

COMMUNITY NOTES

FRIDAY
Senior Lunch To Go — Pick up a hot lunch from 11:30 a.m. to 12:15 p.m., Bob Chisholm Senior Center, 1225 Ave. A, Seaside. Drive up to Avenue B to pick up at back door. For information, call Suzanne Bjaranson at 503-861-4202; for new Meals on Wheels inquiries, call 503-304-3420.

Columbia Senior Diners — Full Meals \$6: Delivered to seniors or pickup available at the Astoria Senior Center kitchen door, 1111 Exchange St. For information, or meal delivery, call 503-325-9693 before 10 a.m.

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.

SATURDAY
Lower Columbia R/C Society — Local Academy of Model Aeronautics chartered radio control model aircraft club. All model aircraft enthusiasts are welcome. For information, call 503-458-5196 or 503-325-0608.

SUNDAY
Blacksmith Enthusiasts Meet — For information, contact Mark Standley at 503-434-0148 or Herman Doty at 971-306-1043 or ring-in-ganvil@design@gmail.com.

National Alliance on Mental Illness Support Group — 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

MONDAY
Astoria High School Class of 1970 — For information, call ShawnAnn Hope at 503-791-1231.

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Warrenton Senior Lunch Program — For information, or to volunteer, call 503-861-3502 Monday or Thursday.

Astoria Rotary Club — For information, visit Astoria Rotary's Facebook page.

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

Parkinson's Support Group — For information, call 503-440-1970 or 503-440-1985.

Peninsula Quilt Guild — For information, call Janet King at 360-665-3005.

Seaside Lions Club — For information, call 503-738-7693.

Pacific NW Head Injury Support Group — For information, call 209-791-3092.

Pacific County Democrats — For information, go to fb.me/DemocratsofPacificCounty.

TUESDAY
Tobacco Free Coalition of Clatsop County — 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 — Men's group. For information, call Jack McBride at 360-665-2721.

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Astoria Lions Club — For information, contact Charlene Larsen at 503-325-0590.

Warrenton Alzheimer's Support Group — Support and information about Alzheimer's disease. For information, call Grace Bruseth at 503-738-6412.

Authentic Spiritual Conversations — 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
Angora Hiking Club — 9:30 a.m. to 12:30 p.m. Meet at the Cranberry Museum, 2907 Pioneer Road, Long Beach, Washington, for a "Peninsula Unique Places" event. Participants should wear comfortable shoes, bring lunch, snacks and beverages. RSVP by calling Kathleen Hudson by Sunday at 503-861-2802. Membership is not required; face coverings and social distancing are. For information, go to angorahikingclub.org.

Mindfulness/Meditation Group — For information, call 503-338-4520.

Warrenton Mothers of Preschoolers — For information, go to mops.org/groups/warrentonmops.

Wickiup Senior Lunches To Go — Pick up a hot lunch from 11:30 a.m. to 12:15 p.m., Wickiup Grange Hall, 92683

Svensen Market Road. For information, call Suzanne Bjaranson at 503-861-4202. For new Meals on Wheels inquiries, call 503-304-3420.

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Association on Mental Disabilities — Support group for families of those with chronic mental illness. For information, contact Harry Comins at 503-440-3403.

Warrenton Business Association — For information, call Kristin Talamantez at 503-861-9750.

Fat Quarter Quilters — For information, call 503-325-3300 or 800-298-3177 or go to homespunquilt.com.

LGBTQ! Group — For questions, contact Chris Wright at 425-314-3388.

THURSDAY
Wickiup Senior Lunches To Go — Pick up a hot lunch from 11:30 a.m. to 12:15 p.m., Wickiup Grange Hall, 92683 Svensen Market Road. For information, call Suzanne Bjaranson at 503-861-4202. For new Meals on Wheels inquiries, call 503-304-3420.

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Breast Cancer Support Group — For information, call Mari Montesano at 503-338-4589 or email mmontesano@columbiamemorial.org.

Understanding Your Grief — 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.

Veterans of Foreign Wars, Fort Stevens Post 10580 — For information, call Mel Jasmin at 503-861-2030.

Lower Columbia Classic Car Club — For information or directions, call Steve Jordan at 503-325-1807.

Rainland Fly Casters — For information, call Tom Scoggins at 503-449-0462, or Walt Weber at 360-777-8295.

OTHER
Quilting Project Needs Fabric — Our Saviour's Lutheran Church, Seaside. Needs polyester/cotton fabric, 1/2 yard or larger, and clean sheets (queen or king size) for group that makes quilts for those in need within the U.S. and around the world. For information, or to donate, call Claudia Kuland at 503-738-5895.

Blankets Needed — Columbia Veterinary Hospital, 576 31st St. Needs blanket donations for their four-legged patients. Anything is helpful, even the stained or frayed. Donations can be dropped off during business hours (closed for lunch from noon to 1:30 p.m.) Monday through Saturday.

SENIOR NOTES

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Northwest Oregon Housing Authority — 503-861-0119. Rent assistance based on income.

NorthWest Senior and Disability Services — 503-861-4202 or 800-442-8614. Medicaid services, food stamps, information and assistance, family caregiver support services, Medicare choice assistance, home delivered meals, senior meal sites and senior peer counseling.

Oregon Aging and Disability Resource Connection — 855-ORE-ADRC (673-2372), adrcoregon.org. Information and services for older adults, people with disabilities, their caregivers and families.

Oregon Care Partners — 800-930-6851, oregoncarepartners.com. Funded by the state of Oregon, provides no-cost in person and online training to family care givers and professionals.

Oregon Home Care Commission Registry and Referral System — 877-867-0077, or-hcc.org. Provides lists of home care workers available to hire.

Oregon Law Center — 877-296-4076. Provides free services in civil cases to low income people. In-person clinics in Astoria, Tillamook and Seaside each month.

Partners for Seniors — 503-717-7174. Serves South Clatsop County seniors with volunteer visits, transportation, light housekeeping, yard work, minor home repairs, daily phone calls.

Senior Center, Astoria — Astoria Senior Center, 1111 Exchange St., 503-325-3231.

Senior Center, Seaside — Bob Chisholm Community and Senior Center, 1225 Ave. A, Seaside, 503-738-7393.

Senior Center, Warrenton — Warrenton Community and Senior Center, 170 S.W. Third St., Warrenton, 503-861-3502 Mondays and Thursdays.

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Valspar Pristine Interior Matte Wall Paint • Gallon sized container 771096 • Multiple sheens available	Valspar Pristine Exterior Flat House Paint • Gallon sized container 771588 • Multiple sheens available	Valspar Medallion Acrylic Exterior Latex Flat House Paint • One coat coverage • Mildew and weather resistant • Gallon-sized container 772877 • Multiple sheens available	Valspar Medallion Interior Latex Flat Wall Paint • Hides minor surface imperfections • Dries to touch in 30 min. • Gallon-sized container 773843 • Multiple sheens available	Valspar Integrity Premium Interior Latex Flat Wall Paint • Washable, spot resistant • One coat coverage • Gallon-sized container 795269 • Multiple sheens available	Valspar Integrity Premium Exterior Latex Flat House Paint • Gallon-sized container 794698 • Multiple sheens available	Integrity Interior Flat Ceiling Paint • White Gallon 797542
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