred Heart Parish

TILLAMOOK — A Mass for Vocations is being celebrated by the archbishop at 4:30 p.m. Jan. 30 at Sacred Heart Parish, 2411 Fifth St. in Tillamook. Evening prayer is at 5:45 p.m., followed by Andrew and Miriam dinners at 6 p.m.. This occasion provides an opportunity for young men and women to join together for prayer, conversation and consecrated life. RSVP by Jan. 26 to 503-842-6647.

First Presbyterian

First Presbyterian Church of Astoria, at 1103 Grand Ave., meets at 10 a.m. Sunday. Rev. Bill Van Nostran's sermon topic is "Ordinary Disciples."

Guided Meditation is offered every Thursday night in the Marcotte Room (behind the sanctuary), led by Samedha Murdock. Those new to meditation have an instructional session at 6:30 p.m.; meditation begins at 7 p.m.

For information, call 503-325-1702, email pastorbill@fpcastoria.org, or go to fpcastoria.org.

Church of Christ

The Church of Christ, 692 12th St., hosts Ken Tipps as its guest speaker at the 10:30 a.m. Sunday service. His topic is "Seeking Jesus," based on Matthew 1:1-6. All are welcome

For information, call 503-791-3235.

Phone and Internet Discounts Available to CenturyLink Customers

The Oregon Public Utility Commission designated CenturyLink as an Eligible Telecommunications Carrier within its service area for universal service purposes. CenturyLink's basic local service rates for residential voice lines are \$15.80-\$17.80 per month and business services are \$28.00-\$32.00 per month. Specific rates will be provided upon request.


CenturyLink participates in a government benefit program (Lifeline) to make residential telephone or broadband service more affordable to eligible low-income individuals and families. Eligible customers are those that meet eligibility standards as defined by the FCC and state commissions. Residents who live on federally recognized Tribal Lands may qualify for additional Tribal benefits if they participate in certain additional federal eligibility programs. The Lifeline discount is available for only one telephone or qualifying broadband service per household, which can be either a wireline or wireless service. Broadband speeds must be 15 Mbps download and 2 Mbps upload or faster to qualify.

Lifeline discounts include a transfer restriction (port freeze). This means that you are unable to obtain the Lifeline discount on service with another provider for a period of time. The length of time depends on the services you purchase — 60 days for voice telephone service, 12 months for qualifying broadband service. Certain exceptions to the transfer restrictions may apply. See <http://www.lifelinesupport.org/lis/change-my-company.aspx> for more information.

A household is defined for the purposes of the Lifeline program as any individual or group of individuals who live together at the same address and share income and expenses. Lifeline service is not transferable, and only eligible consumers may enroll in the program. Consumers who willfully make false statements in order to obtain Lifeline telephone or broadband service can be punished by fine or imprisonment and can be barred from the program.

If you live in a CenturyLink service area, please call 1-888-833-9522 or visit centurylink.com/lifeline with questions or to request an application for the Lifeline program.





IT'S THAT TIME OF YEAR!
½ PRICE WEDNESDAYS
60 & OVER EAT FOR HALF PRICE ALL DAY

CHECK OUT OUR

\$6 DAILY SOUP & LUNCH SPECIALS

MON: TRIPLE GRILLED CHEESE WITH TOMATO BASIL SOUP
TUE: CHICKEN SALAD WRAP WITH MINESTRONE SOUP
WED: BOWL OF BLACK & WHITE BEAN CHILI AND CORNBREAD
THU: FRENCH DIP WITH POTATO LEEK SOUP
FRI: COD FISH TACOS WITH A CILANTRO LIME SAUCE AND RICE

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