The Senior Scoop
Astoria Senior Center

Empowering seniors to live their best lives

October 2026

1111 Exchange St., Astoria
503-325-3231 info@astoriaseniorcenter.org

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

Annual board elections set next month

By Daymon Edwards

Elections will be here soon.

Four positions on Astoria Senior Center's Executive Board of Directors will be open. One of the spots could be right for you.

A position on the board is both a leadership opportunity and a responsibility to represent members, protect the organization's mission, and help guide its future. Before running for a board position, consider whether you have the time, commitment, communication skills, and understanding of the organization needed to serve effectively.

All members in good standing are eligible to run for office. If you're interested, contact the Election Committee for more information, or to submit your name for the ballot.

Only members in good standing – those who have paid their dues and followed membership rules – can vote and all votes must be cast during the annual meeting. No proxy or absentee votes will be accepted.

Important factors

● *Commitment of time and energy.* Review the expected schedule for board meetings, committee work, community events, fundraising, planning, and preparation. Ask whether you can attend consistently and contribute between meetings.

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Annual Meeting

What: Annual membership meeting with election of officers

When: 10 a.m. Nov. 19

Where: Sorenson Room

Open positions: Vice President, Treasurer, two Members-at-Large

Tongue Point Job Corps students designed and built the racks for the walkers and other durable medical supplies kept in the basement.

Grant funds basement project

By Mark Acuna

Astoria Senior Center's basement is a world not many members have seen. Yet it's the hub of ASC's effective community wellness program.

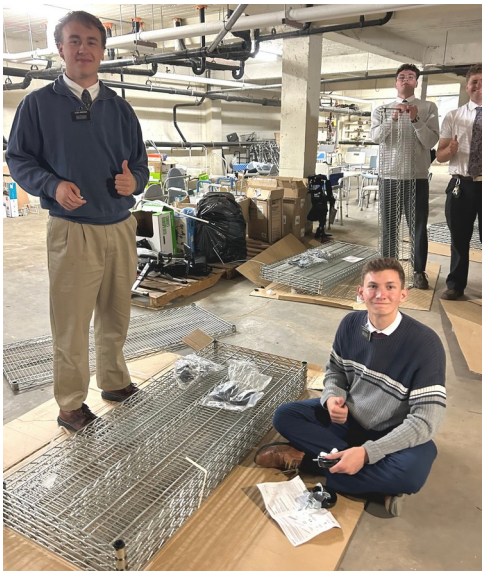
The senior center provides medical durable equipment such as walkers, wheelchairs, bath benches, commodes, and crutches to members of the community who need them. All equipment is donated by the community and is loaned back into the community to people of all ages.

Providing this equipment plays a crucial role in improving health outcomes for individuals with mobility needs.

In addition to the medical equipment, ASC provides donated incontinence supplies and adaptive aids such as canes and crutches, to people who need them without charge.

Until recently, all these supplies and equipment were in boxes piled on pallets or leaning up against the walls of the basement.

In March, ASC applied for a Columbia Memorial Hospital Community Grant to help us organize storage of the equipment. ASC was awarded $1,067 to purchase rolling storage racks and funds for purchasing materials to build custom walker racks.



A group from the Church of Jesus Christ of Latter-day Saints puts together all the storage shelves.

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Co-Directors

Linda Martin, morning
Mark Acuna, afternoon
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lindam@astoriaseniorcenter.org
mark@astoriaseniorcenter.org

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November is election-of-officers month

Continued from Page 1

● Understanding of the organization's mission and needs. Learn about the center's programs, membership, finances, bylaws, strategic goals, and current challenges. A strong candidate understands how the organization serves senior adults and can help address their practical and social needs.

● Ability to work cooperatively. Board members must listen carefully, respect differing viewpoints, handle disagreements constructively, and make decisions as a group. Personal agendas should not interfere with the board's collective responsibilities.

● Relevant skills and willingness to learn. Consider what you can contribute in areas such as budgeting, fundraising, grant writing, communication, public relations, event planning, technology, facilities, advocacy, or community partnerships. You do not need expertise in everything, but you should be willing to learn.

● Integrity, accountability, and ethical responsibility. Board members may handle confidential information, oversee funds, evaluate programs, and make decisions affecting staff and members. Be prepared to disclose conflicts of interest, follow bylaws and policies, support transparent decision-making, and place the organization's welfare above personal interests.

A thoughtful candidate should also speak with current board members, attend meetings when permitted, read the bylaws, and clarify the expectations before seeking nomination. Running for the board is most rewarding when you're prepared to offer dependable service, represent members fairly, and help strengthen the organization for the future.

Responsible representation

-- Listening respectfully to members, including those who disagree.

-- Separating personal preferences from the organization's best interests.

-- Reviewing facts, budgets, policies, and professional recommendations.

-- Considering how decisions affect the entire membership rather than one person or group.

-- Disclosing conflicts of interest and avoiding favoritism.

-- Explaining decisions honestly and respectfully.

-- Supporting the final board decision once it has been properly made, even when the outcome differs from one's preferred position.

A healthy start to fall is up to you

From Co-Director Linda Martin

Fall is here!

As the days get cooler and we settle into a new season, it's a good time to think about the little things we can do to stay healthy and active.

Healthy living doesn't have to be complicated.

Eating nutritious meals, staying active, getting enough rest, keeping up with recommended health care, and spending time with others can all contribute to our overall well-being. And don't forget that laughter and friendship are good for us, too!

In September, Astoria Senior Center was pleased to partner with Safeway Pharmacy to offer a vaccine clinic right here at the center. Members were able to receive flu, COVID-19, pneumonia and shingles vaccines. We appreciate Safeway Pharmacy bringing this convenient service directly to our members.

Fall is also a wonderful time to stay connected. Join a class, take a bus trip, stop by for an activity, or come enjoy our Friday lunch at 11:30 a.m. Call ahead and reserve your spot. It's only $7.

Sometimes one of the best things we can do for ourselves is simply get out of the house and spend time with friends.

As we head into the cooler months, I hope everyone will make time to take care of themselves, stay connected and enjoy all that fall has to offer.

Here's to a happy, healthy fall!

Lunches return amid donations from companies

The reorganized lunch program started once again on Sept. 11. This time, the program will be limited to just one day a week -- Fridays.

Missy Johnson has been hired to cook the meals and volunteers have come forth to do prep work, serving and dishwashing, along with setting up the dining room, hosting and cleanup.

Our relaunch included volunteers Marilyn Erven, Julie Weber, James Matzen, Michael McCoy, Vic Kee, Earle Cottingham, Shunji Asari, Dan Rose, Marlene Gore, Doris Swenson, and Daymon Edwards.

Everyone received a raffle ticket for a cup-shaped planter packed with tea cups, an assortment of teas, and tea infusers donated by Missy.

Lunch volunteers were recognized during the inaugural meal on Sept. 11. They are Doris Swenson, Dan Rose, Earle Cottingham, Missy Johnson, Marlene Gore, and James Matzen. Daymon Edwards, far right, called them up. Briana Jackson-Luther from Clatsop Care Center Health District, the lunch sponsor, is beside him.

Meal sponsors

Co-Director Linda Martin was responsible for securing the funding from Clatsop Care Center Health District.

The agency has offered to sponsor our Friday Lunch Program, donating $300 per meal for an indeterminate time.

With Clatsop Care's sponsorship, the lunch program is able to save money for a rainy day. All the lunch donations go toward the lunch program.

Clatsop Care Health District provides long- and short-term care at their 16th Street location, as well as operating a retirement village on Olney near Fultano's, a memory care facility near Costco, as well as in-home services.

Lunches for October are:

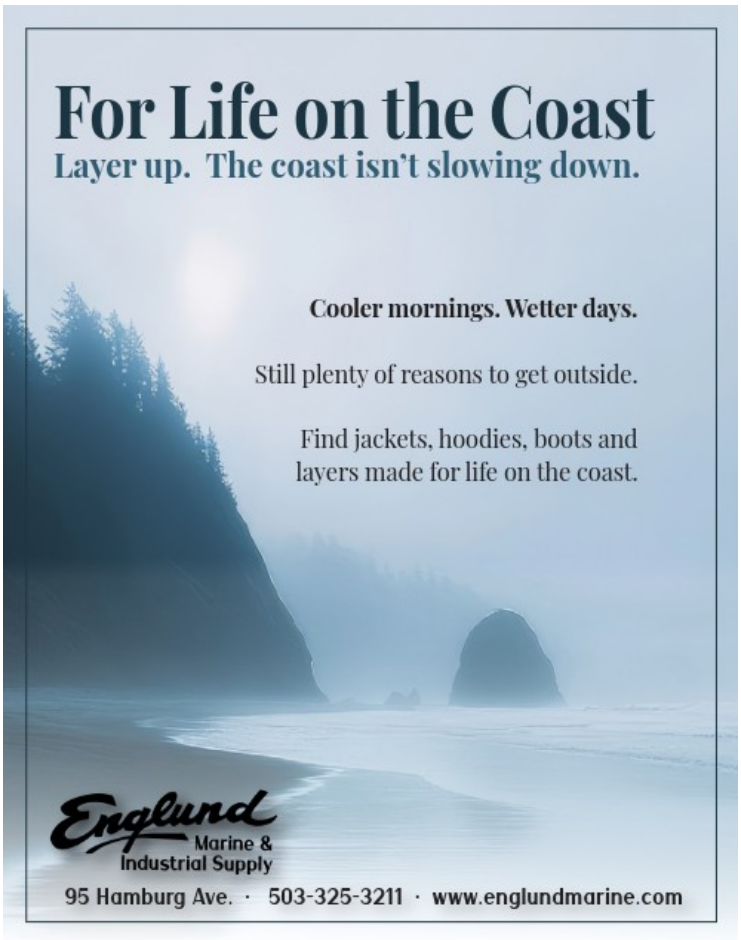
Oct. 2: Pizza, salad, cake

Oct. 9: Pulled pork sandwiches, cole slaw, baked beans, brownie

Oct. 16: Beef stew, rolls, cookie

Oct. 23: Pancakes, scrambled eggs, bacon, fruit cup

Oct. 31: Chicken enchiladas, refried beans, Spanish rice, sopapillas



Recycling event deemed a success

By Daymon Edwards

What a can-a-palooza it was! The sun was out and a comforting zephyr came off the river while supporters drove up to the Senior Center and dropped off their cans and bottles.

The donations came in everything from brown paper bags to a pick-up bed full of bags of bottles and cans.

Our President, Julie Weber, and I arrived early and set up for the collection and were not disappointed. A driver arrived at 9 a.m. sharp with their cans and bottles and it continued until 3 p.m., with short pauses in the cavalcade of donations.

We collected 40 bags, with an estimated value of $200. The fundraising idea worked and we hope to have a few more collections during the year.

Thanks to all who participated. The money collected will go toward funding our Winterfest Luncheon in December.

A special thank you to Dave Zunkel and Co-Director Linda Martin.

Some Halloween events are a real treat

Halloween is one of those tricky celebrations that are a treat for some, but ghastly for others.

Love it or hate it, we'll have some opportunities that shouldn't spook you.

First and foremost, Astoria Senior Center will be open on Halloween, which falls on a Saturday this year.

We're participating in the Downtown Trick-or-Treat activity organized by Astoria Downtown Historic District Association. Join us as we hand out candy to costumed ghosts and goblins between 3 and 5 p.m. If you can contribute candy, please bring it to the center this month and give it to a lobby host.

The other center-based event comes to us via ENCORE. Instructor Maureen Balaam will present "Halloween Arrives but Once a Year" from 2 to 3:45 p.m. Friday, Oct. 30, in the ASC Classroom.

There will be a short presentation about Halloween traditions, including the original purpose of witches and how society came to see them as something wicked. Plus, there will be a review of scary stories from Astoria. Participants should wear costumes and bring a treat to share, as a social time will follow.

And if that's not enough, consider some of these community events:

- Scary Stories to Read in the Dark, 2-5 p.m. Oct. 17, Lucy's Books, 951 Commercial St. Stories written by Astoria Middle School students. Free.
- Autumn Harvest Ball, spaghetti dinner and show, 5:30 p.m. Oct. 24, Goodenberger Hall, 1103 Grand Ave. Tickets $23.18 at eventbrite.com.
- The Big O Saloon Halloween Party featuring Astoria-based band The Fender Benders, 8-11:30 p.m. Oct. 30, 89523 Highway 202. Free.
- Haunted Playground, 8-11:30 p.m. Oct. 28-31, Clatsop County Fairgrounds. Proceeds benefit Astoria High School's Community Assist Program. Admission $10 at the door. Info: 971-320-0798.
- "Practical Magic" and "Rocky Horror Picture Show" will be featured this month at the Liberty.

Become a member today

Dues are just $20 per year.
Sign up with a lobby host.

Member benefits

- Classes/Adult Learning
- Field Trips
- Food Pantry Access
- Film and Book Libraries
- Freebie Exchange Table
- Use of Computer Lab
- Technology Help
- Pool, Ping Pong
- Games and Activities
- Medical Equipment Access
- Referrals
- Raffles
- Coffee and Snacks
- Notifications of events
- Newsletter in your in-box

Why I'm here

By Daymon Edwards

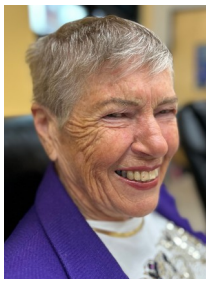
I asked members, "Why did you first come to Astoria Senior Center?" And, "Why did you continue to visit ASC?"

Betsy Manring

"I came to play Bridge."

I returned because *"I found Bunko, and then Mahjong, easier to play and I enjoy the socializing."*

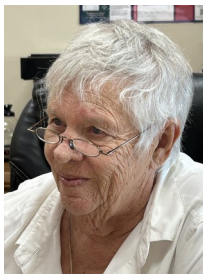
Cheryl West-Davies



"My husband died and I needed somewhere to socialize."

I returned because *"I found friendly people to socialize with."*

Kay Bartholomew



"I was invited to play Mahjong by Sally Smith."

I returned because *"I like to play Mahjong and play as much as I can."*

Linda Ryan

"I started by line-dancing in 2020."

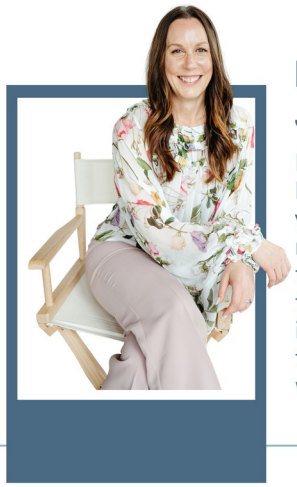
I returned because of *"the nice people, the goodies available, and the welcoming atmosphere."*

Susie McLerie

"ASC's food bank, balance class, computers and social."

I returned because of *"Social interactions and referrals to programs for seniors."*

RAYMOND JAMES



Hello, I'm Jamey Hendricks

Investment Adviser Representative who balances your portfolio as carefully as I navigate a rocky mountain trail...mostly because I know that a bad financial decision is way harder to recover from than a wrong turn in the woods!

Hello, I'm Sari Esnard

Administrative Assistant, a professional chaos-wrangler and part-time mind reader, I turn potential office mayhem into an impeccably organized machine, ensuring our clients always receive the high-performing service they deserve.

NAVIGATING THE FINANCIAL TRAIL: KEEPING YOUR ASSETS SAFE IN THE PNW

Living here in the beautiful Pacific Northwest, we know that enjoying the outdoors, whether it's a morning walk along the Astoria Riverwalk or a weekend hike in the Coast Range, requires a bit of preparation. You wouldn't head out into the mist without your weather app, a raincoat, or a plan.

Think of your financial life the same way. Just as we watch the weather and trail conditions to stay safe, we should be just as prepared to protect our hard-earned savings from those who might try to lead us off the path.

Tips for a "Safe Trek" Through Your Finances

Financial scammers are a bit like a sudden storm...they often try to catch you off guard when you're not looking. Here's how to stay clear of the hazards....

* Trust Your Internal Compass: If a call, text, or email feels "off"—like a sudden, urgent request for money or personal info—stop. Don't feel obligated to answer. If it claims to be from a bank or a government agency, hang up and call them back using a number you know is legitimate.
* Keep Your "Pack" Secure: Just as you keep your wallet and keys safe while out and about, keep your sensitive documents (tax forms, statements) locked away. Shred anything with personal info before it hits the recycling bin.
* Check the Trail Map Monthly: Take a few minutes each month to look over your statements. If you see a transaction that doesn't belong, it's much easier to fix if you catch it early, rather than miles down the trail.
* Don't Rush the Climb: Scammers love to create a false sense of urgency. If someone is pressuring you to "act now" or "secure an investment," take a breath. A good financial decision is never a race.
* Bring a Buddy: Don't hike alone! Share your financial plans with a trusted family member or advisor. Having a second set of eyes on your accounts is the best way to make sure you stay on the right path.

Get to Know Us

www.fiscalfitnessclub.com

1 12th Street, Sute 7 Astoria OR 97103

503.325.0677

Securities offered through Raymond James Financial Services, Inc. member FINRA/SIPC. Investment advisory services are offered through Raymond James Financial Services Advisors, Inc.

Around the Center

ENCORE class on finances to begin

Wish you were better at managing your finances? ENCORE has a class for you!

"Financial Management for Retirees," a five-week class, begins Oct. 19 in the classroom at Astoria Senior Center.

Instructor Thom Allison will provide strategies that help bring financial security during retirement, including tax planning, investments, risk management, and giving.

The class is from 11 a.m. to 1 p.m. Mondays. ENCORE membership is $50 per year. Senior center members may attend up to two sessions without obligation.

For more information or to find a membership application, visit encorelearn.net or call 503-338-2599.

About our Christmas-holiday-winterfest

The Winterfest Luncheon will be Thursday, Dec. 10, at 451 34th St., Astoria (Bethany Lutheran Church's new community gathering place).

There will be a raffle with prizes, an old-fashioned sing-along, and the choice of a prime rib or vegetarian meal.

The color scheme is blue and silver snowflakes. Guests are encouraged to wear festive attire.

To attend, you must be a member in good standing with dues paid. And, you must have a ticket. There are only 175 seats available and we have more than 600 members. A lottery system was designed to give all members an equal opportunity to attend.

How to get a ticket

Sign up for the luncheon from Oct. 15 to 29 at ASC's Hostess Desk in person or by phone at 503-325-3231.

Names will be drawn from the sign-up list on Oct. 30 and will be posted.

Those whose names are posted have until Nov. 12 to claim their tickets.

Unclaimed tickets will go back into the lottery.

Each ticket holder is allowed free entry and lunch.

Go to lunch and . . .

Below is an item that ran in the Vernonia Voice after these two visited a restaurant there.

Larry Allen and Daymon Edwards traveled in August from their hometown of Astoria to Vernonia, where they stopped by City Hall and picked up a copy of the Voice. They had a delightful lunch with excellent service at La Cabaña, before heading back to the Astoria Senior Center with the Voice so the members there could read all about Vernonia.

Show us where you've been! Send your photo and a description to Scott@VernoniasVoice.com.

Check out our DVDs!

Vic Kee, Susan Wells and Eve Stover are proud to announce that we now have over 2,000 DVDs in our library, just waiting to be checked-out.

There is a folder with all the DVDs listed in all sorts of configurations, plus, there are 25 copies of the folder -- first come, first served.

More DVDs are arriving daily! DVDs are in the Pool Room (no bathing suits required).

Warmth all the way around

Oh good gads!

After limping along without a functioning food warmer in the kitchen, we now have four!

The change in riches took many volunteers, donations and sponsors to make it possible – a more than two-year project.

Now Friday lunches can proceed.

A shady proposition

Rochelle Stramiello has donated a Tiffany-style lampshade to ASC and now we need a floor lamp base to go with it for our lobby.

Contact Co-Director Mark or Daymon for more information.

We've got designs on you

Would you like to learn how -- or maybe you already know how -- to organize and design a newsletter?

We'll train!

ASC Newsletter Editor Cindy needs someone to help with layout so she can have some time off now and again.

The skill -- and the free software -- can be used to design club and church newsletters, too.

Contact Cindy directly at asc@dblcy.net.

A real shot in the arm

Vaccinations were given Sept. 18 with nary a tear or a sob.

Astoria Safeway's pharmacist provided flu, pneumonia, shingles, and covid shots to interested ASC members.

Thank you, Safeway, for the vaccines and sharp needles.

Ready to charge it

Astoria Senior Center now has the ability to accept payments by credit card.

That means payments for bus trips, lunches, memberships, and donations can be made when you have no cash on hand or if you call in.

And, speaking of memberships, October marks the beginning of annual membership renewals. Please drop by the lobby host desk when you're ready to pay your 2027 dues. Annual membership remains at $20 and it can be paid by cash, check, or credit card.

In favor of high chairs

Having a seat in one of the Sorenson Room's folding chairs can be difficult for those who have trouble getting up from low places.

Board members will consider adding a few higher chairs for those who would benefit.

CLATSOP CARE
HEALTH DISTRICT

IN-HOME CARE

Caring for someone you love?

There is a lot to manage each day.

Finding the right help can feel overwhelming.

You do not have to figure it out alone.

Let us talk about care and support at home.

Call (503) 325-0313

CLATSOP CARE HEALTH DISTRICT

Your community members hard at work for you and your loved ones.

In-Home Care • Retirement Village • Memory Care

Health & Rehabilitation • Long-Term Care

SILVER SCREEN SERIES

THE BIRDS

October 6 • Liberty Theatre

libertyastoria.org

TRICK OR TREAT

October 31 • 1-3 p.m.

947 Olney Ave, Astoria

clatsopcare.org/assisted-living

Would you like to volunteer?

Help with outings, activities and time with residents.

Call (503) 325-0313 and ask for Briana

bluther@clatsopcare.org

Special events and bus trips

Reserve a bus seat by calling 503-325-3231 or visiting the lobby host desk.

Caples Artisans Bazaar
9 a.m. Oct. 9, $7 bus, $5 tour

We'll take the 11 a.m. museum tour, then hang out at the Artisans Bazaar, which showcases local artists and crafts. Food available for purchase. Not wheelchair accessible, but walkers OK.

Neptune Movie House
11:15 a.m. Oct. 12, free

The Neptune in Long Beach is treating us to a classic film, the title of which wasn't available by print time. For the bus, meet at the center at 11:15 a.m. Otherwise, join us at the theater at noon.

Maritime Museum talk
9:30 a.m. Oct. 21, free

Columbia River Maritime educators discuss the evolution of personal flotation devices with stories that cement their legacy in maritime history. The talk will be in ASC's Classroom.

Sauvie Island Pumpkin Patch
9 a.m. Oct. 21, $7 bus fee

Bella Organics offers a corn maze, farm store, cafe, critters, and a perfect setting for a fall outing. Admission to the farm is free, but the optional maze is $10, with a discount if purchased online in advance.

Bridge Club seeks recruits for 'the best card game ever'

Bridge is sophisticated and intriguing, players say. It combines skill, planning, and pattern recognition with communication.

If that sounds enticing, the Astoria-Warrenton Duplicate Bridge Club is looking for new players. And you wouldn't have to go far. The group meets from 11 a.m. to 3:30 p.m. Tuesdays and Thursdays at Astoria Senior Center.

"It's the most fascinating game," says player Monica Taylor. "You'll have ever-increasing ability as you discover more things about it."

Monica joined the club in 2003, before ASC was remodeled. But she began playing bridge when she was in college. After a 50-year hiatus – in which she raised a family and had a career in nursing – she took a bridge class through ENCORE.

Today, she and other club members teach interested newcomers.

Lewis Richardson, Monica Taylor, Terry Jefferson and Jane Swynenburg pose for a photo after a team game win at the regional tournament at the Seaside Convention Center last year.

"You don't expect to be a wizard right off the bat," she said. "We've had several people who just started cold, … but it's best to get some idea of how toplay a hand for the maximum points."

It's called "kibitzing," in which a prospective player watches a game as a spectator to learn the mechanics, dis-cover what constitutes a strong hand, figure out how to track bids, and other tips.

Bridge combines aspects of the card games Whist and Hearts, with aspects of Pinochle. It's a four-player partnership trick-taking game with a specialized bidding system.

The club, which is affiliated with the American Contract Bridge Club, usually has five to nine tables playing at the senior center. Players pay $7 per session, which covers rent of the room, printing, the dealing machines, cards, food, and affiliation dues.

To learn more and to be paired with a teacher or partner, contact Monica at 503-325-0029 or visit the club's website, www.bridgewebs.com/oregonseasideunit491.

"It's just the best card game ever," she said.

Thank you to these businesses that support Astoria Senior Center.

Astoria Co-Op
Astoria LDS Church
Clatsop Care Center Health District and its auxiliary
Columbia Bank
Columbia River Coffee Roaster
Costco Wholesale
ENCORE Learn
Englund Marine
Fred Meyer
Liberty Theatre
Lum's Auto Center
Mo's Seafood & Chowder
Old Town Framing Company
Safeway
Tongue Point Job Corps Center
Trustwell Living Astor Place

Ballot measure deserves consideration by seniors

By Cindy Yingst

Who needs long-term care anyway? Chances are, you will.

If you're already 65, the likelihood you'll need long-term health services and support before you die is 70 percent, estimates the Department of Health and Human Services.

Yet options on the North Coast are limited – both by space and scope.

Guest speakers at the September membership meeting talked about the need to expand affordable healthcare in Clatsop County, including short- and long-term care covered by Medicare and Medicaid.

Daymon Edwards

Briana Jackson-Luther, along with Dr. Roy Little, talked about Measure 4-249 at the September membership meeting.

Clatsop Care Center Health District has a measure on the November ballot asking residents to fund a bond measure to build a new skilled nursing facility in Astoria.

Dr. Roy Little, who served on the health district's board for 20 years, has seen the district expand from a single 100-year-old structure into a district that now provides memory care, home care, and an assisted living center. What's lacking is an updated skilled-nursing facility.

"It was designed to be a hospital," Little said of the Clatsop Care Center building on 16th Street. "Since 2002, we've been attempting to relocate the services into a building facility … with contemporary style and contemporary needs for skilled nursing care."

The proposed 44-bed facility is expected to improve health outcomes for patients by keeping them close to their home, family and friends. It would provide private bedrooms and bathrooms for all residents and reduce operating costs for the taxpayer-funded district.

"We already have the property secured," said Briana Jackson-Luther, the district's marketing and advocacy leader. "We did a lot of due diligence. Building any building is not cheap, so that's where the bond comes in."

Measure 4-249 would raise $34 million for the construction and would be repaid through property taxes over the next 30 years. Property owners already pay 37 cents per $1,000 of assessed value to fund the health district. If the measure passes, the amount would be 51 cents.

October Birthdays

It's a party! Join us at noon Friday, Oct. 30, to celebrate the birthdays of members born this month. There will be cake!

Kenneth Adams
Jim Alegria
Nancy Axelson
Kent Birdeno
Douglas Brown
Margarita Colonna
Connie Darby
Celia Davis
Earl Dawley
Rosemary Donnelly
DeeDee Dupre
Chris Eagon
Kathy Fauver
Peter Ferrero
Judith Fredrikson
Sandra Garcia
Judy Gervais
Laurene Gildner
Matthew Gleason
Joe Golas
Robin Golubickas
Gil Gramson
Jan Hansen
Susan Hawks
Velvin Higby
Joyce Hoffman
Craig Holt
ShawnAnn Hope
Janice Horning
Donald Johnson
Kathy Keyser
Mike Keyser
Paula King
Dean Hoagland
Janice Horning
Sharon Kubik
Carol Leach
Roland Lindstrom
Robert Lockett
Jack Lyly
Bonnie Mathews
Kathleen McNeal
Carol Merwin
Larry Miller
Jerry Moore
Trung Nguyen
Jane Osborn
Clydene Paul
Terrie Powers
Veneta Reed
Catherine Reetz
Ron Reinebach
Daniel Robbins
Dannila Robertson
Laura Rogers
Phyllis Salvadore
Carolyn Steinlicht
Cheryl Stoutenberg
Gayle Svendsen
Rebecca Swanson
Maryjane Swynenburg
Monica Taylor
Violeta Torres-Covert
Kate Treber
Mary Warren
Gary Webb
Chuck Webster
Mildred Wells
Darlene White
Terri Whittaker
Amelia Wiltse

Do you enjoy HELPING OTHERS?

JOIN THE Clatsop Care AUXILIARY!

We need caring volunteers like YOU!

The Clatsop Care Auxiliary is looking for volunteers to join.

We meet once a month.

All funds go to activities to fund events, parties, and more for our residents.

CLATSOP CARE CENTER HEALTH DISTRICT

IF INTERESTED, CONTACT:
503-836-7755
lindaasccodirector@gmail.com
646 16th St., Astoria, OR 97103

Oct. 3
Superman
2025, 2:10
Hope lifts through the sky
A lonely hero chooses
Earth, love, truth, and peace

Oct. 10
It's a Mad, Mad, Mad, Mad World
1963, 2:54
A buried fortune
Sends strangers racing madly
Greed trips over greed

Oct. 17
Julie & Julia
2009, 2:03
Two kitchens, years apart
Recipes transform doubtful hearts
Joy rises like bread

Oct. 24
Paper Moon
1973, 1:45
A con man and child
Travel dusty roads together
Family, found by chance

Oct. 31
My Big Fat Greek Wedding
2002, 1:35
Love crosses old customs
One bride joins a noisy clan
Two worlds learn to dance

-- Synopses by Daymon Edwards

More movies

The following movies in the Halloween genre will be shown at the Liberty Theatre this month. Tickets are available online at libertyastoria.showare.com.

- "Rocky Horror Picture Show," 8 p.m. Oct. 9. Come in costume! Tickets $17 advance, $23 at door.
- "Practical Magic," the 1998 original, 8 p.m. Oct. 10. Tickets $13 at the door.

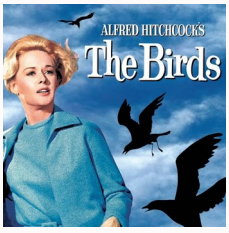
October Events and Activities

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

Wild Mushroom Hike with a park ranger, 1-3 p.m. Oct. 2, 9, 16, 23, and 30. Meet at Battery Russell in Fort Stevens State Park. For info, contact Ranger Dane Osis at 503-861-3170. Free.

North Coast Land Conservancy 40th anniversary party with a guided walk, history presentation, free food, drinks, music and activities, noon-3 p.m. Oct. 3, Circle Creek Conservation Center, 32825 Rippet Lane. Seaside. Bring a camp chair. Info: 503-738-9126.

Veterans Breakfast with the county's Veterans Services officer, 8-10 a.m. Oct. 6, Lum's Auto Center, 1605 S.E. Ensign Lane, Oregon. Free. Info: 971-308-1045.



Silver Screen Film Series showing of "The Birds" 2 p.m. Oct. 6, Liberty Theatre. Free to Astoria Senior Center members who reserve a seat by calling 503-325-3231, otherwise $5 at the door.

Travel Smart/Pack Right tips by travel expert Anne McAlpin, 10:30 a.m. Oct. 6, AAA Astoria, 303 11th St. Free, but RSVP by calling 503-861-3118. Note: event space requires climbing a flight of stairs.

AARP Safe Driver course for those 50 and older, 9 a.m. to 4 p.m. Oct. 6, Clatsop Community College Columbia Hall Room 221. Bring driver's license, sack lunch, and, if you have one, your AARP card. $20-$25.

Candidate Forum sponsored by AAUW, 7 p.m. Oct. 6, Astoria High School Auditorium. Info at facebook.com/aauwastoria. Free.

Soup Bowl Fundraiser for The Harbor domestic violence shelter, 5 p.m. Oct. 10 at Clatsop County Fairgrounds. Tickets $75 via soupbowl2026.auctria.events.

Water Music Festival, 41st annual, 3-7 p.m. Oct. 10, Historic Chinook School, 810 Highway 101 in Chinook. Tickets $30 at watermusicsociety.com/water-music-festival.

Ham Radio Technician course to earn an FCC amateur radio license, 12:30-4:30 p.m. Saturdays Oct. 10-24, Clatsop Community College South County Campus, 1455 N. Roosevelt Dr., Seaside. Free. Info: w7bu.club/technician-training.

Great Columbia Crossing run walk event, 8:30-11 a.m. Oct. 11 across the Astoria-Megler Bridge.

Voting Forum, answering questions about vote by mail, the county clerk's office and more, 5-7 p.m. Oct. 14, Astoria Public Library. Free.

Mike Super Magic & Illusion Show, 7 p.m. Oct. 14 at Liberty Theatre. Tickets $15, $25, and $35 reserved seating at libertyastoria.showare.com.

End-of-Life Doula and Artist Panel Talk contemplating death, grief, and renewal, 6 p.m. Oct. 16, Clatsop Community College Nebeker Art Gallery.

Crab-cooking demonstration, sponsored by the Astoria Library Friends Association and North Coast Food Web, making crab cakes and crab louie and using items from the Library of Things, 5:30 p.m. Oct. 21. Free.

Country singer-composer Lyle Lovett and his Small Large Band, 7 p.m. Oct. 23 at Liberty Theatre. Reserved-seat tickets $63-$103 at libertyastoria.-showare.com.

Speed Friending, like speed dating, but for friends, 5:30 p.m. Oct. 27, Astoria Public Library. Connect, chat, and expand your social circle. Free.

Hell's Belles, an AC/DC tribute band, 7 p.m. Oct. 31 at Liberty Theatre. Tickets $20 in advance.

Co-Director Mark with instructors from the Job Corps Construction Trades program.

Basement ...

Continued from Page 1

This summer, the racks were purchased and young volunteers from the LDS Church assembled the rolling wire racks. Other ASC volunteers emptied boxes of incontinence supplies and organized the products on the shelves.

Tongue Point Job Corps also pitched in, with Construction Trade students doing community service to design and build the custom wood racks that now hold walkers and crutches. The project has worked wonders for the organization and efficiency of our Medical Equipment program.

Our sincere thanks to CMH for the community grant, and thanks to all the volunteers who made this project a success.

Members of the local LDS church work on the shelving units.

Walker storage before and after.

Left: *ASC members on a recent kayak trip at Fort Clatsop.*

Right: *October-appropriate shoes on a Steppers Line Dancer.*

Below: *Attendees at the September membership meeting.*

Enjoying that cup of coffee at Astoria Senior Center?

Pick some up for home!

All of our coffee is traceable to the source, through direct relationships or from co-ops of small farmers in Guatemala, Ethiopia, Mexico, and Columbia. Keep an eye out for the opening of our coffee house later this year!

Thundermuck!
Wondermuck!
Clatsop Spit
Fishers & Fallers
Oregon Breakfast
Adrift
Jonny Tsunami
Saddle Mountain

Columbia River Coffee Roaster

279 W. Marine Drive
(under the bridge)

503-325-2755
info@crcrcoffee.com

An Astoria Senior Center sponsor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CR= Classroom *SR= Sorenson Room* *PR= Pool Room* *FL= Front Lobby*			**1** 9 Tai Chi CR 9:30 Live Tai Chi CR 11 Steppers Line Dance SR 1 Card-making SR 1:15 Pinochle & card games SR 6-8 Jam Session	**2** 9 Exercise CR **10-12 ENCORE** astronomy class CR 11:30 Hot lunch $7 12:30 Adv Line Dance CR 1 Bingo SR **2-4 ENCORE** **Current Topics CR**	**3** 11:30 Movie Classics CR 12 Board Games FL 1:15 SAIL Exercise Class SR
5 9 Exercise CR 9:45 Yoga CR **11-1 ENCORE** **geology class CR** 12:30 Pool Club PR 1 Mahjong SR **2-4 ENCORE** **authors class CR**	**6** 9 Tai Chi CR 9:30 Live Tai Chi CR 11 Bridge Club CR 11 Steppers Line Dance SR 1:30 Bunco SR	**7** 8 Genealogy PR 9 Exercise CR 9:45 Yoga CR 11 Tech Class CR **11 Men's mtg PR** 1 Mahjong CR 1 Beg Line SR 2:15 Adv Line Dance SR	**8** **9 Board Mtg SR** 9 Tai Chi CR 9:30 Live Tai Chi CR 11 Steppers Line Dance SR 1:15 Pinochle & card games SR 6-8 Jam Session	**9** 9 Exercise CR 9 Bazaar trip **10-12 ENCORE** astronomy class CR 11:30 Hot lunch $7 12:30 Adv Line Dance CR 1 Bingo SR **2-4 ENCORE** **Current Topics CR**	**10** 11:30 Movie Classics CR 12 Board Games FL 1:15 SAIL Exercise Class SR
12 9 Exercise CR 9:45 Yoga CR **11-1 ENCORE** **geology class CR** 12 Neptune Theater trip 12:30 Pool Club PR 1 Mahjong SR **2-4 ENCORE** **authors class CR**	**13** 9 Tai Chi CR 9:30 Live Tai Chi CR 11 Bridge Club CR 11 Steppers Line Dance SR 1:30 Bunco SR	**14** 8 Genealogy PR 9 Exercise CR 9:45 Yoga CR 1 Mahjong CR 1 Beg Line SR 2:15 Adv Line Dance SR	**15** **9 Board Mtg SR** 9 Tai Chi CR 9:30 Live Tai Chi CR **10 Member mtg SR** 11 Steppers Line Dance SR 1 Card-making SR 1:15 Pinochle & card games SR 6-8 Jam Session	**16** 9 Exercise CR **10-12 ENCORE** astronomy class CR 11:30 Hot lunch $7 12:30 Adv Line Dance CR 1 Bingo SR **2-4 ENCORE** **Current Topics CR**	**17** 11:30 Movie Classics CR 12 Board Games FL 1:15 SAIL Exercise Class SR
19 9 Exercise CR 9:45 Yoga CR **11-1 ENCORE** **finance class CR** 12:30 Pool Club PR 1 Mahjong SR **2-4 ENCORE** **authors class CR**	**20** 9 Tai Chi CR 9:30 Live Tai Chi CR 11 Bridge Club CR 11 Steppers Line Dance SR 1:30 Bunco SR	**21** 8 Genealogy PR 9 Exercise CR 9 Pumpkin patch trip 9:30 Maritime Museum talk CR 9:45 Yoga CR 11 Tech Class CR 1 Mahjong CR 1 Beg Line SR 2:15 Adv Line Dance SR	**22** 9 Tai Chi CR 9:30 Live Tai Chi CR 11 Steppers Line Dance SR 1:15 Pinochle & card games SR 6-8 Jam Session	**23** 9 Exercise CR **10-12 ENCORE** astronomy class CR 11:30 Hot lunch $7 12:30 Adv Line Dance CR 1 Bingo SR **2-4 ENCORE** **Current Topics CR**	**24** 11:30 Movie Classics CR 12 Board Games FL 1:15 SAIL Exercise Class SR
26 9 Exercise CR 9:45 Yoga CR **11-1 ENCORE** **finance class CR** 12:30 Pool Club PR 1 Mahjong SR **2-4 ENCORE** **authors class CR**	**27** 9 Tai Chi CR 9:30 Live Tai Chi CR 11 Bridge Club CR 11 Steppers Line Dance SR 1:30 Bunco SR	**28** 8 Genealogy PR 9 Exercise CR 9:45 Yoga CR 1 Mahjong CR 1 Beg Line SR 2:15 Adv Line Dance SR	**29** 9 Tai Chi CR 9:30 Live Tai Chi CR 11 Steppers Line Dance SR 1:15 Pinochle & card games SR 6-8 Jam Session	**30** 9 Exercise CR 10-12 ENCORE astronomy class CR 11:30 Hot lunch $7 **12 B-day Party SR** 12:30 Adv Line Dance CR 1 Bingo SR **2-3:45 ENCORE** **Halloween fun CR**	**31** 11:30 Movie Classics CR 12 Board Games FL 1:15 SAIL Exercise Class SR 3-5 Downtown Trick or Treat