

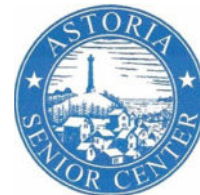
The Senior Scoop

Astoria Senior Center

Empowering seniors to live their best lives

1111 Exchange St., Astoria

503-325-3231 info@astoriaseniorcenter.org



March 2026

Hours: 8 a.m. to 4 p.m. Mon.-Fri.; 11 a.m. – 3 p.m. Sat.



Allison Johnson, CMH Marketing intern

Phil Hall plays piano on Christmas Eve for patients and employees at the CMH Health & Wellness Pavilion. You'll find him there on Wednesday mornings.

Soothing the soul with a song

By Cindy Yingst

If music soothes the savage breast, imagine what it can do for someone apprehensive about physical therapy or a chest X-ray.

"The power of music. I've been blown away multiple times in my life with how powerful music can be," said Phil Hall, an ASC member and a volunteer pianist at CMH's Health & Wellness Pavilion.

Hall, 63, plays old hymns, jazz, and classical music Wednesday mornings on the grand piano in the pavilion mezzanine.

He already was volunteering — building and designing Astoria Senior Center's website -- when he received an email blast to members that listed volunteer opportunities in the area. Phil grew up playing piano in church and knew the CMH spot was meant

for him.

Ambient music calms patients, reduces stress and improves the overall healing process, said Laurie Olds, CMH's volunteer coordinator. Yet CMH had been without a pianist since the pandemic.

Phil began his healing stint in August. The second time he played, "A guy came up and wanted to pay me to play a song for his wife, who was sitting in the lobby," he said. Phil doesn't accept any tips, but did his best to play the requested song, "Memories," from the musical "Cats."

"At some point, I looked down the stairs and she was teared up."

On Christmas Eve, Phil's friend, violinist Carol Feldman, joined him.

"We had a big crowd that day — the point is not to draw a crowd — but it

Continued on Page 2

Chong makes an impression from Korea to Astoria

By Daymon Edwards

After I returned home in 2024, having spent 27 years living in Seoul, South Korea, it was a delight to meet Lee Chong-Nim 이 정 님 at Astoria Senior Center.

Whenever I saw her at ASC, I would say "할머니, 좋은 아침입니다," "Good morning, Grandmother." It was comforting to use my limited Korean language skills, as it brings back happy memories of Korea.

Chong, as she prefers to be called, truly exemplifies Korean women. She is kind, understanding, unassuming and can be as fierce as a dragon when provoked. Chong is a tower of brightness in a demure frame.

Her hometown is near Daejeon, South Korea, more or less in the middle of the country. She eventually moved to Seoul and worked at the Holt International Adoption Agency, a nonprofit faith-based organization working to find permanent families for orphaned or vulnerable Kore-

Continued on Page 3



Chong with her late husband, Ron Danen, who is dressed in hanbok, traditional Korean clothing.

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Soothing songs ...

Continued from Page 1

was huge and very memorable," he said. "'Oh, Holy Night' was our big ending. A piano and a violin, you can't go wrong with that. People come by and they're so appreciative."

Phil understands how disruptive medical issues can be. He is diabetic and has dealt with other problems over the years. "It's like you're taken out of life for a while," he said.

Oregon Health Plan has been a tremendous health partner, providing good care and health advice, he said.

"I'm kind of a social person and I was looking for a social outlet when I joined up with the senior center," he said.



Allison Johnson, CMH

Phil Hall and Carol Feldman playing for patients on Christmas Eve.

"And then I reached out to the hospital because I thought it would be nice to pay back a little of what's been given to me. Health care is a big thing."

Phil and his wife, Dawn Rowden, live at Tongue Point, where Dawn has been an instructor for 30 years.

When music cuts through the despair

By Cindy Yingst

So many people have stories about medical emergencies that I hesitate to share mine. I'm not the only one who has suffered or dealt with tremendous pain and a long recovery. And I am luckier than many because I have a partner willing and able to help me through it.

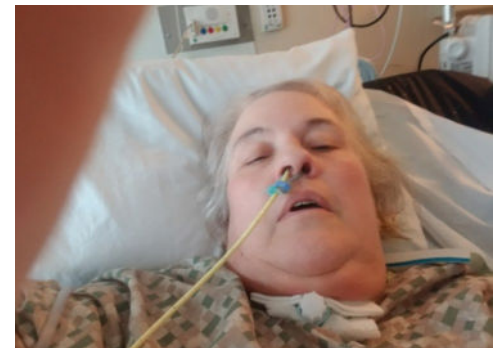
But Phil Hall's story really touched me personally.

In 2022-23, I was at Legacy Emanuel in Portland toward the end of a six-month hospitalization. I'd been flown there from CMH with a critical intestinal blockage that eventually ruptured, causing most of my systems to shut down. I had sepsis, circulatory shock, kidney failure, and respiratory failure with hypoxia (organs dying from lack of oxygen).

Surgeons spent the next two weeks cutting out dead sections of my small intestine and cleaning waste from my abdominal cavity. I was kept in a comatose state. When it was over, I sported a tracheostomy, an ileostomy, a ventilator, a feeding tube, an intravenous catheter in my jugular vein, and a massive hole in my abdomen.

With all that time spent flat on my back, I lost the ability to stand and walk.

Toward the end of my hospitalization, I



A selfie I took on Day 45 of my six-month "incarceration."

received my 11th and final surgery – a skin graft to close my open abdominal wound. I believed it would be the last indignity. But it was not.

My left big toe sprouted an infection, and they were adamant my toenail had to be removed. It was agonizingly painful. Why, God? Hadn't I suffered enough?

That afternoon, a volunteer wheeling a giant harp made his way into my hospital room. A nurse had told him I would probably benefit from a song.

He gifted me with six.

I felt totally blessed in that moment. I knew there was still some beauty and compassion left for me in this world.

I had survived. I would go home soon.

The power of music, indeed.

Hey you! Gotta moment? Here's how you can help

If you've got some spare time, we've got a job for you.

Astoria Senior Center has a variety of volunteer positions that run the gamut from simple sit-down tasks to hurly-burly calorie burners.

If you can help with any of these jobs, contact one of the lobby hosts, or call 503-325-3231.

Details can be found on the volunteer board, which is in the hall outside the classroom. Here's a sample:

Lobby Lover: This vacuuming job takes about 30 minutes at 8 a.m. Monday, Wednesday and Friday available (take one or all three).

Baby, You Can Drive My Car: Or the senior center bus, actually. We need a driver for trips to events and activities. You must be licensed and have a clean driving record.

Dirty Blind Guy or Gal: That's right, we need someone to dust the louvered blinds once or twice a month.



Party On, Dude: If you like seeing people enjoy their day, this is the job for you. It's a 30-minute task setting up for the monthly birthday party at 11 a.m. on the last Friday of every month.

Trash Thrasher: Can you help break down boxes and put them in the recycling bin?

Host with the Most: Monday lunch host sought. Hours are 11 a.m. to 1 p.m. Personality and empathy a plus.

There is such a thing as a free lunch; it comes with the job.

Calligrapher: If you know how to write pretty, this occasional task can be yours.

Super Recycler: If you'd like to help make the 2026 Christmas Lunch affordable (i.e. free) for every member, participate with our can and bottle recycling program.

Master of the Web: A volunteer web page worker is needed to keep things up to date and running smoothly.

Chong makes an impression ...

Continued from Page 1

an children through adoption, foster care, and family preservation programs.

Coincidentally, there is a Holt branch office in Ilsan, South Korea, not far from where I lived on Holt Street. It is amazing how people's paths can cross.

Chong accompanied many children -- from babies to adolescents -- to various countries of the world and met host/adoptive families, many of whom she remains in contact with today.

She had her eye out for a new place to live and, when she had an offer to stay in Portland in 1979, Chong accepted. After about six months in Portland, a host family friend invited her to Astoria, and Chong fell in love with the area.

She especially loved the South Slope of Astoria -- Saddle Mountain in the distance, Young's Bay in the foreground, green trees, colorful foliage and flowers everywhere. It reminded her of her childhood in Korea, coupled with her new life in the United States.

She met the love of her life, Ron Danen, in 1986 and they were married in 1990. Korean women do not change their names when they marry.

Together they ran an adult foster home in a six-bedroom house on the South Slope for more than two decades, caring for their elderly charges with love and compassion. Ron died in 2025.

Having no children of her own, but being an auntie or grandma to many, she became part of Ron's family of seven children, now ranging in age from 54 to 70.

Upon retirement, Ron and Chong immersed themselves in Astoria Senior Center, noshing at Pig & Pancake with other musicians before going to ASC for Open Mic Music on Thursday nights.

Ron painted, and some of his art pieces grace the ASC's walls. They also attended most of the parties and events at the center.

"The Astoria Senior Center saved my life," she said.

During Ron's illness, friends and ASC members supported them with love and understanding and they were there for



Left: Chong arrives at the center ready for Halloween.



Right: Chong with friends at her house on Astoria's south slope, equipped with Korean and American flags.

her when Ron died.

While she brings much joy and happiness to many with her bubbly personality, few know how much she appreciates us.

Chong is in and out of the senior center six days a week. She comes in for every line dancing session, goes out to volunteer at her church, comes back for lunch or a class or an activity, out again for an errand and back again. Always busy with a smile that can light up a room.

All this, and she makes a very tasty kimche!

North Coast lacks options for adult day care

By Daymon Edwards

The stories of loved ones who have had dementia are whispered, the helplessness sometimes too painful to share, even to a sympathetic ear.

Dementia not only affects those diagnosed, but their families and caregivers. There are significant emotional and physical challenges.

Recently, I experienced the toll dementia takes through relationships with two friends, one I met along with his wife when he already was in the grip of dementia, and the other a friend I have known for years and, combined with cancer, is in the end stage of life.

The need for a dedicated dementia daycare center in Astoria is increasingly evident as the community seeks effective support systems for both individuals living with dementia and their care-

givers.

A local dementia daycare center would serve as a vital respite for caregivers, providing them with scheduled breaks to rest, manage other responsibilities, or simply recharge.

Caregiving can be a demanding, around-the-clock role that often leads to burnout. Access to professional, compassionate care during the day allows caregivers to maintain their own health and well-being, ultimately improving the quality of care they provide at home.

For those living with dementia, a specialized daycare offers a safe, structured environment designed to promote social interaction, mental stimulation, and physical activity. Socializing with peers facing similar challenges can reduce feelings of isolation and depres-

sion, common among individuals with dementia. Tailored activities and therapeutic programs can help maintain cognitive function and enhance quality of life.

Astoria's growing aging population underscores the urgency of establishing such a facility. A dementia daycare center would not only support families but strengthen the community by fostering understanding and inclusion.

This service would represent a compassionate investment in the health and dignity of Astoria's seniors and their caregivers, meeting a critical need with empathy and expertise.

If you have ideas on starting a dementia daycare program or would like to work together to get one established, contact Daymon Edwards at daymonconsult@yahoo.com.

Volunteer of the month

Alyssa exemplifies how working for others is joyful

By Daymon Edwards

One of the friendliest smiles at Astoria Senior Center doesn't come from one of our members.

Oh no, the brightest and friendliest smile belongs to Alyssa Holyoak.

Alyssa, who turns 31 on May 18, is an Astoria High School graduate. She started volunteering at ASC in 2016. Her mother is a nurse at Providence Hospital in Gresham and they come to the North Coast on her time off. Alyssa spends the time with her older sister, Amy, as the two share a special bond.

Alyssa's greatest joy in coming to the North Coast is the time she spends at "her job" at ASC. We all had jobs, big or small, that gave us a sense of pride and accomplishment. While Alyssa volunteers, she sees it as her job and takes it seriously.

Alyssa can be seen around ASC



washing the walls and dusting the furniture while Amy keeps her company. What a wonderful pair they make.

She is the darling of her family, as the youngest of six sisters and one brother, who range in age from Alyssa at 31 to the oldest at 52.

"The members make me feel happy," she said. That happiness is re-

flected in our eyes whenever we see her.

Special Olympics basketball is her passion on Saturdays, along with an Explorers group based in Gresham. She also sings in the choir at her church, the Church of Jesus Christ of Latter-day Saints.

"People jokingly ask me if I will come clean their walls at their home," she said. She responds: "I don't like doing housework."

But not doing housework at home does not diminish her passion for keeping the ASC's walls clean and furniture dusted.

At half our membership's minimum age, Alyssa is a powerhouse and a clear example of what volunteerism is all about.

From all of us at the ASC, thank you, Alyssa, for your smiles, laughter and service to us all.

Bits and Pieces

Two members appointed

Doris Swenson has been named volunteer coordinator for Astoria Senior Center and Eve Stover has been appointed to ASC's Trips Committee.

Their appointments were announced during the February Membership Meeting.



"It is the volunteers that really keep the place running," Co-Director Mark Acuna said.

Members who are interested in serving on committees or taking on some of the jobs mentioned on the volunteer board and on Page 3 of the newsletter should let a board member or lobby host know. Or call 503-325-3231.



Stover

Help filing taxes

If you need help with your taxes, sign up for an appointment with the Volunteer Income Tax Assistance program.

Appointment slots for each week will be posted Mondays at the hostess desk, where signups are taken. Or call 503-325-3231. Appointments are at the former Peace Learning Center, 565 12th St. (bell tower entrance).

Board secretary resigns

Astoria Senior Center Secretary Lisa Lee Iacuzzi resigned Feb. 20.

She had run unopposed for the post and was elected by members to the ASC Board of Directors in the November election.

The board plans to appoint someone quickly to fill the position, President Julie Weber said. Two people have expressed interest in serving as secretary, she said.

The volunteer position includes attending monthly board and membership meetings, as well as other meetings



Alexander Maxwell tells members about the center's new technology classes.

called by the president, taking and compiling the minutes from those meetings, and serving on committees as appointed by the president.

Senior technology help

Brothers Anthony and Alexander Maxwell teach technology classes for seniors to help with smart phone operations and protection from scams and viruses.

Maxwell Ventures' "Silver Tech" classes will be at 10 a.m. on the second Wednesday of each month in the ASC classroom.

Young people are wired for technology,

"but for us seniors, it's a problem," Co-Director Dean Deonier said in introducing Alexander, who spoke at the February membership meeting.

"I feel a moral obligation," said Alexander, who also helps seniors and others through his work at the Verizon store. "It's our way of giving back to the community."

¿Puedes donar libros?

Astoria Senior Center's library has a good selection of most types of books, but it could use some books in Spanish.

If you have Spanish language books at home that you're willing to donate, please leave them with one of the lobby hosts.

Preventing scams

Kim Combs, community programs supervisor at Northwest Senior and Disability Services, will be the featured speaker at the March Membership Meeting.

She'll give a talk on preventing scams that frequently target seniors.

The meeting is at 10 a.m. March 19 in the classroom.

Local support groups

Better Breathers Club to cope with COPD, asthma and other respiratory issues, 1:30 p.m. second Thursday of the month, Providence Seaside Hospital. Register at 800-562-8964.

Brain Tumor Support Group, 10 a.m. Tuesdays on Zoom by Providence Seaside Hospital. Info: neurooncsg@providence.org.

Caregiver Support Group, 1:30-3 p.m. on the third Tuesday at Northwest Senior and Disability Services, 2002 S.E. Chokeberry Ave., Warrenton. A second group is via Zoom at 1 p.m. on the first Wednesday. Info: 866-206-4799.

Chronic Illness Support Group, 3 p.m. Mar. 5, Knight Cancer Center, 1905 Exchange St. 503-338-4087.

Dementia Support Group, 6 to 7 p.m. Mar. 26, Trustwell Living at Astor Place, 999 Klaskanine Ave. Info: 503-325-6970.

Grief Support Group, 2:30-4 p.m. on the third Thursday of the month at the hospice office in the Park Medical Building (Suite 203, enter at west end). Details: Jeanette Johnson at 503-338-6230.

Parkinson's Support Group, 1 p.m. on second Monday of the month, Peace First Lutheran Church, 725 33rd St. Info and registration at 503-440-1985.

Women with Heart Disease Support Group, 6:30 p.m. on the third Wednesday of the month in the Coho Room on the second floor of the Duncan Law Center, 2121 Marine Drive. For more info: 503-338-8435.

Tai Chi: Slow movements with big benefits

By Anita Lambert

Several years ago, I traveled through Southeast Asia and fell in love with the land, the people, and, of course, the food. The sun was warm, the breeze carried unfamiliar floral scents, and I felt endlessly curious.

Somewhere along the Mekong River, between Thailand and Laos on my way to Cambodia, my boat ride was delayed for a few hours. I wandered into a nearby park, content to take in the beauty and quiet hum of daily life.

In the shade of some nearby trees, a small group of people caught my eye. They moved slowly and gracefully, swaying from foot to foot, their arms tracing soft arcs through the air. The rhythm was so fluid it reminded me of plants drifting gently underwater. I was mesmerized — and that was my first encounter with Tai Chi.

Originating in China, Tai Chi began as a martial art but has evolved into a meditative form of movement known for its wide-ranging health benefits. Unlike high energy workouts or challenging yoga poses that only yogis can pretzel themselves into, Tai Chi consists

Tai Chi classes
Tai Chi classes are held at Astoria Senior Center beginning at 9 a.m. Tuesday and Thursday mornings.

of slow, deliberate, and continuous motions that flow together with calm precision.

You might wonder how something so gentle can make a significant impact on health. According to the National Institutes of Health, there's strong evidence that Tai Chi produces measurable physical and mental benefits. Over the past 50 years, more than 500 studies conducted in 21 countries have explored its positive effects.

Research has identified five key areas where Tai Chi practice consistently helps:

Fall prevention: Regular practice improves balance and coordination, reducing one of the most common risks to independence as we age.

Joint health: Studies show decreased pain and stiffness from osteoarthritis, particularly in the knees.

Parkinson's disease: Improved balance and control reduce the likelihood

of falls in those with Parkinson's, with those practicing measuring improvement in gait velocity and balance confidence.

Respiratory function: Reviews of Tai Chi for asthma and Chronic Obstructive Pulmonary Disease reveal better breathing capacity and reduced shortness of breath.

Cognitive performance: Practitioners show stronger attention and faster processing speeds compared to non-practitioners.

Gentle, graceful, and deeply grounding, Tai Chi offers both physical strength and mental clarity through the art of mindful movement.

Lucky for us at Astoria Senior Center, we can get involved in this beautiful and beneficial movement.

Wear something comfortable that you can move in and just show up, check the calendar for times and days. No skill level is too small, and you'll be in a supportive encouraging environment of like-minded individuals who are all improving their health and well-being.

Lambert is a registered nurse.

Become a member!

Membership at Astoria Senior Center is just \$20 per year and entitles you to classes, activities, food pantry access, film and book libraries, and more.

**Sign up in the lobby
with one of the hosts**

March birthdays

"You can only perceive real beauty in a person as they get older." ~ Anouk Aimee

Monthly birthday party

Join us at noon Friday, Mar. 27, to celebrate the birthdays of members born this month.

There's cake involved!

Did we miss your birthday or spell your name wrong? Please let us know at asc@dblcly.net or 503-791-3972. Or call the center director at 503-325-3231.

Robert Barr
Michelle Bright
Maria Brim
Suzanne Cannon
Mary Carpender
Diane Dick
Judith Doss
Candia Elliott
Nancy Giasson
Candy Hendrickson

Deborah Howe
Cindy Johnson
LaRee Johnson
Betsy (Alberta) Jones
Tod Jones
Kathy Kinman
Bob Lipps
Holt Moore
Deborah Morgan

Bernard Ooten
Thomas Owen
Greg Pietarila
Rick Powers
Greta Robinson
Roberta Smith
Don Stevens
David Tennant
Aletha Westerberg
Marcia Westlund



Trips & Events

Trip reservations: 503-325-3231



Lucky Eagle Casino in Rochester, Wash.
8:30 a.m. Mar. 10, \$10

The casino, owned by the Chehalis Tribe, features 1,100 slots, including Game of Thrones, King's Landing. There's a pub with pizza, burgers and all-day breakfasts, plus a fine-dining restaurant, a café, and a Little Caesar's Express.



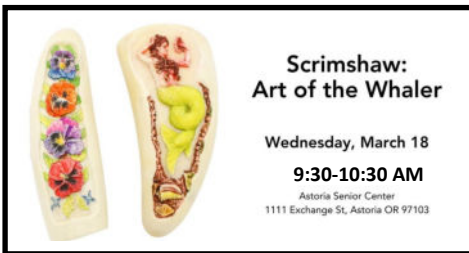
Neptune Movie House, Long Beach
Mar. 18, leave 12:15 p.m.; movie 1 p.m.

Owners of the historic theater will host us for a presentation of "Quiet Man" starring John Wayne.



Mill End Store, Milwaukee
8 a.m. April 2, \$12

A 108-year-old family-owned store, Mill End has one-of-a-kind fabrics and sewing notions in its 50,000-square-foot showroom. There are fabrics and trims from around the world.



Scrimshaw: Art of the Whaler
9:30 a.m. Mar. 18, free

Columbia River Maritime Museum will visit the senior center for a discussion on whaling art. Scrimshaw is considered one of the country's first folk arts, dating to the 1700s. Those



Hobby Lobby/Vancouver Mall
8:30 a.m. Mar. 24, \$10

This is the trip for those with a passion for hobbies, crafts, and home décor. The mall has plenty of places for lunch and shopping.



Coaster Theater, Cannon Beach
April 12, time and cost to come

We'll attend a matinee of "Drinking Habits," a play by Clatsop County residents Tom Smith and Mick Alderman. It's a farce about nuns who make wine and involves mistaken identities, accusations and romance.

Please support these sponsors that support Astoria Senior Center



This month in history

1775, March – Bruno de Hezeta, a Spanish naval officer, is the first to map and describe the mouth of the Columbia River after passing by during his exploration of the Pacific Northwest. Heceta Head is named for him.

1778, March 7 – Capt. James Cook explores the Oregon Coast and names Cape Foulweather near Newport and Cape Perpetua near Yachats. He led three maritime expeditions of the Pacific Coast between 1768 and 1779 and is credited with beginning the West Coast fur trade.



Ore. Hist. Society
James Cook

1806, March 23 – The Lewis and Clark Expedition leaves Fort Clatsop to begin its journey home.

1847, March 9 – The U.S. post office signs a contract to begin mail delivery by ship from New York via Panama, to San Francisco and then to Astoria, making Astoria and Oregon City the first U.S. post offices west of the Rockies. It was two years, however, before the Pacific Mail Steamship Company began making deliveries. John Shively is Astoria's first postmaster, his home serving as the post office.



Ore. Hist. Society
John Shively

1964, March 27 – A tsunami, triggered by the Good Friday Earthquake in Alaska, strikes Cannon Beach, washing away the main bridge into town and damaging low-lying property. There is no loss of life in Clatsop County, but the tsunami kills 139 people -- five in Oregon, 13 in California, and the rest in Alaska. Cannon Beach develops a tsunami warning system to cope with future potential disasters.

1976, March – Astoria Senior Center opens in the old American Legion building -- called Veterans Hall -- at 12th and Grand streets. Access is up a steep hill, parking is minimal, and there's no public transportation to the site, so little will be done to renovate the building.

2004, March 3 – Multnomah County begins issuing marriage licenses to same-sex couples.

2020, March 14 – A Multnomah County man is Oregon's first reported Covid-19 death. Oregon deaths due to covid peaked the week of Aug. 29, 2021, with the state's last covid death in July 2025. To date, there have been 8,726 covid-related deaths in Oregon, 47 of them in Clatsop County.

Community Activities

Knit/crochet volunteers, a group making blankets for hospital patients, 4 to 6 p.m. Wednesdays at Park Medical Building, Ste. 203 (west entrance). Info: 971-286-0085.

Coffee and Pastries for Veterans, 9 to 11 a.m. Thursdays, Astoria Elks Lodge, 453 11th St. Free.

Sit & Stitch, 1 to 3 p.m. Saturdays, Astoria Public Library. Meet and socialize with fellow knitters, crocheters, and fiber arts enthusiasts.

Fort to Sea Hike sponsored by Onward Adventures. Meet at 8:30 a.m. Mar. 1 at the Sunset Beach Trailhead free parking lot where you'll get transportation to Fort Clatsop and can hike at your own pace back to your vehicle (6.5 miles). Free. Info: 503-741-9790.

"To Kill a Mockingbird," Silver Screen Film Series, 2 p.m. Mar. 3, Liberty Theatre. Free to ASC members who reserve a seat at 503-325-3231, otherwise \$5.

Clatsop County Job & Career Fair with more than 70 employers, 9 a.m. to 2 p.m. Mar. 3, Seaside Convention Center, 415 First Ave. Free.

Tea with Abigail, a women's history month presentation on Abigail Scott Duniway, who arrived via the Oregon Trail and became a champion of voting rights, 5:30 p.m. Mar. 4, Astoria Library. Free.

Veterans Breakfast with veteran services officer, 8 to 10 a.m. Mar. 5, Lum's Auto Center, 1605 S.E. Ensign Lane, Warrenton. Free.

USAF Golden West Brass quintet concert, 3 p.m. Mar. 7, Liberty Theatre. Free.

Kitchen Supply Swap of gently used kitchen items (pans, utensils, etc.), 10 a.m. to 5 p.m. Mar. 10-12, Warrenton Community Library, 160 S. Main Ave. All items free; no library card required.

Wild Coast Film Festival of nature and the wild, various times Mar. 12-

15, Columbian Theater and elsewhere. \$15 for single film blocks to \$75 for all-access weekend pass. Info and tickets at wildcoastfilm.org. Proceeds benefit Wildlife Center of the North Coast.

Leprechaun Dash, a 5-kilometer fun run sponsored by Astoria Parks, 9 a.m. Mar. 14, Barbey Maritime Center, 2042 Marine Drive. \$25. Info: 503-440-1970.

Classic Car Swap Meet by Lower Columbia Classics, 8 a.m. to 2 p.m. Mar. 14, Clatsop County Fairgrounds. \$5.

"An Evening with Fran Lebowitz," 7 p.m. Mar. 16, Liberty Theatre. Tickets \$29-\$49 at libertyastoria.showare.com.

Maritime Voyage Whiskey Tasting and lecture, 5:30 p.m. Mar. 20, Pilot House Distilling, 1343 Duane St. \$35. Tickets at www.crm.org.

Liverpool Legends, the Complete Beatles Experience, 7:30 p.m. Mar. 21, Liberty Theatre. Tickets \$45-\$65 at www.libertyastoria.showare.com.

Love the Larsen Center fundraiser, noon to 6 p.m. Mar. 21, 588 16th St. Suggested donation \$10. Info: 503-338-9132.

Dental Van Services for those without insurance, 8 a.m. to 4:30 p.m. Mar. 18, Clatsop Community Action, 364 Ninth St. Walk-ins only. Free.

Oregon Ballet Theater, 7:30 p.m. Mar. 25, Liberty Theatre. Tickets \$20 in advance at libertyastoria.showare.com.

Maritime Slang lecture by historian Jason Linnett, 6 p.m. Mar. 27, Columbia River Maritime Museum. Tickets \$20 at crm.org/lectures.html

Oregon Ghost Conference, 8 a.m. to 5 p.m. Mar. 27-29, Seaside Civic and Convention Center. Info and tickets: oregonghostconference.com

Icons of Rock Tribute Show, 7 p.m. Mar. 28, Liberty Theatre. Tickets \$25 in advance at www.libertyastoria.showare.com.

ENCORE tackles travel, tribes, disasters

ENCORE has several new classes beginning this month at the senior center.

History of Native Tribes and European Settlers, 11 a.m. Mondays beginning March 30. This 11-week course is taught by Erhardt Gross and chronicles the major encounters Indigenous people had with settlers and Europeans and how their locations, customs and freedoms were impacted.

Travel Snapshots, noon Mondays beginning March 30. Snapshots is a 10-week class run by ENCORE members sharing their travel experiences through discussion, photos and PowerPoint presentations. Places fea-

tured: Japan, Guatemala, South Dakota's mammoth dinosaur site, Mayan temples, and Antarctica.

Earthquakes and Tsunamis, 2-4 p.m. Mondays beginning March 30. A seven-week class in survival and preparation, instructor Karen Elder will teach you what to do before, during and after a major disaster. Communication availability, such as amateur radio operations, is included.

ASC members are welcome to attend up to two classes for free. After that, ENCORE memberships are \$50 for unlimited class attendance throughout the year. For more information or to sign up, call 503-338-2566.

More classes of interest in the community

AARP Safe Driving course, 9 a.m. to 4 p.m. April 7, Clatsop Community College Columbia Hall Room 219. \$20 for AARP members, \$25 for nonmembers. Register or get more info at 503-338-2550.

Diabetes Self-Management Class by CMH, 9 a.m. Mar. 5, 12, 19, and 26, Duncan Law Building, 2021 Marine Dr., second floor. Register at 503-338-4012.

Family Tree investigations with demonstrations on the HeritageQuest database, 5:30 p.m. Mar. 18, Astoria Library.

Total Joint Replacement Class, 11 a.m. Mar. 4 or 20, Conference Room A, CMH. Register at 503-338-4075.

Travel Smart, Pack Right tips and talk with travel expert Anne McAlpin, 10:30 a.m. Mar. 17, AAA Astoria, 303 11th St.

We've been framed



Old Town Framing rejuvenated this piece of art as a donation to Astoria Senior Center by repairing the frame, providing a double mat, and installing new glass. It's hanging in the computer center.

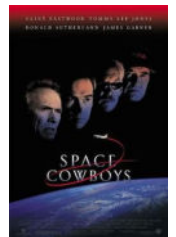


Betty Stennick

Mar. 7

Space Cowboys
(2000), 2:10

*Aged pilots return,
Old stars chase a cold, lost past,
Space calls one last flight.*



Mar. 14

Mr. Smith Goes to Washington
(1939), 2:05

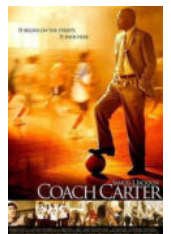
*Honest heart stands tall,
Corruption meets pure courage,
Voice breaks through the halls.*



Mar. 21

Coach Carter
(2005), 2:16

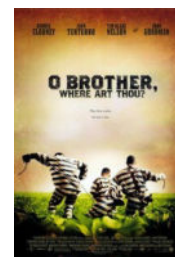
*Court's strict, firm command,
Lessons beyond the scoreboard,
Hearts and minds transform.*



Mar. 28

O Brother, Where Art Thou?
(2000), 1:47

*Three men on the run,
River's song and tales unfold,
Fate's strange journey calls.*



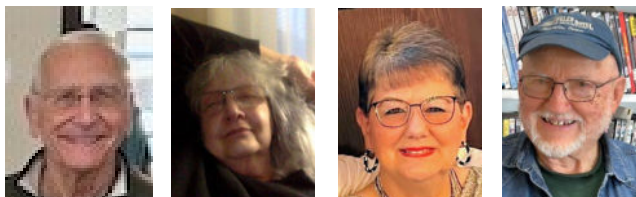
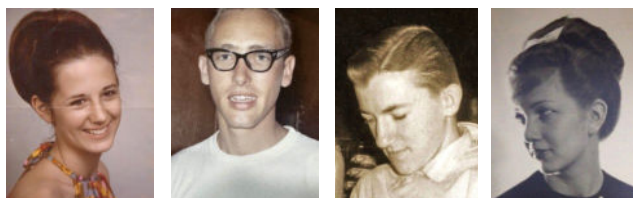
— Synopses by Daymon Edwards

Our younger selves

Can you match photos of our friends and fellow senior center members to their younger selves?

To participate, send your photos to Cindy, the newsletter editor, at asc@dblcy.net. Or text them to 503-791-3972.

If you have hard copies of photos, take a picture of them with your phone and text them.



Larry

Martha

Clydene

Ralph

Social Security online account prevents calls and standing in line

The Social Security Administration hit a milestone in February with a record 100 million Americans creating a personal *my Social Security* account.

The agency has been working toward a digital-first transformation to make it easier for people to access their information.

"More than 100 million Americans have chosen to set up *my Social Security* accounts because they want immediate access to service, 24 hours a day, and tools to manage their benefits with ease," Commissioner Frank J. Bisignano said in a press release announcing the milestone. Convenience is the key, he added.

As SSA's secure online portal, *my Social Security* gives people 24/7 access to tools and services, whether they currently receive benefits or not. With an account, users can receive tailored notifications, request a replacement card, manage benefits or estimate future benefits, request replacement documents, check the status of pending applications, and conduct other services without needing to visit an office or wait on the phone.

The free and secure account allows beneficiaries to access their most recent Social Security Statement, which includes benefit estimates and a summary of earnings in an easy-to-read document.

Tax season is a great time for people to use *my Social Security*.

To learn more and create a personal account, visit <https://www.ssa.gov/myaccount/>.

Ode to Evelyn, who played pingpong in 3-inch heels and lost

Writer's note: Member Evelyn fell while playing pingpong with the boys. While it's sad she was hurt, if you know Evelyn, there is always a funny side to her antics. This is for you, Evelyn.

Evelyn, a dame of questionable age,
Loved to dance the Light Fandango on stage.
One bright day, with a skip and a grin,
She spied an ASC pingpong game and wandered in.

Inside, old chaps with vigor and vim,
Pounded paddles with passion, never grim.
Their balls flew left, then right, then center,
A lively scene, a spirited adventure!

With memories fresh of youth's quick pace,
Evelyn joined in, eager to chase
That tiny white ball with a ping and a pong,
Determined to show she still belonged.



She smashed it left, she smashed it right,
She sent it soaring out of sight.
But then — oh no! — a wild surprise:
The ball zipped past her, caught her eyes!

She spun and stretched with all her might,
Her three-inch heels betrayed her flight.
With a clatter, a bang, a startled scream,

Down she went — a dramatic scene!

Black eye blooming, forehead scratched,
A dislocated thumb, perfectly matched.
She limped about the Astoria Senior Center,
Looking like she'd joined a contact sport adventure!

Evelyn's closet holds shoes galore —
For dancing, dressing, and walking the floor.
But on that day, alas, she would choose
To play without her pingpong shoes!

So here's to Evelyn, brave and bold,
Whose pingpong tale is joyously told.
A fandango dancer with a warrior's heart,
Who turned a tumble into high art!

~ Daymon Edwards
February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9 am Exercise CR 9:45 Yoga CR 11 am ENCORE Eightfold Path CR 11:30 Hot lunch SR 1 pm Mahjong SR 2-4 ENCORE Perception and Brain CR	3 9 am Tai Chi CR 9:30 Live Tai Chi CR 10 am Women's Meeting PR 11 am Bridge CR 11 am Line Dance SR 1:30 Bunco SR	4 8 Genealogy PR 9 am Exercise CR 9:45 Yoga CR 11 Men's Mtg CR 11:30 Hot lunch SR 1 pm Mahjong CR 1 pm Beg. Line Dance SR 2:30 Adv. Line Dance SR	5 9 am Tai Chi CR 930 Live Tai Chi CR 11 Line Dance SR 11:15 Bridge CR 1:15 Card Games SR 6-8 pm Jam Session CR	6 9 am Exercise CR 10 am ENCORE Buddhist Philosophy. CR 11:30 Hot lunch SR 12:30 pm Adv. Line Dancing, CR 1 pm Bingo SR 2 pm ENCORE Retirement Hurdles CR	7 1130 am Movie CR Noon Board Games SR
9 9 am Exercise CR 9:45 Yoga CR 11 am ENCORE Eightfold Path CR 11:30 Hot lunch SR 1 pm Mahjong SR 2-4 ENCORE Perception and Brain CR	10 8:30 Lucky Eagle trip 9 am Tai Chi CR 9:30 Live Tai Chi CR 11 am Bridge CR 11 am Line Dance SR 1:30 Bunco SR	11 8 am Genealogy PR 9 am Exercise CR 9:45 Yoga CR 11 Silver Tech class 11:30 Hot lunch SR 1 pm Mahjong CR 1 pm Beg. Line Dance SR 2:30 Adv. Line Dance SR	12 9 am Tai Chi CR 930 Live Tai Chi CR 11 Line Dance SR 11:15 Bridge CR 6-8 pm Jam Session CR	13 9 am Exercise CR 9 Card-making CR 10 am ENCORE Buddhist Philosophy. CR 11:30 Hot lunch SR 12:30 pm Adv. Line Dancing, CR 1 pm Bingo SR 2 pm ENCORE Retirement Hurdles CR	14 1130 am Movie CR Noon Board Games SR
16 9 am Exercise CR 9:45 Yoga CR 11:30 Hot lunch SR 1 pm Mahjong SR 2-4 ENCORE Perception and Brain CR	17 9 am Tai Chi CR 9:30 Live Tai Chi CR 11 am Bridge CR 11 am Line Dance SR 1:30 Bunco SR	18 8 Genealogy PR 9 am Exercise CR 9:45 Yoga CR 9:30 Scrimshaw talk 11:30 Hot lunch SR 12:15 Theater trip 1 pm Mahjong CR 1 pm Beg. Line Dance SR 2:30 Adv. Line Dance	19 9 am Board Mtg. 9 am Tai Chi CR 930 Live Tai Chi CR 10 Membership Mtg 11 Line Dance SR 11:15 Bridge CR 1:15 Card Games SR 6-8 pm Jam Session	20 9 am Exercise CR 10 am ENCORE Buddhist Philosophy. CR 11:30 Hot lunch SR 12:30 pm Adv. Line Dancing, CR 1 pm Bingo SR	21 1130 am Movie CR Noon Board Games SR
23 9 am Exercise CR 9:45 Yoga CR 11:30 Hot lunch SR 1 pm Mahjong SR	24 8:30 Mall trip 9 am Tai Chi CR 9:30 Live Tai Chi CR 11 am Bridge CR 11 am Line Dance 1:30 Bunco SR	25 8 am Genealogy 9 am Exercise CR 9:45 Yoga CR 11:30 Hot lunch SR 1 pm Mahjong CR 1 pm Beg. Line SR 2:30 Adv. Line Dance SR	26 9 am Tai Chi CR 930 Live Tai Chi CR 11 Line Dance SR 11:15 Bridge CR 1:15 Card Games SR 6-8 pm Jam Session CR	27 9 am Exercise CR 9 Card-making CR 11:30 Hot lunch SR Noon Birthday party 12:30 pm Adv. Line Dancing, CR 1 pm Bingo SR	28 1130 am Movie CR Noon Board Games SR
30 9 am Exercise CR 9:45 Yoga CR 11 ENCORE CR 11:30 Hot lunch SR 12 ENCORE CR 1 pm Mahjong SR 2 pm ENCORE CR	31 9 am Tai Chi CR 9:30 Live Tai Chi CR 11 am Bridge CR 11 am Line Dance SR 1:30 Bunco SR				PR= Pool Room CR= Classroom SR= Sorenson Room FL= Front Lobby