

Healthy Hearts recruits for next session

The Daily Astorian

SEASIDE — Healthy Hearts, a community health improvement project with Columbia Pacific Coordinated Care Organization Community Advisory Council in Clatsop County, Providence Seaside

Hospital and Sunset Empire Park and Recreation District, is changing lives for the better. This year’s cohort of eight participants report losing weight and inches, improved physical and emotional health, and newfound confidence in being active. Many of the par-

ticipants are returning in the next session as peer coaches to help others change their lives, as well. Healthy Hearts is recruiting for the next cohort of participants. Participants in this free program must be Oregon Health Plan members with a

referral from their health care provider at Providence Seaside Hospital. For information, email alixannrichardson@gmail.com. For information about Columbia Pacific CCO, contact Patti Atkins at 503-961-2535 or atkinsp@careoregon.org

Transit district to honor Rosa Parks

The Daily Astorian

Executive Director Jeff Hazen has announced that the Sunset Empire Transportation District is observing Rosa

Parks Day on Saturday. Parks’ refusal to give up her seat on a Montgomery, Alabama, bus on Dec. 1, 1955 helped start the civil rights movement that changed segregation laws.

A front seat on each of the district buses is reserved for the entire day with an informational place holder about Parks. Informational flyers about her are also being provided to bus

riders at both the Astoria Transit Center and the Seaside Transit Kiosk. For information, contact Mary Parker at 503-861-5370 or mary@ridethebus.org.

Clatsop County Cultural Coalition to award grants

The Daily Astorian

SEASIDE — The Clatsop County Cultural Coalition is awarding grants from the Oregon Cultural Trust at 6:30 p.m.

Wednesday. During the ceremony, at the River Inn, 531 Avenue A in Seaside, \$10,000 is being awarded to nine grantees. Keynote speaker is Berenice Jones-Centeno, a member

of the Oregon Cultural Trust. Sirpa Duoos, a retiring member of the Clatsop County Cultural Coalition, speaks of her time with the coalition. The Seaside High School Choir provides

holiday entertainment, and refreshments will be served. For information, go to clatsopculturalcoalition.org or contact Charlene Larsen at 503-325-0590.

Ride the bus for can of food during canned food drive

The Daily Astorian

The Sunset Empire Transportation District (SETD) announces that the 2018 Holiday Canned Food Drive has begun, and continues through

Dec. 24. Riders can donate one can of food for bus fare for one ride on any SETD fixed route bus within Clatsop County. Riders are encouraged to take advantage of this food drive, and use a can of food

for bus fare. For those not riding the bus, but who want to contribute, canned food donations are accepted from 8 a.m. to 6 p.m. seven days a week at the Astoria Transit Center, 900 Marine Drive, and from 9 a.m.

to noon and 1 to 6 p.m. at the Seaside Transit Kiosk, 111 N. Roosevelt Drive. Regular bus fare is required on any bus routes outside of Clatsop County. For information, contact 503-861-5370.

SELF-HELP GROUPS

Al-Anon Family Groups meet in Astoria, Clatskanie, Nehalem, Seaside and Tillamook. For information, Oregon Area Al-Anon website. oregonal-anon.org

Alateen (Tillamook) — 4 p.m. Monday, 5012 Third St. 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 aa-oregon.org

Celebrate Recovery — 6 p.m. Thursday, The Table Church, 852 Broadway, Seaside. Faith-based 12-step program 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, River Zen Yoga, 399 31st St. A 12-Step program. For information, call Susan Williams at 510-417-5553.

Men’s Sexual Purity Recovery

Group — Tuesday nights. For information, call the confidential voice mail at 503-750-0817 and leave a message.

Narcotics Anonymous — The Northwest Oregon Area of Narcotics Anonymous holds meetings in Clatsop County. For schedule call 503-717-3702, or go to nworegonna.org

Overeaters Anonymous — 1 p.m. Sunday, Suzanne Elise Assisted Living Community, 101 Forest Drive, Seaside. Call 503-738-0307.

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

TOPS (Seaside) — 9:15 to 10:15 a.m. meeting Tuesday, North Coast Family Fellowship Church, 2245 N. Wahanna Road. Call 509-910-0354.

TOPS (Warrenton) — 9 to 9:45 a.m. weigh-in, 10 a.m. meeting Wednesday, First Baptist Church, 30 N.E. First St. Call 503-861-2918.

RELIGION BRIEFS

Common Ground Interspiritual Fellowship
A Purification Service at Common Ground Interspiritual Fellowship is held on the first Sunday of each month from 9:30 to 10:30 a.m. in the Wesley Room of the Astoria First United Methodist Church, 1076 Franklin Ave. Use the 11th Street entrance.
This service is not defined by any particular belief system, and is especially 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

St. Catherine Episcopal
NEHALEM — St. Catherine Episcopal Church, 36335 U.S. Highway 101 in Nehalem, holds a Labyrinth walk from 3 to 5 p.m. Sunday, and the first Sunday of every month. All are welcome. For information, go to saintcatherineoregoncoast.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, candle-light and time for quiet reflection.
For information, call the church at 503-436-1222.

Grace Episcopal
There is a Holiday Flash Sale from 10 a.m. to 2 p.m. Saturday at Grace Episcopal Church, 1545 Franklin Ave., featuring Christmas and Easter décor, tableware, treasures and gifts.
Sunday is the First Sunday of Advent, the beginning of the church year, being celebrated at both the 8 and 10 a.m. services with the lighting of the first of four candles in the Advent wreath.
The Advent Labyrinth walk takes place from 3 to 6 p.m. Sunday. A labyrinth introduction is offered at 3 p.m., upon request. It takes an average of 30 minutes to complete the walk.
The J-Walkers Youth group meets from 5:30 to 7:30 p.m. Sunday. Youths in sixth grade and higher are welcome. For information, call the church at 503-325-4691 or go to graceastoria.org

Astoria Church of Christ
Astoria Church of Christ, 692 12th St., hosts Don Hindley as its guest speaker at the 10:30 a.m. Sunday service. His topic is “Faith Contrasted with Feelings,” taken from Hebrews II, verses 1 to 6. All are welcome.
A Bible study is offered at 9:45 a.m. For information, call 503-791-3235.

Calvary Episcopal
SEASIDE — Calvary Episcopal Church, 503 N. Holaday Drive, is offering a four-week children’s Sunday School program about the season of Advent. Classes begin at 9 a.m. in the Sunday School room, and take place this Sunday and Dec. 9, 16 and 23.
Calvary is also presenting a half-hour of music each Friday during Advent on Dec. 7, 14 and 21. The first program features singers Deac Guidi and Albert Carder.
In addition, Calvary offers the Holy Eucharist at 5 p.m. Saturday and 9:30 a.m. Sunday. For information, call 503-738-5773.

EMERALD HEIGHTS APARTMENTS

Astoria, OR

NEWLY REMODELED
NEW APPLIANCES, NEW LIGHTS
NEW CARPET/VINYL FLOOR
NEW BATHROOM VANITIES & MIRRORS
2-BEDROOM APARTMENTS

Small and Large Unfurnished
2 Bedroom Units
Now Available!



★ All Rents Include: Electricity • Garbage • Water ★

Monday - Friday 9-5 • NO APPOINTMENT NECESSARY
for more information call **503-325-8221**

AN AFFORDABLE PLACE TO CALL HOME

Email: emeraldheights@charter.net
or visit our website: emeraldheightsapartments.com





CALL
503-739-7347
or visit our website at
www.lewisandbark.dog
753 1st Avenue, Seaside



Christmas

Open House... *Join Us*
Dec. 15th • 5pm – 6:30pm

Santa Paws is Coming to Town!

Saturday
December 8th
4-6pm



Bring your precious pooch and join us for:
Photos with Santa
Raffles & Giveaways
Free gourmet Christmas cookies
Santa’s Toy Shop!



Boarding, Grooming and Doggie Daycare Available!



BAY BREEZE

BOARDING & GROOMING LLC
A Resort For Pampered Pets

1480 SE 9TH STREET, WARRENTON | (503) 861-9817
BAYBREEZE-BOARDING.COM