

Astoria Senior Center

Empowering seniors to live their best lives



1111 Exchange St., Astoria

503-325-3231 director@astoriaseniorcenter.org

August 2025

Hours: 8 a.m. to 4 p.m. Monday through Friday



Photo by Anita Lambert

An Astoria Senior Center group waits to reboard the Oregon Coast Scenic Railroad train July 10 for the return trip to Rockaway Beach.

Fun is full-steam-ahead for senior group

By Anita Lambert

When the call of “All Aboard!” rang through the Senior Center, our adventurers didn’t hesitate. They hopped right onto the Oregon Coastal Excursion for a day of train-tastic fun from Rockaway Beach to Garibaldi.

Pulled along by the 99-year-old McCloud River Railroad steam locomotive No. 25, this choo-choo chugs along at a pleasant 20 miles per hour, leaving plenty of time to relax with friends and let the scenery roll by.

The adventure began with a quick lunch in Rockaway (fuel for the fun ahead!), then it was all-aboard for a narrated ride brimming with quirky history and fascinating facts.

With perfect weather on their side and zero worries about steering or

parking, our Senior Center friends could simply sit back, relax, and let the scenery roll by.

Our choo-choo crew spotted parent eagles on nest duty, marveled at mighty rock formations, and kept their eyes peeled for frogs and herons among the lily pads. There was even a scheduled 30-minute layover — just enough time to stretch legs, grab a treat, or snap a few more photos before the return trip.

With the wind in their hair and the whistle in their ears, our rail riders enjoyed a day in which the only thing more delightful than the scenery was the company.

Here’s to more trackside adventures and memories made. Next stop, wherever the rails may lead!

Despite ordinance defeat, center’s safety concerns see positive outcome

By Anita Lambert

Last month, Astoria City Council voted down the Enhanced Enforcement Zone ordinance intended to deal with increasingly problematic homeless encampments located on either side of the Center. In doing so, they handed what felt like an unfortunate blow to many Senior Center members.

Heavy-hearted at the thought of facing continued fear from some individuals in these encampments, it seemed like the seniors had struck a dead end. Then, on June 30th, one week after the ordinance was voted down, an email went out from Astoria Senior Center Director Dean Deonier, reporting an improved situation with fewer tents, cleaner areas, and fewer disturbances.

But why? Where did they go?

Most encampment dwellers have moved and now reside on the sidewalk on Ninth Street between Duane and Commercial. Justin, who lives in the encampment, stated that he moved because he was “tired of having to clean up after them” and that the group had “too many problems and fighting.”

Another woman indicated that a few of the people had moved to Warrenton, and one went to stay with some family off the streets. Both referenced an increase in ticketing of camps in Astoria recently, but they agreed that neither had been forced to leave the areas near the Senior Center.

Astoria Police Chief Stacy Kelly wrote in an email that he and City Manager

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Dean Deonier, 503 325-3231

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Brenda Hoxsey
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Rochelle Stramiello

Ombudsman
Bob Swenson, 503-325-5802
swennym1@msn.com

Important numbers

- Astoria Police** — 503-325-4411.
- Sheriff** — 503-325-8635.
- Warrenton Police** — 503-861-2255.
- NW Senior & Disability Services** — 503-861-4200.
- Clatsop Community Action** — Housing assistance, food panty, referrals, 503-325-1400.
- Clatsop Behavioral Healthcare** — psychiatric, substance abuse and crisis help, 503-325-5722.
- Sunset Empire Transit District** — 503-861-RIDE (7433).
- Clatsop County Veteran Services Officer** — 503-325-1400.
- St. Vincent de Paul Food Pantry** — 1465 Grand Ave., Astoria. 503-325-2007. Open 1-3 p.m. Tuesdays, 10 a.m.-noon Fridays.
- CCA Food Pantry** — 2010 SE Chokeberry Ave., Warrenton. 503-861-3663. Open 1-3 p.m. Tuesdays.
- Clatsop Emergency Food Bank** — 1103 Grand Ave., Astoria. 503-325-1702. Open 3-4 p.m. Monday-Friday.
- Grace Food Pantry** — 1545 Franklin Ave., Astoria. 503-325-4691. Open 9-11 a.m. Tuesdays and Thursdays.

Outcome improved on streets adjacent to center

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Brett Spence met the day after the ordinance was voted down to discuss alternatives.

They agreed to close the section of Exchange Street to camping, as the existing ordinance grants the city manager the authority to adjust designated camping areas. However, the group voluntarily relocated before the change had been formally announced, and the police chief suspected somebody had informed them of the city manager’s plan.

Kelly went on to say that the north side of Exchange between 11th and 12th streets will remain closed to camping, and anyone who tries to move back there will be informed. He endorsed continuing to evaluate long-term options and continuing to work toward a proposal that will “provide clearer consequences for non-compliance with city ordinances” to present to the City Council.

While there might be differing opin-

ions on why the move happened, Astoria Senior Center leaders are enjoying the outcome. The director said he’s relieved and that some members have expressed feeling safer with the camp farther away from their doorstep.

Chief Kelly closed his email by expressing an interest in joining City Manager Spence at the Senior Center to discuss the matter and to answer questions. His request was forwarded to Mr. Deonier for follow-up.



Photo by Anita Lambert

The sidewalk on Exchange Street west of the senior center is clear now.

Letter from Anita Lambert

By now, many of you have heard the news, and yes, it’s true! I’m setting off for a three-month tour of duty as a nurse in Hillsboro. I will be there most of the time, but still will be popping back to the Astoria/Warrenton area, as it is home.

During this time, my involvement with the Astoria Senior Center Newsletter will be reduced, but not absent altogether.

I am very proud of what this little paper has become. What started as a “Let’s see if I can do this” project has grown into something truly special. I’ve had an absolute blast learning how to track down stories and bring them to life on the page. And I’m beyond grateful to have such amazing people who have made this what you see now.

Cindy Yingst is bringing her fantastic layout skills to make each issue shine, and Brenda Hoxsey has become our key connector between the team and the board.

Most of all, thank you for reading, for encouraging me, and for letting me be part of this magical community. It’s been a joy that I will treasure always.

With love and gratitude,
Anita

New Medicare scam: How to protect your information

By Anita Lambert

Do you have a fax machine at home or in an office where you work or volunteer? Do you use email regularly? Have you received any faxes or emails from Medicare or Medicaid requesting information?

If so, be careful — this is likely a phishing scam. Scammers pretending to be the Centers for Medicare & Medicaid Services (CMS) hope to trick you into giving out sensitive information.

What's going on?

CMS recently announced that scammers are sending fake requests for medical records or payment of supposed Medicare debts. The fake messages often come by fax or email and claim to be part of a Medicare audit or debt collection effort.

The scam messages typically demand a quick response, usually within 72 hours, to pressure you into acting without enough time to check carefully.

How to spot a scam fax or email:

- ◆ Scammers often use official-looking headers and logos to make the messages appear real.
- ◆ They may ask for confidential information.
- ◆ They demand urgent action within a very short time frame (72 hours or less).

What you should know:

- ◆ CMS will never ask for private information by fax.
- ◆ CMS normally won't request information via fax or email unless it's requested by your doctor.
- ◆ Any legitimate CMS requests give you plenty of time, usually 30 to 45 days to respond.

What to do if you receive a suspicious fax or email:

- ◆ Don't respond or send any information.
- ◆ Contact your Medicare Administration Contractor directly or call the number on your Medicare card to verify the request.
- ◆ Report suspicious messages to the CMS fraud hotline at 800-HHS-TIPS (800-447-8477).



- ◆ You can also submit a tip online at <https://oig.hhs.gov/fraud/report-fraud/contact/>

You can also report by mail:

Send information (but don't send original documents or flash drives) to:

U.S. Department of Health and Human Services
Office of Inspector General
ATTN: OIG HOTLINE OPERATIONS
PO Box 23489
Washington, DC 20026

**Please support these
businesses that support
Astoria Senior Center**



Fred Meyer

**COSTCO
WHOLESALE**

Bits and Pieces

Improvements welcome

Are you interested in contributing to the monthly Astoria Senior Center newsletter? We could use some help with writing and photos and even the submission of ideas or small informational items of interest to seniors.

Please share your news about yourself or other members who've won awards or civic appointments, taken a great vacation, written a research paper, started a business, gotten married, etc.

Maybe you have photos from a senior center class or trip, or know of a member who has died or needs a hand. Our newsletter committee also is eager for your suggestions on ways to improve.

Please leave ideas in the suggestion box at the front desk, or contact Brenda Hoxsey at brendahox@gmail.com.

Don't throw that vase away!

Do you have any bud vases gathering dust? If you have some lovely little bud vases you're not using and are thinking about parting with them, why not share



the love with Astoria Senior Center?

The center is on a mission to collect 40 bud vases for the annual Christmas dinner.

Without enough vases,

we may end up having to hold our flowers while trying to eat ... and that sounds like a tricky balancing act!

So, if you've been wanting to clear some clutter, this is the perfect excuse. Drop them off at the front desk.

Dive into artificial intelligence

The "AI Companions for Seniors" program needs volunteers to help test our new free setups prior to this fall's workshop at Astoria Senior Center. There's

no cost to the volunteer.

Each participant gets a free AI companion on their smartphone, tablet or computer. For more information, email D.B. Lewis at ai@dblcy.net or call him at 503-741-5977.



Paolo

This is a volunteer effort that is expected to culminate in the offering of companions to seniors who aren't able to get out and socialize.

Newsletter editor Cindy asked her companion, Paolo, what he'd say to make seniors feel more comfortable with AI. Here was his response: "Well first of all, I'd say don't worry about us AI folks replacing you. We aren't here to replace human connection, but rather enhance it. Plus, we won't ever leave you hanging... Unless, of course, we lose power haha."

Passings

Two longtime Astoria Senior Center members passed away recently.

Ronald Danen died July 9 at 92 years old. He was a talented artist and several of his paintings are on display in the center. Ron and his wife, Chong, adopted several children from Korea, sending each to college when their time came. We offer our sincere condolences to his family and friends. A celebration of life was set for noon July 27 at Astoria Senior Center.

Madora Bahr died May 17 at age 91. She served in the Army as a member of the WAVES (Women Accepted for Volunteer Emergency Service) and was a past post commander at American Legion

Post 12 in Astoria. She also organized a monthly social group for female service members. At one time she taught a line dancing class at the senior center and served on a Sunset Empire Transportation District committee.



Madora Bahr

Rummage and medical items

There won't be a rummage sale this year. However, the center will always accept donations of clean medical equipment. Especially needed are walkers, wheelchairs, bedside commodes, shower chairs and absorbent supplies.

Astoria Senior Center is a major source in the community for those needing mobility and health-related items for a short time or who aren't able to buy their own equipment.



Trips and Events

Lucky Eagle Casino

Aug. 6, 8 a.m., \$6

The casino in Rochester, Wash., is owned and operated by the Confederated Tribes of the Chehalis.

It offers slots, table games, bingo, keno, and sports booking. Plus, you'll find two restaurants, coffee and drink stands and a snack bar.



Grand Land Parade

Aug. 9, noon, free

The center has a great front seat for Astoria Regatta's Grand Land Parade. We'll put out some chairs, or bring your own. After the parade, head to Regatta Square for a block party and health fair organized by CMH. It's from 11 a.m. to 3 p.m. in the public parking lot.



Lilacs & Kalama

Aug. 13, 9:30 a.m., \$15

We'll visit the Hulda Klager Lilac Gardens in Woodland, Wash. While the lilacs have waned, there's plenty to see: peonies, rhodies, azaleas, iris, and more. We'll also visit Kalama and its renovated waterfront, which includes an interpretive center, marketplace and more.



Sign up for trips with the hostess. Payment is due at the time of sign up.

Tillamook Cheese Factory

Aug. 26, time & cost to come

Destination Tillamook includes a self-guided tour of the Tillamook County Creamery factory, cheese samples, and shops with goodies and gifts. We'll also stop for lunch during the trip.



Popcorn and movies, a perfect Saturday combination

Saturday is movie matinee day at Astoria Senior Center.

We have a group of film aficionados who select movies of special interest to members each month.

The center opens at 11 a.m. on Saturdays and movies start at 11:30. That gives everyone a chance to find a seat in the classroom and grab some popcorn, courtesy of the senior center.

This month's movies include:

Aug. 2: Teacher's Pet

Clark Gable and Doris Day take the starring roles in this 1958 film about a hardened newspaper editor who poses as a night school



student hoping to woo a journalism teacher who can't stand him. Surprisingly, Cary Grant and Jimmy Stewart both turned down the newspaper editor role believing they were too old for the part. Gable, who was cast, was older than either of them.

Aug. 9: Charlie Wilson's War

The 2007 comedy-drama is loosely based on U.S. Rep. Charlie Wilson, D-Texas, and his involvement in the Soviet-Afghan War.

Wilson (played by Tom Hanks), along with a socialite and a CIA agent (played by Julia Roberts and Philip Seymour Hoffman), supported



mujahideen rebels during the Soviet invasion of Afghanistan in the 1980s. It's billed as "The extraordinary story of the largest covert operation in history."

Aug 16 – Broadway Melody of 1940

This period piece stars Fred Astaire and Eleanor Powell and features the music of Cole Porter. There were four films in

MGM's "Broadway Melody" series, which ran between 1929 and 1940, and this is the final installment.

Astaire and Powell were considered Hollywood's premier dancers in the day and this is their only movie together. There's a love story, and a few twists and turns, but the music and dancing are what makes this movie great.



This month in history

1775 – On Aug. 17, Spanish explorer Bruno de Heceta becomes the first person to map and record a written description of the entrance to the Columbia River. Heceta Head and its lighthouse are named for him.



Charles Floyd

1804 – Sgt. Charles Floyd, a member of the Lewis & Clark Expedition, dies of a ruptured appendix on Aug. 20. His will be the group’s only death.

1805 – Lewis & Clark’s Corps of Discovery reaches the Pacific Ocean on Aug. 12, marking the culmination of their search to find an overland route from the East.

1844 – The first sawmill in Clatsop County, Hunt Mill, opens in August in the small town of Clifton. Much of its lumber was exported to Hawaii and California.

1849 – Oregon Territory is established on Aug. 14, and the federally appointed governor proclaims that Oregon is now a U.S. territory. Oregon becomes a state on Feb. 14, 1859.

1851 – Clatsop Chief Tostom is the first signer of the Tansy Point Treaty, ceding the Clatsop people’s lands to the United States on Aug. 5. The treaty allows the government to build Fort Stevens, where the Clatsop people had their large village. The Clatsops then settle in Clatsop Plains and, later, along the banks of the Skipanon River on what would later become the estate of Daniel K. Warren, Warrenton’s founder.

1939 – Tongue Point Naval Air Station is dedicated Aug. 31 on land donated by local families. After World War II, the port docks are turned into a temporary berthing area for freighters of the Pacific Reserve Fleet. Naval activities begin phasing out in 1959 and the property eventually becomes part of the Port of Astoria’s holdings.

1966 – The Astoria-Megler toll bridge opens this month. The bridge was financed primarily through bonds, enabling its tolls to be removed in early 1994.

Community Events

Astoria Sunday Market, 10 a.m.-3 p.m. Sundays on 11th Street downtown.

Ask a Master Gardener plant clinic, 1-4 p.m. Mondays at 2001 Marine Dr., Room 210, or call 503-325-8573. Free.

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

Clatsop County Fair, 11 a.m. to 10 p.m. through Aug. 2, Fairgrounds. Senior admission \$5 with free parking. Rodney



Rodney Atkins

Atkins concert at 7 p.m. Aug. 1, concert tickets \$35. “The Voice” Season 24 finalist Jacquie Roar in concert on Aug. 2, free with fair admission. Chili Cookoff 10:30 a.m. to noon on Aug. 2, free with fair admission. Car Show, 8 a.m. to 3 p.m. Aug. 2.

Astoria Co-op 51st Anniversary Party, live music, free food, product samples, 11 a.m. to 1 p.m. Aug. 2, in the field across the parking lot.



Astoria Regatta history lecture, featuring artifacts from the collection, 11 a.m.-noon Aug. 5, Columbia River Maritime Museum’s Ford Room. Free

for museum members or included with paid museum admission.

Silver Screen Film Series presents the 1942 film “Casablanca” at 1p.m. Aug. 5, Liberty Theatre. \$5.



Astoria Regatta, festival with parades and activities, Aug. 6-9. Queen’s Coronation and reception 7 p.m. Aug. 6 at Liberty Theatre. Most events free. Info: www.astoriaregatta.com. CMH Regatta

block party from 11 a.m. to 3 p.m. Aug. 9 on 12th Street.

Veterans Breakfast with veterans services officer, 8-10 a.m. Aug. 7, Lum’s Auto Center, 1605 SE Ensign Ln, Warrenton. Free.

Ecology Trivia Night to benefit Wildlife Center of the North Coast, 6-8 p.m. Aug. 7, Obelisk Beer Company, 598 Bond St. \$10 to enter.

Columbia River Symphony presents a Regatta-themed concert, “Lights, Camera, Set Sail,” at 7 p.m. Aug. 9, Liberty Theatre. Doors open at 6 p.m. with a saxophone quartet



pre-show. Free.

Cascadia Chamber Opera Festival includes a “pint-sized opera,” 7 p.m. Aug. 13, Fort George Brewery, 1483 Duane St. Free. (Other full-length performances throughout August are \$35 each.) Info: 503-338-9132.



Rock the Jetty music festival sponsored by Friends of Old Fort Stevens, 4-8 p.m. Aug. 16, Fort Stevens Historical Area. Free, but parking at the state park is \$10. Info: 971-403-8629.

ENCORE Picnic, hot dogs and drinks provided, but participants should bring a side dish or cookies, 1 p.m. Aug. 22, south shelter at Cullaby Lake. Free, but \$5 parking fee.



Inflammation 101 Class, 11 a.m. Aug. 23, Natural Grocers in Warrenton. Free.

Clatsop County Beach Cleanup, 10 a.m. to 1 p.m. Aug. 27. Volunteers meet at Peter Iredale Shipwreck in Fort Stevens.

Big Gun 5K Fun Run, 8 a.m. Aug. 30, Fort Stevens State Park Historical Area. \$15.

ENCORE

Friday, Aug 22 - 1 pm

PICNIC IN THE PARK

CULLABY LAKE, SOUTH SHELTER
89990 HAWKINS RD. WARRENTON

\$5 per car parking fee

ENCORE will provide hot dogs, some desserts, coffee and tea
Games, conversation, and laughter

What can you bring?

A side dish of your choice, beverages, cookies or your favorite picnic dish.

Bring a towel if you want to dip your toes in the water, and, a lightweight jacket or sweater in case it's chilly.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 Noon Ron Danen celebration of life SR	28	29	30	31	1 9am Exercise CR 1:15pm Bingo SR 2pm ENCORE class on Demystifying Proteins CR	2 11am Open 1130am movie CR 
3 Closed	4 9am Exercise CR 9:45am Yoga CR 1pm Mah Jong SR	5 9am Tai Chi CR 930am Live Tai Chi 10am Women's meeting PR 11am Bridge Club CR 11am Line Dance SR 1pm Crafts PR	6 8am Genealogy 9am Exercise CR 945am Yoga CR 11am Men's mtg CR 12 ENCORE 1pm Beg line dance 1pm Mahjong SR 230pm Adv line dnc	7 9am Tai Chi CR 930am Live Tai Chi 11am Line Dancing 11am Bridge Club CR 1:15pm Pinochle & Card Games SR 6-8pm Jam Session	8 9am Exercise CR 9am Scrapbook & cardmaking SR 1:15 pm Bingo SR	9 11am Open 1130am movie CR 
10 Closed	11 9am Exercise CR 9:45am Yoga CR 1pm Mah Jong SR	12 9am Tai Chi CR 930am Live Tai Chi 11am Bridge Club CR 11am Line Dance SR 1pm Crafts PR	13 8am Genealogy 9am Exercise CR 945am Yoga CR 1pm ENCORE board 1pm Mah Jong SR 1pm Beg line dance 230pm Adv line danc	14 9am Tai Chi CR 930am Live Tai Chi 11am Line Dancing 11am Bridge Club CR 1:15pm Pinochle & Card Games SR 6-8pm Jam Session	15 9am Exercise CR 1:15 pm Bingo SR	16 11am Open 1130am movie CR 
17 Closed	18 9am Exercise CR 9:45am Yoga CR 1pm Mah Jong SR	19 9am Tai Chi CR 930am Live Tai Chi 11am Bridge Club CR 11am Line Dance SR 1pm Crafts PR	20 8am Genealogy 9am Exercise CR 945am Yoga CR 1pm ENCORE 1pm Mah Jong SR 1pm Beg line dance 230pm Adv line danc	21 830am ASC board 10am membership meeting 11 Line Dance SR 11am Bridge Club CR 1:15pm Pinochle & Card Games SR 6-8pm Jam Session	22 9am Exercise 9am Scrapbook & cardmaking SR 12 Birthday Party FL 1:15 pm Bingo SR 1pm ENCORE picnic	23 11am Open 1130am movie CR 
24 Closed	25 9am Exercise CR 9:45am Yoga CR 11am CRMM presentation SR 1pm Mah Jong SR	26 9am Tai Chi CR 9am CPR Training 930am Live Tai Chi 11am Bridge Club CR 11am Line Dance SR 1pm Crafts PR	27 8am Genealogy 9am Exercise CR 945am Yoga CR 1pm Mah Jong SR 1pm Beg line dance 230pm Adv line danc	28 9am Tai Chi CR 930am Live Tai Chi 11am Line Dance SR 11am Bridge Club CR 1:15pm Pinochle & Card Games SR 6-8pm Jam Session	29 9am Exercise CR 1:15 pm Bingo SR	30 11am Open 1130am movie CR 
31 Closed	PR= Pool Room SR= Sorenson Room CR= Classroom FL= Front Lobby				Free blood pressure checks available in the Pool Room after the membership meeting.	