

COMMUNITY NOTES

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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.

Astoria Alzheimer's & Other Dementia Family Support Group — 2 to 3:30 p.m., first-floor conference room, Clatsop Care Center, 646 16th St. Open to all family members of people with dementias. For information, call Rosetta Hurlley at 503-325-0313, ext. 222, or email support@clatsopcare.org

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.

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 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 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.

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 503-738-7581.

Warrenton Caregiver Support Group — 1:30 to 3 p.m., 2002 S.E. Chokeberry Ave., Warrenton. Support, information and resources for caregivers. For information, call Grace Bruseth at 503-738-6412.

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.

Lower Columbia Hospice Bereavement Support Group — 4:30 to 6 p.m., Columbia Memorial Hospital Community Center, Chinook Conference Room, 2021 Marine Drive. Open to age 18 or older. For information, call 503-338-6230.

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 Katie Winters at 503-717-3748, or send message from "La Leche League of Astoria" Facebook page.

North Coast Chapter, ABATE of Oregon — 5:30 p.m., Astoria Moose Lodge, 420 17th Street. All are welcome. For information, call 503-791-7253.

Peninsula Arts Association — 6 p.m., PAA Office, Long Beach Depot Building, Third Street N. and Pacific Highway, Long Beach, Wash. All are welcome. For information, call 360-665-6041 or go to beachartist.org

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.

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.

Astoria Chapter Daughters of the American Revolution — 11 a.m., Astoria Golf and Country Club, 33445 Sunset Beach Road, Warrenton. Liisa Penner speaks on Finnish immigration. Women interested in membership and

members are asked to RSVP to Sue Glen at 503-861-0574 by Monday for reservations or information.

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.

North Coast Multiple Sclerosis Care and Share Help Group — noon, Clatsop Retirement Village, 947 Olney Ave. For information, call 503-325-7898.

Cannon Beach Garden Club — noon, Tolovana Hall, 3779 S. Hemlock St., Cannon Beach. Visitors are welcome. To reserve a seat, call Pam Chater at 503-436-2331 and leave a message or email pamchater@msn.com

Angora Hiking Club — 1 p.m., parking lot between Second and Third streets. Seaside Prom hike. Membership is not required to participate. For information, call Phuong Van Horn at 503-325-2115 or 503-791-5748 or go to angorahikingclub.org

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.

Stroke Support Group — 3:30 to 4:30 p.m., Providence Seaside Hospital Education Center, Room B, 725 S Wahanna Road, Seaside. Stroke survivors, their caregivers and family members welcome. For information, call 503-717-7781.

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.

WomenHeart of North Oregon Coast — 6:30 p.m., Coho Room, Duncan Law Building, 2021 Marine Drive. Peer support group for women living with, or at risk of heart disease, sponsored by Columbia Memorial Hospital. For information, contact Michele Abrahams at 503-338-8435 or WH-NorthOregonCoast@womenheart.org

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

Maple Chapter No. 95, Order of the Eastern Star — 7:30 p.m., Masonic Lodge Hall, 201 N. Holladay Drive, Seaside. For information, call 503-717-0808.

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

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 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.

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 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.

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.

Breast Cancer Support Group — 4:30-6 p.m., CMH-OHSU Knight Cancer Collaborative, Classroom 128, 1905 Exchange St. Support for women who are being treated for, or are survivors of, breast cancer. No registration required. For information, call Mari Montesano at 503-338-4589 or email mmontesano@columbiamemorial.org

Understanding Your Grief — 4:30 to 6 p.m., Columbia Memorial Hospital Columbia Center, 2021 Marine Drive. Free support group providing an opportunity to learn about the grief process, identify new coping strategies, and discuss a variety of topics related to the healing process. For questions, contact Jeanette Johnson at 503-338-6230.

Prevent colorectal cancer
Learn how at columbiamemorial.org/colorectal-cancer

COLUMBIA MEMORIAL HOSPITAL

Be in the know
A colonoscopy may be your best option for cancer screening and prevention. Talk to your doctor and learn more about your options online at www.columbiamemorial.org/colorectal-cancer.

3 Facts for Colorectal Cancer Awareness Month

1. Colorectal cancer is the second leading cause of cancer death in the U.S. Finding it now could save your life.
2. Everyone over the age of 50 should be screened. Ask your doctor if you should be screened sooner.
3. There are several colorectal cancer screening tests, including affordable, simple, at-home screening options.

Call **503-338-4670** now to make an appointment.

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