## **COMMUNITY NOTES**

#### FRIDAY

**B8** 

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 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.

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

Ostomy Support Group — For information, call Lisa Harris at 503-338-4523.

#### SATURDAY

Garage Sale — 8 a.m. to 3 p.m., Peace First Lutheran Church, 725 33rd St.

Detachment 1228 Marine Corps League — For information, contact Lou Neubecker at 503-717-0153.

#### 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 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.

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

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

Astoria Rotary Club - For information, go to AstoriaRotary.org

**Columbia Northwestern Model Rail**roading 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-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

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

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

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 Bjaranson at 503-861-4202. For new Meals on Wheels inquiries, call 503-304-3420.

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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.

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 — Not limited to guilts. For information, call 503-325-3300 or 800-298-3177 or go to homespunquilt. com

LGBTIQ Group — Group is designed to help connect LGBTIQ people in Clatsop, Columbia, Tillamook and Pacific counties to discuss LGBTIO issues freely and confidentially. For questions, contact Chris Wright at 425-314-3388.

#### THURSDAY

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 Bjaranson at 503-861-4202; for new Meals on Wheels inquiries, call 503-304-3420.

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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

Lower Columbia Chief Petty Officers Association — The club accepts all enlisted prior, retired and active military personnel, rank E7 and above. For information, call Lauren Walton 208-290-8110.

#### 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 Kulland at 503-505-1626.

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## **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 website, Al-Anon oregonal-anon.org

(Tillamook) Alateen 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.

**TOPS (Take Off Pounds** Sensibly) (Astoria) - For information, call Trisha Hayrynen at 503-298-9058.

TOPS (Seaside) information, call For 509-910-0354.

TOPS (Warrenton) - For information, call Cheryl Nitz at 503-338-2132.

## **VOLUNTEER NOTES**

4-H — Looking for 4-H leaders. For information, call Sandra Carlson at 503-325-8573.

American Red Cross -Needs registration volunteers. For information, call Angela Basurtto at 503-528-5430.

Angels for Sara Senior Dog Sanctuary — Needs volunteers to help care for elderly dogs who are unable to stay with their owners. For information, contact Jacque Pressly at angelsforsara@gmail.com or 503-325-2772.

Astoria Column — Volunteers needed to welcome visitors, provide information and answer questions. For information, call 503-325-2963.

Astoria Riverfront Trolley Association — Needs conductors/motormen to operate trolley and narrate points of interest. For information, call 503-325-6311.

Astoria Senior Center — To volunteer, call Larry Miller at 503-325-3231.

Astoria Veteran Van Drivers — Volunteer drivers needed for the Disabled American Veterans van for one or more trips per month. For information, call Judy Ronis at 971-704-1965.

Astoria Warming Center — Winter overnight emergency shelter needs volunteers. To volunteer, email astoriawarmingcenter@gmail. com

Astoria-Warrenton Area Chamber of Commerce -Volunteers needed at the chamber and for events. For information, call 503-325-6311.

Camp Kiwanilong — Large variety of volunteer opportunities are available. For information, call 503-861-2933 or go to campkiwanilong.org

Cannon Beach Academy — Volunteers needed for meal preparation and cleanup, reading and math groups, lunch/recess duty and housekeeping. For information, call 503-298-5245.

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adjustable height from 30 inches to 36 inches. Includes a round, sturdy base, and a durable metal grill. 3-speed motor provides the right amount of air movement for a variety of applications. **SKU 500918** 

### **Best Comfort Portable Floor Fan**

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adjustable head, and a built-in handle. Dial knob and durable plastic construction. 6-foot power cord with built-in 5-amp/125-volt cord fuse. 60 hertz, 50 watts. ETL listed. SKU 520233

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