

Astoria Senior Center



Empowering seniors to live their best lives

1111 Exchange St., Astoria

503-325-3231 director@astoriaseniorcenter.org

November 2025

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

Board elections set this month

November is election time – not only throughout the nation, but for Astoria Senior Center.

Members will be asked to select a president, secretary, sergeant at arms, and two at-large board members.

All members in good standing are eligible to vote and should attend the annual election, which takes place at 10 a.m. Thursday, Nov. 20, during the monthly membership meeting.

“Voting for board members at ASC is essential because the board shapes the direction, policies, and quality of services that directly impact our members’ daily experiences and well-being,” said Daymon Edwards, head of the nomination committee. “Our board members make critical decisions about programming, budgeting, facility maintenance, and community engagement, ensuring the center meets the needs and interests of our members.”

Nominations can be made up to and including from the floor of the election meeting.

So far, those who will appear on the ballot are:

- **President:** Julie Weber (incumbent) and Larry Miller
- **Secretary:** Patty McDowell (incumbent)
- **Sergeant at Arms:** Butch McConnell (incumbent)
- **At-large Board Members:** Brenda Hoxsey (incumbent), Mary Frances Gunn (incumbent), Melanie Hanson, Marilyn Erven, and Eve Stover

The board also is expected to appoint an ombudsman. The ombudsman is not a board member. Their job is to resolve

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Photo by Jane Lowe

Sure, talk is cheap, but advice from Director Dean Deonier appears to be priceless.

Pumpkin patch trip garners not a single boo

By Dean Deonier

Center members who participated in the Oct. 9 Pumpkin Patch trip got a great fall farm experience and took advantage of all the accoutrements offered at the farm. There were good times and amusements for all at Bella Organic Farm on Sauvie Island.

Upon arrival, many in the group got hopelessly lost in the haunted cornfield maze and picking out a pumpkin in the large patch was a challenge.

There were plenty of conversations and relationships built on the ride and during lunch at the farm’s courtyard cafe. It was just

plain fun and an experience we will all remember.

Ray, our new bus driver, made everything run smoothly. Everyone had fun and came home smiling.



Photo by Dean Deonier

Cheong Dannen and Marilyn Erven pose in the cut-outs at Bella Organic Farm on Sauvie Island.

Executive Director

Dean Deonier
503-325-3231

dean@astoriaseniorcenter.org

Board members**President Julie Weber**

503-325-5339

julweb2@aol.com

Vice President Missy Johnson

503-298-9862

kip.missy.johnson@gmail.com

Secretary Patty McDowell

503-791-4579

pmcdowell@charter.net

Treasurer Marlene Gore

307-321-0991

legore@tribcsp.com

Sgt. at Arms Butch McConnell

805-746-7859

ojaibutch1@gmail.com

At large, Mary Frances Gunn

503-741-7182

mfgunn20@gmail.com

At large, Brenda Hoxsey

503-861-7309

brendahox@gmail.com

At large, Daymon Edwards

971-601-0393

daymonconsult@yahoo.com

At large, Rochelle Stramiello

503-325-4565

rockysride@hotmail.com

Newsletter Editor

Cindy Yingst
503-791-3972

asc@dblcy.net

Election: Five board positions are open

Continued from Page 1

conflicts between members. That could mean a conflict between two board members, a conflict between two general members, or a conflict between a board member and a general member.

An ombudsman should be able to negotiate differences, listen to both sides, and come up with fair solutions, Edwards said. If this position interests you, contact him at 971-601-0393 or daymonconsult@yahoo.com or leave a note for him with the lobby hostess.

During the election meeting, board candidates will have three minutes to introduce themselves and talk about why they want to serve on the board.

Then ballots will be passed out. Candidates win the seat through a simple majority of those voting.

“By voting, you exercise your voice and influence, helping to select leaders who understand your priorities and will advocate effectively on your behalf,” Edwards said. “It is not a popularity contest. Pick the best person who will help guide ASC into the future while sustaining the present.”

Participation in elections promotes transparency, accountability, and a sense of ownership. It encourages diverse perspectives and fresh ideas, which can enhance the center’s offerings and foster a vibrant, inclusive environment.

Names! We need some names!

By Daymon Edwards

Every newsletter needs a catchy and unique name. Those of us working on ASC’s newsletter would like to hear from you as to what name you’d like to see on the masthead.

Submit as many suggestions as you like. Drop them off at the Hostess Desk during regular ASC hours.

The Grand Prize winner receives the following:

- ◆ Two free ASC lunches
- ◆ Photo in the ASC newsletter
- ◆ A computer-generated certificate
- ◆ A hearty handshake from the ASC President
- ◆ Two free tickets to ASC Saturday Movie with VIP seating and free popcorn
- ◆ A ride in ASC’s entry in Astoria Regatta’s Grand Land Parade 2026

As if that weren’t enough, we need a name for ASC’s Monday Lunch in the Sorenson Room. We need a cafe name.

Come up with a name that makes people think of delightfully delicious

lunches, a room full of people in genteel camaraderie enjoying the sublime, and the sharing of a meal with friends old and new.

The Grand Prize winner will receive:

- ◆ Two free ASC lunches and first to be served
- ◆ Acknowledgement, with a zesty round of applause
- ◆ Photo in the ASC newsletter
- ◆ A computer-generated certificate
- ◆ A hearty handshake from the ASC President
- ◆ Two free tickets to ASC Saturday Movie with VIP seating and free popcorn

Submit as many suggestions as you like. Drop them off at the Hostess Desk.



Saturday Movies: An interview with Ralph Bauman

By Daymon Edwards

Put on your comfy clothes, bring your favorite beverage, and enjoy a free Saturday movie and popcorn at ASC.

Ralph Bauman has been selecting and hosting ASC's Saturday movies for about a year now, and he has no plans to retire.

At 86, Ralph has had a lifelong love affair with movies. He used to go to the Cozy Theater across the street from his father's drug store, Bauman Drug Store, in Attica, Kansas, during the late 1940s—when silver screens were at their height of popularity, before television brought them to their knees and eventual extinction.

The Cozy Theater closed in 1955. Ralph followed in his father's footsteps and became a pharmacist in 1962.

Today Ralph splits his time between the Long Beach, Wash., area and Salem. But he has a real affection for ASC and is committed to its Saturday movie program.

One might wonder how Ralph picks a movie. First, he checks if it's age-appropriate and of interest to seniors. Second, it should have limited or no vulgarity, yet not be prudish.

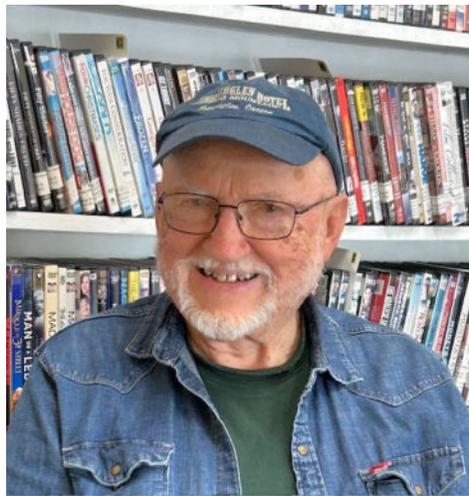
Ralph also tries to select movies that appeal to adults — not high school romances, coming-of-age stories, or animations. Availability also plays a role. ASC has a video library for him to choose from. Video Horizon is another resource, and of course, he draws from his own collection.

When it comes to the actual selection, Ralph consults the ratings on Rotten Tomatoes and others, watches the films, and reviews member requests.

ASC pays approximately \$500 per year in copyright fees since the videos are shown publicly to members, not for private showings.

When asked if he had ever picked a "dud," Ralph said, "Not yet, and I hope I don't."

Ralph begins every movie with a two-



Ralph Bauman

Saturday Movies

When: 11:30 a.m.

Cost: No admission charge or donations

Includes: A short Introduction to the movie -- about two minutes — plus free popcorn

Etiquette: Please, no phones or conversations during the movie. Shown with appropriate sound volume and closed captioning when possible.

minute introduction. He also monitors the volume and tries to select movies with closed captioning. Most movies run between 1½ to 2 hours, as ASC closes at 3 p.m. on Saturdays.

As with all ASC volunteers, Ralph receives no compensation except the satisfaction of sharing movies with an appreciative audience.

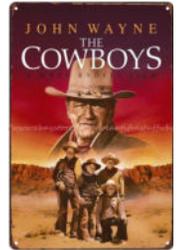
Ralph mentioned that ASC needs a volunteer DVD librarian to organize and maintain its 700-DVD collection. Members are welcome to donate regular DVDs and Blu-ray discs to ASC. He also appreciates movie suggestions. Ralph would like someone to donate the 1952 movie "The Quiet Man" with John Wayne and Maureen O'Hara.

All of ASC's DVDs can be checked out by members; the lobby hostesses have all the details.

Featured this month at the movies

Nov. 1
The Cowboys
(1972), 1:29

Old cowboy herds wild boys, Lessons in boots and bravado— Lost hats, found courage.



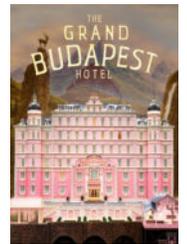
Nov. 8
Road To Perdition
(2002), 1:56

Silent father's path, Vengeance shadows every step, Loss fuels quiet wrath.



Nov. 15
The Grand Budapest Hotel
(2014), 1:39

Hotel chaos reigns, Moustaches and pastries clash, Wes Anderson's charm.



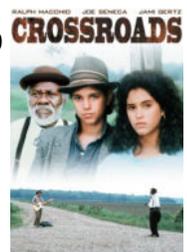
Nov. 22
Sleepless in Seattle
(1993), 1:40

Across the vast continent, Two hearts whisper through the stars, Love wakes in silence.



Nov. 29
Crossroads (1986), 1:39

Dark roads twist and turn, Whispers trade a soul for skill, Strings bleed eerie tunes, Fingers dance with shadowed fate, Crossroads claims; the devil made me do it.



— Synopses by Daymon Edwards

Getting to know the board Q&A**Board member-at-large Mary Frances is a lifelong Astorian**

Hello everyone! My name is Mary Frances Gunn.

I am a native Astorian. I am retired now, but I worked at Columbia Memorial Hospital for about 22 years, in the graveyard shift at ER Admitting for six years, and then in the Information Technology Department for 16 years.

After being let go from CMH, I worked as a receptionist in Dr. Park's office, where I met a number of you over the 11 years that I worked there. I retired in 2018 to take care of my aging father.

I first became involved in the Astoria Senior Center when it was located at Peace Lutheran Church. Both of my parents were volunteers there -- Mom as assistant cook with Donna, and Dad as a volunteer dishwasher. I would help serve the Thanksgiving and Christmas dinners.

After Mom and Dad passed (Mom in 2012 and Dad in 2020), I started coming to membership meetings as a way to reconnect with other seniors outside of a church



Mary Frances Gunn

Age: 72

Favorite read:
The Dragonriders of Pern series

setting. And not long after that, Rochelle asked me if I would consider serving on the Board. I wasn't looking to make a huge impact, but wanted to see where the Board was headed and help as best I could.

I want Astoria Senior Center to continue to serve the area's seniors with nutritional lunches and any other help that is needed.

As for what I do when I am not at the senior center: I still work part time as the office manager of Astoria First United Methodist Church (ASC's neighbor at 11th and Franklin). I serve on the Board of Directors

of Astoria Rescue Mission, and I sing in the North Coast Chorale and Cascadia Chamber Opera Chorus.

Hobbies: Baking, bowling, golf and crafts (crochet, knitting and counted cross stitch).

Favorite movie: I'm not sure I have a favorite movie, but, if pressed, I would have to say "Song of the South." I grew up on classic Disney movies and TV. I know a

lot of people don't like "Song of the South" for its stereotypical portrayal of African Americans, but in the stories of Uncle Remus there are lessons to be learned.

Favorite actor: Jimmy Stewart in any of his many and varied roles.

Favorite books: Besides the Bible, I read a lot of science fiction and fantasy. My favorite author right now is Anne McCaffrey and her "Dragonriders of Pern" books.

Interesting thing I've done: I love to travel, though I don't get to do it much. In the Fall of 1999, I traveled to England, Northern Ireland, Scotland and Wales with a singing group from the Continental Singers. Best two weeks of my life.

What makes you happy? I think I am happiest helping others. That is why I serve on the ASC Board and the ARM Board.

Favorite quote: I will leave you with the opening lines of Max Ehrmann's poem, *Desiderata*. "Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story."

Bits and Pieces

Volunteers needed

Do you have a little extra time on your hands? Would you like to meet and work with interesting people? Do you have talents you'd like to express?

If so, volunteer at Astoria Senior Center!

We are looking for volunteers to help with Monday lunches, write articles for the newsletter, design/lay out the newsletter, sell and/or design advertisements, update ASC's website, answer questions for Santa in December, manage our personal care items, manage the wheelchairs and other physical care equipment, and a host of other opportunities.

If you're interested, contact ASC at 503-325-3231.

Time to renew

It's that time of year again. Renew your annual membership at the senior center for 2026 for just \$20.

What do you get for that? A year of fun and fellowship with a diverse group of individuals, a multitude of classes and activities, plus access to the food pantry, film stash, computer nook, book library, and give-away table. And there's a whole lot more going on.

Sign up or renew your membership with the lobby hostess.

Bottles and cans for Christmas

Now is the time to clean out the garage, basement, and shed of all your returnable bottles and cans. Donate them to ASC.

All of the money redeemed goes to

support the annual ASC Christmas lunch. Ask your friends and businesses for their redeemable cans and bottles.

Let's make Christmas joyous at ASC!

Operation Green Light

Residents are urged to show their support for veterans during Operation Green Light, Nov. 4-11.

Residents are urged to put a green light in their front window or porch light as a way of saying, "You are not alone."

Green light bulbs are available for free at the Clatsop County Veteran Services Office, 1717 Lexington Ave., or from the fourth-floor reception area of the county building, 800 Exchange St.



Top left: New members in foreground at the River Dragons Mahjong class prepare to play. The group meets at 1 p.m. Wednesdays. **Top right:** The lunch service crew, with Dan, Dean, Marilyn, Earle, James, and Daymon (Kevin not shown).

Middle left: Martha Pine picks up a \$5 Monday lunch. **Middle right:** ASC members Marjan Ottinger, Daymon Edwards, and Eve Stover participate in Astoria Downtown Historical District Association's dressing of the Halloween pole witches.

Left: CJ Bell gets a hand from Eve Stover as she puts on a harness to weed the senior center's steeply sloped flower garden. Safety first! **Middle:** Vice President Missy Johnson organizes the Mo's Chowder lunch kitchen brigade. **Right:** Marilyn Erven arrives at the center dressed for Halloween.



Christmas party “save-the-date”

This year’s Christmas party will be bigger and have enough room for everyone who wants to attend.

The party is planned for Thursday, Dec. 11, at the Astoria Armory, 1636 Exchange St.

“One highlight is that the Christmas dinner will be free for members,” ASC Director Dean Deonier said. “We will have food for 150 people and up to 175, if needed.”

Doors will open at 11 a.m., followed by entertainment at 11:30 a.m. and a prime rib lunch at noon. There will be raffles for prizes with tickets available three for \$1.

While the party and dinner will be free for card-holding Astoria Senior Center members, if there’s room, nonmembers may attend, but they’ll have to pay for dinner, which is \$27 per person.

Please add the time and date to your calendar. A sign-up sheet will be available in the lobby after 11 a.m. Nov. 15.

Holiday craft fairs

It may be hard to believe, but holiday shopping time is here. We’ve gathered together some of the area’s biggest and best special markets.

Holiday Bazaar, 4-6 p.m. Nov. 7, and 10 a.m. to 5 p.m. Nov. 8, Calvary Episcopal Church, 503 N. Holladay Dr., Seaside.

Holiday Boutique by P.E.O., with baked goods, beachy and woodsy items, vintage stuff, and jewelry, 10 a.m. to 2 p.m. Nov. 14 at Seaside Convention Center.

Holiday Craft Fair with candles, soaps, jewelry, vintage clothes and more, 10 a.m. to 4 p.m. Nov. 15 and 16, Astor Street Opry Co. 127 W. Bond St. Info: 503-325-6104.

Nordic Christmas Market featuring arts & crafts, baked treats, and Nordic-inspired creations, 10 a.m. to 4 p.m. Nov. 15, Suomi Hall, 244 W. Marine Drive.

Winter Craft Fair with interactive craft classes, 9 a.m. to 4 p.m. Nov. 15, Emerald Heights Community Center, 1 Emerald Drive. Info: 503-325-8221.

Christmas Market Craft Fair with arts, crafts and baked goods, 10 a.m. to 2 p.m. Nov. 15, Lighthouse Christian Church, 88786 Dellmoor Loop, Warrenton.

Holiday Craft Fair, 10 a.m. to 4 p.m. Nov. 15, Astoria Elks Lodge, 453 11th St.

Holiday Markets & Craft Fairs, 10 a.m. to 4 p.m. Nov. 22, 23, 29, and 30, Netel Grange, 90525 Logan Road.

Seaside Holiday Festival & Market, Nov. 28-29 in downtown Seaside. Handmade gifts, pictures with Santa, stories with Mrs. Claus, crafts, games. Holiday Market, 11 a.m. to 5 p.m. Friday and 10 a.m. to 5 p.m. Saturday in the convention center, 415 First Ave.; Holiday Parade, 6:30 p.m. Friday; and Tree Lighting, 7 p.m. Friday. Info: 503-738-6391.

Winter Bazaar & Craft Fair, 10 a.m. to 3 p.m. Dec. 6 and 7, Clatsop County Fair Main Hall, 92937 Walluski Loop. Free.



Longtime ombudsman honored



Photo by Daymon Edwards

Robert Swensen, who served as the center’s ombudsman for many years, receives a certificate of appreciation from President Julie Weber and center Director Dean Deonier.

Become a member!

Astoria Senior Center membership 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

Please support these businesses that support Astoria Senior Center



This month in history

1804, Nov. 3 – As the Lewis and Clark Expedition heads west, they decide to build a fort to finish out the winter along the Missouri River near modern-day Washburn, N.D. It is named Fort Mandan after local Indian tribes.

1805, Nov 15 – A year later, the Corps of Discovery arrives at the Pacific Ocean near Dismal Nitch, on the Washington side of the Columbia River. They enjoyed only six rain-free days during their four-month stay in the region.

1888, Nov. 7 – Portland pharmacist Richard Knight, a collector of exotic animals, donates two bears to the city of Portland. It was the beginning of a small zoo that eventually became the Oregon Zoo in Washington Park.



1928, Nov. 21 – Saddle Mountain State Park is created thanks to a land donation from O.W. and

Nellie Taylor. Today, after additional land acquisitions, it comprises some 3,000 acres with a trail zigzagging up to the 3,288-foot summit.

1962, Nov. 5 -- Construction of the 4-mile-long Astoria-Megler Bridge begins. It is the last segment of U.S. Highway 101 to be completed.



1984, Nov. – The city of Astoria acquires the building that later will become Astoria Senior Center. It was built by the Northwest Nash company in 1946. From 1948 to 1950, the Bauer and Garcia Motor Company was in the building, followed by Jesse James Motors in 1951, and Hopkins Motors in 1953.

Other users of the senior center building were Burner Oil & Tire in 1955, Astoria Public Library in 1959, and Hunt’s Home Furnishings in 1967. (The American Legion Hall across the street was built in 1924.)

Community Events

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

Guided Tour of the new Columbia River Maritime Museum, 11 a.m. Nov. 2 and 16. Free with admission or membership. Reservations required through museum’s website.

Astorya Revue amateur circus, 6 p.m. Nov. 5, Liberty Theatre, Tickets \$17 in advance through libertyastoria.showare.com.

Veterans Breakfast with veteran services officer, 8-10 a.m. Thurs., Nov. 6, Lum’s Auto Center, 1605 SE Ensign Ln, Warrenton. Free.

Cellist Sergey Antonov performs solo, 7 p.m. Nov. 7, Larsen Center for the Performing Arts, 588 16th St. Info and tickets (pay what you want) at 503-338-9132.

Singer Edna Vazquez with special guest Mariachi Oro y Azul from Ilwaco High School, 7:30 p.m. Nov. 8, Liberty Theatre. Tickets \$27-\$47 at libertyastoria.showare.com.

Columbia Pacific Fiber Arts Festival with vendors and classes in knitting, crochet, weaving and other fiber crafts, Nov. 9-10, Long Beach Elementary, 400 Washington Ave. S., Long Beach. Free. Info: 206-778-3193.

North Coast Symphonic Band “Epics and Adventures” concert, 2 p.m. Nov. 9. Liberty Theatre. Tickets \$15 in advance at libertyastoria.-showare.com.

Mobile Dental Clinic offering free emergency dental and referral services for those without adequate insurance. Walk-ins 8 a.m.-1 p.m. Nov. 10, Clatsop Community Action, 364 Ninth St. Info: 971-286-8776.

Battlegrounds and Backroads, a documentary exploring why Oregon ranks highest in veteran suicides, 5 p.m. Nov. 11, Liberty Theatre. Come early to connect with veterans, men-

tal health groups, community leaders. Free.

AARP Smart Driver course, 9 a.m. Nov. 13, Clatsop Community College. \$20 for AARP members, otherwise \$25. Bring driver’s license, AARP card, lunch, check or cash. Info or sign up at 503-338-2550.

Wild Mushroom Hike led by a park ranger, 1 p.m. Fri., Nov. 14, meet at Battery Russell, Fort Stevens State Park. Free, but day-use parking



fees apply. Info: dane.osis@opr.d.oregon.gov.

Barracuda, a Heart tribute band, 7 p.m. Nov. 15, Liberty Theatre. Tickets \$20 in advance at libertyastoria.showare.com.

Military and Veterans Convention, 10 a.m. to 2 p.m. Nov. 18, Seaside Convention Center. Organized by Clatsop Community Action. Free.

The Amazing Bubble Man, 2-5 p.m. Nov. 23, Liberty Theatre. Louis Pearl combines art with comedy for his spellbinding bubble tricks. Tickets \$15 at libertyastoria.showare.com.

“Feline Thankful” all-breed cat show, Nov. 22-23 at Clatsop County Fairgrounds. Tickets \$8 general, \$5 seniors. Info: www.cascadiacats.com.

Holiday Festival and Tree Lighting sponsored by city of Warrenton, 5-8 p.m. Nov. 29, along Main Avenue south of the post office.



Rocky Mountain concert by John Denver tribute artist Ted Vigil, 7:30 p.m. Nov. 29, Liberty Theatre.

Tickets \$36 at libertyastoria.showare.com.

Trips and Events



Vancouver Mall/Craft Warehouse Monday, Nov. 3, 8:30 a.m., \$10

Join us for a trip to the large mall, which includes JCPenney, Macy's, Hobby Lobby, Old Navy and many more stores.

We'll have lunch in the food court, then head to Craft Warehouse in Hazel Dell, which carries home décor and unique DIY supplies for making candles, leather items, stepping stones, needlework, paper crafts, jewelry and other hobbies. Sign up quickly as the bus is nearly filled.



Portland Holiday Market Tuesday, Nov. 14, 8:30 a.m., \$24

Portland Expo Center plays host to the holiday market, now in its fifth year. You'll find food, hundreds of vendors, and unique gifts for those on your shopping list.

The bus and parking fee is \$11, which must be paid when you sign up with the hostess. Door admission to the market is \$13. Bring a shopping bag or backpack – and lunch if you don't want to buy it at the market.



Thanksgiving Dinner Thursday, Nov. 27, \$6

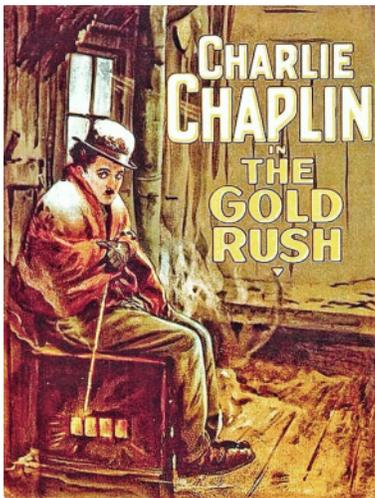
Astoria Senior Center will offer Thanksgiving dinner to members for the first time in several years.

The meal is planned for 3 p.m. in the Sorenson room and will cost \$6.

There is room for about 50. If you'd like to be included, call the center at 503-325-3231 and make a reservation with the lobby hostess. The meal will be prepared by Oz and Nate from LiFEBoat Services.

Silver Screen Series a joint venture of ASC, Liberty, and Clatsop Care

Have you heard of the Silver Screen (and Hair!) Series? Three organizations got together earlier this year to bring movies from the golden age of



cinema to Astoria's seniors. Astoria Senior Center, the Liberty Theatre, and Clatsop Care Center Health District hope the joint effort becomes a new community tradition.

The movies are free and shown at 2 p.m. on the first Tuesday of the month in the historic theater. Reservations are required by stopping by or calling the hostess desk at the senior center.

Movies already shown include Casablanca, Rebel Without a Cause, and Harvey.

This month's movie is "The Gold Rush," a 1925 silent film comedy starring Charlie Chaplin. It is one of Chaplin's most acclaimed works and the one for which he said he most wanted to be remembered.

It's set for 2 p.m. Nov. 4. At the Liberty. If you forget to RSVP, the movie will cost \$5 at the door.

"Watching these films in this beautiful, historic theater — surrounded by community — is an experience that touches the

heart," a Clatsop Care spokesperson said in announcing the joint venture. "It's more than just entertainment; it's about connection and joy."

Next month's movie is the 1944 Christmas musical "Meet Me in St. Louis," starring Judy Garland. The song "Have Yourself a Merry Little Christmas" debuted in the film.

Quest for Fall



Photo by Dean Deonier

The group from October's trip arrives at the pumpkin patch on Sauvie Island.

November's new ENCORE classes focus on music, autism

ENCORE begins two new classes this month at Astoria Senior Center. The classes are in addition to five courses already underway.

ENCORE was established in 2001, initially through Clatsop Community College. Today it's a nonprofit organization run by an independent steering committee of retired folks. Classes are open to anyone 50 and older who's interested in learning. Most of the classes are short – just a few weeks long – and taught by college faculty or other local experts.

There are no tests, homework, or attendance requirements. Preregistration is not required; just show up. Dues are \$50 per year, with financial help available, if needed. A CCC library card is included with ENCORE membership. Most of the classes are held at the senior center.

To learn more about ENCORE, call 503-338-2599 or send an email to encorelearn@clatsopcc.edu.

- ◆ **School of Rock: The History of Rock and Roll, five weeks.** Instructor Sharon Borgardt. Held 10 a.m. to noon Mondays Nov. 10-Dec. 8 in the ASC Classroom. The class covers the roots and evolution of music from 1960 through 1990 and includes blues, jazz, modern rock, the British Invasion, hard rock, disco, country

rock, heavy metal, pop, grunge, alternative rock and boy bands. Objectives are to review musical styles and the evolution of music, explore historic events during each decade, and discover how music of the time influenced each decade.

- ◆ **Autism and Disability Information, three weeks.** Instructors John and Patricia Ciminello. Held 2 to 4 p.m. Mondays Nov. 17-Dec. 1 in the ASC Classroom. There are many questions about autism, and the instructors, who have extensive experience working with the autistic and disabled population, will attempt to answer them. They'll address the facts as well as the complexity of having family and friends with autism and disabilities.

Ongoing classes that end this month include the Local Author Series, which has its last class at 2 p.m. Nov. 10; Mindfulness Meditation for Healthy Aging, which has its final class at 11 a.m. Nov. 3; and Gift of Aging, which has its last class at 2 p.m. Nov. 14.

Chinese Philosophy in the Classical Era, meets at 10 a.m. Fridays through Dec. 12, and the Writer's Exchange, which meets via Zoom, continues throughout the year.

November birthdays

"Birthdays are good for you. Statistics show that the people who have the most live the longest." — Larry Lorenzoni

Join us at noon Friday, Nov. 28, 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@dblcy.net or 503-791-3972. Or call Dean at 503-325-3231.

Mary Alderman	Julia Hesse	Victor Salkowitz
Shunji Asari	Patrick Hollern	Al Salheier
Helen Bagley	Brenda Hoxsey	Daniel Savel
Darrell Baird	Kathleen Hudson	Ed Schenk
Doug Balcomb	Phyllis Kemble	Susan Schroeder
Michele Barr	Gail Lisiewski	Rod Silva
Marlene Bekins	Bonnie Little	David Snyder
Pam Blakeslee	Jennifer Loretto	Gayle Starr
Robert Breitmeyer	Rosamaria Mann	Fred Stephens
Christine Corder	Georgia Marincovich	Rosemarie Taylor
Leslie Cottrell	Maureen McCaslin	Shawn Taylor
Sandy Davis	Joy Domenick Meidl	Jack Temple
Sylvia Davis	Norman Mullins	Tammy Tobin
Dean Deonier	Catherine O'Brien	Evelyn Townsend
Debbie Deonier	Wendy Osborn	Carol Trotter
Janet Ebert	Ricia Parcher	Raymond Utterback
Daymon Edwards	Charlotte Perry	Malcolm VanMeer
Judy Dodge Fattori	Dan Pike	Shelley Von Colditz
Pamela Fuller	Clarke Powers	Christina Whitney
Marlene Gore	Don Roessler	David Zunkel
AnnMarie Gramson	Judy Ronis	Kathleen Zunkel
Jacquelyn Hern	Michael Russo	

CMH has classes too!

In addition to Astoria Senior Center classes and those offered by ENCORE at the senior center, you may be interested in classes offered by Columbia Memorial Hospital.

CMH has three group meetings this month that could be helpful to many seniors.

- ◆ **Prayer Shawl Knitting/Crocheting Group.** A group for volunteers who like to knit or crochet meets 4-6 p.m. Wednesdays at the Park Medical Building (west entrance), Suite 203. Blankets are given to hospital patients. Info: Lori Blake at 971-286-0085.
- ◆ **Total Joint Replacement Class.** If a major joint surgery is in your future, this group is for you. While the schedule varies, this month's classes are at 11 a.m. Nov. 5 and Nov. 11 in Conference Room A at the hospital. To register, call the CMH-OHSU Orthopedic Clinic at 503-338-4075.
- ◆ **Grief Support Group.** Anyone experiencing loss can appreciate having a safe place to share, explore coping strategies, and get help in the healing process. The group meets at 2:30 p.m. on the third Thursday of the month. For more information, contact Jeanette Johnson at 503-338-6230.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Free blood pressure checks are available in the Pool Room after the membership meeting.</p>		<p>PR= Pool Room SR= Sorenson Room CR= Classroom FL= Front Lobby</p>			<p>1 11:30 am Movie 11:45 am Games</p> <p>Turn clocks back one hour tonight</p>
<p>3 9 am Exercise CR 9:30 Vancouver Mall 9:45 Yoga CR 11-1 Mindfulness Meditation for Aging (ENCORE) CR Noon Hot Lunch 1 pm Mahjong SR 2-4 pm Local Authors Series (ENCORE) CR</p>	<p>4 9 am Tai Chi CR 9:30 Live Tai Chi CR 10 Women's Meeting PR 11 am Bridge Club CR 11 am Line Dance CR 1 pm Crafts PR 1:30 pm Bunco SR 2 pm "Gold Rush" movie at Liberty</p>	<p>5 8 am Genealogy PR 9 am Exercise CR 9:45 am Yoga CR 11 Men's Meeting CR 1 pm Beginning Line Dance CR 1 pm Mahjong SR 2:30 pm Advanced Line Dancing CR</p>	<p>6 9 am Tai Chi CR 9:30 am Live Tai Chi 11 am Line Dance SR 11 am Bridge Club CR 1:15 Pinochle, Shang Hi, Skip Bo games SR 6-8 pm Jam Session CR</p>	<p>7 9 am Exercise CR 9 am Scrapbook & cardmaking SR 10-noon Chinese Philosophy (ENCORE) CR 12:30 pm Adv Line Dance CR 1 pm Bingo 2-4 pm Gift of Aging (ENCORE) CR</p>	<p>8 11:30 am Movie 11:45 am Games</p>
<p>10 9 am Exercise CR 9:45 Yoga CR 11-1 School of Rock (ENCORE) CR Noon Hot Lunch 1 pm Mahjong SR 2-4 pm Local Authors Series (ENCORE) CR</p>	<p>11 9 am Tai Chi CR 9:30 Live Tai Chi CR 11 am Bridge Club CR 11 am Line Dance CR 1 pm Crafts PR 1:30 pm Bunco SR</p> 	<p>12 8 am Genealogy PR 9 am Exercise CR 9:45 am Yoga CR 1 pm Beginning Line Dance CR 1 pm Mahjong SR 2:30 Advanced Line Dance CR</p>	<p>13 9 am Tai Chi CR 9:30 Live Tai Chi 11 Line Dance SR 11 Bridge Club CR 1:15 Pinochle, Shang Hi, Skip Bo games SR 6-8 pm Jam Session CR</p>	<p>14 8:30 Trip to Portland Holiday Market 9 am Exercise CR 10-noon Chinese Philosophy (ENCORE) CR 12:30 Adv Line Dance CR 1 pm Bingo 2-4 pm Gift of Aging (ENCORE) CR</p>	<p>15 11:30 am Movie 11:45 am Games</p>
<p>17 9 am Exercise CR 9:45 Yoga CR 11-1 School of Rock (ENCORE) CR Noon Hot Lunch 1 pm Mahjong SR 2-4 pm Autism & Disability (ENCORE) CR</p>	<p>18 9 am Tai Chi CR 9:30 Live Tai Chi CR 11 am Bridge Club CR 11 am Line Dance CR 1 pm Crafts PR 1:30 pm Bunco SR</p>	<p>19 8 am Genealogy PR 9 am Exercise CR 9:45 am Yoga CR 1 pm Beginning Line Dance CR 1 pm Mahjong SR 2:30 pm Advanced Line Dance CR</p>	<p>20 9 ASC Board meeting 9 am Tai Chi CR 9:30 Live Tai Chi 10 am Membership meeting SR 11 Line Dance SR 11 Bridge Club CR 1:15 Pinochle, Shang Hi, Skip Bo games SR 6 pm Jam Session CR</p>	<p>21 9 am Exercise CR 9 am Scrapbook & cardmaking SR 10-noon Chinese Philosophy (ENCORE) CR 12:30 pm Adv Line Dance CR 1 pm Bingo</p>	<p>22 11:30 am Movie 11:45 am Games</p>
<p>24 9 am Exercise CR 9:45 Yoga CR 11-1 School of Rock (ENCORE) CR Noon Hot Lunch 1 pm Mahjong SR 2-4 pm Autism & Disability (ENCORE) CR</p>	<p>25 9 am Tai Chi CR 9:30 Live Tai Chi CR 11 am Bridge Club CR 11 am Line Dance CR 1 pm Crafts PR 1:30 pm Bunco SR</p>	<p>26 8 am Genealogy PR 9 am Exercise CR 9:45 am Yoga CR 1 pm Beginning Line Dance CR 1 pm Mahjong SR 2:30 Advanced Line Dance CR</p>	<p>27 Center closed for Thanksgiving 3 pm meal</p> 	<p>28 9 am Exercise CR 9 am Scrapbook & cardmaking SR 10-noon Chinese Philosophy (ENCORE) CR Noon Birthday Party SR 12:30 pm Adv Line Dance CR 1 pm Bingo</p>	<p>29 11:30 am Movie 11:45 am Games</p>