

Our Time 55+



**Stay active with
fall community events**

Pgs 4-5, 8-9

October 31st Halloween trick or treating in downtown Tillamook.
File photo



**Wheel Class Clinic
at Hoffman Center
for the Arts**

**Touch base with
the arts this fall
through our local
non-profit art
organizations**

Pgs 6-9



**Music is 'live' at
Kitty's Food & Spirits
in Tillamook**

Pg 10

**The Joel Baker Band performs at Kitty's Food and Spirits
as couples dance to live music recently.**

Photo by Joe Warren

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How to Save on a Reduced Income

By TLC, a Division of Fibre Federal Credit Union

It may seem daunting, but saving money on a lowered income is possible if you implement these strategies and practice financial discipline.

Start a Budget:

Track your income and expenses to identify areas where you can cut back and redirect money toward your saving goals.

Settle Your Debt:

If you're in debt, especially high-interest debt, it's crucial to start paying it off as soon as possible. Consider a debt consolidation loan to combine multiple loans into a single, manageable payment.

Lower Your Car

Expenses: Refinancing a high rate could help you save over the life of your loan. Save on gas and car maintenance costs by using public transportation, carpooling, bicycling, or walking.

Invest in Share Certificates: Set money aside in a share certificate to earn higher dividends than traditional



savings accounts.

Cook at Home:

Instead of eating out, you can save money and eat healthier by cooking your meals at home. Stretch your budget by preparing meals in bulk and storing them in the freezer for later.

Utilize Free Entertainment:

From free community events to utilizing your local library, you can entertain yourself and your family without breaking your budget.

Do It Yourself:

Whether you tackle home repairs or create handmade gifts, the DIY approach can save you a consider-

able amount of money. Countless online resources and tutorials are available to help you learn almost anything.

Cancel Unnecessary

Subscriptions: It's easy to forget about that magazine you rarely read or the gym membership you never use, but canceling them is an easy way to cut back.

Switch to a Credit

Union: Credit unions are not-for-profit organizations with a wide range of financial services. They often have better rates, lower fees, and more personalized service than traditional banks.

Columbia River Maritime Museum Opens “This is Our Place” Exhibit

This month, Columbia River Maritime Museum is opening a new permanent exhibit, entitled *ntsayka ilíi ukuk*, or “This is Our Place,” that celebrates the maritime traditions, heritage, and culture of the Chinook Indian Nation (CIN).

The exhibit includes photography by Amiran White, a documentary photographer who is originally from the United Kingdom but now based out of the Pacific Northwest. Collectively, they give viewers a glimpse

into the life of the Chinook people, who have inhabited the Pacific Northwest since time immemorial. Spanning 52-feet, the exhibit images display an intimate look into the heritage, culture, and maritime traditions as lived today. “This is Our Place” also includes a special video welcome from CIN Chairman Tony Johnson and other members of the tribe.

This is also an important milestone for the museum. We look forward to having this important

story as part of what we can share with visitors, as it is impossible to tell the story of the Columbia River region without highlighting the Chinook Nation and those who have lived and worked here for centuries.

“This is Our Place” is opening to the public mid-September. The Columbia River Maritime Museum is located at 1792 Marine Dr. in Astoria. To learn more about the exhibit and its opening, visit our website or call us at (503) 325-2323.



COLUMBIA RIVER
MARITIME MUSEUM

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Stay active this fall with community events

SEASIDE

• Seaside Outlets

Oct. 31, 3 - 5 p.m.

1111 N Roosevelt Dr,
Seaside

A safe venue and kids stay dry as they visit the stores for Halloween treats under covered walkways.

• Seaside Outlets Day After Thanksgiving Sale

Nov. 29

1111 N Roosevelt Dr,
Seaside

Day After Thanksgiving Sale
Open very early Friday after being closed on Thanksgiving. There will be snacks & coffee for early bird shoppers.

CANNON BEACH

• The Game's Afoot or Holmes for the Holidays

Sept. 27 - Oct. 26

Coaster Theatre Playhouse
108 North Hemlock St.,
Cannon Beach

Performances begin at 7:30 p.m. Sunday shows start at 3 p.m. Tickets: \$30 and \$25.

• Cannon Beach Chamber of Commerce Trick or Treat Trail

Oct. 31

Various locations in downtown Cannon Beach
Trick or Treat the places of Cannon Beach.

• Cannon Beach Stormy Weather Arts Festival

Nov. 1, 2, 3

Various locations Cannon Beach

Enjoy a variety of gallery receptions, artist demonstrations, and paint classes, and catch free live musical performances with regional musicians at outdoor venues throughout the town.

• White Christmas

Nov. 22 - Dec. 22

Coaster Theatre Playhouse
108 North Hemlock St.,
Cannon Beach

Performances begin at 7:30 p.m. Sunday shows start at 3 p.m. Tickets: \$30 and \$25.

• Mimosa Madness Weekend

Nov. 29 - Dec. 1

Various locations Cannon Beach

Make a big impact while shopping small this Plaid Friday/Small Business Saturday weekend. Enjoy the charm of downtown Cannon Beach, with many shops offering extended hours, store-wide sales, and festive beverages.

• Lamp Lighting Ceremony

Dec. 7, 4 p.m.

Sandpiper Square, Cannon Beach

Beloved Cannon Beach holiday tradition! Kick off the season with performances, songs, a visit from Santa, lamp lighting, and more. Free to the public.

• Caroling Downtown Cannon Beach

Dec. 20, 4:30 pm

Cannon Beach Community Hall

207 N Spruce St., Cannon Beach

Continue the time-honored tradition of spreading yuletide cheer caroling downtown Cannon Beach. Printed song sheets will be available in both English and Spanish. After caroling, warm beverages will be offered in the Chamber Community Hall.



October 31st Halloween trick or treating in downtown Tillamook. File photo

MANZANITA

• An Empty Lot Becomes A Garden

Sept. 26, 5 - 6 p.m.

Hoffman Center for the Arts

594 Laneda Avenue,
Manzanita

A joyful telling of the people and plants that have all played a part in making the WG what it is today. Speaker is Ketzell Levine, Horticultural Arts program lead at the Hoffman Center. Tuition: \$15. Wonder Garden Plant Sale will be held on Sept. 28 at 10 a.m.

• October Gallery Exhibition Word & Image

Thursdays - Sundays

Oct. 3-26, noon - 5 p.m.

Hoffman Center for the Arts

594 Laneda Avenue,
Manzanita
A dialogue between writers and artists. Free and open to the public.

• Poetry Readings & Conversation with Frederick Livingston

Oct. 20, 4 p.m.

Hoffman Center for the Arts

594 Laneda Avenue,
Manzanita

Admission \$7, pre-registration encouraged

• Visual Arts Lecture Robert Gamblin Lecture

Nov. 1, 7 p.m.

Hoffman Center for the Arts

594 Laneda Avenue,
Manzanita

NEHALEM

• Riverbend Players presents: The Girl on the Train

Sept. 27 - Oct. 6

36155 9th St., Nehalem

• Kate and The Crocodiles

Nov. 2, 7 p.m.

NCRD Performing Arts Center

Kate Morrison (vocalist),
Craig Bidondo (keyboard),
and Gavin Bondy (trumpet,
French horn)

• Riverbend Players presents: It's a Wonderful Life

Dec. 6 - 22

36155 9th St., Nehalem

ROCKAWAY BEACH

• Halloweentown

Oct. 25

The Ocean's Edge Wayside
South 1st St,

Rockaway Beach

Fun for all! Brought to you by the Rockaway Beach Chamber of Commerce.

GARIBALDI

• Fall Splendor

Sept. 27 - Nov. 17, Friday, Saturday, & Sunday

Oregon Coast Scenic Railroad

306 American Avenue,
Garibaldi

This excursion departs from Rockaway Beach for a train ride that is 45-minutes each way to and from the quaint town of Wheeler. Enjoy a 45-minute layover at Wheeler where you can shop, eat and enjoy views of the mighty Nehalem River. Adult tickets \$30.

• Oktoberfest Excursion Train

Oct. 5, 6:30 - 9:30 p.m.

Oregon Coast Scenic Railroad

306 American Avenue,
Garibaldi

Each guest receives two drink tickets each good for a standard pour of local craft beer from Pelican Brewing or locally made wine from Nehalem Bay Winery. All passengers will also receive their choice of a small homemade pretzel or a German chocolate cupcake at the halfway point of the trip. Live music. 21+ only. Tickets are \$75.



• **Moonlight Excursion Train**

Oct. 19, 6 p.m.

Oregon Coast Scenic Railroad
306 American Avenue, Garibaldi

Enjoy sipping on your choice of complementary local beer or wine as you take in the views along Tillamook Bay, Nehalem Bay and the Pacific Ocean. This round-trip ride from Garibaldi travels north to Wheeler as the sun sets, allowing passengers to enjoy the return trip along the coast in evening light. 21+ only. Tickets are \$72.

• **Candy Cane Express Train**

Nov. 29 - Dec. 22, Friday, Saturday, & Sunday.

Additional day on Monday, Nov. 23.

Oregon Coast Scenic Railroad
306 American Avenue, Garibaldi

Beautifully decorated both inside and out, this steam-powered train ride is complete with complementary hot cocoa and cookies. Write letters to Santa while awaiting a visit from the man in the red suit himself! This round-trip excursion departs Garibaldi and runs to Rockaway Beach for a one hour round trip ride.

BAY CITY

• **Mini Music Festival**

Sept. 28, 4 p.m.

5680 A St, Bay City
Presented by the Bay City Arts Center. Three diverse musical acts, all performing outdoors—so bring a lawn chair and enjoy the tunes in the open air. Enjoy food on-site from Tillamooks' local food truck, Taqueria Mendez. Weather permitting, the festival

will move indoors to the upstairs performance hall. Tickets are \$20 for general admission and \$10 for students, available at the door or online.

• **Batik Workshop**

Oct. 19, 10 a.m. - 4 p.m.

Bay City Arts Center
5680 A St, Bay City
Learn this wax resistant dying fabric process in company of fellow enthusiasts! Have a piece to take home at the end of the day. Pre-registration is required. \$30/tuition due at the door. Register by emailing Hope Montgomery at hope.montgomery04@gmail.com. Call 731-592-1737 for more information.

• **Lasagnathon**

Dec. 7, 3:30 - 7 p.m.

Bay City Arts Center
5680 A St, Bay City
Annual fundraiser for Bay City Arts Center.

TILLAMOOK

• **TAPA production of Who's Afraid of Virginia Woolf?**

Sept. 20, 21, 22, 27, 28, 29, Oct. 4, 5, 6

1204 Ivy Ave, Tillamook
Directed by Robert Buckingham. Opening night Sept. 20 is Gala Night. Three hour production. Adults \$15, Student \$10.

• **Tillamook Farmers Market**

Saturdays, through Sept. 28, 9 a.m. - 2 p.m.

Laurel Avenue and Second Street, Tillamook
Locally-grown produce, handmade and artisan gifts, baked goods, live music and activities for kids.



Lamp Lighting Ceremony, 4 p.m. December 7
Sandpiper Square, Cannon Beach, File photo

• **Tillamook Area Chamber of Commerce Treats & Sweets**

Sept. 28, 10 a.m. - 2 p.m.

Various locations in Tillamook
Kids can receive \$5 in Kids Bucks, explore big trucks and emergency vehicles, enter a coloring contest, and snap a family photo at the photo booth.

• **Trees of the Tillamook Walk**

Sept. 29, 1:30 - 2 p.m.

Tillamook Forest Center
45500 Wilson River Hwy, Tillamook
Join an interpretive naturalist to explore the Tillamook State Forest's "sea of green." A leisurely walk along an ADA accessible path which is easily trekked with strollers or wheelchairs.

• **Pumpkin Patch Every Saturday & Sunday in October**

Old House Dahlias
11600 Hwy 101 S., Tillamook
Two acres u-pick pumpkins

• **Shop Small Sweepstakes**

Oct. through Dec.

Tillamook Chamber of Commerce
Various locations in Tillamook
The Chamber hosts the Shop Small Sweepstakes, coordinating weekly giveaways and a grand prize drawing to encourage shoppers to come downtown.

• **Oregon Humanities Conversation Project: Making Space for Our Elders**

Oct. 3, 2 p.m.

Tillamook County Library
1716 3rd St, Tillamook
This conversation, with Pamela Slaughter, is for elderly people and people who live near elders or have elderly people in their lives to explore questions, experiences, and obstacles to showing up for elderly people and to generate ideas for connection.

• **Mysterious Mushrooms**

Oct. 13, 11 a.m.

Tillamook Forest Center
45500 Wilson River Hwy, Tillamook

An amazing variety of fungi thrive in the Tillamook State Forest. Join State Park Ranger Dane Osis for a program on these wild forest mushrooms. Ages 12+
Registration required: \$25. Please call 503-815-6807 to submit payment for registration.

• **The Truth About Corvids**

Oct. 18, 1 - 2 p.m.

Tillamook County Library
1716 3rd St, Tillamook
Learn about corvids with Oregon Master Naturalist Marilyn Ellis at the library. Learn about their behavior, community culture and why they need our protection. Lots of fun stories and videos of these intelligent and fascinating birds.

• **Murder at Rutherford House**

Oct. 19, 6 p.m.

Pacific Restaurant
205 Main, Ave.
An interactive murder mystery dinner event hosted by TAPA.

• **Diorama Workshop: Ofrendas**

Oct. 24, 4 p.m.

Tillamook County Library
1716 3rd St, Tillamook
Hosted in the Hatfield room. Instruction on miniature diorama workshop making ofrendas with Laura Nunez. Ages 14+

• **Tillamook Rotary's Annual Senior Citizen Prom**

Oct 26, noon - 3 p.m.

Tillamook Elks Lodge #1437
1907 3rd St, Tillamook

A fun event for retirees and seniors with dancing, lunch (for those who RSVP), and a photo booth. Show up in your favorite Halloween costume - there is a best-costume contest!

• **Oregon Humanities' 'Dear Stranger' project Ongoing through Oct. 31**

Tillamook County Library
1716 3rd St, Tillamook
Celebrate the 10th anniversary of the project. Oregon Humanities is partnering with libraries and museums across Oregon, including the Tillamook County Library. The downtown Tillamook Library will host a bright red "Dear Stranger" drop box in the entry hallway. Envelopes for your letter, as well as brochures with additional information are provided. Letters need to be submitted to the library on or before Oct. 31.

• **Downtown Tillamook Trick or Treat**

Oct. 31, 3 - 5 p.m.

Various locations in Tillamook
Trick-or-Treat the businesses downtown. Haunted House at Tillamook County Library.

• **Trick or Treat at TBCC**

Oct. 31, 3 - 6 p.m.

Tillamook Bay Community College
4301 3rd St, Tillamook
Fun activities, great costumes, candy (of course), and a carnival!

• **Felting Workshop: Feltland**

Nov. 8, 15, 22, 26, 4 - 5:30 p.m.

Tillamook County Library
1716 3rd St, Tillamook
A felt miniatures workshop.

Touch base with the arts this fall through our local non-profit art organizations



Hoffman Center For The Arts

Creativity in the Community This Fall



• **2024 Wonder Garden Plant Sale**
Sept. 28
10 a.m. - 12:30 p.m.
Hoffman Wonder Garden Plant Sale
Hoffman Wonder Garden, 595 Laneda Avenue, Manzanita
Nearly 200 manzanita plants will be for sale, plus a whole lot of

sun-loving, drought-tolerant Wonder Garden favorites like beach daisies, bottlebrush, cistus, globe mallow, sea holly, salvias, lions, tigers and more.

Additionally, for sale will be works by Shelly Durica-Laiche of Indio Metal Arts. Shelly is the artist who created the Wonder Garden's sculpture, the "Scrappy Moongate".

Gallery Exhibits

October

• **Word & Image: A Dialogue Between**

Writers and Artists

Oct. 3-26, Thursdays-Sundays Noon - 5 p.m.

Word & Image is a biennial project and publication of the Hoffman Center for the Arts in Manzanita, Oregon. It challenges twelve pairs of artists and writers to create original work, each in response to the others. Word & Image takes the Greek tradition of Ekphrasis—writing in response to art—and turns the tables to include art in response to writing. The resulting combinations of word and image often reveal surprising new layers of meaning and give each artist and writer the rare opportunity to see their art reflected in the work of another's.

November

• **Works by Peggy Biskar, Robert Gamblin, and Aimee Mattila**
Opening reception Nov. 3, 3 - 5 p.m.
Nov. 1-30, Thursdays-Sundays Noon - 5 p.m.



December
• **Works by Sara Moen, Kyla Sjogren, and the annual North Coast Clay Show: Vases**

Dec. 5-28, Thursdays-Sundays Noon - 5 p.m.
Opening reception
December 7, 3-5 p.m.

Events & Classes

• **Poetry Reading & Conversation with Frederick Livingston**
Sunday, Oct. 20, 4 p.m.
Description: Why do we create? Can poetry evolve culture and heal a wounded Earth? Join



Frederick Livingston

ecologist, educator, and award-winning poet Frederick Livingston for an afternoon among questions and community. We will begin with readings from local poets, followed by Frederick reading from his newest book "Trees are Bridges to the Sky" and facilitating a conversation exploring how the metaphors we embody shape the futures available to us. Embracing Earth grief alongside wild imagination, we reach beyond numbness and despair, towards the fruitful Earth we hunger for. Whether you are a poet, human, or tree, you are sure to leave with seeds of evolution.



• **Wheel Class Clinic - For Beginner and Intermediate Levels with Janice Gaines-Ehlen**
Oct. 4, 11, 18, 25 2 - 5 p.m.

This 4-part workshop is perfect for anyone interested in learning to throw on the potter's wheel or perhaps restart their throwing practice. The format will be a combination of instruction

and hands-on practice. The small class size provides maximum time for one-on-one coaching and practice and support. One Day Pass session each week is also included in the materials fee to allow independent practice throughout the month.

• **Publishing Workshop with Will Taylor**

Oct. 11, 4 p.m.

Free but limited spots so requires registration
Got publishing questions? Join award-winning Seattle children's author Will Taylor (Scholastic; HarperCollins) for a 90-minute workshop to talk agents, editors, revisions, query letters, marketing, and anything else you're curious about. All genres, writing categories, and questions welcome!

• **Painting a Portrait: Basics for Beginners with Mike Sowers**

Oct. 12-13, 10 a.m. - 5 p.m.

Join Portland-based artist Mike Sowers for a weekend workshop focusing on the art of painting a portrait in oil. This is a workshop designed for beginners. Over the two-day workshop, participants will learn the core concepts required to execute a portrait. A limited palette of colors

See **CREATIVITY**, Page A7



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Arts this fall, continued



Community members congregated in the Wonder Garden at the Hoffman Center for the Arts to celebrate its 20th anniversary on August 30.

Hoffman Center celebrates two decades

Will Chappell
Headlight Editor

Manzanita's Hoffman Center for the Arts marked its 20th anniversary with an all-day festival on August 31, welcoming volunteers and the community for a day filled with artistic activities.

Volunteers staffed tables to let event attendees experience all the center's offerings, including visual arts, horticulture, clay and writing, before local band Stay Tuned performed in the late afternoon.

The festival began with a welcome ceremony in the center's Wonder Garden. Executive Director India Downes-Le Guin welcomed guests before turning the ceremony over to Adria Badagnani.

Badagnani spoke about the center's integral place in the community and gave a brief history of

the nonprofit. Formed in 2004 when Lloyd and Myrtle Hoffman left their estate, including a house and vacant property, as well as their savings to the community to start a center for the arts.

Originally housed in the Hoffman's home, the center constructed a new building in 2006 to house their indoor activities and demolished the house to make way for the Wonder Garden.

Badagnani read a love letter to the arts center that she had composed based on community members' responses to a survey in the lead up to the festival. It noted that the center had faced funding struggles in the past, notably in 2014, but that it was now on a stable footing.

From its origins as a "scrappy little arts place," Badagnani said that the center had since grown into a professional arts organization on the

coast and anchor for the community. She said that center staff and volunteers dreamed of further expansion in the future. Badagnani thanked the thousands of people who had volunteered since 2004 to help sustain the center and said that it would have been impossible to stay afloat without them and specifically thanked the volunteers who helped organize the festival.

Badagnani invited the crowd to experience the center's offerings, check out the gallery, which also featured a slide show highlighting the center's history, and reconvene at 4 p.m. for closing ceremonies ahead of the concert and birthday cake. Plant bingo was hosted in the Wonder Garden with seeds given away as prizes and attendees participated in magnetic poetry, funny faces clay art and life drawing.

Creativity

Continued from Page A6

will be used, and all materials from brushes to paint and canvas will be provided. The only recommended supplies to bring from home are a sketch pad for studies and notes, plus a pencil. We will paint from a photo reference on Saturday and from a live model on Sunday. Several handouts will be provided. If you've ever been intrigued by portrait painting, this will be a unique and wonderful opportunity to explore these basic skills.

• Drop-in Life Drawing Oct. 1, 15, 29, Nov. 12, 26, Dec. 10, 6 - 9 p.m.

Life drawing is a practice opportunity for those interested in the creative possibilities when working with the human form. The sessions will be scheduled every other Tuesday in the classroom at the Hoffman Center for the Arts. Bring your preferred drawing materials (no oil-based media or solvents please) and an easel if you have one. The Hoffman Center has a limited supply of easels; first come, first served. The Hoffman Center will provide drawing boards. Generally, sessions

will start with several short poses (gestures) of one-to-five minutes in length, then evolve into longer poses, ending with one or two 30-minute poses. All life drawing sessions will be guided by an experienced facilitator.

For more complete about upcoming exhibits, guest speakers and learning opportunities at Hoffman Center for the Arts visit hoffmanarts.org or email info@hoffmanarts.org.

Unless specified otherwise, events are held at 594 Laneda Avenue, Manzanita, OR 97130

OUR TIME 55+ FALL 2024

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Arts this fall, continued



Cannon Beach Arts Association Supporting local art and artists through exhibits, education, and events

Individual Artist Grant Deadline to apply Oct. 1, 2024

The Cannon Beach Arts Association offers an Individual Artist Grant for original work each year. The grant amount is \$2,000 for 2024 - 2025 and may be awarded in part or in total to those who qualify. The Artist Grant is open to visual artists, writers, performers, and musicians showing serious

intent and working to produce original material. Artists must reside in Clatsop or Tillamook county.

The Artist Grant is intended to promote the work of local artists and to provide support necessary to expand their creative process. It is also the intent to encourage a wider art audience and quality art experiences within the community. The artist must provide a return to the community, by means of temporary exhibit, performance, community

education, publication, or other means as specified in the proposal.

For more information contact go to www.cannonbeacharts.org.

Upcoming exhibits

• Pacific People, Places, Things

**Fri., Sept 27, 10 a.m.,
Sun., Oct 27, 4 p.m.**

Laura Ross Paul + Karen Esler
Pop-Up Exhibition: Wet Felting, Needle Felting by Individual Artist Grant winner

Glenna Gray

• **Nov. 1 to Dec. 1**

• Miniature Show: ABOUT TOWN

**Fri., Nov. 1, 10 a.m.,
Sun., Dec. 1, 4 p.m.**

Image by Ryan Stone

• Winter Salon

**Fri., Dec. 6, 10 a.m.,
Sun., Dec. 29, 4 p.m.**

As we approach the conclusion of 2024, the Cannon Beach Gallery is proud to present our highly anticipated end-of-the-year

Winter Salon. This event showcases a carefully curated selection of retail artists and works exclusively from local talents, offering a unique glimpse into the vibrant artistic community that thrives within our coastal town.

Cannon Beach Arts Association

P.O. Box 684,
1064 S. Hemlock,
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Events

Continued from Page A5

• Multi Artist Exhibit by Grande Ronde

**Open house Nov. 10,
noon - 4 p.m.**

Latimer Quilt and Textile Center
2105 Wilson River Loop,
Tillamook
November & December show.

• Veterans Day Event at Tillamook Air Museum

Nov. 11, 8 - 12:30 p.m.

Tillamook Air Museum
6030 Hangar Road,
Tillamook

The largest Veterans Day Ceremony on the Oregon Coast. Featuring special guest speakers, food, and live music.

See **EVENTS** Page A9

Arts this fall, continued

Discover an array of opportunities to experience art through Bay City Arts Center programming this fall

Artist of the Month

The Bay City Arts Center proudly hosts Artist of the Month, an art opening every first Friday of the month from 5 to 7 p.m. This monthly gathering showcases the incredible talents of two featured artists, with their works displayed across both the main floor and the upstairs gallery. The evening includes a gallery reception with light refreshments, including the beloved chocolate cake, and is open to all ages at no

charge. Whether you're an art enthusiast or simply looking for a welcoming community event, this celebration of creativity offers a vibrant and inclusive space for everyone to enjoy.

Open Art Night - Every Wednesday

Every Wednesday is Open Art Night at the Bay City Arts Center from 6 p.m. - 8 p.m. This is a weekly gathering of local artists, musicians, and creative spirits to work on anything your heart desires.

Chess games are happening as well! Network with other artists or work quietly on your own. There is no fee for the open art night, however, donations are encouraged in order to allow the BCAC to offer this and similar events. Art supplies are not provided, please bring your own.

Mini Outdoor Music Festival

Saturday September 28 Music starts at 4 p.m., Taqueria Mendez Food

Truck On-Site

Join us for a Mini Music Festival presented by the Bay City Arts Center on Saturday, September 28th, 2024! The special event starts at 4 p.m. with music starting at 4:30 p.m. with three diverse musical acts, featuring Little Gems, Hope Montgomery & The Invasive Species and Patchwork Jacl. This event will be outdoors with music on the porch—so bring a lawn chair and enjoy the tunes in the open air. Enjoy food on-site from Tillamook's local food truck,

Taqueria Mendez. Weather permitting, the festival will move indoors to the upstairs performance hall. Tickets are \$20 for general admission and \$10 for students, available at the door or online. Read more about the bands on our website at <https://www.baycityartscenter.com/concerts.html>. See you there!

Bay City Arts Center

5680 A Street,
Bay City, OR 97107
503-523-8387

baycityartscenter@gmail.com

Events

Continued from Page A8

• Rain Fest

Nov. 16 - 17, all day
Tillamook Forest Center
45500 Wilson River Hwy,
Tillamook
Join the Tillamook Forest Center as they plunge into the world of surging rivers, spawning salmon, and the inner workings of watersheds to celebrate the ways in which rain transforms the forests.

• Holiday Wreath Making

Nov. 29 - Dec. 1, 11 a.m.
Tillamook Forest Center
45500 Wilson River Hwy,
Tillamook
Bring the beauty of the forest home this winter by creating a winter wreath.
Registration required:
\$40 wreath & \$10 cone bird feeders.

• TAPA's production of Over the River and Through the Woods Dec. 6 - 22

1204 Ivy Ave, Tillamook

PACIFIC CITY

• Oregon Humanities Conversation Project at Pacific City

Oct. 14, 5 pm
South Tillamook County Library
6200 Camp St, Pacific City
In this conversation with Ruby McConnell we will explore our attitudes and assumptions about the purpose of the environment in our lives and consider how those attitudes and assumptions shape our perception of environmental issues and policies.

• Pacific City Fall Festival Oct. 18 noon - 5 p.m., Oct. 19 noon - 5 p.m., Oct. 20 noon - 4 p.m.

Cape Kiwanda Marketplace

33315 Cape Kiwanda Dr.,
Pacific City

A festive gathering at the Oregon Coast just steps from Pacific City Beach. Enjoy a weekend filled with delicious food from local vendors offering pizza, baked goods, coffee, mocktails and beer. Gather around the campfire for complimentary s'mores, hot cocoa and cider. Don't miss face painting, cornhole, pumpkins, live music and hayrides in a dory boat. It's the perfect fall celebration for all ages!

• Trick or Treat the Dory Fleet

Nov. 1, 5 - 7 p.m.
34600 Cape Kiwanda Dr,
Pacific City
Bring the whole family for this Halloween event with games, food, live music and a haunted hobby room. All of this seasonal fun is generously sponsored by the

Dorymen's Association,
Nesko Women's Club,
Fiddlesticks Toys, Grateful Bread and KCC!

• Senior Lunches Ongoing Tuesdays and Wednesdays, 11:30 a.m.

Kiawanda Community Center, 34600 Cape Kiwanda Dr, Pacific City
Lunch for the whole family. \$3 for seniors, \$6 for family and friends. Meals are served at 11:30 am on Tuesdays and Wednesdays.

Neskowin

• Neskowin Chamber Music Performances: Cremona String Quartett & Jeffrey LaDour Oct. 27 & Nov. 17

Chapel of Wi-Ne-Ma Christian Camp, 5195 Winema Rd, Neskowin
Season tickets for \$180 can be purchased at neskowinchambermusic.com.

News from Tillamook Senior Center

The Tillamook Senior Center will hold the
Semi-annual Rummage Sale

Friday & Saturday, November 1 & 2, 9 a.m. to 3 p.m. at 316 Stillwell, Tillamook

Details about the sale:

- We are holding a Raffle; tickets - \$1 each or 6 for \$5.00. Many beautiful items. New handmade holiday quilt made by the Senior Center Sewing Group. In addition, holiday baskets, hand crocheted bedspread, vintage, quilts, and much more.
- Oodles of Christmas décor. Old glass ornaments, loads of light strings, yard décor, centerpieces, and much

more.

- The old ballroom will hold a massive assortment of items. Kitchen, collectibles, books, puzzles, clothes, tools, loads of pictures and picture frames, houseplants, and more... too much to list.

To donate, call 503-842-4511

Other activities for members are:

- **Coffee Bar:** Mondays, 8 a.m. - 11:30 a.m.
- **Nurse:** 1st & 3rd Mondays. 503-842-4511
- **Square Dancing:** Tuesday, 4 - 6 p.m.
- **Bunco:** 2nd Wednesday of the month. 503-842-4511
- **Cards:** Mondays & Fridays, 11 a.m. - 2 p.m. 503-842-4511

Music is 'live' at Kitty's Food & Spirits in Tillamook

Staff

If you are looking for live music, Kitty's Food and Spirits in Downtown Tillamook is your hot spot each Friday and Saturday night.

Joel Baker, owner of Kitty's Food and Spirits in Downtown Tillamook is a local musician who got his start professionally in 1977 playing gigs for the military first touring Japan with the Pure Gold Show. You can listen to his band and see his drumming prowess most Friday and Saturday nights at his bar and restaurant or you can catch his act at several area Farmer's Markets, or at community events.

Joel reminisced about his days traveling the world with The Pure Gold Show.

"I had worked with them in Reno at a sit down, meaning you sit down and play one casino for an extended period," Baker said. "Five months at the Money Tree Casino playing three shows a night, six nights a week during my 12 years on and off with the Pure Gold Show we toured extensively to Canada, the Northwest Territory, Yukon and about 90 percent overseas tours."

Baker has hosted many musicians from the Portland and Vancouver area in recent years on stage at Kitty's.

Pete Moss has joined the Joel Baker Band lately on bari and alto sax. The Portland musician is known around the metro area as one of the best horn players.

Baker says with the



Joel Baker, leader of the Joel Baker Band on drums and vocals during live music at Kitty's Food & Spirits.

show, he was able to play over 30 military bases in the Philip-pines, Korea, Guam, Hawaii, Okinawa including eight tours in Japan.

"My greatest honor was to serve every branch of the military," he said. "Some of the bases were over 10,000 men and women down to a base right on the DMZ, North and South Korea."

On one six-month tour in Japan, Baker was issued a Japanese driver's license. "That was necessary because we were performing and touring from one end of the country to another," Baker said. "It's all in the timing in a person's life to have opportunities come to you."

Baker's travels also brought him stateside. He and played in eight Western states with every kind of musical band.

Baker also got opportunities to open for Fog Hat, Pablo Cruz, La

Rue, The Doobie Brothers, Kansas and other high-profile bands while living in Redding Calif.

When he is asked where his favorite place he's played, Baker says, "I've been so blessed to play festivals and large arenas," he said. "An Air Force Base on Ne Year's Eve in the Philippines, another one was the Jazz Festival at Maryhill Museum up the Gorge on the Columbia River. But my favorite was the 4th of July Festival at the Grand Coulee Dam." "Almost every time I came home from a tour, I would rush over to the Oregon Coast," he said. "I had enough traveling, and I move here in 1994."

He landed in Lincoln City and played for eight years at the Chinook Winds Casino and many other places in the area.

"As we all know, if you want to live on the beautiful coast you have to do whatever it takes to make a living," he said. "I

was always in the service industry, so I tended bar many years at the Shilo in Lincoln City, I took cooking classes and worked at the Red Lion Thunderbird chain. So when I landed in Tillamook, I tended for another 15-years."

There were no clubs to perform at, so he bought his own. Over the past 24 years Baker has brought in over 250 of his old alumni and new bands from the Portland, Vancouver area well over 80 different bands to Tillamook.

"Thanks to this community for supporting live music," he said. "Through their sup-port, we've been able to keep live music alive."

Baker says that between himself and his wife Dana, they have been able to sup-port live music at Kitty's for over 10 years now.

Currently the Joel Baker band consists of Mike Rivera on guitar and vocals, Baker on drums



The Joel Baker Band performs at Kitty's Food and Spirits as couples dance to live music recently. Photo by Joe Warren

and vocals and Kerry Klien on bass and vocals.

"Both these musicians are from Las Vegas with over 40-years of experience," Baker said. "I have been very happy to be on drums and vocals next to these very talented musicians, because of their talent, we're able to do a lot of three-part harmonies."

Baker has been playing this summer with Rivera and Klien as a trio but is also bringing in one of Portland's premier horn players to join the group. Pete Moss who plays both tenor and bari sax. "Moss is just a delight to hear and watch per-form," Baker said. "This puts the icing on the band, you will be in

for a real treat."

If you want to venture out for some dancing or listening, Baker suggests calling ahead for reservations because seating is limited. Kitty's has live music every Friday and Saturday night. Baker said everyone is welcome to come in and listen, dance and enjoy yourself.

"I've been blessed with wonderful employees," he added. "We've tried to create that 'Cheers' atmosphere, God has been very good to me, so after 45 years and over 18,000 gigs at 71 years old, I'm still able to play music, thank you again Tillamook for supporting live music."

Staying healthy...

Tips from Prestige Senior Living Five Rivers



Nutrition Tips For Older Adults

While healthy eating is important no matter your age, it can be particularly important for older adults whose nutritional needs change over time. Not only can a healthy diet help ward off age-related diseases, but giving your body the proper nutrients and maintaining a healthy weight can help you stay active and independent. If you are looking to rethink your diet

this year, here are a few tips:

- Consume less red meat and eat more fish. Not only is fish a lean meat that's healthier on the body, it can help with cognitive health as well.

- Make some swaps with healthier options on dietary staples, like eating brown rice instead of white rice, whole wheat pasta, etc.

- Eat a diet high in fiber and low in sodium. Also, ensure you're taking in necessary vitamins and minerals, like Vitamin D. Be sure to talk with your doctor about specific nutritional needs for your body.

- Phase in significant changes and avoid going "cold turkey" on kicking sweets, coffee or other vices.

- Try meal planning and preparing your meals ahead of time. Meal planning helps in buying healthy options from the grocery store and ensures you always have a healthy eating option available.

Three Tips For Reducing Fall Risk For Older Adults

Falling represents one of the most pressing health concerns facing older adults. As people consider ways to prevent falling, either in themselves or a loved one, it can seem daunting – with so many risk factors, how can we prevent them all? It doesn't have to be overwhelming – here are three ways you or a loved one can take action:

#1: Start or Expand a Workout Routine

We begin losing muscle mass

in our 30s, and that deterioration increases the risk of a fall as we age. To counteract that, a regular fitness routine can help maintain and even build muscle mass and improve balance, lowering the risk of a fall. The CDC recommends 150 minutes of activity per week, which breaks down to 30 minutes, five times a week.

#2: Go Room-By-Room

Scan your home for fall risks, and as you do, here are a few things to consider:

- Remove loose cords and wires or fasten them to baseboards or the floor where possible.

- Remove unnecessary clutter like piles of newspapers, magazines, laundry, etc.

- Install non-slip mats or pads in the shower or tub.

- Install weight-bearing grab bars or railings for assistance getting up and down in the bathroom.

- Check that all light bulbs work, and have replacements on hand.

#3: See Your Doctor

A doctor can perform tests to gauge balance and walking gait, two important factors in fall safety for older adults. Tests for eyesight and hearing are vital as well.

Prestige Senior Living Five Rivers Assisted Living

Independent Living

www.prestigecare.com/locations/prestige-senior-living-five-rivers/
3500 12th St Tillamook, OR 97141
(971) 257-1347
(503) 842-0918

Celebrate Life at Every Age



At Prestige Senior Living Five Rivers, we believe in celebrating all your special moments, big and small.

Our Celebrations lifestyle and wellness program helps residents explore different hobbies, passions, and skills to help you build a life you truly love at Prestige.

Visit prestigecare.com to join the celebration and discover the world of possibilities awaiting you at Prestige Senior Living Five Rivers.

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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 English-style pub featuring live music events, 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 29

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 each
December with 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 am.-5 p.m. with
kick off to year-end
sales.

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Outlet
Funtastic Arcade
Go! Calendar, Games
and Toys
Hanes brands
Legends Public House
Nike Factory Store
OED (coming this
summer)
Pendleton
Rack Room Shoes
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Goods
Wine and Beer Haus
Tokyo Teriyaki
Zumiez