

# Our Time 55+

**FALL  
2025**



**Flipping the totem pole** Page 4

*Photo credit Nora Neely*

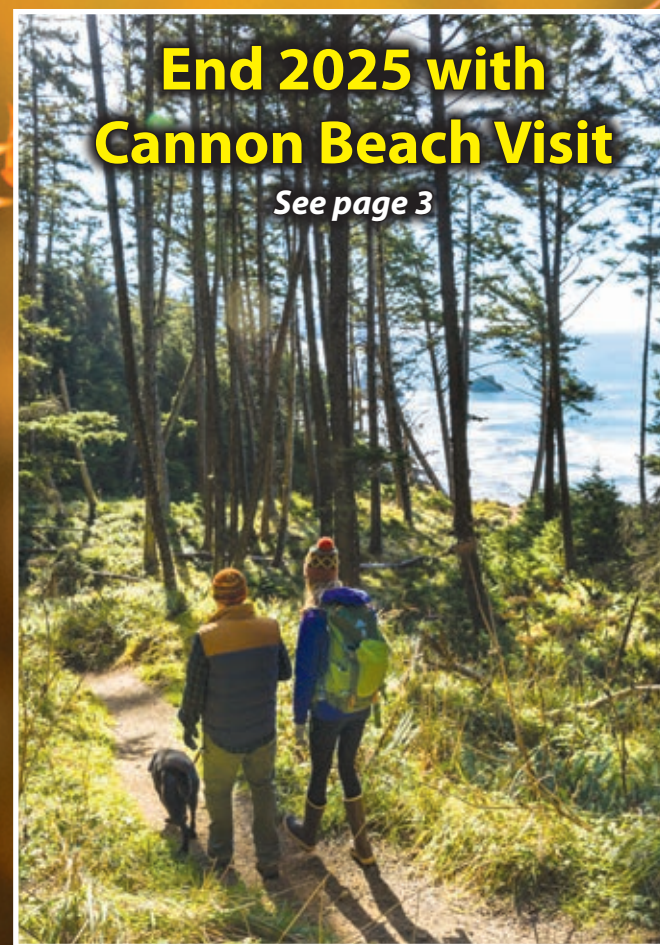


**AV-8B Harrier II+**

*Photo courtesy of Tillamook Air Museum*

## **What's new at Tillamook Air Museum**

**Page 9**



## **End 2025 with Cannon Beach Visit**

*See page 3*

*Photo courtesy of Cannon Beach Chamber of Commerce*  
**Enjoy good hiking weather this fall.**

### **See more inside:**

- Tillamook County Family YMCA is proud to offer a number of programs designed for seniors, **page 6**
- New displays at Tillamook Pioneer Museum, **page 7**
- Rockaway Beach offers Community Education programs, **page 8**
- NCRD offers programs and facilities, **page 9**
- Columbia River Maritime Museum, **page 10**
- Seaside Outlets shopping and events, **page 11**



# Why Getting Your Annual Flu Shot Matters More Than Ever

Paul Welch, MD, Chief Medical Officer at Adventist Health Tillamook



As we age, our immune systems naturally weaken, making it harder to fight off infections like the flu. For adults 55 and older, getting a seasonal flu shot is one of the most effective ways to stay healthy and avoid serious illness, hospitalization, or even death.

Even if you’ve never had the flu, annual vaccination is still important. According to the Centers for Disease Control and Prevention (CDC), flu viruses change from year to year — and so do the vaccines. Each fall, the flu shot is updated to protect against the most likely

strains expected to circulate. Skipping it means missing out on that targeted protection.

For older adults, the flu can lead to serious complications, such as pneumonia or worsening of chronic conditions like diabetes, asthma, or heart disease. In fact, the CDC reports that adults aged 65 and older account for the majority of flu-related hospitalizations and deaths each year. Fortunately, there are high-dose and adjuvanted flu vaccine options specifically designed to boost immune response and improve protection for people over 65.

Getting vaccinated also helps protect your family, friends, and community members

— especially those who are most vulnerable. It’s a simple step that can make a big difference.

Most insurance plans, including Medicare, cover flu shots at no cost. Protect yourself — and those around you — this flu season.

Check our events calendar at [AdventistHealthTillamook.org](https://AdventistHealthTillamook.org) for flu shot clinic dates beginning in October or call 503-815-2292 to schedule an appointment.

For more information about flu vaccines, visit [CDC.gov/flu/highrisk/65over.htm](https://CDC.gov/flu/highrisk/65over.htm).



Made for more  
**peace of mind**

Urologic issues, like incontinence or prostate changes, may be common with age, but they’re not something you have to live with. Many concerns are treatable, often with simple or minimally invasive solutions. Talk to your provider today and take the first step toward the full, active life you were made for.

**Find a provider and book an appointment at**  
[AdventistHealthTillamook.org/Doctors](https://AdventistHealthTillamook.org/Doctors)



# Ending 2025 with a visit to Cannon Beach

Experience the quiet majesty of fall in Cannon Beach. From our gorgeous parks with unparalleled views of misting mountains and the vast Pacific, to our local vibrant arts community teeming with unique creativity, there is no shortage of sights to explore in our small coastal town.



Photo credit George Vetter

Holiday lighting, Sandpiper Square in Cannon Beach.

## Oct. 31st Treat Trail:

Don't miss a town tradition this Halloween with the Treat Trail on October 31st! Take a walk through town with family to trick or treat at local shops and businesses. See the costumes, mingle with the community, and enjoy the fun that Halloween has to offer us!



Photo courtesy of Cannon Beach Chamber of Commerce

Haystack Holidays.

to be seen is live music, from the various buskers to our main musical event featuring Midnight 45.

## Nov. 28th - Dec. 31st Haystack Holidays

**Celebration:** Cannon Beach's month long holiday traditions are back! Kick off the holiday season with Mimosa Madness 28th-30th of November. Don't miss the annual Lamp Lighting Ceremony on Dec 6th. Dress in your best holiday attire and see a longstanding source of hometown joy, wonder, and spirit. Also during this celebration, don't miss out on these other favorites! The Name That Tune window contest will run from Dec 1st - 20th,

the community center will also be hosting its annual wreath making classes. See downtown vibrant with holiday lights! More events to be announced closer to November.

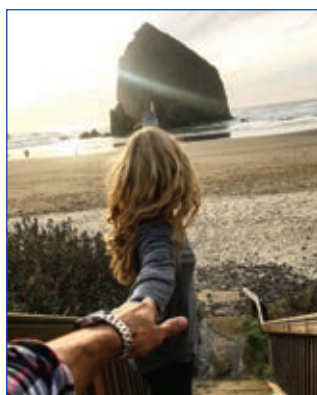


Photo courtesy of Cannon Beach Chamber of Commerce

Top off your Cannon Beach visit with a stroll by Haystack Rock.



Photo courtesy of Cannon Beach Chamber of Commerce

Stormy Weather Arts Festival November 7-9

## Nov. 7th-9th Stormy Weather Arts Festival:

Cannon Beach events for the Fall include the annual Stormy Weather Arts Festival from November 7th to the 9th. Come see all that the artists of Cannon Beach have to offer. There are several workshops available to sign up for and create your very own one of a kind piece. Also



## Take Care of Yourself—You're Worth It

When you take time to care for your own health, you're better able to support the people you love—your family, your friends, and your community.

Start with a few simple steps:

- Schedule a medical or dental check-up
- Stay current with your recommended health screenings
- Keep up with your routine vaccinations

Many of these services are covered by health insurance plans. Not sure what's available to you? Just ask your health care provider— we're here to help.


**Remember: Caring for others begins with caring for yourself. Your health matters—because you matter.**

**Schedule an appointment today!**

 (503) 842-3938

*Se habla español*

 801 Pacific Avenue, Tillamook, OR

 [www.tillamookchc.org](http://www.tillamookchc.org)



# Totem pole flipped



### Staff report

Members of the Tillamook Lions Club gathered at Blue Heron French Cheese Company on August 19, to turn over a totem pole being crafted by group members.

With the pole flipped, only painting and sealing of the rear remain before the pole is ready for erection, expected sometime in the coming months.

Work on the pole originally began in 2016, when Rob Cherry found an 11-foot Red Cedar log in a local creek, removed it and carved it. The pole then sat outside for a number of years, while Cherry and his grandfather Pat Patterson looked for an appropriate location to finish work on the pole.

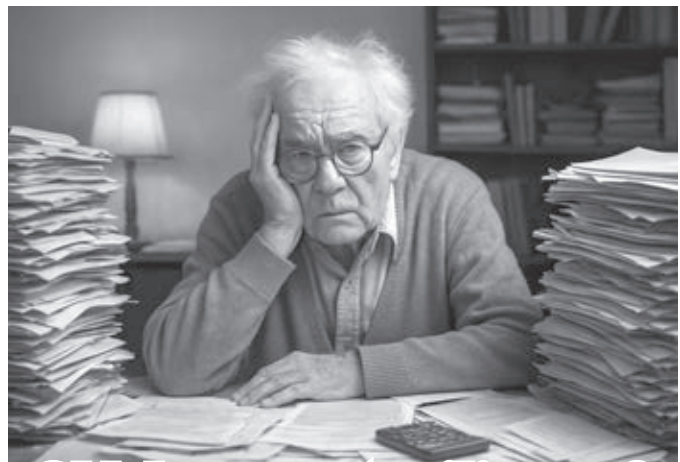
Eventually, Denny Pastega, owner of Blue Heron, volunteered a disused storage container at his property and the pole was moved in June 2022.

Now that work on the pole is nearly complete, Larry Stephens, a club member helping lead the project, and Pastega are working to identify an appropriate location to build a base and erect the pole. Stephens said that it would take just three to four weeks to pain the pole's backside and that they planned to install medallions around the base honoring the area's tribes.

On the day of the flip, after a short prayer from Stephens, 11 volunteers carefully rotated and shifted the pole in a multistep process.



Photo credit Nora Neely



**Old documents piling up?**  
**We can help**



**Sight Unseen  
Shredding, LLC**  
**Confidential  
Document Shredding  
for home or office**

LOCALLY OWNED BUSINESS MEMBER - TILLAMOOK CHAMBER OF COMMERCE

**Call Patrick for details & pricing  
(503) 457-3089**

License #20-480

H25762



Members of the Tillamook Lions Club and other volunteers work to carefully turn the pole.



# Retired and bored? How to make an active retirement a reality

Scores of people view retirement as a time in their lives when they aren't beholden to schedules and can finally indulge in hobbies and interests they'd been dreaming about while sitting in meetings or commuting to the office. Although retirement often is billed as a time to enjoy life, research suggests a different scenario plays out all too often. According to a recent study commissioned by The Oddfellows, 39 percent of retirees have experienced feelings such as loneliness, boredom and a reduced sense of identity and purpose shortly after the retirement glow wears off.



Staying active and engaged during retirement may take some creative effort, especially for those who were used to the regimented schedule of work. But the following are some ways to maintain your active engagement with the world after calling it a

career.

- Take that trip. According to AARP, travel is one of the most popular things to do during retirement. Odds are there are places retirees have always wanted to visit, and the world is just waiting. Taking a tour or being part of a travel group

can simplify travel planning by leaving the organizing to someone else. Travelers just enjoy the ride.

- Get moving physically. The National Council on Aging says regularly engaging in physical activity a person enjoys can help prevent bone loss, boost immunity, improve mood, and even prevent chronic illnesses. Team sport participation is a top choice for seniors looking to stay active because sports provide physical exercise and also an opportunity to socialize with friends or teammates.

- Maintain a consistent schedule. Some people thrive when they know what is coming next.

If you need a routine in order to be happy, establish a consistent schedule that works. For example, people can wake up at the same time each morning and eat lunch during at the same time they did while working. Upon retiring, incorporate a daily plan for exercise if physical activity is not part of your traditional routine.

- Try something new. It is never too late to try a new activity, class, sport, or hobby. Challenging yourself can stimulate the mind and provide a pathway to new relationships. Individuals can even consider going back to college. According to Kiplinger, New Jersey residents age 65 and older can

take regularly scheduled courses tuition-free at the state's public colleges and universities, provided classroom space permits. There are similar programs in other states across the country.

- Pick up a new language. Learning a new language is a beneficial tool for seniors who are looking to maintain cognitive abilities. The National Institutes of Health says bilingualism has been linked to higher cognitive reserve, delay in dementia onset and better performance in executive control.

There are many ways for seniors to keep their brains and bodies active in an effort to overcome boredom and improve overall well-being.

*Home of the*  
**Glammas!**

 **Prestige Senior Living**

[prestigecare.com](http://prestigecare.com)

## Gallery Night

October 16, 6:00-8:00pm

Art gallery hosted by Tillamook Area Chamber of Commerce

Held at Prestige Senior Living Five Rivers



# Tillamook County Family YMCA

The Tillamook County Family YMCA is proud to offer a number of programs designed for seniors. While everyone is welcome to participate in any class and modifications are readily available, a handful of our programs are instructed specifically with seniors in mind.

Fitness classes at the YMCA are ongoing and, while subject to change, are facilitated year round. Group "land" classes are held in accessible spaces. Aquatic classes take place in our saline therapy pool with both lift and ramp access.

Class offerings include:  
**Aqua Arthritis** - Gentle exercises done in

shallow water focusing on functional movement of daily living, range of motion and gentle stretching. Although specifically designed for adults living with arthritis, this class is also excellent for beginning or returning exercisers.

**Aqua Zumba** - All the benefits of Zumba (cardio workout through dance and movement) with the added benefit of water resistance.

**Deep Water Aerobics** - Experience the benefits of water resistance while enjoying cardio and muscle toning. Two class options offer higher intensity (mornings) and lower intensity (evenings) options. Class participants

are aided in the use of an aqua jogger belt to support buoyancy and obtain an optimal aquatic workout.

**\*Better Bones and Balance** - Focus on dynamic cardiovascular exercise, strength training, balance and flexibility. This class is suitable for those new to exercising.

**Gentle Yoga for Beginners/Yoga for Vets** - Simple, safe, effective yoga for those just getting started with their yoga practice or for those with limited mobility. This slow to moderate paced yoga class is accessible to all ability levels and will leave you feeling limber, warm and relaxed.

**\*Mid Morning Movers** - Experience the benefits of water resistance while enjoying cardio and muscle toning. Class sessions focus on arthritis, stretching, strengthening, and include fun dance cardio.

**\*Moving For Better Health/Qi Gong** - Stressed? Seeking physical and mental balance? Want to boost your immune function and restore your body to optimal health? QiGong ("Chee gong") is an ancient practice of postures standing and movements. Slow movements have been shown to improve vitality and health, even reducing hypertension and chronic pain. This class focuses on breathing, stance, mind intent and movements to facilitate the flow of energy through the body. Participants can be seated or performed by virtually



anyone. Comfortable clothes and shoes recommended.

**\*Qigong Studies** - Learn foot placement, weight distribution, breathing, visualization while practicing Eight Brocades, Animal Frolic, Heart/Lung/Energy/Cancer, Yi Jin Jing (new!) and more with Tai Chi 8 & 24 forms

**\*Tai Chi/Qi Gong**  
Beginners Tai Chi / Moving for Better Balance - Tai Chi: Moving for Better Balance was developed by a team of researchers at the Oregon Research Institute. The program uses eight forms that have been derived from the traditional 24-form Yang-style Tai Chi, and progresses from easy to difficult.

Qi Gong and Tai Chi - In addition to the recognized physiological and cognitive benefits of the practice of Tai Chi, this class also improves

strength and coordination. Movements involve weight-bearing and non-weight bearing stances as well as proper body alignment.

Qi Gong - Stressed? Seeking physical and mental balance? Want to boost your immune function and restore your body to optimal health? Qigong ("chee gong") is an ancient practice of postures

**Zumba Gold** - Learn basic dance moves while burning stress and calories in this fun, welcoming group fitness class. Low to high intensity and great for all fitness levels.

Above listed classes marked with an asterisk are free to community members 65+. The Tillamook YMCA has also developed great relationships with local insurance networks and currently participates in both the Renew

Active, One Pass, Silver Sneakers, and Silver and Fit programs. Eligible persons receive a membership at no cost as part of their insurance premium. The eligibility confirmation process can be done at the Y or by contacting the insurance carrier.

In addition to insurance subsidies the Y is proud to offer financial assistance to all. Scholarship applications are available at the Welcome Center and the process includes a brief income verification.

Along with fitness programs, the Tillamook YMCA offers wellness programs. These programs are offered at no cost but may require eligibility screenings or medical referrals.

For questions about program offerings please visit our website ([www.tillamookymca.org](http://www.tillamookymca.org)) or contact the YMCA at 503-842-9622.

## Committed to You

*Helping families and individuals for over 45 years*



**Estate Planning  
Probate • Trusts • Guardianships  
Family Law**

**(503) 842-6633**

**2308 3rd Street, Tillamook, OR  
[www.albrightkittell.com](http://www.albrightkittell.com)**



# Tillamook Pioneer Museum

Founded in 1935, the Tillamook County Pioneer Museum (located in downtown Tillamook) offers 19 display areas that focus on the history of the North Oregon Coast. The current collection includes 55,000 items and 20,000 photographs ranging from prehistoric specimens to modern-day.

## New at TCPM

In June, TCPM opened their newest exhibit: "Loyal Service: Working Animals at War and Home." This is the first installation of "The Searchlight," a rotating exhibition series dedicated to showcasing the stories of military personnel, operations, and conflicts that have shaped our local community.

The new exhibit showcases the stories of local veterans who worked with animals during active combat and after returning home. From Civil War cavalymen and Vietnam War Point Men, to a World War I veteran advocating for guide dog training programs.

In addition to "Loyal Service," TCPM also will host a new traveling exhibit this fall.

"Oregon Voices" from The Oregon Historical Society examines some of the important people, industries, organizations, and laws that have shaped the state of Oregon from the end of World War II through 2020.



The exhibit has five, three-sided pop-up kiosks that cover a different topic on Oregon history: industry and economy; equal rights and social justice; migration and immigration; environment and energy;

and Indigenous Tribes of Oregon.

"Oregon Voices" will be on display through November 25.

The Tillamook County Pioneer Museum is open to the public Tuesday-Saturday, 10 am - 4 pm. The research library can

be used by the public by appointment only. Admission for seniors 62 and over is \$5.



## Fall has arrived to Jane's Fabric Patch



**Rediscover the fun of sewing!**  
Patterns • Fabrics • Notions  
Quilt Books & Kits

1110 Main Ave.,  
Tillamook  
(503) 842-9392  
janesfabricpatch.com

## Gambling can be fun, but it can also lead to:

- Financial hardship and loss of needed funds
- Strained relationships
- Stress, anxiety, depression

**If you find that you are preoccupied with gambling, lying to others about your gambling, or having a hard time stopping or slowing down, OPGR is here to help, for free. Change is possible.**

Visit [opgr.org](http://opgr.org) to learn about how to recognize the warning signs of gambling harm in yourself and others, and what you can do to minimize harm.

OREGON PROBLEM GAMBLING RESOURCE  
**OPGR**  
1-800-MY-LIMIT  
[OPGR.org](http://OPGR.org)

Local prevention education is available for free through the Tillamook Family Counseling Center. Contact [sarahe@tfcc.org](mailto:sarahe@tfcc.org) to learn more!





# Community / Camaraderie / Historic Connection / Heritage / Local Pride / Fun

The Little Red Caboose is the heart of Rockaway Beach, serving as both the current-day Visitors Center, Chamber Office, and as a reminder of its turn-of-the-century beginnings when train service originated and made Rockaway Beach the center of coastal high life.

Come help us to enrich the heritage of Rockaway Beach by joining one of our Community Education opportunities!

## Little Red Caboose

This season's group excursions included a ride pulled by the steam engine, a trip to the Garibaldi Museum, and

an oceanfront, end-of-summer barbecue, which celebrated our seasonal volunteers who will return in the spring. Fall brings an opportunity for new volunteers staffing the cozy caboose to extend a warm welcome and local insights to visitors. We often pair volunteers together or have couples staff a shift as a way to orient new volunteers and build camaraderie. This coming season brings new group projects like the historic walking tour and Small Business Saturday. If you're looking for a positive and happy community to share your time and love with, these are your people!

Regular shifts are four hours a week in



a joyful environment, sure to bring a smile to your face. If interested,

email Volunteer@RockawayBeach.net or Info@RockawayBeach.net to connect with the Caboose liaisons.

## Historic Beautification - Share your History!

Do you enjoy learning about our local history? Maybe you have first-hand accounts of life in Rockaway Beach 'way back when.' Our enthusiastic team of volunteers collects and organizes historic

documents in a way that will be available to members and researchers so that the information is preserved. Rotating displays in the Caboose and the Rockaway Beach Historic Walking Tour are underway.

The mission of the Rockaway Beach Historic Beautification Committee is to locate, collect, organize, preserve, and share photographs, articles, and documents that record and celebrate the history and spirit of Rockaway Beach. Efforts will unite participants

by honoring our founding families and local historians who have treasured these memories. Examples of Historic Accounts: 8 mm film, negatives, slides, letters, old newspaper articles, brochures, postcards, and menus or matchbooks from restaurants. Of greatest joy are lifestyle photographs telling the story of how residents and guests lived and played in Rockaway Beach in our early days. Historic Accounts also include your family! Cement your family's history in Rockaway Beach by sharing your 'way back when' experiences. Find your place in our group of wonderful volunteers who love to laugh, have fun, and learn about our history.

Contact our team and let us know you'd like to volunteer in one of the following ways:

- Provide a historic account
  - Provide first-hand recounts of your experiences in Rockaway Beach from your 'way back when.'
  - Volunteer to archive records
- Email us at Annette@RockawayBeach.net and info@RockawayBeach.net.



## Electric Lift Chairs Assist With:

- Pain & Weakness
- Mobility Issues
- Unaided Standing
- Surgery Recovery
- Positioning & Comfort
- Alternate Sleeping Options
- Independent Living

Call us for assistance:

- Astoria (503) 325-9906
- Tillamook (503) 842-8755
- Seaside (503) 738-4043
- Lincoln City (541) 996-5102
- Newport (541) 265-2888
- Florence (541) 997-9495
- (888) 271-8078 Toll Free

www.NCHC.net



"Providing Quality Service for your Home Medical Equipment needs since 1985"

H49646

## OUR TIME 55+ FALL 2025

Publication of the Tillamook Headlight Herald and Country Media, Inc.  
1906 Second Street, Tillamook, OR 97141 • tillamookheadlightherald.com  
Chief Executive/Operations: Joe Warren  
Editor: Will Chappell  
Office Manager: Patty Archambault  
Graphic Design: Steph Baumgart

To advertise in future editions of Our Time 55+ contact Katherine Mace at [headlightads@countrymedia.net](mailto:headlightads@countrymedia.net) or call 503-842-7535



# What's New at the Tillamook Air Museum

This year has been an exciting one at the Tillamook Air Museum, highlighted by the arrival of our AV-8B Harrier II+, on loan from the National Naval Aviation Museum in Pensacola, Florida. For those who joined us, you witnessed a truly spectacular event—complete with a demonstration of the Harrier's capabilities and a crowd of hundreds celebrating this historic moment. Among its incredible history, the Harrier has flown 88 combat missions and logged 631 combat hours, making it a remarkable piece of military aviation history and a unique attraction here at the museum.

At the Tillamook

Air Museum, we are always striving to push boundaries, create lasting memories, and be the very best we can be. As a reminder to Tillamook County locals, the third Sunday of each month is free—just show a license, state ID, or library card. This is our way of giving back to the community that has supported us so strongly.

Our involvement with schools continues to grow. Last year, the museum participated in a pilot project at Nestucca High School on local tourism and hospitality, in partnership with the Tillamook Coast Visitors Association. The project was led by our curator, Christian Gurling, who is passionate about making history fun, entertaining,

and impactful, while simultaneously getting students to think deeply about the past. Christian delivered two in-class presentations followed by an in-person museum visit, where students participated in hands-on activities designed for them, helping bring history alive in unforgettable ways. We are excited to announce the museum will again participate with Nestucca High School this year!

This year also brought several exciting new exhibits. We introduced a virtual reality (VR) exhibit that allows visitors to safely climb one of the hangar's several wooden ladders to the top of Hangar B, providing a unique perspective on



Photo courtesy of Tillamook Air Museum

F-14 Tomcat from the 1986 film Top Gun.

the hangar's architecture and engineering legacy. Additionally, we introduced the Pigeon Loft Exhibit, a walk-through recreation of the Naval Air Station Tillamook's loft, which housed pigeons carried aboard the airships on patrol missions to send messages when radio silence was being maintained.

Meanwhile, our F-14 Tomcat, one of only three surviving Tomcats from the 1986 film Top Gun, is undergoing a detailed, top-to-bottom restoration, set to be completed this coming winter or spring. After nearly 30 years inside the museum, the aircraft is receiving some well-deserved TLC to help preserve it for future

generations.

This past summer has been incredibly busy at the Tillamook Air Museum, attracting visitors from near and far. Our family-friendly, immersive, and educational opportunities continue to delight guests of all ages. We are both thrilled and honored by the growing interest in our exhibits and are grateful for the community's support.

Under the leadership of Director Rita Welch, the museum continues to grow into a vibrant destination, inspiring curiosity, fostering a love of history, and becoming a popular hub for the local community.

Stay tuned to our social media channels and website for more exciting announcements!

## NCRD offers wide range of programs and facilities

### NCRD

North County Recreation District (NCRD) serves as a vibrant hub for the community by offering a wide range of programs and facilities designed to enrich the lives of residents of all ages. From aquatics and youth programs to fitness classes, performing arts, and senior services, NCRD provides opportunities for recreation, wellness, and lifelong learning. The district also manages facility rentals, hosts special events, and fosters partnerships that strengthen community connections. With a focus on inclusivity, health, and engagement, NCRD is dedicated to creating

accessible and meaningful experiences that bring people together and support the overall well-being of North County.

### Aquatics

The Aquatics Department is dedicated to providing safe, fun, and enriching aquatic experiences for the entire community. With the brand-new Aquatics Center, residents can enjoy a variety of offerings including open swims, lap swimming, water fitness classes, swim lessons, and specialized programs for all ages and skill levels. The department also supports school swim programs, lifeguard training, and community water safety initiatives, ensuring both recreational



enjoyment and vital life-saving skills. By combining top-quality facilities with a highly trained staff, NCRD Aquatics creates an inclusive and welcoming environment that promotes health, confidence, and a lifelong love of the water.

### Performing Arts

The NCRD Performing Arts Center has become

an important community asset to the North Oregon Coast. Performances that were not possible in a small community are now staged throughout the year in a building dating back to the 1930s. It has become the main gathering place of the North Tillamook County community and hosts a wide variety of events

from community theater to variety shows and from solo performers to symphony orchestras.

### Fitness

Our Fitness Center features 3 full rooms of equipment, cardi room, stretch room and weigh room. We have a dedicated Gymnasium, Spin Room and Yoga room. We offer 14 fitness classes, 9 yoga classes and self-led meditation weekly. Adult and child Tae Kwon Do. We also offer a safe, dry space for indoor gym walking 3x per week.

### Youth

Our youth department offers childcare all day through summer, and all breaks, no school days.

We offer after school care during the school year. We are also proud to offer 7+ camps per summer, and 8+ field trips, camps and field trips are all educational and new experience based with a STRONG emphasis on FUN! Our Childcare, summer camps and field trips include all snacks and meals.

We provide 7+ sessions of sports per year focusing on children Preschool through upper elementary.

Adult Activities-

We are proud to offer several different activities such as Pinochle, artists (sketching, painting) group, Great Discussions/decisions, Book Club, and Scone Friday.



# Pacific Rim Institute of Marine Arts (PRIMA) Show Now at the Columbia River Maritime Museum!

On the heels of three new exhibits—This is Our Place, the Museum’s collaboration with the Chinook Indian Nation; Cedar and Sea: The Maritime Culture of the Indigenous People of the Pacific Northwest Coast; and On the River, a new series exploring the history of Columbia River travel—comes another stunning addition: the Pacific Rim Institute of Marine Arts (PRIMA) exhibition.

Now on display in the Museum’s new gallery space, visitors will find 29 fine maritime paintings in oil and watercolor on canvas. Each piece reflects this year’s themes: the Pacific Northwest, the Columbia River, and Past & Present. The subtle light of the gallery enhances the vibrant colors and textures, creating an immersive and beautifully curated experience.

Among the artists featured is Steve Mayo, whose lifelong passion for maritime art began right here on the Columbia River. As a youth, he learned to sail



its waters and developed a fascination with boats, tugs, and ocean-going vessels. His father nurtured his deep interest in the 18th-century exploration of the Pacific Northwest, while watercolorist Charles Mulvey of Seaview, Washington, helped him refine his craft. Today, Mayo continues to paint from his Bellingham, Washington, studio overlooking Bellingham Bay.

Mayo is one of 13 distinguished PRIMA artists

whose works bring the maritime story to life in this exhibit. Running through the end of 2025, the show offers an inspiring look at the ways art connects us to the region’s waters and history.

Don’t miss this opportunity to see PRIMA and more! The Columbia River Maritime Museum is open daily from 9:30 AM to 5:00 PM, except on Thanksgiving and Christmas. Step in, explore, and be inspired.





# TOP BRANDS. TAX-FREE SHOPPING.



**FOR THE LATEST STORE  
SALES, MALL EVENTS OR STORE  
COUPONS, VISIT US ON  
FACEBOOK OR AT  
SEASIDEOUTLETS.COM**

**HWY 101 & 12TH AVE., SEASIDE, OR  
503.717.1603**

**We invite you  
to stop by  
Seaside Outlets  
for unparalleled  
shopping  
opportunities on  
the north coast,  
plus there is no  
sales tax!**

**Seaside Outlets  
Holiday Shopping  
and Festivities**



Seaside Outlets invites you to visit this fall and holiday season. We are a family friendly shopping destination featuring both national brands and local businesses. Here you'll find a wide variety of apparel, accessories and footwear. Enjoy our new Indian restaurant, Japanese dining, and a large beer and wine outlet with free wine tastings and brews on tap. There is an arcade, plus a book store with games and toys. Services include a dental clinic and a medical clinic with pharmacy. Visit our website and facebook to keep current on store specials, holiday events and employment opportunities.

## **Upcoming events**

### **October 31**

Join us from 3-5 p.m. for our annual Halloween Trick or Treat event. We provide a safe venue and kids stay dry as they visit the stores for Halloween treats under covered walkways.

### **Friday November 28**

Day After Thanksgiving Sale  
Our biggest sale of the year! We open very early Friday after being closed on Thanksgiving. There will be snacks & coffee for early bird shoppers. Our stores kick off the holiday season with Black Friday sales.

### **December events**

Each year in early December local Kiwanis have Christmas trees for sale at the mall, when available. Look for Santa to visit the mall and picture taking opportunities. Visit us 10 a.m.-5 p.m. Christmas Eve for last minute gifts. We are closed Christmas Day. We are open New Years Day 10 a.m.-5 p.m. with kick off to year-end sales.

**You will find national brands  
as well as local businesses  
at Seaside Outlets**

**ADVANTAGE DENTAL  
BATH & BODY WORKS  
CANDY FUN 101  
CARTER'S  
CMH URGENT CARE CLINIC  
CMH COMMUNITY PHARMACY  
EDDIE BAUER  
FAMOUS FOOTWEAR OUTLET  
FUNTASTIC ARCADE  
GO! CALENDAR GAMES & TOYS  
NIKE FACTORY STORE  
ODHS CHILD WELFARE  
ODHS SELF SUFFICIENCY  
PENDLETON  
RACK ROOM SHOES  
BEST TASTE OF INDIA  
TOKYO TERIYAKI  
WINE AND BEER HAUS  
WORKSOURCE OREGON  
ZUMIEZ**





## Senior Insurance Specialists

*Specialized  
Medicare Insurance plan advice  
...for over 18 years!*



*Advice you can count on.*

503.691.2978 | [dwayne.scales@yahoo.com](mailto:dwayne.scales@yahoo.com)

503.539.1403 | [shari.scales65@gmail.com](mailto:shari.scales65@gmail.com)

**[www.I-TURN-65.net](http://www.I-TURN-65.net)**

*Calling this number will connect you with a licensed sales agent.*

## Medicare Q & A

***Can I switch my Medicare Supplement plan to another Medicare Supplement plan?***

Yes you can! If you can pass the medical questions, you change to another Medicare Supplement plan at any time. If you are unable to pass the medical questions, the state of Oregon provides an opportunity for people to use 'The Birthday Rule'. You can make a switch to another Medicare Supplement plan of equal or lesser value within 30 days before and after your birthday, without being denied due to medical issues.

***Are you still planning to host meetings in Tillamook County later this year?***

Yes indeed! We are currently arranging several meeting locations, dates and times.

***Does my Medicare insurance cover me for Long-Term Care Nursing Home coverage?***

Unfortunately it does not. Medicare only covers skilled nursing care, better known as 'rehab'.

***What should I do if I receive an unsolicited call regarding my Medicare coverage?***

If they call you out of the blue and if it sounds way too good to be true, then this is what we want you to do:

*Call us anytime!  
Answers are just a phone call  
or click away!*

(SCOPE OF APPOINTMENT RULES APPLY)