

## COMMUNITY NOTES

## FRIDAY

**Senior Lunch To Go** — Pick up a hot lunch from 11:30 a.m. to 12:15 p.m., Bob Chisholm Community Center, 1225 Ave. A, Seaside. Drive up to Avenue B to pick up at back door. For information, call Suzanne Bjarranson 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.

**Seaside Bridge Club** — All bridge players, players with partners, welcome. Proof of vaccination and booster and masks required. For information, call 503-325-0029 or 503-791-9745.

## MONDAY

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

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

**Pinocle Group** — Looking for players. For information, call 503-869-2390.

**Astoria Rotary Club** — For information, go to AstoriaRotary.org

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

**Astoria Toastmasters** — For information, go to toastmasters.org or call Christa Svensson at 206-790-2869.

## TUESDAY

**Stewardship Quilting Group** — Donations of material always appreciated. For information, call Janet Kemp at 503-325-4268.

**Do Nothing Club** — Men's group. For information, call Jack McBride at 360-665-2721.

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**Astoria-Warrenton Bridge Club** — All bridge players, players with partners, welcome. Proof of vaccination and booster and masks required. For information, call 503-325-0029 or 503-791-9745.

**Astoria Lions Club** — 11:30 a.m., Lions and visitors meet at the Charlene Larsen Center for the Performing Arts, 588 16th St. For information, contact Ray Montgomery at 971-286-8009 or go to facebook.com/LionsClubAstoria

**Astoria Kiwanis Club** — For information, call Frank Spence at 503-325-2365 or Susan Brooks at 503-791-3026.

**Bras2Moms Fitting** — 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., conference call. Support, information and resources for caregivers. For conference call details, and to RSVP, call Grace Bruseth at 503-738-6412.

**Lower Columbia Hos-**

## SELF-HELP GROUPS

**Al-Anon (Astoria)** — Noon, Wednesday, Astoria First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087.

**Al-Anon (Clatskanie)** — For information, call 503-728-3351.

**Al-Anon (Nehalem)** — For information, call 503-368-8255.

**Al-Anon (Seaside)** — For information, call 503-810-5196 for information.

**Al-Anon (Tillamook)** — For information, call 503-842-5094 or 503-730-5863.

**Al-Anon Family Groups information** — Oregon Area Al-Anon website, oregonal-anon.org

**Alateen (Tillamook)** — 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

**Celebrate Recovery** — Faith-based 12-step recovery from hurts, habits and hang ups. For information, call 503-738-7453.

**Sexual Purity Recovery Group** — Part of the Pure Life Alliance (purelifealliance.org) in Portland. For information, call the confidential voicemail at 503-750-0817 and leave a message.

**Narcotics Anonymous** — For full schedule details, as well as upcoming special events, call the helpline at 503-717-3702, or go to na.org

**Overeaters Anonymous (Astoria)** — For information, call 425-287-0806.

**Overeaters Anonymous (Seaside)** — For information, call 503-738-0307.

**Peace Bereavement Support Group** — Open to age 18 or older. For information, call 503-338-6230.

**North Coast La Leche League** — 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, fb.me/lllofastoria

**North Coast Chapter, ABATE of Oregon** — All are welcome. For information, call 503-791-7253.

**Peninsula Arts Association** — All are welcome. For information, call 360-665-6041 or go to beachartist.org

**Authentic Spiritual Con-**

**versations** — 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

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

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**North Coast Multiple Sclerosis Care and Share Help Group** — For information, call 503-325-7898.

**Cannon Beach Garden Club** — For information, call Pam Chater at 503-436-2331 and leave a message or email pamchater@msn.com

**Stroke Support Group** — Stroke survivors, their caregivers and family members welcome. For information, call 503-717-7781.

**WomenHeart of North Oregon Coast** — Peer support group for women living with, or at risk of heart disease. For information, contact Michele Abrahams at 503-338-8435 or WH-NorthOregonCoast@womenheart.org

## THURSDAY

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**Astoria-Warrenton Bridge Club** — All bridge players, players with partners, welcome. Proof of vaccination and booster and masks required. For information, call 503-325-

0029 or 503-791-9745.

**Rotary Club of Seaside** — For information, visit Rotary Club of Seaside on Facebook at fb.me/SeasideRotary

**Breast Cancer Support Group** — 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@columbiame-morial.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.

**Columbia River Estuary Action Team** — CREATE fosters citizen involvement in protecting the Columbia River Estuary. Visitors and new members always welcome. For information, go to create-columbia.com

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

**Lower Columbia Classic Car Club** — New members welcome. 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

**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.

**Sheets Needed** — Our Saviour's Lutheran Church, 320 First Ave. in Seaside, needs double queen and king flat sheets for the quilting club. To donate, contact Claudia Kuland at 503-505-1626.

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