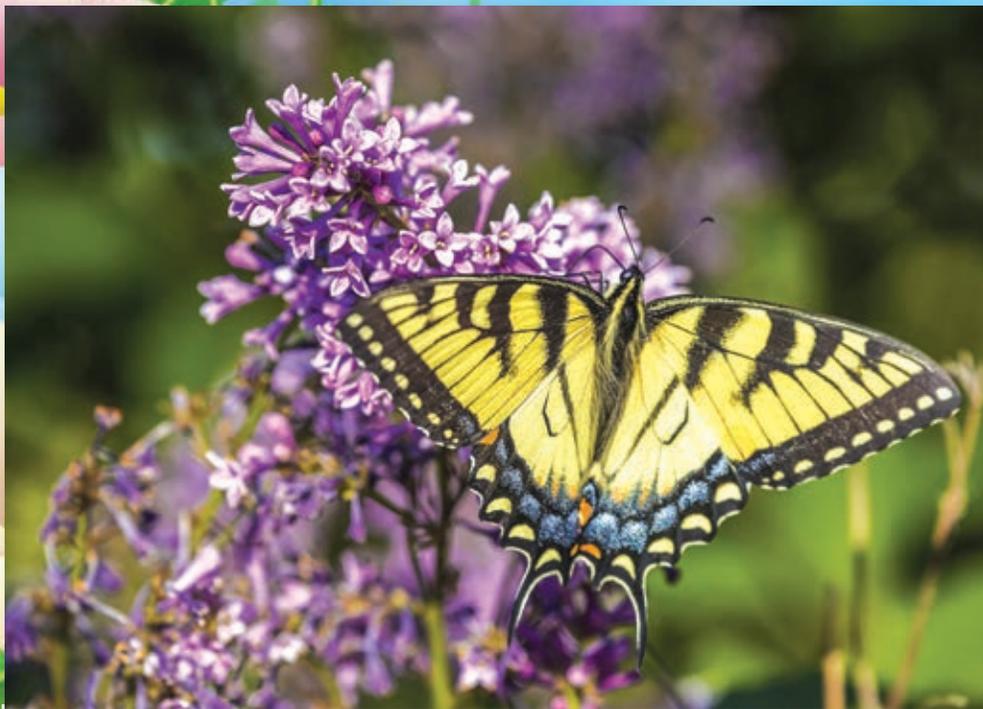


Our Time 55+

Spring/Summer
2026



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Tillamook
Headlight Herald 

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Mobile Check Deposit

By TLC, a Division of Fibre Federal Credit Union

While banking technology has changed over the years, paper checks are still common. You may receive one now and then as a gift, reimbursement, or refund. Thankfully, there's a convenient way to deposit a check without driving to town: mobile check deposit, available through most financial institutions with online and mobile banking services.

What Is Mobile Check Deposit?

Mobile check deposit allows you to deposit a check to your account using a smartphone or tablet. Instead of handing the check to a teller, you take a picture of the check inside a secure banking app. It's a convenient tool for anyone who has limited mobility, prefers to manage finances from



home, or simply wants to save time and avoid extra trips.

Is It Safe?

Yes, mobile banking apps use security tools to protect personal information. For added safety, only download the official banking app, use your home wi-fi instead of public wi-fi, and keep your phone locked with a passcode.

How It Works

Once you download and log into mobile banking, you'll choose the option to deposit a check. You'll get prompts to sign the

back of the check, take photos of the front and back, and enter details about the check amount. Once you submit, you'll receive confirmation that your check will be processed and an estimated timeline on when funds will be available in your account. After depositing, it's a good habit to write "Deposited" on the check, store it safely for about a week, then shred it once your funds are received.

Mobile check deposit is a practical, time-saving tool that helps turn a traditional banking errand into something you can do comfortably from home.

Kiawanda Community Center

In Pacific City, the Kiawanda Community Center (KCC) is known as "THE place to be." The KCC welcomes locals and visitors alike to join our community in a variety of activities designed for all ages but with a special focus on adults 55+. On any given day of the week, there's something happening at the welcoming and inclusive environment of the KCC, located at 34600 Cape Kiwanda Drive in Pacific City.

For active seniors, we offer a variety of exercise classes. On Mondays, Wednesdays, Fridays and Saturday mornings at 9 a.m., Yoga with Dawn hosts all levels of yoga enthusiasts for a fun one-hour class (\$10 per class). If you are looking for a more traditional exercise class, Fit and Fab on Tuesday and Thursday mornings at 8:30 a.m. offers an energetic session to get your muscles toned (\$10/class). For those ready to dance, the community gathers for Line Dancing lessons on selected Saturdays at 7 p.m. (\$10/session).

Those wanting a more

sedate experience could join our weekly Tai Chi class on Thursdays at 10:30 a.m. (\$10 per month). This class features gentle balancing and stretching and can easily be done in a chair. Perhaps you'd like to more social experience with the Walking Wonders, a group that takes a stroll on the streets of Pacific City on Mondays, Wednesdays and Fridays at 10am (free). And for the ultimate in relaxation, bi-monthly Sound Bowl Sundays features a calming and meditative experience featuring Crystal Sound Bowls (\$10 per session)-bring a blanket or pillow.

If you're feeling lucky, join us for Bingo every Thursday afternoons at 1 p.m. Bingo games vary in cost. If you're feeling crafty, join the Tuesday Stitchers, a group of sewing enthusiasts who gather every Tuesday from 10 a.m.-3 p.m. to work on projects in the Great Hall (\$6/session).

If you've worked up an appetite with all our activities, lunch is served on Tuesdays and Wednesdays in our Great Hall. Our lunches are provided by our talented cooks from



Northwest Senior and Disability services and are served by local volunteers and staff. We have a loyal group of diners who are eager to welcome new faces to the table. Requested donations for lunch are \$3 for seniors and \$6 for everyone else. After lunch, browse in the

Visitor's Interactivity Center to find ideas for new adventures in Tillamook county.

Throughout the year, we feature a variety of other events, including art fairs, rummage sales, concerts and dances. You can find what's happening our monthly calendar,



which is available on Facebook (<https://www.facebook.com/kiawandacommunitycenter>), at our website (<https://kiawanda.com/kcc-calendar/>) or in person at the KCC. Give us a call (503-965-

7900) or send us an email (kiawandacc@gmail.com) and one of our volunteers will be happy to make sure you have the information you need. We look forward to seeing you soon at the KCC!

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Programs for Seniors at North County Recreation District

At North County Recreation District (NCRD), we believe recreation, connection, and lifelong learning don't have an age limit. Our programs are designed to support people at every stage of life—from parents and babies taking their first swim lesson

together to older adults staying active, engaged, and socially connected. For many in our community, NCRD offers opportunities that support physical health, mental wellness, creativity and meaningful connection. In the Fitness Center, participants will find

classes designed to meet a wide range of abilities and goals. Options include Stretch and Balance, Functional Fitness for Seniors, Tai Chi, Very Gentle Yoga and Chair Yoga. These classes focus on improving mobility, strength, balance and flexibility—important components for maintaining independence and confidence in daily life. While some offerings are labeled specifically for older adults, many participants choose classes based on what feels right for them, and everyone is encouraged to find a pace and level that works best.

The Aquatics Center is another popular space for staying active. Programs such as Water

Walking, AM Aqua Fit, Water Wellness, Aqua Yoga and Adaptive Swim are offered throughout the day, making it easy to find options that fit different schedules and comfort levels. Water-based exercise provides low-impact movement that is gentle on joints while still supporting strength, flexibility and cardiovascular health. The warm-water therapy pool is also open for independent use, offering a welcoming space for relaxation, stretching and gentle movement.

NCRD's Activities for Adults program focuses on learning, creativity and social connection. Great Decisions is a nationally recognized discussion program exploring American foreign policy

and global issues. Great Discussions offers college-level courses through facilitated DVD presentations. The Art Group meets weekly in the Gallery, providing time and space for participants to work on personal art projects while connecting with other local artists. A monthly Book Club brings readers together for thoughtful discussion around a selected title.

The Performing Arts Center adds another layer of engagement. Riverbend Players, our resident theater group, produces four shows each year, with each performance running for three weeks. Community members are welcome to participate both on stage and behind the scenes, and the center also hosts

performances by visiting artists and theater groups throughout the year.

One of the simplest and most cherished ways people connect at NCRD is Scone Friday, held on the first Friday of each month. This informal gathering offers a chance to slow down, share conversation, and catch up on life over a warm scone.

All NCRD facilities and programs are handicapped accessible, and our staff is committed to creating welcoming, inclusive spaces. Whether through fitness, aquatics, the arts, learning opportunities, or informal gatherings, NCRD works to bring people together, strengthen relationships and support a connected, vibrant community.

OUR TIME 55+ SPRING 2026

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To advertise in future editions of **Our Time 55+** contact Katherine Mace at headlightads@countrymedia.net or call **503-842-7535**

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Tillamook Estuaries Partnership's plant sale set for April 4

Tillamook Estuaries Partnership

Do you hope to see native bees and butterflies enjoying your garden? Do you have a stream and want to see fish thriving in its clean, cool water? Are you struggling with erosion and want to stabilize some earth in your yard? Native plants are your solution.

Ocean spray shrubs grow strong root structures that stabilize soil and filter pollutants as water runs past them. As an added benefit, their beautiful white flowers attract native

pollinators. Oregon ash is a deciduous tree that thrives near water (riparian areas) and creates shade to cool streams, ideal for juvenile salmon. It also creates habitat for birds and stabilizes stream banks. Rose spirea, a star in riparian restoration, produces beautiful flowers for pollinators, grows quickly, creates shade to cool streams, and helps with erosion.

Our Native Plant Nursery normally grows plants for habitat restoration across the Oregon Coast, but this year we have two unique opportunities to help you

get these plants into your backyard.

Tillamook Estuaries Partnership's Backyard Planting Program provides free landscaping work and native plants for properties in Tillamook County with salmon-bearing streams. Don't have a salmon-bearing stream but still want to get your hands on some locally harvested and grown plants? We will hold our surplus native plant sale in-person on April 4 with pre-orders online for two weeks beforehand. We offer a large selection of forbs, trees, and shrubs such

as ocean spray shrubs, Oregon ash trees, red osier dogwood trees, cascara shrubs, rose spirea shrubs, oso berry shrubs, and red flowering currant shrubs.

We could not produce these unique plants, grown from seeds hand-collected in Tillamook County, without your help! This spring, we will host Potting Party Volunteer Events to help with thinning and re-potting growing sprouts. We hope to see you there.

Sign up or learn more about all our events at TBNEP.org or call 503-322-2222.

ALPHABOATS: A Maritime Voyage from Anchor to Zulu

Mixed Media Paintings by Peggy Biskar

on display now at the Columbia River Maritime Museum

Set sail on an alphabetical journey through the world of boats in *Alphaboats: A Maritime Voyage from Anchor to Zulu*, a vibrant mixed-media exhibition by Portland artist Peggy Biskar. On view now through the end of the year, *Alphaboats* invites visitors to explore vessels ranging from zarocs and xebecs to canoes and dinghies - each one representing a letter in a rich visual maritime lexicon.

Biskar traces the origins of the project to a single evocative pairing: a flat-bottom boat and an iron. "Those two similar shapes and their metaphorical content represented for me the contrast between domesticity and the lure of adventure," she wrote. Inspired by that juxtaposition, she spent nearly a year researching historic small craft and developing an alphabet of boat imagery. Along the

way, she became captivated by the layered vocabulary of maritime language—words such as anchor, bow, hold, and tender, each carrying multiple meanings and histories.

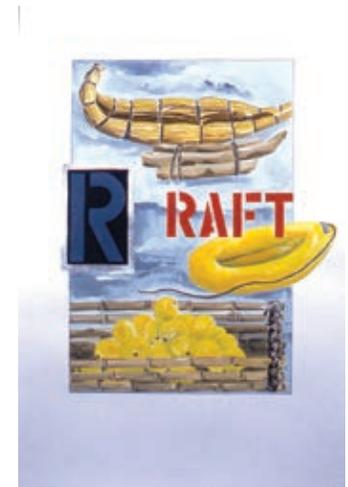
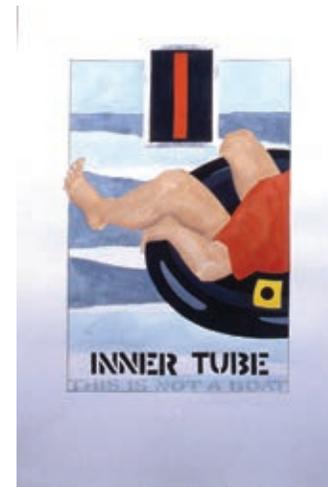
The resulting 26-piece series radiates color, texture, and curiosity. Through collage techniques that combine paint, printmaking, photography, and text, Biskar layers materials to echo the complex stories embodied by each vessel. The works explore boats

not only as physical forms, but as powerful symbols of shared human experience—representing travel and trade, labor and livelihood, freedom and danger. Boats carry stories of exploration and hope, but also of hardship and injustice, reminding viewers of the profound human narratives tied to life on the water.

Originally exhibited at the Museum in 1995, *Alphaboats* later spent 12 years engaging young audiences at Portland's Cedar

Mill Library. Now returned to its permanent home, the exhibition invites a new

generation to rediscover this playful, thoughtful maritime voyage from A to Z.



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Financial Advisor

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2015 10th Street Ste B
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Branch Team

Vanessa Castillo
Branch Office Administrator

What brought me to Edward Jones started out as a lifelong passion in the world of finance but has since evolved to be much more. Serving others and helping them reach milestones is the focal point of what I do with my clients. I am here to give freedoms, achieve goals and share those special moments that will live on forever in memories.

There is something special to be said about Edward Jones. To grasp the gravity of this firm and what we offer, you need to understand that we all operate out of our own "why". I grew up in an upper middle class family with my mom and step father in Tillamook, Oregon. As kids, we did not have a care in the world. I had what some may paint as a perfect childhood.

My father's side of the family lived in Roseburg, where my brother and I would go for holidays and breaks. Though my life was in Tillamook, a huge part of my heart was there. That largely being the connection I had with my paternal grandmother. Always over indulging us during our short visits. She truly didn't want to take a moment for granted when it came to her grandkids. I never knew it then, but as I got older, I started to understand the financial toll of these trips. She never complained about costs when taking us out on the town. But one thing she wasn't preparing for was her retirement. Now in her 80's, she still works and it breaks my heart. A lack of financial planning led to this. Had she partnered with an advisor in earlier years this may not have been the result. I want to be a beacon for those needing guidance in reaching their goals. I will accomplish this through my commitment to serve, educate and partner with my clients through all stages of life.

Combined with the established processes that Edward Jones has to offer, I am confident in my ability to build relationships with any level of investor. Given the geographical placement of Tillamook and the surrounding coastal towns, we are often not given the attention of the city. My goal is to bring financial awareness to each of these communities where the support and outreach seems fairly limited.

Family is, and will always be, my top priority in all that I do. With that, I am the type of person who includes many in that definition. By working with me, you are in extension, family. I will always try to go above and beyond to help each client and make recommendations based on their best interest.

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Financial Advisor

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Staying connected, supported, and engaged as we age

Across our community, older adults, caregivers, and families rely on local support to navigate everyday challenges. At Northwest Senior and Disability Services (NWSDS), we're here to provide information, services, and opportunities that help people stay engaged, supported, and connected.

One important way we see this connection come to life is through our congregate meal sites. These meals are about more than food. They're about conversation, laughter, and seeing familiar faces. Recently, one of our staff visited a local

meal site and came away smiling. The room was full of people catching up, sharing stories, and clearly enjoying being together. The meal was the central purpose, but the sense of community was just as important for those who may need a place to keep loneliness at bay.

We are also here for people who may not be sure where to go when they need help. Whether it is you, a family member, or a friend who is looking for information or assistance, the Aging and Disability Resource Connection (ADRC) is available to help answer your questions. Maybe you're trying to



understand Medicare, looking for in-home help, or just feeling overwhelmed by options, there's a real person on the other end of the line or email who will listen and help point you in the right direction.

For many in our community, caregiving is part of daily life whether we're caring

for a spouse, a parent, or another loved one. Often, people don't even think of themselves as caregivers; they're just doing what needs to be done. Family caregiver support services are here to remind caregivers that they don't have to do it all alone. From information and referrals to supportive resources,

we're here to help lighten the load and reduce stress.

We love seeing community members get involved as volunteers, especially as Advisory Council members. Advisory Council members help guide our work by sharing real-life perspectives and community voices directly to the Executive Team and Board of Directors. For retirees or people living with disabilities in the community looking for a meaningful way to give back, it's a great way to stay engaged and make a difference. Or maybe you would fit better volunteering for

a program like Meals on Wheels. We have volunteer opportunities plating the meals as well as delivering the meals to homebound seniors in your community. Our volunteers frequently tell us that they feel like their volunteer service with Meals on Wheels is some of the most meaningful work they have ever done.

If any of this sounds helpful for you, a friend, or a family member, we encourage you to reach out. Whether you're looking for a meal, information, support, or a way to get involved, NWSDS is here as a neighbor, a resource, and a partner in our shared community.

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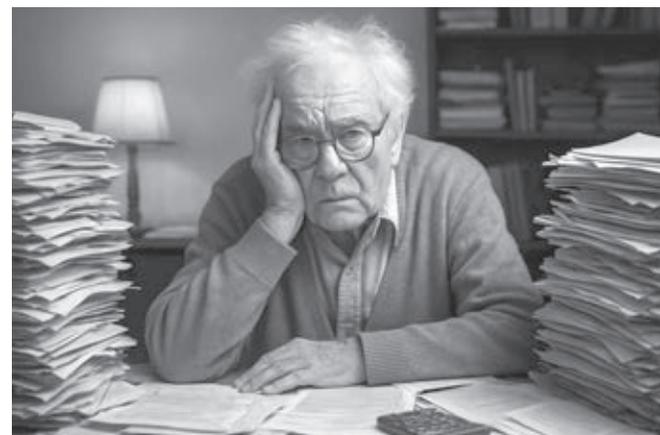
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- Learn more about our services at www.nwsds.org

- Interested in volunteering with Meals on Wheels or serving on our Advisory Council?

Contact Kim Hunt at kim.hunt@nwsds.org or 503-967-1848

- Tillamook County: (503) 842-2770
5010 3rd St., Tillamook, OR 97141

- Clatsop County: (503) 861-4200
2002 SE 19th St., Warrenton, OR 97146

5 ways seniors can get moving

People of all ages are encouraged to be physically active, and that includes seniors. The Centers for Disease Control and Prevention say seniors ages 65 and older should aim for at least 150 minutes per week of moderate-intensity aerobic activity and at least two days a week of muscle-strengthening exercises. Although some people may be drawn to the gym, others with no such preference may need to identify other ways to incorporate more physical activity into their lives. Seniors can stay active in various ways by enjoying activities that get them up and moving. The following are five ideas to get started.

1. Play a sport. Pickleball and padel are the fastest-growing recreational sports among seniors. Pickleball blends tennis and badminton while padel blends tennis and squash. These activities combine challenging cardio workouts with a social component.

2. Go dancing. A recent meta-analysis found that group dancing enhances social interaction while providing moderate aerobic exercise.

Dancing is fun and can get anyone to break a sweat, and it doesn't feel like exercise.

3. Join or start a walking club. Seniors can engage with other like-minded individuals by turning their daily walks into something that offers companionship and exercise. An app like Charity Miles offers an additional layer of purpose to the activity, as it turns walks into fundraising opportunities.

4. Take up gardening. Gardening can be a thorough workout. The Royal Horticultural Society says gardening provides moderate-



intensity, full-body exercise that burns approximately 165 to

300 calories every 30 to 60 minutes.

5. Consider aquatic

endeavors. High-intensity interval training (HIIT) in the

water is a new exercise trend that allows people to elevate their heart rates without placing any extra strain on the joints. Water activities in general tend to be easy on the body but provide immense benefits for flexibility and gentle resistance. Everyday Health says HIIT in a pool can improve fitness capacity roughly as much as HIIT done on land.

Seniors have various options to stay active and keep moving. Many such activities are entertaining and social in nature, which can help seniors maintain a commitment to being physically active.

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Seniors and the dating scene

Dating in one's golden years is a common experience for many seniors. Whether it's the result of a loss of a spouse or other life events, many people find themselves looking for love in their golden

years.

According to statistics from The Senior List and the Pew Research Center, roughly one-third of adults 65 and older in the United States reported being single, a percentage

exceeded only by people between the ages of 18 and 29. Many older singles are not looking for a committed relationship; some just want to have fun exploring the dating scene. With that in mind,

here's how seniors can explore dating, which may look and feel a little different than the last time seniors were dating.

Identify your reason for dating

Seniors should establish the reasons they are ready to get back into the mix. Identifying the motivation for mingling can help set the right course for finding a partner. Sometimes it boils down to wanting someone to share hobbies, go to dinner or travel with. Some seniors like the idea of having a relationship with someone, but living apart with their own homes and sense of independence. Others are looking for the next Mr. or Mrs. Right, and want a partner to share their life with in all ways.

Going digital

While meeting people in person is possible, particularly when those with similar interests are pulled together through clubs or social events, the dating world has increasingly moved online. Online dating is a popular and modern way to meet new people. Apps like SilverSingles are geared specifically to the older demographic, while Bumble is women-led. Meetup is not a dating app, but one for meeting people with an interest in sharing specific experiences.



Be open and honest

Great relationships are rooted in honesty. Individuals should skip the "glory days" photos of their youth or even 10 years ago and use current photos for dating apps. People should be specific with what they are looking for, like a travel companion to go to Europe or someone who enjoys trying the local culinary scene. Being honest and specific increases the chances of finding a good match.

Be safe

Seniors are often the targets of scams, and by tugging at the heartstrings, scammers can exploit vulnerabilities. AARP® says nearly 60,000 people reported romance scams to the Federal Trade

Commission, when victims reported losing \$2.95 billion. Wanting to move conversations off of dating apps and directly to texts or other messaging platforms where they can't be monitored is a red flag. Scammers often indicate they live far away and can't meet in person and will give excuses to that effect. Others will promise the world and be in constant contact. It's a cause for concern anytime a person mentions needing money or having an investment opportunity.

If and when a senior meets with a date, the interaction should take place in a public location for the first several dates. Double-dating with a friend also can be a safe approach.

Dating in one's golden years requires some adjustments and an emphasis on safety.

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2026 Spring Unveiling coming up

Look for the 2026 Spring Unveiling event program to publish in the April 21 Tillamook Headlight Herald and for the Stormy Weather Arts Festival event program to publish in the October 27 edition.

How seniors can build their social networks in retirement

Social isolation and loneliness can have a notably adverse effect on a person's overall health. According to the World Health Organization, roughly 12 percent of older individuals experience loneliness, which can have a negative impact on their physical and mental health, quality of life, and even their life expectancy.

Seniors have much to gain when they take successful steps to avoid social isolation. Seniors who are concerned about the prospect of social isolation or loneliness or those already experiencing such feelings can try these strategies to build their social networks in retirement.

- Reconnect with old friends. It's easy for adults to lose touch with old friends. By the time many adults reach middle age, professional and personal obligations can leave little time for a thriving social life. Successful professionals may be preoccupied with work projects, and while parents may be juggling their own hectic schedules with their children's obligations. Come retirement, much of those responsibilities have ended, making this a perfect time to reconnect with old friends who also might have extra free time on their hands. Reach out through social media, text message or even

a phone call, and let the situation unfold organically from there.

- Take advantage of community offerings. Many communities sponsor events for seniors, like bus trips to local museums or stadiums, in an effort to encourage seniors to get out of the house. Retirees can take advantage of these opportunities, which tend to attract like-minded individuals with the same interests. A bus trip to a theater production will attract fellow arts lovers, and shared interests are a solid foundation for friendship.

- Start a local club

or group. Starting a local club based on a particular activity is another great way for seniors to build a social network in retirement. Take to social media and express your interest in starting a local book club or walking group. Like community-sponsored bus trips, clubs and groups tend to attract like-minded individuals, providing a built-in pathway to friendship.

- Reconnect with your faith. Houses of worship also offer a great way to meet locals and build relationships based on a shared identity. Faith-based communities provide a sense of belonging that can help

retirees overcome social isolation and loneliness.

- Open yourself to new experiences. Trying something new is another great way to make new friends. Many local agencies like

parks departments or community recreation offices offer seniors in-person workshops covering a wide range of activities. These offerings are a great way to discover a new pastime and meet

new people along the way.

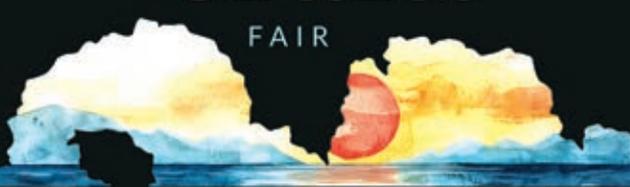
Social isolation and loneliness poses a significant threat to millions of seniors. But there are many ways for seniors to build their social networks in retirement.

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Sunday 10-12

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Highly Rated Orthopedic Care, Right Here on the Coast

Life in Tillamook County is best enjoyed in motion — whether you're tending to a garden, hiking a coastal trail, or walking along the beach. But when joint pain or a sudden injury limits your mobility, it can feel like you're missing out on the life you love.

We believe you shouldn't have to travel to receive world-class orthopedic care. Our orthopedic services are led by a team of experts dedicated to getting you back on track. Dr. Brett LaFleur and Dr. Gregory Brown bring an extraordinary level of surgical excellence right here at home.

Dr. LaFleur is well-known for his advanced surgical techniques and

high patient satisfaction, while Dr. Brown recently joined the team with a PhD in medical engineering from MIT and a medical degree from Harvard. With over 25 years of experience, Dr. Brown's deep understanding of biomechanics enhances our ability to treat complex total joint replacements, sports medicine injuries like ACL and rotator cuff repairs, and trauma care.

Working seamlessly alongside our surgeons is Ruben Franco Garcia, PA-C, who provides essential care for a wide range of musculoskeletal issues. Together, this trio offers a comprehensive, whole-person approach to your health. Whether

you are managing chronic arthritis or recovering from a fracture, our providers treat you with the same care and attention they would give their own family.

The results of this teamwork are clear: our patient satisfaction ratings for hip and knee procedures exceed 94%. We take pride in the fact that our neighbors are returning to their active lives stronger than ever before.

From minimally invasive surgeries to personalized recovery plans, expert care is available right here at home in Tillamook County. We're here to help you get back to what you love.



LaFleur



Brown



Franco Garcia



Move like
only you can

At Adventist Health, our orthopedic care is never one-size-fits-all. It's tailored to you and individualized to your exact needs. Whether you're a young athlete in your 20s, an active parent in your 40s, or looking to maintain mobility in your 60s, we have you covered. Because no matter where you are in life, you weren't made to sit idle. You were made to move.

Learn more at AdventistHealthTillamook.org/Orthopedics