

# COMMUNITY NOTES

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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.

**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.

**Astoria Toastmasters** — 6:30 p.m., Hotel Elliot conference room, 357 12th St. Visitors welcome. For information, go to toastmasters.org or call Christa Svensson at 206-790-2869.

**Depression and Bipolar Support Alliance** — 7 to 9 p.m., Room A, Columbia Memorial Hospital, 2111 Exchange St. Open to all those diagnosed with a mood disorder, or have a family member or friend diagnosed, or who think they might have depression or bipolar disorder. For information, contact Richard Elfering at 503-741-7649.

**TUESDAY**  
**Warbirds** — 8 a.m., Labor Temple Diner, 934 Duane St. All air crew members and maintainers welcome.

**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.

**SeniorLunch** — 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 Bja-

ranson 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.

**Astoria Lions Club** — noon, Astoria Elks Lodge, 453 11th St. Prospective members welcome. For information, contact Charlene Larsen at 503-325-0590.

**Astoria Kiwanis Club** — noon, El Tapatio, 229 W. Marine Drive. For information, call Frank Spence at 503-325-2365 or Susan Brooks at 503-791-3026.

**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.

**Bras2Moms Fitting** — 1 to 3 p.m., Columbia Memorial Hospital Family Birthing Center, 2111 Exchange St. Free nursing bras and/or tanks to mothers. A \$5 donation is requested, not required. For best fit, come for a fitting two weeks after giving birth. Sizes subject to availability. For information, call 503-338-7581.

**Art Circle** — 1:45 to 3:45 p.m., CMH-OHSU Knight Cancer Collaborative, Classroom 128, 1905 Exchange St. Creativity wellness/art circle group for those living with cancer or chronic illness with assistance from credentialed art therapists. Free, registration encouraged. Drop-ins welcome. For questions, or to register, call 503-338-4520.

**North Coast La Leche League** — 5:30 to 7 p.m., Blue Scorcher Bakery, 1493 Duane St. Pregnant women, mothers, babies and toddlers welcome. For breastfeeding support, call or text Megan Oien at 503-440-4942 or Kestrel Gates at 503-453-3777, or send message on "La Leche League of Astoria" Facebook page.

**Evergreen Masonic Lodge No. 137** — 6:30 p.m. dinner, 7:30 p.m. meeting, 201 N. Holladay Drive, Seaside. All

Masons and their families are welcome. For information, call 503-717-0808.

**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. All faiths, including "spiritual but not religious" welcome. For information, email info@cgifellowship.org or call 916-307-9790.

**WEDNESDAY**  
**Warrenton Sunrise Rotary Club** — 7 a.m., Dooger's Seafood & Grill, Youngs Bay Plaza, 103 S. U.S. Highway 101, Warrenton. For information, call 503-325-4030.

**Moms Offering Moms Support Club** — 9 a.m., Capt. Gray Port of Play, 785 Alameda Ave. For information, email president@momsclubofastoria.org

**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 (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.

**SeniorLunch** — 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., 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.

**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 \$6 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, Angelina's Pizzeria, 1815 S. Roosevelt Drive, 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.

**Art Circle** — 1:45 to 3:45 p.m., CMH-OHSU Knight Cancer Collaborative, Classroom 128, 1905 Exchange St. Creativity wellness/art circle group for those living with cancer or chronic illness with assistance from credentialed art therapists. Free, registration encouraged. Drop-ins welcome. For questions, or to register, call 503-338-4520.

**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. Carla Oja speaks about her trip to Denmark last summer. Snacks are provided. The public is welcome. Being or speaking Danish not required; only 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.

**SeniorLunch** — 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.

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**Alan Hickenbottom**  
Alan Hickenbottom is the Oregon Project Manager for LEAN Energy US, the national education and advocacy organization for Community Choice Aggregation. A native Oregonian, Alan has been an Oregon renewable energy and clean tech entrepreneur for more than 15 years. He is a current or former board member of Clean Energy Works Oregon, NW Environmental Business Council, Oregon Business Association, Build Local Alliance and the Oregon Natural Desert Association.

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**For reservations, to become a member or be added to contact list:**  
Contact Kari Borgen at 503-325-3211 x 1201 or forum@dailyastorian.com

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