

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.
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
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.
Columbia Northwestern Model Railroad- ing 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.
Military Officers Association of America, Lower Columbia River Chapter — 5 p.m., Astoria Golf and Country Club, 33445 Sunset Beach Road, Warrenton. All U.S. military officers and former officers are invited: active duty, reserve, retired, or warrant officers, as well as U.S. Public Health Service and National Oceanic and Atmospheric Administration officers. For information, contact: Capt. R. Stevens at 503-861-9832.
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 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.
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.
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
Chair Exercises for Seniors — 8:45 to 9:45 a.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.
Moms Offering Moms Support Club — 9 a.m., Capt. Gray Port of Play, 785 Alameda Ave. For information, go to fb.me/MOMSClubofAstoria or email president@momsclubofastoria.org
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.
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.
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.
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.
Mahjong for Experienced Players — 1:15 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.
Line Dancing for Seniors — Beginners Line Dancing from 1:30 to 2:30 p.m., Advanced Line Dancing from 2:30 to 3:30 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.
Seaside Elks Lodge No. 1748 — 7:30 p.m., 324 Avenue A, Seaside. For information, call 503-738-6651 or email seasideelks@yahoo.com



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Wishing you all a
Wonderful Holiday
Season!

Help us brighten the
lives of local families
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Donate canned or non-perishable
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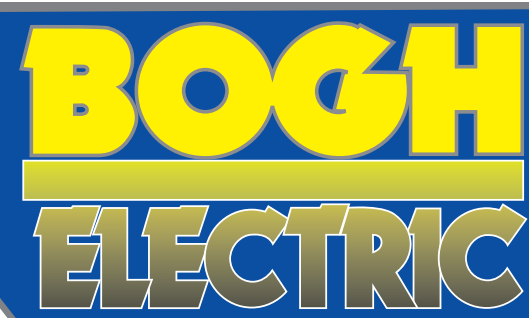
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**Meet the North Coast's
general surgery team!**

Eric Friedman, M.D.
GENERAL SURGERY

Eric Friedman, M.D., is a board-certified general surgeon. He received his medical degree from the University of Pittsburgh School of Medicine. He completed his residency at Oregon Health and Science University School of Medicine. Dr. Friedman was born and raised in Philadelphia and in his free time enjoys hiking and traveling.

Manfred P. Ritter, M.D.
GENERAL SURGERY

Manfred P. Ritter, M.D., received his medical degree from Ludwig-Maximilian-University of Munich, in Germany. He completed his internship and residency at the Keck School of Medicine of the University of Southern California in Los Angeles. He also completed a fellowship in esophageal/gastric surgery and colorectal surgery at the same school. Dr. Ritter is board certified and is a fellow of the American College of Surgeons.

**For more information or to schedule an appointment
with either provider, please call 503-717-7060.**

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