

Pizazz offers youth dance clinic



Pictured, Astoria High School Pizazz Dance Team members. Front row, from left: Skylar Sturtz, Isabella Clement, Makenzie Brady and Madison Yeager. Back row: Hope Womack, Aliyah Grant, Liz Varner and Nara Van De Grift.

Emily Madsen

The Daily Astorian

The Astoria High School Pizazz Dance Team is hosting a Youth Dance Clinic for boys and girls ages 4 to 14 from 10 a.m. to noon Feb. 2 in the Astoria High School gymnasium.

Registration opens at 9:30 a.m. The event is a fundraiser for the team's competition season; the cost is \$20 per per-

son with a Pizazz T-shirt, or \$15 without a shirt. Children who are attending are encouraged to wear comfortable dance or gym clothes to work on dance skills such as turns, leaps, kicks and tricks.

Students will also learn a short dance routine, by age group, choreographed and taught by Pizazz members, which they are invited to perform at the halftime of the AHS Fisherman basketball game Feb. 5.

Spaghetti dinner set Wednesday

The Daily Astorian

WARRENTON — A spaghetti dinner fundraiser for Clatsop County federal employees impacted by the government shutdown is being held from 5 to 8 p.m. Wednesday at Camp Rilea, 33168 Patriot Way.

The event is hosted by the Veterans of Foreign Wars Fort Stevens Post 10580 and Auxiliary. The cost is \$8 per person, and \$4 for youths age 11 and younger.

Impacted federal employees and their families eat for free, but proof

of federal employment is required.

It is requested that those attending bring one or more of these items to donate: diapers, toilet paper, shampoo, paper towels, dish soap, toothpaste, laundry soap, soap, dog food or cat food.

Free workshops offered for caregivers

The Daily Astorian

WARRENTON — Northwest Senior and Disability Services offers a free six-session workshop and training program, Savvy Caregiving, designed for caregivers who serve family members and friends with any form of dementia (i.e.

Alzheimer's), from 10 a.m. to noon Fridays, starting Feb. 9, at NWSDS, 2002 S.E. Chokeberry Ave.

The goal is to increase knowledge and skills to lessen caregiver stress, and improve levels of care. Savvy Caregivers learn to: understand dementia and its progressive losses, increase

caregiving skills, set flexible caregiver goals, involve family and friends in caregiving, and reduce caregiver health risks. Space is limited to the first 15 who register.

For information, or to register, contact Suzanne Bjaranson at 503-861-4202 or suzanne.bjaranson@nwsds.org

Liberty Theatre offers free viewing of 'Up' on Sunday

The Daily Astorian

The Liberty Theatre, 1203 Commercial St., is presenting a matinee of the animated family movie classic "Up," from Pixar Studios, at 2 p.m. Sunday. The film was chosen by the community via the theater's Facebook page at fb.me/libertytheaterastoria

This event, although free to all and open to the public, was created with U.S. Coast Guard and federal employees in mind. No tickets are needed. The doors open at 1:30 p.m.

Coast Guard spouses hold pop-up market Saturday

The Daily Astorian

A Coast Guard Spouses Pop-Up Makers Market takes place from 9 a.m. to 1 p.m. Saturday at the Fort George Lovell Brewery and Taproom, 426 14th St., to raise money to help support Coast Guard families during the federal shutdown. The fundraising event features wood carvings, photography, baked goods, accessories, home decor and essential oil-infused items for sale. Those attending are asked to bring cash to pay for their purchases.

Student exchange program holds dinner, auction and raffle

The Daily Astorian

A German dinner, silent auction and raffle is being held from 6:30 to 9 p.m. Feb. 2 at the Astoria High School Commons, hosted by the parents and students involved with the Astoria-Walldorf Exchange Program. The program supports visits between students from Astoria and Walldorf, Germany.

One of the prizes is an Alaskan cruise for two.

Tickets cost \$10 per person. For information, email esparks19@astoriak12.org, ihunt19@astoriak12.org or aleader19@astoriak12.org

SELF-HELP GROUPS

Al-Anon (Astoria) — 7 p.m. Thursday, Peace Lutheran Church, 565 12th St.; 12 p.m. Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087.

Al-Anon (Clatskanie) — 7 p.m. Monday, Faith Lutheran Church, 1010 N.E. Fifth St., Clatskanie. For information, call 503-728-3351.

Al-Anon (Nehalem) — 7 p.m. Monday, Riverbend Room, North County Recreation District, 36155 Ninth St. For information, call 503-368-8255.

Al-Anon (Seaside) — 6:30 p.m. Tuesday, Seaside Public Library, 1131 Broadway, call 503-810-5196 for information.

Al-Anon (Tillamook) — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., call 503-842-5094 for information; 9 a.m. Thursday, 6505 Headquarter St., Tillamook; noon Friday, 5012 Third St., call 503-730-5863 for information.

Al-Anon Family Groups information — Oregon Area Al-Anon website, oregonal-anon.org

Alateen (Tillamook) — 4 p.m. Monday, 5012 Third St. For information, 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

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. Part of the Pure Life Alliance (purelifealliance.org) in Portland. For information, call the confidential voice mail at 503-750-0817 and leave a message.

Narcotics Anonymous — The Northwest Oregon Area of Narcotics Anonymous (NWOANA) holds meetings in Clatsop County. For full schedule details, as well as upcoming special events, call the Helpline at 503-717-3702, or go to na.org

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

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

TOPS (Seaside) — 9:15 to 10:15 a.m. meeting Tuesday, North Coast Family Fellowship Church, 2245 N. Wahanna Road. All are welcome. For information, 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. For information, call Marilyn Barnard 503-861-2918 or Glennys Sherman at 503-338-8214.

SENIOR NOTES

Alzheimer's Association Oregon Chapter — Information, referral and counseling services for families and caregivers of people with Alzheimer's, dementia and other related disorders. For information, call 800-272-3900 (24 hours a day).

Astoria Alzheimer's & Other Dementia Family Support Group — 2 to 3:30 p.m. third Monday, Clatsop Care Center, 646 16th St., first floor conference room. Open to all family members of people with dementias. For information, call Rosetta Hurley at 503-325-0313, ext. 216, or email support@clatsopcare.org

Clatsop Behavioral Health After Hours Crisis Line — 503-325-5724.

Clatsop Community Action — 503-325-1400. Respite care services, low-income energy assistance, emergency food assistance, housing information, emergency personal care items.

Columbia Senior Diners — 11:30 a.m. weekdays, 1111 Exchange St., Astoria Senior Center. Cost is \$6. For information, or to have a meal delivered, call 503-325-9693.

Exploring New Concepts of Retirement Education (ENCORE) — 503-338-2408. Provides a wide assortment of educational experiences for individuals older than 50.

Elder Friendship Line — 800-971-0016. Available from 8 a.m. to 11 p.m.; crisis calls taken 24/7.

Food Pantries — 503-325-1400. Clatsop Community Action serves six food pantries in Clatsop County through the Oregon Food Bank Network. Call for locations and hours.

Grief Support Group, Seaside — 2 to 4 p.m. first Thursday, Bob Chisholm Community Center, Meeting Room 1, 1225 Avenue A, Seaside. For information, call Lower Columbia Hospice at 503-338-6230.

Lifespan Respite — 503-325-1400. Provides information, referral, training and paid respite for family caregivers.

National Suicide Prevention Lifeline — 800-273-TALK (8255). A 24-hour, toll-free suicide prevention service for anyone in a suicidal crisis. TTY users should dial 800-799-4TTY (4889).

National Alliance on Mental Illness — 800-950-NAMI (6264) or locally, 503-717-

1835. Separate support groups for people with mental illness and families of those with mental illness are available.

Northwest Oregon Housing Authority — 503-861-0119. Rent assistance based on income.

NorthWest Senior and Disability Services — 503-861-4202 or 800-442-8614. Medicaid services, food stamps, information and assistance, family caregiver support services, Medicare choice assistance, home delivered meals, senior meal sites and senior peer counseling.

Oregon Aging and Disability Resource Connection — 855-ORE-ADRC (673-2372), adrcoregion.org. Information and services for older adults, people with disabilities, their caregivers and families.

Oregon Home Care Commission Registry and Referral System — 877-867-0077, or hcc.org. Provides lists of home care workers available to hire.

Oregon Law Center — 877-296-4076. Provides free services in civil cases to low income people. Partners with Clatsop Community Action (CCA), Community Action Resource Enterprises Inc. (CARE), and the Bob Chisholm Community Center to provide in-person clinics in Astoria, Tillamook and Seaside each month.

Partners for Seniors — 503-717-7174. Serves South Clatsop County seniors with volunteer visits, transportation, light house-keeping, yard work, minor home repairs, daily phone calls.

Senior Center, Astoria — Astoria Senior Center, 1111 Exchange St., 503-325-3231.

Senior Center, Seaside — Bob Chisholm Community and Senior Center, 1225 Avenue A, Seaside, 503-738-7393.

Senior Center, Warrenton — Warrenton Community and Senior Center, 170 S.W. Third St., Warrenton, 503-861-3502 Mondays and Thursdays.

Senior Peer Mentor Program — Free assistance to seniors, age 60 and older, who are struggling with mild to moderate depression and/or anxiety in Clatsop and Tillamook counties, offered by NorthWest Senior & Disability Services. For information, call 503-861-4210.

Veteran Benefits — 800-827-1000.

Tax reform questions?

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