

COMMUNITY NOTES

Continued from Page B1

information, call 503-325-3231.

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.

Sit & Stitch — 1 to 3 p.m., Home-spun Quilts & Yarn, 108 10th St. Bring

knitting, crochet or other needlework 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.

Write Astoria — 5 to 7 p.m., Astoria Library Flag Room, 450 10th St. Free, open forum; writers read from works in progress, offer each other constructive feedback.

Warrenton Gateway Masonic Lodge No. 175 — 6:30 p.m. dinner, 7:30 p.m. meeting, at 66 S.W. Fourth St., Warrenton.

U.S. Coast Guard Auxiliary Flotilla 06-02 — 7 p.m., U.S. Coast Guard Cape Disappointment Station mess deck, Ilwaco, Washington. Uniformed civilian volunteer branch of the U.S. Coast Guard. Members learn new skills and qualifications; no former military or boating experience needed. For information, contact Della Wilson at 360-244-7062 or wilsonstekart@gmail.com

Seaside Elks Lodge No. 1748 — 7:30 p.m., 324 Avenue A, Seaside. For information, call 503-738-6651 or email seasideelks@yahoo.com

THURSDAY

Chair Exercises for Seniors — 9 to

9:45 a.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

North Coast Republican Women — 11:30 a.m., Astoria Golf and Country Club, 33445 Sunset Beach Lane, Warrenton. For information, call 503-738-8695 or go to tinyurl.com/CCRepublican

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.

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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

seaside Rotary 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.

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.

Lower Columbia Danish Society — 7 p.m., First Lutheran Church, 725 33rd St. Marc Kan presents a narrated slideshow from his recent trip to Denmark. Snacks are provided. The public is welcome. Being or speaking Danish not required; only need an interest in Danish heritage, culture and traditions. For questions, call 503-325-2612.

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.

Ostomy Support Group — noon to 1 p.m., third floor meeting room, Columbia Memorial Hospital Health and Wellness Pavilion, 2265 Exchange St. Preregistration not required. For information, call Lisa Harris at 503-338-4523.

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

Bingo — 7 p.m., Wickiup Senior Center, 92650 Svensen Market Road. For information call Mark Tischer at 503-458-6482.

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.

VOLUNTEER NOTES

Continued from Page B2

communications, damage survey, disaster planning and civic events within city limits. For information, contact CERT coordinator Kenny Hansen at khansen@astoria.or.us or leave a voicemail at 503-325-4411.

Friends of Seaside Library — 1131 Broadway, Seaside. Volunteers needed to staff the fundraising store. For information, call 503-738-6742 or stop by the library.

Haystack Rock Awareness Program — Needs volunteers for general office assistance and to assist lead interpreters on the beach with signage, ropes and set up during low tides and talking to visitors about the rock and the local flora and fauna. Must pass a basic background test. Children are always welcome; must be supervised by a parent. For information, contact Lisa Habecker at 503-436-8064 or habecker@ci.cannon-beach.or.us

Knappa Rural Fire Protection District — Needs volunteer firefighters. Training provided. For information, contact any of the active personnel or call Chief Paul Olheiser at 503-458-6610.

Long-Term Care Ombudsman — Certified ombudsman volunteers advocate for the rights, care and dignity of the elderly and disabled living in licensed long-term care facilities. Many residents have no one to watch out or speak up for when things go wrong. Volunteer Ombudsmen talk to the residents, investigate complaints, and work to resolve problems. Flexible schedule, four hours a week, mileage reimbursement available. Training is provided. For information, call 800-522-2602 or go to oregon.gov/lto

Lunch Buddy Mentoring Program — Adults needed to mentor elementary and middle school students once a week during lunch. For information, call (219) 331-6427 or go to bit.ly/2u3KpWe

NorthWest Senior & Disability Services — Needs dishwashers and volunteers to serve and clean up weekdays at a meal site, and drivers for Meals on Wheels. For information, contact Candy Foster at 503-738-9323.

Providence Seaside Hospital — Needs volunteer drivers for Community Connections, a free program that transports people to services and appointments related to health and well-being in the Portland-Metro area. Mileage reimbursement available. For information, call 503-717-7171 or email Alana.Kujala@providence.org

Providence Seaside Hospital — Needs volunteers who enjoy meeting, interacting with and helping people. Op-

portunities are available in the hospital gift shop, café, and as greeters and for spiritual integration. For information, call 503-717-7171 or email Alana.Kujala@providence.org

River Song Foundation — Looking for people to assist with Trap/Neuter/Release/Feed (TNRF), especially in the Seaside and Knappa/Svensen areas. TNRF involves setting and/or monitoring traps, and daily feeding of cats and maintenance of any shelters, and is a proven, science-based method that along with spay/neuter programs is the only effective and humane way of ending cat homelessness and suffering. Call 503-861-2003 for informa-

tion and to volunteer.

Seaside American Legion Veterans' Assistance & Rehabilitation — 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@seaside-downtown.com

Seaside Museum and Historical Society — 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 seaidmuseum@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 at 503-791-7298 or 503-861-4202.

Titanic Lifeboat Academy — 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 — Uniformed civilian volunteer branch provides boating education courses, vessel inspections to public; offers chance to learn new skills and qualifications. No 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, call 503-861-1341.

Dear TUMOR

I'm so glad I found you - and that the folks at Providence knew how to get you gone. These days, the view from here is lovely.

Darn lucky and blessed,
Penny

PROVIDENCE
Seaside
Hospital

PROVIDENCEOREGON.ORG/DEARNORTHCOAST