

COMMUNITY NOTES

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.

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

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. Pre-registration not required. For information, call Lisa Harris at 503-338-4523.

Advanced Line Dancing — 1 to 2 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

Seaside Duplicate Bridge — 1 to 4:30 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside. Come with a partner or call ahead for one at 503-738-7817. Lessons also available.

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

SATURDAY

Angora Hiking Club — 9 a.m., parking lot between Second and Third streets. Short Sands Beach/Cape Falcon hike. Membership is not required to participate. For information, call June Baumler at 503-368-4323 or Arline LaMear 503-338-6883 or go to angorahiking-club.org

Seaside Duplicate Bridge — 9:30 a.m. to 1 p.m., Mary Blake Playhouse, 1215 Broadway, Seaside. Come with a partner or call ahead for one at 503-791-9745.

Sit & Stitch — 11 a.m. to 1 p.m., Homespun Quilts & Yarn, 108 10th St. Bring knitting, crochet or other needlework projects to this community stitching time. All skill levels welcome.

Detachment 1228 Marine Corps League — noon, El Compadre, 119 Main Ave., Warrenton. For information, contact Lou Neubecker at 503-717-0153.

Columbia Northwestern Model Railroad Club — 1 p.m., in Hammond. Group runs trains on HO-scale layout. For information, call Don Carter at 503-325-0757.

Spinning Circle — 1 to 3 p.m., Astoria Fiber Arts Studio, 1296 Duane St. Bring a spinning wheel. For information, call 503-325-5598 or go to astoriafiberarts.org

Whale Spirit Drum Circle — 7 to 8 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside. Open drum circle. Everyone is welcome to

gather and drum together; no drumming experience necessary, extra drums available. A \$10 donation is suggested. Drug and alcohol-free event. For information, go to WhaleSpirit.com

SUNDAY

Seniors Breakfast — 9 a.m. to noon, Astoria Moose Lodge, 420 17th St. Cooked to order from menu, includes coffee. Cost is \$5 for seniors 62 and older, \$7.50 for those younger than 62. Breakfasts are open to the public. Proceeds after expenses help support local and other charities.

Line Dancing — 5:30 to 8 p.m., Seaside American Legion, 1315 Broadway. For information, call 503-738-5111. No cost; suggested \$5 tip to the instructor.

MONDAY

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

Grace and Encouragement for Moms — 10 to 11:30 a.m., Crossroads Community Church, 40618 Old Highway 30, Svensen. GEMS group is a time for moms to relax and enjoy each others' company. Free childcare is provided. For information, call Christina Leonard at 503-298-3936.

Senior Lunch — 11:30 a.m., Bob Chisholm Community 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 Diners — 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.

Astoria Toastmasters — 6:30 p.m., Hotel Elliot conference room, 357 12th St. Visitors welcome. For information, go to toastmasters.org or call Christa Svenson 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

Tobacco Free Coalition of Clatsop County — 9 to 10:30 a.m., Clatsop County Health and Human Services, 820 Exchange St. Anyone interested in tobacco use prevention and education welcome. For information, call Steven Blakesley at 503-325-8500 or Alissa Dorman at 503-325-4321, ext. 5758.

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.

Senior Lunch — 11:30 a.m., Bob Chisholm Community 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-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.

Warrenton Alzheimer's Support Group — 2 to 3:30 p.m., 2002 S.E. Chokeberry Ave., Warrenton. Support and information about Alzheimer's disease. For information, call Grace Bruseth 503-738-6412.

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 7:45 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 — 8:45 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 childcare 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.

SELF-HELP GROUPS

Al-Anon (Astoria) — 7 p.m. Tuesday, 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

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 for information; 9 a.m. Thursday, 6505 Headquarter St., Tillamook; noon Friday, 5012

ing 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 Hayrynen 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.

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