

COMMUNITY NOTES

FRIDAY

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.

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.

Better Breathers Club — 1:30 to 3 p.m., Providence Seaside Hospital, Suite 113 (lower level), 725 S. Wahanna Road. Sessions offer support, ways and techniques to cope with COPD, asthma, pulmonary fibrosis and other respiratory issues. Caregivers also welcome. No cost, but registration encouraged by calling 800-562-8964.

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

Lower Columbia R/C Society — 8:30 a.m., Buoy 9 Restaurant & Lounge, 996 Pacific Drive, Hammond. Local Academy of Model Aeronautics chartered radio control model aircraft club meets for breakfast and business. All model aircraft enthusiasts are welcome. For information, call 503-458-5196 or 503-325-0608.

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.

Chinook Indian Nation Council Meeting — 11 a.m., Netul Room, Fort Clatsop Visitor Center, 92343 Fort Clatsop Road. Meeting open to all tribal members; attendees are reminded to bring a potluck item and to arrive on time. For questions, call 360-875-6670.

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.

Gearhart Ocean Views Home & Chef Tour — 11 a.m. to 3 p.m. Assistance League of the Columbia Pacific Operation School Bell fundraiser. Features five homes, each with a local chef and florist. Tickets cost \$30. Available from ALCP members, at Holly McHone Jewelers in Astoria, The Sweet Shop in Gearhart and online at assistanceleaguecp.org; also available at all homes during the event for \$35. For information, go to bit.ly/2mKKFID or call 503-791-2879.

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

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.

Blacksmith Enthusiasts Meet — 10 a.m. to 3 p.m., Camp 18 Blacksmith Shop, 42362 U.S. Highway 26, Seaside. Participants can bring own forge and anvil setup. Metal available to experiment with; coal provided. No charge; donations to Camp 18 Loggers Memorial Museum welcome. For information, contact Mark Standley at 503-434-0148 or Herman Doty at 971-306-1043 or ringinganvildesign@gmail.com

National Alliance on Mental Illness Support Group — 2 to 3:30 p.m., Seaside Public Library, 1131 Broadway. Family to Family Support Group, for anyone with friend or loved one suffering from a serious brain (mental) illness. For information, contact Myra Kero at 503-738-6165, or k7erowood@q.com, or go to nami.org

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.

Astoria High School Class of 1970 — 11 a.m., Koffee Klatch at Rod's Bar and Grill, 45 N.E. Skipanon Drive, Warrenton. For information, call Shawn Ann Hope at 503-791-1231.

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

Parkinson's Support Group — 1 p.m., Peace Lutheran Church library, 565 12th St. For information, call 503-440-1970 or 503-440-1985.

Peninsula Quilt Guild — 1 p.m., Peninsula Church Center, 5000 N Place, Seaside, Wash. Newcomers welcome. Bring nonperishable food donation. For information, call Janet King at 360-665-3005.

Knochlers Pinochle Group — 1 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside. Cost is \$1 per regular session per

son. 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.

Seaside Lions Club — 5 p.m., West Lake Restaurant & Lounge, 1480 S. Roosevelt Drive, Seaside. For information, call 503-738-7693.

Second Monday Pacific NW Head Injury Support Group — 5 to 6:30 p.m., Merkaba Center for Healing, 399 31st St., Suite B. For information, call 209-791-3092.

Pacific County (Wash.) Democrats — 7 p.m., Pacific County Annex, Commissioners Meeting Room, 1216 W. Robert Bush Drive, South Bend, Washington. For information, go to fb.me/DemocratsOfPacificCounty

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.

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 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.

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.

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@cgjifellowship.org or call 916-307-9790.

WEDNESDAY

Chair Exercises for Seniors — 8:45 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. Program focuses on veterans and the Veterans Stand Down at Camp Rilea on Oct. 25. Members and women interested in membership are invited to attend. For information and reservations, contact Sue Glen at 503-861-0574.

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.

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.

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

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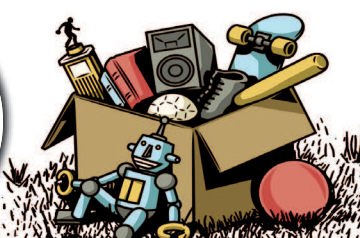
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UM LOA, EU O YTOQP "YUAAQ
UM, GQ D EIZZUTH!"
Yesterday's Cryptoquip: AT FLORISTS' SHOPS ONE OBSERVES FLOWERS PLACED WITHIN DECORATIVE URNS, BUT NOT VASE VERSA.
Today's Cryptoquip Clue: N equals W

10-10 CRYPTOQUIP
UVF XIEGG WGFR US PF
UKELGDEKFLU, PWU C DWU
OSQQFF CL CU GS UVEU CU
XSU QCIIFR PFTSLR SDEOCUT.
Yesterday's Cryptoquip: THOUGH I WAS STUMBLING, HE DIDN'T WANT ME TO LEAN ON HIM, SO I CRIED "COME ON, BE A SUPPORT!"
Today's Cryptoquip Clue: G equals S

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