

SENIOR EXPO FEATURES LIFESTYLE, HEALTH TIPS

The Good Life Boomer and Senior Expo returns tomorrow from 10 a.m. to 3 p.m. at Florence Events Center. Presented by Siuslaw News and sponsored by Hillside Retirement Community and Roby's Furniture and Appliance, this expo includes more than 35 vendors offering information on health and wellness, lifestyle in retirement and more.

The expo features information designed especially for seniors, caregivers and their friends and family members. Admission is free with a donation of canned food for Florence Food Share.

Attendees at this event can look forward to free health screenings and accessing investment guidance, travel news, retirement choices and attending a variety of educational seminars.

Bi-Mart is back again with flu shots. Current insurance paperwork is required. In addi-

GOOD LIFE 2017

Boomer & Senior Expo

tion, the PeaceHealth Peace Harbor Medical Center Foundation's table will have goodie bags and the chance to meet Casey Farm, the new head of the foundation.

Florence Police Auxiliary are again offering expired or unwanted medication drop-off. This is a chance for people to clear out their medicine cabinets and bring old prescriptions and medicines for proper disposal. No needles will be accepted.

For the second year, Florence Antiques and Estate Jewelry will be offering jewelry cleaning and valuation. While owners Tom Bassett and Richard Bailey have special equipment for testing diamonds and gem stones, they are not licensed to perform actual appraisals. However, based on their history of selling estate jewelry, they can provide people with fair retail market valuations. They will also evaluate antique and vintage furni-

ture that people can easily bring with them, such as small tables, clocks, mirrors, etc.

Other booths include Petersen Auto Detail, Oregon Satsang Society, the Salvation Army, Senior Health Insurance Benefits Assistance (SHIBA), Hearing Associates and Best For Hearing, senior living options, caregiving support, networking opportunities and health providers. People may also visit booths to find out about volunteer groups in the community, such as West Lane 90by30, Oregon Coast Humane Society, Food Backpack for Kids, the Florence Area Chamber of Commerce and the Florence Senior Center.

As a special treat, BJ's Ice Cream is dishing up free scoops all day while supplies last.

Come spend the day and learn how various businesses can help anyone make the most of their retirement years.

Winter Music Festival tickets on sale now

The Friends of the Florence Events Center has expanded the four-show lineup for the 16th annual Winter Music Festival scheduled for Jan. 12 to 14 at the Florence Events Center. Tickets officially go on sale today.

On Friday, Jan. 12, Grammy-winning Bluegrass icon Laurie Lewis takes the stage, supported by the blistering Americana of Jeff Scroggins and Colorado.

The daytime Saturday shows include four Florence favorites: Castletown, Calaveras, Cabin Fever NW and Pretty Gritty, along with the Texas hillbilly swinging crooner Petunia and The Vipers.

The main event on Saturday night has the legendary Al Stewart performing his multi-

platinum-selling album "Year of the Cat." Pacific Northwest troubadour John Craigie will also appear.

Sunday afternoon will feature the first ever Gospel Gumbo Gathering at the Florence Winter Music Festival. Local choir members, under the direction of Marty Adams, will sing gospel classics while headliners On The Rocks, a 13-member acapella group from University of Oregon, bring down the house.

The festival will also bring back Florence Regional Arts Alliance's (FRAA) Artisan Fair, as well as the annual pie sale.

For more information or to purchase tickets, visit wintermusicfestival.org or eventcenter.org.

OCHS annual Christmas Store seeks volunteers

The Oregon Coast Humane Society's Christmas Store, located this year at 2775 Highway 101 (between the Verizon Store and Domino's Pizza), is in need of volunteers to help with setting up displays for holiday home and yard décor, as well as gift giving items for all age groups.

Anyone interested in helping stock the store or assisting

shoppers after the store opens can call the Christmas Store Manager Danielle Dickson at 541-999-5702, or come by the Christmas Store between 10 a.m. and 2 p.m.

The Christmas Store opens to the public Wednesday, Nov. 1. Hours will be 10 a.m. to 4 p.m. Monday through Friday, 11 a.m. to 4 p.m. Saturdays, and noon to 4 p.m. Sundays.

Let me Showcase your property.



Brian Jagoe
Principal Broker
541-999-1314



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88339 2nd Ave - Enjoy a five minute walk to the beach from this adorable double wide mobile. This delightful 2 bdrm, 1 bath home has a new deck, landings, sheetrock and flooring! Living here would be like being on vacation at the beach every day! \$137,500. #2726-17257452

BINGO

ADA GRANGE #570
SATURDAY, OCTOBER 21
5:00 p.m. Kitchen Opens
6:00 p.m. BINGO
Bring your friends for
good food and good fun!

Questions? Call Nancy 541-997-2380 • 10 Miles out Canary Road

OPENING SOON

Now accepting patients, opening November 1

Dr. Sarah Rincker, DPM, FACFAS
4750 Village Plaza Loop, Suite 202, Eugene, Oregon 97401
541-203-7707

EVERY THURSDAY 5-8PM

All YOU CAN EAT

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Served with seasoned french fries, tangy coleslaw and delicious tartar sauce.

COD FISH & CHIPS ONLY \$12

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DINE LOCAL

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Early dinners 4-6pm
choice of 8 items \$10-\$12; Includes soup or salad
Full menu available all day
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*Start your frequent dinner program

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3-6pm

THE GRILL RESTAURANT & LOUNGE
AT SANDPINES
1201 35th Street at Kingwood, Florence
Highway 101 & 35 St. 541-997-4623

CRAIG'S Bar-n-Que

October Special

Family take home meal
Don't stand in the rain, call ahead and have your food hot and ready to eat.

541-991-7053

- **1 pound of meat;** Brisket, Tri-Tip, or Pulled Pork or a half a rack of ribs and 2 large sides; Cowboy beans, baked potato salad, or coleslaw or 1 large mac n cheese \$30 (\$25 for half rack of ribs meal)
- **2 pounds of meat;** Brisket, Tri-Tip, or Pulled Pork or a full rack of ribs and 2 large sides; Cowboy beans, baked potato salad, or coleslaw or 1 large mac n cheese \$40 (\$35 for full rack of ribs meal)

Now open at the Pro Lumber parking lot
(Maple and Highway 101 in Florence)
Tuesday & Wednesday 11am till 4pm, Thursday - Saturday 8:30am to 4p

Surfside Restaurant & Lounge

- Only Ocean View Restaurant in Lane County
- Serving Breakfast, Lunch and Dinner seven days a week
- Award winning clam chowder
- Featuring a classic Northwest Cuisine

541-997-8263 88416 1st Avenue Florence

Ma's Restaurant

GRILLED, BLACKENED OR
DEEP FRIED OREGON OYSTERS
\$16.95

and for dessert...

HOMEMADE SNICKER OR PEANUT BUTTER PIE FOR \$5.95

Every Month Ma's has brought in special "Motivation for Kids" tables which raise money for local charities that are devoted to helping the wellbeing of local children. This month PTA teacher scholarships is the local charity being honored.

Ma's Old Town, Florence • Daily 11 am - 8 pm
Serving Bowls of comfort for Over 50 Years

Where good friends & great food come together!

1285

RESTO BAR
PIZZA PASTA SEAFOOD

Wednesday dinner special:
10 oz. Prime Rib and Salad, with your choice of Pasta or Potatoes!

Great Food

Happy Hour • Monday-Friday 3:00pm to 5:00pm
Enjoy discount food and drink specials at the bar!

1285 Bay Street in Old Town Florence • (541) 902-8338