

COMMUNITY NOTES

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Help Ending Abusive Relationship Tendencies (HEART) — 10 to 11:30 a.m., The Harbor, 1361 Duane St. Open group, covers effects of domestic violence on children, parents and other family members; for females, those who identify as female, 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 Suzanne Bjaranson at 503-861-4202.

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 Suzanne Bjaranson at 503-861-4202.

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.

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.

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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

seasiderotary.club

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.

Caregiver Support Group — 6 to 7 p.m., Avamere at Seaside, 2500 S. Roosevelt Drive, Seaside. Open to all caregivers, both professional and family care. Yoga exercise, refreshments, friendship and support. For information, call 503-738-0900.

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.

Catsop 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/CCRepublican

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 Suzanne Bjaranson at 503-861-4202.

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, Seaside. Needs polyester/cotton fabric, 1/2 yard or larger, and clean sheets (queen or king size) for group that makes quilts for those in need within the U.S. and around the world. For information, or to donate, call Claudia Kulland at 503-738-5895.

Blankets Needed — Columbia Veterinary Hospital, 576 31st St. Needs blanket donations for their four legged patients. Anything is helpful, even the stained or frayed. Donations can be dropped off during business hours (closed for lunch from noon to 1:30 p.m.) Monday through Saturday.

VOLUNTEERS

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ter programs is the only effective and humane way of ending cat homelessness and suffering. Call 503-861-2003 for information and to volunteer.

Seaside American Legion Veterans' Assistance & Rehabilitation — Volunteers needed to help knit/crochet items for hospitalized vets and cut coupons for military families. Donations of fabric/yarn especially welcome. Group meets from 10 a.m. to 2 p.m. second Tuesday of the month at 1315 Broadway, Seaside. For information, call 503-738-5111 and

leave a message for Marilyn Faulkner.

Seaside Downtown Development Association — Volunteers needed to help with local events happening throughout the year. For information, call Sarah Dailey at 503-717-1914 or email director@seasidedowntown.com

Seaside Museum and Historical Society — Volunteers needed to help as docents, maintaining and creating exhibits, and various events throughout the year. Small and large projects available. Any amount of time will be greatly appreciated. Call the museum at 503-738-7065 or email seasidemuseum@hotmail.com

seum@hotmail.com

Start Making a Reader Today — Needs volunteers to read to students one-on-one for one hour a week at local elementary schools. To volunteer, call 503-391-8423 or go to getsmartoregon.org

Svensen Congregate Meal Site — Wickiup Grange Hall, 92683 Svensen Market Road. To volunteer, or for information, call Debbie Dunaway at 503-791-7298 or 503-861-4202.

Titanic Lifeboat Academy — Volunteer to help care for animals and assist with sustainable living projects;

minimum commitment of four hours per week requested. Some training provided. For information, contact Caren Black at 503-325-6886.

Tri-City Spay and Neuter Thrift Store — 600 Broadway, Seaside. Needs volunteers interested in improving the welfare of animals. For information, call 503-738-7040.

U.S. Coast Guard Auxiliary — Uninformed civilian volunteer branch provides boating education courses, vessel inspections to public; offers chance to learn new skills and qualifications. No former military or boating experience needed. Meetings 7 p.m.

first Wednesday of the month. For information, call Della Wilson at 360-244-7062 or email wilsonstekart@gmail.com

Warrenton Senior Lunch Program — Warrenton Community Center, 170 S.W. Third St. Volunteers needed to help with Meals on Wheels and in the dining room Mondays or Thursdays. For information, contact Barb Balensifer at 503-861-1341.

Wildlife Rehab Center of the North Coast — Needs volunteers to help rehabilitate orphaned and injured wildlife. For information, call 503-338-0331 or go to coastwildlife.org



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