

COMMUNITY NOTES

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Senior Lunch — 11:30 a.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation \$3 for those older than 60; \$6.75 for those younger than 60. For information, call Suzanne Bjaranson at 503-861-4202.

Columbia Senior Dinners — 11:30 a.m., 1111 Exchange St. 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.

Astoria Rotary Club — noon, second floor of the Astoria Elks Lodge, 453 11th St. Guests always welcome. For information, go to AstoriaRotary.org

Knochlers Pinochle Group — 1 p.m., Bob Chisholm 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.

TUESDAY 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 informa-

tion, call Jack McBride at 360-665-2721.

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

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, Activities Classroom 128, 1905 Exchange St. Creativity wellness/art circle group for those living with cancer or chronic illness with assistance from credentialed art therapists. Led by Meagan Sokol and Sheryl Redburn. Free registration encouraged. Drop-ins always welcome. For questions, or to register, call 503-338-4520.

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 Mindfulness Meditation Group — 7 to 8:45 a.m., CMH-OHSU Knight Cancer Collaborative, Activities Classroom 128, 1905 Exchange St. Join to learn more

or to practice. Free and open to all, drop-ins welcome. For information, call 503-338-4520.

Chair Exercises for Seniors — 9 to 9:45 a.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

Warrenton Mothers of Preschoolers (MOPS) — 9:30 to 11:30 a.m., 88786 Dellmoor Loop, Warrenton. Moms of children ages infant through kindergarten are invited. Free breakfast and child care provided. For information, go to mops.org/groups/warrentonmops

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.

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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 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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Seaside Rotary Club — noon, Angelina's Pizzeria, 1815 S Roosevelt Drive, 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.

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

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.

Clatsop 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.

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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 fabric for group that makes quilts for those in need. Call Claudia Kulland at 503-738-5895.

VOLUNTEERS

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Training is provided. For information, call 800-522-2602 or go to oregon.gov/litco

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

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. Opportunities 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 (TNRFF), especially in the Seaside and Knapa/Svensen areas. TNRFF 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 503-741-7369 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.

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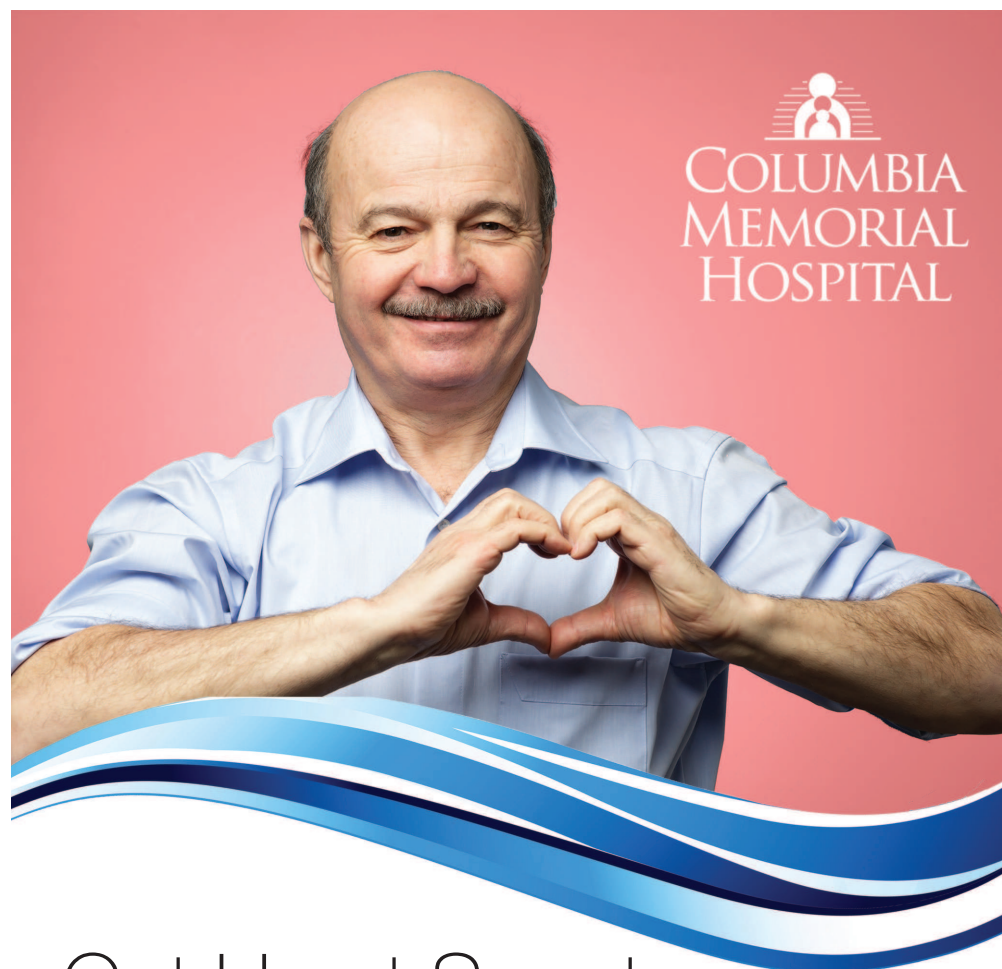
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575 S. Roosevelt STE. A Seaside • 503.738.3151



Get Heart Smart

February is American Heart Month and CMH reminds you to focus on your heart. Here are three heart-friendly actions you can take today.

1. **Be active.** Escape the rainy, cold weather by moving your exercise routine indoors.
2. **Mind your food.** Skip high-sodium packaged foods and choose fresh, low-salt foods like fresh or frozen fruits and veggies.
3. **Invite a friend.** Your mood impacts your heart health, so reach out to friends, family and healthcare providers, if you are feeling blue.

CMH is here to help you make new, heart-healthy habits. Join a class or support group.

columbiamemorial.org/events/

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