

Hermiston Parks & Recreation

Come On Out to Play!

Catch a Ride on the Hermiston Ski Bus

Details on page 8

Winter 2017 Activity Guide



Where Life is Sweet



hermistonrec

541.667.5018 www.hermiston.or.us

Table of Contents

Information.....	Page 1	Adult Education.....	Page 20-21
Youth Sports	Page 5-7	Hermiston Public Library	Page 23
Youth Enrichment	Page 8-9	Good Shepherd Hospital Activities & Classes...Page 24-26	
Adult Sports	Page 10	Facility Rentals	Page 30
Adult Enrichment	Page 11-12	Parks and Recreation Facilities	Page 31
Special Events	Page 13-15	Recreation Directory	Page 32
The ARC	Page 19		

Message from the Director:

Sunset Park Expands

When driving north on NE 4th Ave it is hard not to notice that Sunset Park has grown in size and has a whole new look. Hermiston City Council has invested \$65,000 to expand and enhance the park. With the majority of parks on the west side of the City, it has become a priority to seek additional parks and trails on the east side of HWY 395. Sunset Park has been a popular children’s playground for decades with a swing set and a slide. The park has a chain-link fence surrounding the entire property; it did not appear to be welcoming to the neighborhood. Much of the fence had barbed wire across the top to separate park users from the City’s adjacent Public Works Facility.



The City acquired the vacant lot to the south of the park and removed the driveway to the Public Works Yard making the park nearly twice its original size. The new entrance to the Public Works is off of Elm Street. The City has utilized a great deal of volunteer help to rake the new landscape and install new plants and trees. New grass hydro-seed was installed this fall and a drinking fountain. A basketball court has been created on the south side of the park to separate older park users from children

that may be using the playground on the north side. The playground equipment will be updated over the winter months and ready for use in the spring.

Altrusa International has installed a “Little Library” in the center of the park for neighboring use as part of their literacy program. There are several additional Little Libraries throughout Hermiston to encourage neighborhood book exchanges and reading skills.

Thank you to all of the volunteer support that has contributed to this very cost effective park improvement.

Larry Fetter, Director
lfetter@hermiston.or.us
 Hermiston Parks and Recreation

WELCOME TO PARKS & RECREATION

Get connected... The Hermiston Parks and Recreation Committee has been working hard since 1972 to make Hermiston a healthy, pleasant and vibrant community. The Parks Committee meets the second Thursday of each month, 5:30pm at City Hall and your ideas are welcome. This activity guide is filled with over 200 opportunities to add recreation to your life. Check us out on-line or “like” us on Facebook to be first in line for special offerings and promotions.

WINTER 2017

Three Easy Ways to Register: By mail, by phone, by fax
phone 541-667-5018 • fax 541-567-5530 • www.hermiston.or.us



Parks and Recreation Committee

Jean Stahlberg	Steven Williams	Doug Primmer
Mike Kay	Jackie Myers	Carlisle Harrison
Briana Cortaberria	Ryan Severs	

Staff

Larry Fetter	Director of Parks and Recreation	Gina Wicks	Administrative Assistant
Dan Earp	Recreation Supervisor	Diana Picard	Recreation Coordinator
Brian Fricke	Municipal Service Worker II	Kasia Robbins	Recreation Coordinator
Ruperto Garcia	Municipal Service Worker I		

Volunteer

We are always looking for volunteers to assist with special events, programs, and parks. If interested in becoming a volunteer, contact the Parks and Recreation office at City Hall.

Registration Options

Go Online: Visit www.hermiston.or.us/parksrec. Click on “Activities and Classes” or “Park Reservations” on the right hand side depending on whether you want to register for a program or reserve a park facility. Create a login I.D. and follow the prompts for registrations and reservations.

Walk In: Visit our office located at 180 NE 2nd Street, Hermiston, OR 97838. You can complete a program registration, make facility reservations, and pay all in one place. Walk-in customers may pay using cash, check, Visa, Mastercard, and American Express.

Phone: We accept Visa, Mastercard, and American Express payments over the phone for any program registration or facility reservation. Save some gas and call us at 541.667.5018 to use the pay by phone option.

Contact

Office 180 NE 2nd Street, Hermiston, OR, 97838
Phone (541) 667-5018 Fax (541) 567-5530
Email parksandrec@hermiston.or.us

Congratulations!

By registering in a Hermiston Parks and Recreation programs, you are making an investment in the health and wellbeing of your family. We work hard to make sure your recreational experience is exceptional and high value. While each program is unique, the following policies are developed to help manage your experience as a participant.

Resident / Non-Resident Rates

Because the programs offered by Hermiston Parks and Recreation rely on local tax payer support, non-resident fees have been instituted to offset the difference. The resident rate applies to participants that live within the Hermiston city limits.

Cancellation Policy

We may be required to cancel programs for reasons beyond our control on rare occasions. Every effort will be given to reschedule an interrupted program as soon as possible. If a program cannot be rescheduled a pro-rated credit may be available to participants in lieu of a refund.

Withdrawal / Refund Policy

We recognize that you may need to withdraw from a program for a variety of reasons. Because our programs are self-supporting, we rely on registration fees to operate them. If you withdraw from a program 7 days prior to the beginning date, a refund may be issued (less a \$10 processing fee). A credit may be issued to participants for withdrawal within 7 days of the first date. Beyond the first day of a program, no refunds will be issued for a program withdrawal.

Photo Policy

Capturing the moment. By attending any Hermiston Parks & Recreation program, you understand that a picture of you or your family may be taken. We use photographs for quality improvement and also in future marketing materials. Names are not published without specific permission granted by a participant.



CONFERENCE CENTER
HERMISTON
Oregon

December 1

Farm Fair Dinner Banquet

December 3

Festival of Trees Dinner & Auction

December 4

Festival of Trees Family Day

December 17

Breakfast with Santa

January 7 & 8

Collectors West Gun & Knife Show

January 15 & 21

Cabin Fever

January 30

Melonville Comedy Show

February 6

Hermiston Education Foundation Dinner & Auction

February 13

Rod & Gun Club Dinner & Auction

February 20

EO Bridal Show

February 20-25

Missoula Children's Theatre

March 4

Unique Gift Gala



Business to Business Luncheon

January 26

February 23

March 22

HERMISTON SKI TRIPS TO ANTHONY LAKES

JAN. 7th

JAN. 21st

FEB. 4th

FEB. 18th

OPEN TO ALL AGES!

BUS RIDE \$30 PER RIDE OR \$100 FOR ALL 4 TRIPS

LIFT TICKETS \$17

SKI/SNOWBOARD RENTAL \$17

CONTACT HERMISTON PARKS AND RECREATION TO REGISTER.

BUS LEAVES FROM HERMISTON CITY HALL AT 6AM SHARP



Health Education & Wellness
offered by
Good Shepherd Medical Center

- Living Well classes
- Powerful Tools for Caregivers
- Healthy Fridays
- Tooth Wisdom for older adults
- Diabetes: Living Well
- Lunch & Learns
- Free help with Medicare
- Exercise classes
- Support Groups

Check out pages 24-26 for complete listings

541-667-3509



Inflatable Fun!

Rent an awesome *new* bounce house for a party or event!

Free delivery and pick up, *all day use!!!**
 \$75 - \$115 depending on unit
 Call to reserve!

Have a party every day!!

541-567-2356

inflatablefunhermiston.com



Actual Rental Unit!!!!

Don't Be Left In The Dark!



Call Umatilla Electric To Report a Street Light Out!

Umatilla Electric is responsible for ensuring that inoperable street lights are repaired as quickly as possible. Residents are encouraged to report streetlight outages in the UEC and Hermiston Energy Services territories. The process is simple. Identify the light, either by the number on the light pole or by the closest crossing streets, and then call (541) 567-6414.

Don't be left out in the dark!



A Touchstone Energy Cooperative

YOUTH SPORTS

Visit us online at www.hermistonrecreation.com



Recreational Youth Basketball Leagues

Recreational Basketball Leagues forming now! Sign up now so you don't miss out on all the fun. The leagues will be separated by grade and gender. Grades 1st-2nd will not keep score. All equipment is provided. Volunteers needed for coaches. If interested in coaching, please contact Hermiston Parks and Recreation. Schedules will be available at www.sportability.com on Jan. 25th.

Day: Saturdays
Dates: Jan 28th-March 18th (None on Feb 11th)
Grades: 1st-6th
Cost: \$35 Resident
\$44 Non-Resident
\$15 Jersey (If you don't already have a Hermiston Parks and Recreation reversible red and white jersey)
Location: Hermiston School Gyms
Signup Deadlines: \$5 Discount through Dec. 23rd
Regular deadline Jan 13th
\$5 Late registration Jan 14th-20th or until teams are full.

Junior Basketball Clinics

Participants will learn the fundamentals of basketball through fun skill based games. They will be taught passing, shooting, dribbling, defense, and teamwork. Each week skill stations will be set up and the children will rotate through them. Be sure to sign up early for this popular clinic.

Days: Saturdays
Dates: February 4th -March 18th (None on Feb 11th)
Times: 9:30am-10:15am (3 years old)
10:30am-11:15am (4 years old)
11:30am-12:15pm (5 years old)
12:30pm-1:15pm (Kindergarten*)
*Must be at least 5 years old before 9/1/16
Cost: \$27 -Resident
\$34 Non-Resident
Location: Sandstone Middle School
Signup Deadline: Friday, January 27th

YOUTH SPORTS

Visit us online at www.hermistonrecreation.com

Meet the Coach!

Take this opportunity to meet your coach and other team members before the games start. This meeting will start with an information session with a Parks and Recreation representative who will answer questions. It will conclude with meeting your coach and getting the game schedule and jersey if you paid for one.

Basketball: Tuesday, January 24th
Time: Girls 5:30pm
Boys 1st & 2nd 6:30pm
Boys 3rd-6th 7:30pm

Indoor Soccer: Tuesday, April 4th
Time: 7:30pm-8:00pm
Location: Hermiston Conference Center

Portland Trail Blazers Basketball Clinic

This is an amazing opportunity to participate in basketball drills and skill development on the Portland Trail Blazers court. By purchasing a game ticket, children will be invited to participate in an hour-long clinic on the court with an instructor. Photo opportunities will be provided. Additionally, if we sell enough tickets, 20 lucky participants will be randomly selected to give high fives to the players as they come onto the court! Afterwards, enjoy watching the game against the Phoenix Suns. Don't miss out! New this year: Tickets must be purchased online through the Trailblazers website. Use this website:

<http://rosequarter.com/hermiston>

Day: Saturday
Date: April 1st
Clinic Time: 2:30pm -3:30pm
Game Time: 7:00pm
Age: 5-14 years old for clinic
Costs: \$36-300 Level Purple Tickets
\$72-200 Level Orange Tickets
\$85-100 Level Forest Green Tickets
Location: Moda Center in Portland
Sign Up Deadline: Friday, March 3rd

Youth Indoor Soccer League

Join this great recreational soccer league. This coed league is a great way to build soccer and social skills while being in a fun noncompetitive league. All equipment is provided. Volunteer coaches are needed, please inquire if interested. Schedules will be posted to www.sportability.com by April 5th.

Day: Saturdays
Dates: April 8th -May 20th
Age: 3 years through 1st Grade.
Cost: \$35 Resident
\$44 Non-Resident

\$15 Jersey (If you don't already have a Hermiston Parks and Recreation reversible red and white jersey)

Location: Desert View and West Park elementary schools
Sign up Deadline: \$5 Discount through March 3rd
Regular deadline March 24th
\$5 Late registration March 25th-March 31st



YOUTH SPORTS

Visit us online at www.hermistonrecreation.com



Gymnastics

Parent-Tot

Help your child increase body control, motor skills, and creativity through music and activities. Experience front rolls, straddle rolls, animal walks, and tumbles. Share movement games, singing, and finger play while bonding with your child. Parent and child participate together. Classes are generally the first four Thursdays of each month.

Days: Thursdays
Dates: January-March (No class February 23)
Times: 4:30pm – 5:00 pm
Cost: \$20/Month - Resident
\$25/Month - Non-Resident
Ages: 2 years – 4 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior

Level 1

This introduction to gymnastics focuses on straddle rolls, front rolls, back rolls, assisted hand stands, overall body awareness, and more. All fitness levels are welcome. All supplies are provided.

Day: Thursdays
Dates: January-March (No class February 23)
Times: 5:15pm to 6:00pm
Cost: \$24/Month - Resident
\$30/Month - Non-Resident
Ages: 5-10 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior

Level 2

This gymnastics class is for children who have completed Level 1. The focuses are cartwheels, splits, and assisted hand stands. This class also continues to work on the skills introduced in Level 1.

Day: Thursdays
Dates: January-March (No class February 23)
City of Hermiston

Times: 5:15pm to 6:00pm
Cost: \$24/Month - Resident
\$30/Month - Non-Resident

Ages: 5-10 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior

Level 3

This gymnastics class is for children who have completed Level 2. The focuses are round offs, one-handed cartwheels, splits, assisted hand stands, and an introduction to front kick overs. This class also continues to work on the skills introduced in Level 2.

Day: Thursdays
Dates: January-March (No class February 23)
Times: 6:15pm to 7:00pm
Cost: \$24/Month - Resident
\$30/Month - Non-Resident

Ages: 6-13 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior

Level 4

This gymnastics class is for children who have completed Level 3. The focuses are front handsprings, back kick-overs, front hand stand rolls, splits, and assisted hand stands on the balance beam. This class also continues to work on the skills introduced in Level 3.

Day: Thursdays
Dates: January-March (No class February 23)
Times: 6:15pm to 7:00pm
Cost: \$24/Month - Resident
\$30/Month - Non-Resident

Ages: 6-13 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior

YOUTH ENRICHMENT

Visit us online at www.hermistonrecreation.com

Hunter Safety Education Class

All hunters under the age of 18 must pass this class before they can hunt in Oregon. Class covers: firearm safety, ethics, conservation, survival, first aid, bow hunting, and more. You must register online through the Department of Fish and Wildlife: www.dfw.state.or.us

Day: Tuesdays and Thursdays
(Plus live fire day)
Dates: February 2nd -February 23rd
Time: 7:00pm-9:00pm
Cost: \$10
Ages: 9 years +
Location: Hermiston Conference Center
Sign Up Deadline: Friday, January 20th
*Sign up online at www.dfw.state.or.us

Youth Introductory Archery Class

Interested in learning about archery? Class covers archery safety, basic shooting (target) and (3D), bow hunting basics. All equipment is supplied. Come learn a new sport and have some fun. Class size is limited so sign up early.

Days: Tuesdays and Wednesdays
Dates: May 2nd-May 24th
Time: 7:00pm-8:30pm
Cost: \$30 Resident
\$38 Non-Resident
Ages: 8+ years (8-12 years must be accompanied by an adult)
Location: Hermiston Conference Center
Sign Up Deadline: Friday, April 28th

Dance Class

This is an introduction to very basic dance techniques and performance. The class focuses on body awareness, self-control, hand-eye coordination, and rhythmic awareness. Dance performance is at the end of each session. No additional costume costs are needed.

Days: Thursdays
Dates: Session 1: January 5th – February 9th
Session 2: February 16th – April 6
(No classes February 23 and March 30)
Time: 3:45pm-4:15pm
Cost: \$30/Session - Resident
\$38/Session - Non-Resident
Ages: 3-6 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior

Anthony Lakes Ski & Snowboard Days

Catch a ride on the Ski Bus! A school bus will be heading up to Anthony Lakes Ski Resort on four select Saturdays throughout the ski season. Come with Hermiston Parks and Recreation and get over 50% off lift tickets, rentals and lessons! The Hermiston Ski Bus is subject to cancellation depending on the weather.

Days: Saturdays
Dates: Jan. 7th, 21st, Feb. 4th, 18th
Time: The bus will depart at 6:00am sharp
Cost:
Bus: \$30 per ride or
\$100 for all 4 days
Full Lift Ticket: \$17
Bunny Hill Only: \$12
Lift Ticket 3-6 and 70+: FREE
Ski/Snowboard Rental: \$17
Lessons \$17

Ages: 3-Adult (Ages 3-13 must be accompanied by an adult)

Pick Up Location: City Hall

Sign Up Deadline: One week prior

Health Education & Wellness

offered by

Good Shepherd Medical Center

- Living Well classes
- Powerful Tools for Caregivers
- Healthy Fridays
- Tooth Wisdom for older adults
- Diabetes: Living Well
- Lunch & Learns
- Free help with Medicare
- Exercise classes
- Support Groups

Check out pages 24-26 for complete listings

541-667-3509



YOUTH ENRICHMENT

Visit us online at www.hermistonrecreation.com



Children's Community Theater

Sponsored by Desert Arts Council

Come join us and get a part in the play "The Poisoned Apple." Participants will start with an audition to determine the cast and end with a performance for the community. Don't miss out on this chance to improve your acting skills and be part of the fun. Each participant will receive two free tickets to the performance to share with family or friends. No acting experience necessary. Everyone gets a part!

Days: Tues., Wed.
 Dates: February 28th – May 12th
 Time: 5:15pm-7:15pm
 Location: Hermiston Conference Center
 Cost: \$50 Residents
 \$63 Non-Residents
 Ages: 9-18
 Sign up Deadline: Friday, February 24th

Hermiston's Community Theater Presents: "The Poisoned Apple"

Sponsored by Desert Arts Council

When Queen Drunella invites world leaders to a Peace Conference, her intent is to beguile them with her beauty. Only Snow White's beauty stands in her way... and so begins the truth behind the famous tale by the Brothers Grimm. Snow White is not only beautiful inside and out, she's bright, intelligent, charming, and self-assured. Add to the mix a prince who has switched places with his squire, an opinionated cat, a Magic Mirror who speaks only the truth, a palace tour guide, a fashion conscious Queen (did we mention that she is bald?), and of course... the seven dwarves! Full of magic and good humor, this surprisingly fresh play will guarantee an enjoyable evening. Come support our young actors!

Performance #1: Thursday, May 11th
 Performance #2: Friday, May 12th
 Time: 6:30pm
 Location: Armand Larive Stage
 Cost: \$2 pre-ordered through Parks and Recreation
 \$3 at the door



2120 N First, Hwy 395, Hermiston, Or

[Next to Alive & Well]

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**Functional Fitness
to match you lifestyle
and body movement**

**Strength Training
Nutritional 101 classes**

Team Training Workouts
 One-on-One Personal Training
 Yoga Classes (all levels)
 PiYo
 Zumba

Monthly Fun Fitness Events

Open: Mon-Thurs 530 am to 730 pm, Friday 530 am to 6 pm, Sat 7 am to 11 pm

ADULT SPORTS

Visit us online at www.hermistonrecreation.com

Adult Basketball Leagues

Leagues are forming now. Captains must sign all players up on teams. Roster size is unlimited. Trophies and shirts will be awarded to the winners. Post season single-elimination tournaments will be included with each 8-week season. No high school or active college players. Limited team space so sign up early.

Competitive League:

For competitive teams that care about winning and losing.

Day: Sundays
Start Date: January 15th
Ages: 18+ years

Recreation League:

For teams out to have fun.

Day: Sundays
Start Date: January 15th
Ages: 18+ years

30+ League:

Day: Wednesdays
Start Date: January 18th
Ages: 30+ years

All Leagues:

Dates: January -May
Cost: Team Fee \$415
Location: Hermiston High School Gold Gym
Sign Up Deadline: Friday, January 6th

Adult Co-ed Volleyball League

Captains must sign all players up on teams. Roster size is unlimited. Trophies and shirts will be awarded to the winners. Post-season single elimination tournaments will be included in each 8-week season. Play is 4 on 4. No active college or high school players. Limited team space so sign up early.

Leagues:
Recreation: Sundays
Start Date: January 15th
Location: Hermiston High School Gold Gym
Team Fee: \$145
Sign-up Deadline: Friday, January 6th



ADULT ENRICHMENT

Visit us online at www.hermistonrecreation.com



Wildflower Photography Workshop

Celebrate the spring season by learning how to take wonderful wildflower photos in one of the best wildflower locations in Oregon. We will hike around Rowena Crest and the Tom McCall Preserve with vistas of the gorge, Mt. Hood, and of course fields of wildflowers. This trip can include up to a couple miles of walking with some elevations gain. Must bring your own SLR camera. Instruction will be available, but you will also be free to explore and take your own photos. This workshop is weather permitting. Transportation and picnic dinner is included.

Instructor: Dan Earp
Day: Saturday
Date: April 29th
Time: 3:00pm-10:00pm (approximate)
Cost: \$45 Resident
\$56 Non-Resident
Age: 18 and older
Location: Meet at City Hall
Sign Up Deadline: Friday, April 21st

Social Sampler Dance Class

We're not after proficiency here---just a sampling of dances to have fun! This is a brand new class never offered in Hermiston before. A different dance will be taught at each of the 6 lessons and is designed to offer the beginner an overview of just a few of the dances that are being taught around the country and the world. Learn the very basic footwork for each dance and enjoy dancing to a variety of rhythms and temps to pop, hip-hop, country, and R&B. Dances covered will be Cha Cha, Waltz, 1-Step Swing, Salsa, Couples Pattern, and even a line dance. Wear comfortable shoes that allow for turning steps. No partner required.

Instructor: April Dyntaxa
Dates: January 11th - February 15th
Day: Wednesdays
Time: 6:15pm-7:15pm

Cost: \$30 Residents, \$38 Non-Residents
Location: Hermiston Library Basement
Ages: 14 and older*
*14-17 must have an adult participating or watching the class.

Dance the Rumba

This is a brand new dance never offered in Hermiston before. Rumba is composed of a basic box step that is expanded when additional step patterns are included. The end result is a dance that is graceful and sensual. You will learn what to listen for in the music and what to do with it once you find it. The desired partnership between a guy and gal is achieved when each performs their role of leading or following, resulting in motion that is effortless. Songs include artists Queen Latifah, Doris Day, Ricky Martin, Michael Jackson.

Instructor: April Dyntaxa
Dates: January 11th-February 22nd (No Class Feb. 8th)
Day: Wednesdays
Time: 7:30pm-8:30pm
Cost: \$30 Residents, \$38 Non-Residents
Location: Hermiston Library Basement
Ages: 14 and older*
*14-17 must have an adult participating or watching the class.

West Coast Swing

The #1 choice in swing dancing. A unique dance for the funky and sassy music we all like in pop, country, hip-hop, and R&B. This class is for beginners and a reinforcement for those who have just begun. Wear comfortable shoes that allow for turning steps. No partner required.

Instructor: April Dyntaxa
Dates: April 5th - May 10th
Day: Wednesdays
Time: 6:15pm-7:15pm
Cost: \$30 Residents, \$38 Non-Residents
Location: Hermiston Library Basement
Ages: 14 and older*
*14-17 must have an adult participating or watching the class.

ADULT ENRICHMENT

Visit us online at www.hermistonrecreation.com



Night Club 2-Step

Night Club 2-Step is a slow, romantic dance that has gained popularity for its smooth motions and graceful appearance. Song suggestions include those by Brian Adams, George Strait, and Toni Braxton for example. Wear comfortable shoes that allow for turning steps. No partner required.

Instructor: April Dyntera
Dates: April 5th - May 10th
Day: Wednesdays
Time: 7:30pm-8:30pm
Cost: \$30 Residents, \$38 Non-Residents
Location: Hermiston Library Basement
Ages: 14 and older*

*14-17 must have an adult participating or watching the class.

Adult Digital Camera for Beginners

Learn more about using the special features of your digital camera and the post process techniques from the pros at 60 Minute Photo.

Participants are required to bring their own DSLR camera.

Day: Mondays
Dates: Jan. 23rd, 30th, and Feb. 6th
Times: 5:00pm-7:00pm
Age: 16 and older
Cost: \$40 Residents, \$50 Non-Residents
Location: 60 Minute Photo
Sign-Up Deadline: Thursday, January 19th

Advanced Digital Camera Class

Take your photography to the next level with the pros at 60 Minute Photo. Participants are required to bring their own DSLR camera and have previously taken the beginner class.

Day: Mondays
Dates: February 20th, 27th, and March 6th
Times: 5:00pm-7:00pm
Age: 16 and older
Cost: \$40 Residents, \$50 Non-Residents
Location: 60 Minute Photo
Sign-Up Deadline: Thursday, February 16th

Anthony Lakes Ski & Snowboard Days

Catch a ride on the Ski Bus! A school bus will be heading up to Anthony Lakes Ski Resort on four select Saturdays throughout the ski season. Come with Hermiston Parks and Recreation and get over 50% off lift tickets and rentals! The Hermiston Ski Bus is subject to cancellation depending on the weather.

Days: Saturdays
Dates: Jan. 7th, 21st, Feb. 4th, 18th
Time: Bus will depart at 6:00am sharp
Cost: Bus: \$30 per ride or \$100 for all 4 days
Full Lift Ticket: \$17
Bunny Hill Only: \$12
Lift Ticket: 3-6 and 70+: FREE
Ski/Snowboard Rental: \$17
Lessons: \$17
Ages: 3-Adult (Ages 3-13 must be accompanied by an adult)
Pick Up Location: City Hall
Sign Up Deadline: One week prior

SPECIAL EVENTS

Visit us online at www.hermistonrecreation.com



Snow Days at Sunset

Who says you can't play in the snow in Hermiston? Well if it does not come naturally, we're prepared to make it! When the right weather conditions occur, we'll be out all night making snow creating our own sledding park. Conditions need to be at least in the mid 20's or colder for a long enough period of time to make the necessary amount of snow. Since we cannot predict when the right conditions will occur, like us on Facebook or download the City of Hermiston Parks and Rec App to make sure you don't miss out on the announcement.

Date: A cold day
Time: Until the snow melts
Location: Sunset Elementary Hill (The old Armand Larive)
Cost: FREE

Flashlight Easter Egg Hunt

Sponsored by Simmons Agency

The Easter Bunny won't be getting any sleep this Easter. Thousands of filled eggs will be hidden. Each participant will use his/her flashlight to find eggs in the dark. It is advised for parents to stay with their children during the event but let the children gather the eggs. Don't forget to show up early and bring your basket and flashlight.

Day: Friday
Dates: April 14th
Time: 8:15pm
Ages: 10 years and under
Cost: Free
Location: Butte Park

Kid's Fishing Derby

Sponsored by Tom Denchel Ford

Enjoy a day of fishing with the kids. Many trout will be stocked in McNary Ponds for this event. Special fish will be tagged for prizes. All normal fishing regulations are in effect. Bring your own fishing pole and gear; some loaner poles may be available. An adult must accompany all children. Each fish caught must be reeled in by a child 2-11 years old.

Day: Saturday
Dates: April 1st
Times: 10:00am-Noon
Cost: Free
Ages: 2-11 years
Location: McNary Ponds

Employment Opportunities

Working for the Hermiston Parks and Recreation Department can be a great seasonal opportunity and a lot of fun. We have immediate needs for referees in youth and adult basketball and volleyball. Summer opportunities will be available at the Aquatic Center. Opportunities are also available with many of our summer camps. Applications for summer employment will start being accepted in mid-March with interviews throughout April.

SPECIAL EVENTS

Visit us online at www.hermistonrecreation.com



Eastern Oregon Arts Festival

Sponsored by the Desert Arts Council

Formerly known as the Hermiston Artwalk, the Eastern Oregon Arts Festival hosts many artists from around the region showing and selling all types of artwork. Come down onto Main Street in Hermiston to check out the artists' displays, music, student art exhibit, food, and much more!

Day: Saturday
Date: May 13th
Location: Downtown Hermiston

Arbor Day Tree Give-Away

Sponsored by Hermiston Rotary Club

In celebration of Arbor Day, free trees will be given away to all who are willing to plant them. The event goes on until all trees are given away. Experience has shown that you want to arrive early because the trees go quickly. A list of tree varieties available will be provided closer to the event.

Day: Saturday
Date: April 1st
Time: 9:00am
Location: Smitty's Ace Hardware Parking Lot

Hermiston's Community Theater Presents: "The Poisoned Apple"

Sponsored by Desert Arts Council

When Queen Drunella invites world leaders to a Peace Conference, her intent is to beguile them with her beauty. Only Snow White's beauty stands in her way... and so begins the truth behind the famous tale by the Brothers Grimm. Snow White is not only beautiful inside and out, she's bright, intelligent, charming, and self-assured. Add to the mix a prince who has switched places with his squire, an opinionated cat, a Magic Mirror who speaks only the truth, a palace tour guide, a fashion conscious Queen (did we mention that she is bald?), and of course... the seven dwarves! Full of magic and good humor, this surprisingly fresh play will guarantee an enjoyable evening. Come support our young actors!

Performance #1: Thursday, May 11th
Performance #2: Friday, May 12th
Time: 6:30pm
Location: Armand Larive Stage
Cost: \$2 pre-ordered through Parks and Recreation
\$3 at the door

SPECIAL EVENTS

Visit us online at www.hermistonrecreation.com

Clean Sweep Spring Cleanup

The sun is coming out and it's time to clean up the house and yard. The City of Hermiston is making it convenient to get rid of your old aluminum, appliances, car batteries, computers, concrete, paint, yard debris, and much more.

Day: Saturday
Date: April 8th
Time: 8:00am-3:00pm
Location: Umatilla Electric Cooperative Parking Lot



Pancakes with Santa

Sponsored by the Rogers Toyota

Ho, Ho, Ho! Santa is hungry and he wants to share his favorite breakfast with you, pancakes! Come enjoy a wonderful holiday breakfast with Santa. Breakfast will be pancakes and sausage with delicious toppings that you can use to decorate your pancakes. Included with breakfast will be photos with Santa and staff from the library will share a holiday story with everyone. This will be an experience you and your family will not want to miss. Tickets must be purchased in advance. Seats are limited.

Day: Saturday
Date: December 17th
Time: 8:30am-10:30am
Tickets: \$8 for children ages 2-15
\$10 for ages 16 and older
\$30 for a family of 4
\$5 For Extra Admission
Location: Hermiston Conference Center
Deadline: Dec. 12th or until tickets are sold out.

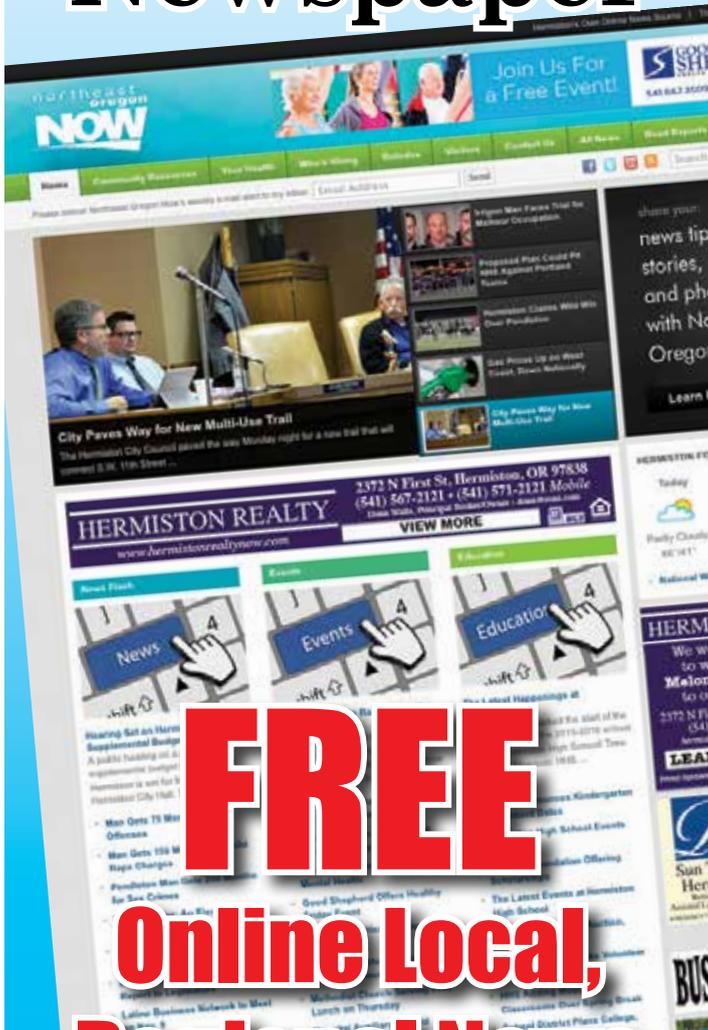
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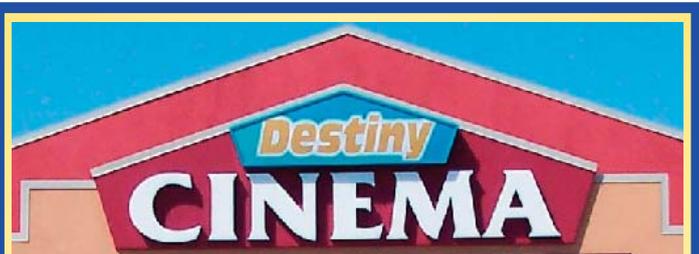
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541.667.3509

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541.667.3477

Vange John Memorial Hospice

645 W. Orchard Avenue
541.667.3543

CareVan Medical Transportation

541.667.3888

Home Medical Equipment

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541.667.3477

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Hermiston

600 NW 11th St, Suite E04

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Monday through Friday

Open 10 A.M. to 4 P.M.

Saturdays

*Closed Sundays and
Holidays*

541.667.3652

Boardman

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Monday through Friday

*Closed Saturday and
Sunday*

541.667.3746

Good Shepherd Medical Group

541.567.5305

Internal Medicine

Minette Lukban, MD
Brian Larsen, MD
Jennifer Poste, MD
Edward Ricketts, MD

Family Nurse Practitioners

Eileen McElligot, FNP-C
Phyllis Hansell, FNP-C
Michelle McIntyre, FNP-C

Pain Management, Physical Medicine & Rehabilitation

John Groner, MD

Infectious Disease

Leonidez De Guzman, MD

Pediatrics

541.667.3740
Mabel Yew, MD

General and Da Vinci Robotic Surgery, & Urology

541.667.3804

Thomas Farney, MD
General Surgeon
Christopher Keeler, DO
General Surgeon
Thomas Holt, MD Urology

Women's Center

541.667.3801

Gary Trupp, MD OB/GYN
Diana Edenfield, MD
OB/GYN

Leila Keeler, DO OB/GYN
Allison Khavkin, MD
OB/GYN

Lactation Consultation
541.667.3508



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Health Education & Wellness
offered by
Good Shepherd Medical Center

- Living Well classes
- Powerful Tools for Caregivers
- Healthy Fridays
- Tooth Wisdom for older adults
- Diabetes: Living Well
- Lunch & Learns
- Free help with Medicare
- Exercise classes
- Support Groups

Check out pages 24-26 for complete listings

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The Arc Mission: The Arc advocates to enhance the dignity, expand the opportunities, and protect the rights of individuals with intellectual and developmental disabilities and their families.

Calendar of Events

December 10th 2:00 – 4:00 pm Christmas Party

2017 Events:

January 24th 5:30 – 6:30 pm Activity Night

February 12th 2:00 – 3:30 pm Valentine’s Party

February 28th 5:30 – 6:30 pm Activity Night

March 28th 5:30 – 6:30 pm Activity Night—Easter Egg Hunt

April 22nd 6:00 – 9:00 pm Bowling Fundraising Tournament

April 25th 5:30 to 6:30 pm Activity Night

Bingo every Thursday night
Doors open at 6:00 pm. Bingo starts at 7:00 pm

Contact The Arc for questions and registration.



**215 W. Orchard Ave.
Hermiston, OR 97838
541-567-7615
arc@eotnet.net**

Achieve with us.

Adult Education Opportunities

Parenting Education Classes

Parenting Education classes are supported by the Oregon Parenting Education Collaborative and funded by the Oregon Community Foundation. Classes are open to all community members. To get more details on these and other classes, visit our website at www.umchs.org, and click on the Parent Education Opportunities logo. You must pre-register for all classes. Please call 541-564-6878 to get more details.

Screen Smart [Hermiston]

November 4, 2016 @ 1:00 pm - 1:30 pm

TV Screen time has been linked to the increase of childhood obesity. Consider how TV Screen time affects the development of a child.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class

Nutrition for Two [Hermiston]

November 07, 2016 @ 2:00 pm – 2:40 pm

December 05, 2016 @ 2:00 pm – 2:40 pm

Pregnant moms need to eat a healthy diet. Learn what foods to select and food to avoid ensuring you are able to get the nutrients needed to keep both you and baby healthy.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class

Infant Feeding Behaviors [Hermiston]

November 14, 2016 @ 1:00 pm – 1:30 pm

December 12, 2016 @ 10:00 am – 10:40 am

A baby's behavior can be very confusing. Learn how and why your infant behaves the way they do. In turn, this will help you to better understand what your baby needs.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class

Child Physical Activity [Hermiston]

November 04, 2016 @ 2:00 pm – 2:40 pm

November 14, 2016 @ 10:00 am – 10:40 am

November 21, 2016 @ 10:00 am – 10:40 am; 1:00 pm – 1:30 pm; 2:00 pm -2:40 pm

Regular physical activity at any age helps maintain a healthy body. Learn the many benefits of regular physical

activity. Together we can practice fun ways to be physically active every day throughout the year.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class

@ 2:00 pm -2:40 pm

Actividad física para niños (Physical Activity for Kids):

La actividad física regular a cualquier edad ayuda a mantener un cuerpo saludable. Aprenda los varios beneficios de la actividad física regular. Juntos podemos practicar maneras divertidas para hacer actividades físicas durante todo el año.

Lugar: Oficina del WIC – 110 NE 4th. St., Hermiston, OR 97838

Para más Información Llame a: Oficina del WIC 541-667-2545 or 541-564-6878

Clase en Español

Menu Planning [Hermiston]

December 02, 2016 @ 10:00 am – 10:40 am

If you know how to get the most for your money when grocery shopping, you and your family can maintain a healthy diet. Learn grocery shopping tips that will help you make wise choices and learn why making shopping list and price comparisons are important. Get ideas to prepare those healthy choices.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class



Kids in Action [Hermiston]

December 02, 2016 @ 2:00 pm – 2:40 pm

Parents will be able to identify appropriate activities they can incorporate into their children's lifestyles.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class

Physical Activity for Families [Hermiston]

December 16, 2016 @ 1:00 pm - 1:30 pm

Regular physical activity at any age helps maintain a healthy body. Learn the many benefits of regular physical activity. Together we can practice fun ways to be physically active every day throughout the year.

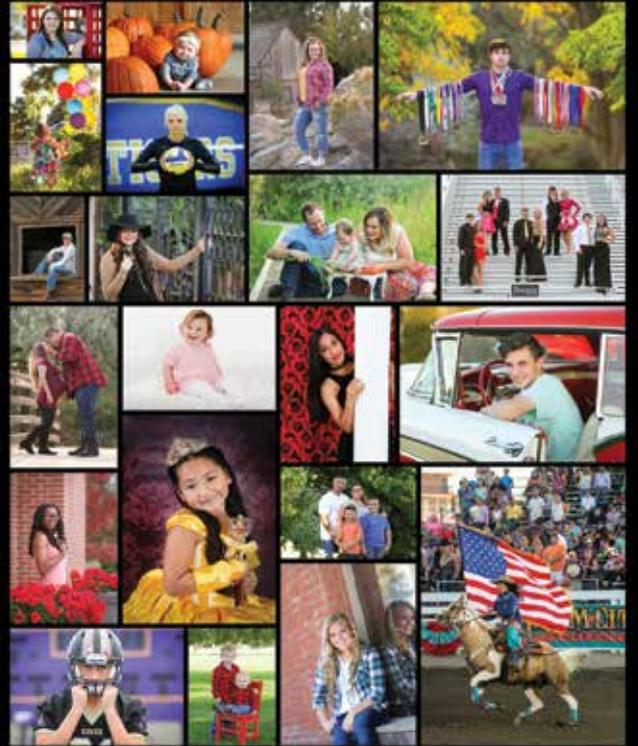
Location: WIC Office –
110 NE 4th. St., Hermiston,
OR 97838

For Information call: WIC
Office 541-667-2545 or
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English Class

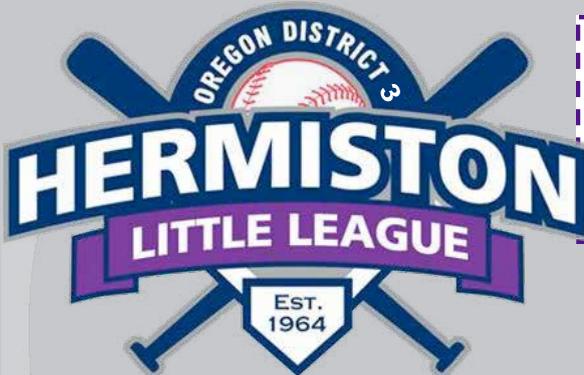


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AA Minor Softball..... Ages 7-8
AAA Minor Softball..... Ages 9-10
Major Softball..... Ages 11-12
Junior Softball..... Ages 13-14

FOR BOYS:

T-Ball (Co-Ed)..... Ages 5-6
AA Minor Baseball..... Ages 7-8
AAA Minor Baseball..... Ages 9-10
Major Baseball..... Ages 11-12
Intermediate Baseball..... Ages 13-14
Junior Baseball.....

CHALLENGER:

For Boys and Girls, ages 5-18, or up to age 22 if still enrolled in a school program, with a physical or developmental challenge.

****Each division will be filled/determined based on overall signups.**

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Hermiston Public Library

Ongoing programs



Hermiston Public library likes to offer infant, toddler, pre-school, school age, teen, and family programs. With the help of our community we are able to offer these programs at no charge. Changes, additions, or cancellations will be announced on the library's web calendar that can be accessed from www.hermistonlibrary.us.

The library's **Teen Advisory Council** meets on the third Monday of every month during the school year. Teens help plan events and choose library materials. All teens in grades 6-12 are welcome to attend. See the Hermiston Public Library web site calendar for updates on Teen events scheduled or on the Teen Facebook page.

Teen Bookclub: Meet the 3rd. Monday of the Month from 5:00– 6:00 p.m.

Bookminders, our adult book club, meets on the second Wednesday of the month from 11:30 a.m. – 1:00 p.m.

The **Friends of the Library** holds their meetings every third Wednesday of the month at 6:00 p.m. Members of the public are welcome to attend. Stop by and get involved.

Knitting Club open to all they meet every Thursday at 6:00 p.m. and Saturday 10-12

Family STEAM Programs: Science, Technology, Engineering, Art, Math – monthly programs check facebook or library web site for dates and times.

Baby Boogie is held every Wednesday at 10:00 a.m. Entrance is through the back of the library. Take either the stairs or the elevator. This wonderful program is aimed for infants from birth to 18 months. We invite you to come and have a fun time with your child and meet other parents.

Tappin' Toddlers is a program that has been created to serve the needs of children that are too old for the Baby Boogie program. This program is for 2-3 year olds. It begins at 10:00 a.m. every Wednesday. Entrance is also through the back of the library.

Story times are held at the library at 11:15 a.m. on Wednesdays and repeated on Fridays at 10:15 a.m. Story time includes reading books, doing finger plays, and completing a short craft. Each week there is a different theme.

Craft Saturdays: November—February 10-2 p.m



Good Shepherd Medical Center

Activities and Classes

Classes & Events

Powerful Tools for Caregivers: Caring for Children with Special Needs:

You can thrive as a caregiver. Build a toolkit for taking better care of yourself while caring for your child, grandchild or other child with special needs. Learn how to reduce stress and relax, communicate effectively, reduce guilt and anger, make tough decisions, set goals and problem solve.

Dates: Tuesdays starting Jan 24 through Feb 28

Times: 4:30pm – 6:30pm

Place: Conference room 7 (by the Education Dept)

Fee: FREE, includes book “The Caregiver Helpbook”

Pre-register: Call the Education Dept at 541-667-3509

Info: Contact facilitator Helena Wolfe at 541-561-5443

Prevent T2 Info Session:

One out of every three American adults has pre-diabetes—and 90% don’t know it! Learn how the Prevent T2 program can help prevent or delay the progression to type 2 diabetes. Assess whether you’re ready to make lifestyle changes. (Prevent T2 classes will be scheduled to meet participant needs.)

Dates: Wednesday, Jan 11 (attend only one of the sessions)

Times: 4:00pm – 5:00pm or 6:00 – 7:00 pm

Place: GS Medical Office Plaza (620 NW 11th), Meeting Room-02

Fee: FREE

Pre-register: Call the GS Education Dept at 541-667-3509

Info: Contact lifestyle coach Helena Wolfe at 541-561-5443

Living Well: Better Choices, Better Health:

Have you been diagnosed with high blood pressure, heart disease, arthritis or another long-term health condition? Find positive and practical ways to living well by making a step-by-step plan to improve your health... and your life. Six weekly FREE classes, open to patients, caregivers/support person or both. Pre-registration required.

Dates/Times: Six weekly sessions:
Starting Jan 26, 4:30-6:30pm or
starting Apr 6, 2:30-5:00pm

Classes & Events

Place: GSMC Conference Center 7 (by the Education department)

Fees: FREE, includes take-home book

Pre-register: Call 541-667-3509

Tooth Wisdom: Get Smart About Your Mouth:

A healthy mouth is vital to speaking, smiling, kissing, singing and many other pleasurable activities that make life worth living. Whether you have your own teeth or wear dentures, this one-hour education program for older adults will help improve oral health through daily self-care and increased knowledge about its importance to general health and well-being. FREE! Includes goodie bag.

Date: Attend one of these classes:
Feb 7, 14, 21 or 28

Times: 10:00-11:00am

Place: GS Medical Office Plaza (620 NW 11th), Meeting Room-02

Info: Contact Facilitator Helena Wolfe at 541-561-5443

Diabetes Living Well: Better Choices, Better Health:

Are you recently diagnosed with diabetes? Has it been awhile since your last diabetic education class? Do you want to know more about your condition and learn ways to better manage it? This class will assist you with learning about diabetes and its effect on your mind and body. Six weekly classes.

Dates: Six weekly classes, starting
Thursday February 2

Times: 3:00-5:00pm

Place: GSMC Conference Center 7 (by the Education Dept)

RSVP/Info: Call 541-667-3509 for information and to reserve your spot.

Lunch & Learn:

Are you interested in keeping your brain and body healthy? Join us for these FREE, informative 30 minute lunch & learn series that offers valuable health and wellness topics. We cover various topics that focus on healthy living, along with demos and hands-on learning. Bring your lunch and questions for a fun and helpful experience.

Classes & Events

Dates/Times/Info: Please call 541-667-3509 for specific dates and topics

Babysitting Basics 101

For babysitters ages 10-15. Learn childcare techniques, children’s developmental stages and what to expect, basic first aid and infant and child CPR. Choose any one of the following classes:

Dates: Saturdays: Call for specific dates

Times: 9:00am-3:00pm

Place: GSMC Conference Center 1

Fees: \$35, includes lunch & all class materials

Pre-register: Call 541-667-3509. Must pre-register & pre-pay.

Healthy Fridays

FREE health screenings including cholesterol, blood sugar (glucose), Body Mass Index (BMI), blood pressure checks, health information and wellness coaching! This is an excellent opportunity for you to move towards better health. Open to all community members. *For best cholesterol and glucose test results, please fast 8-10 hours prior to blood draw. FREE flu shots while available!

Dates: First Friday of every month
from 8:00-11:00am

Location: GSMC Conference Center 7 (by the Education Dept)

Info: Call 541-667-3509

Know Your Numbers

FREE blood pressure checks and health information at the Hermiston and Stanfield Senior Centers to encourage everyone to know their blood pressure numbers. Take advantage of the free checks to lower your risk of stroke and heart attack. Open to everyone!

Dates/Place: Fourth Thursday of every month: Hermiston Senior Center

Third Wednesday of every month: Stanfield Senior Center

Times: 11:00am-12:00pm

Info: Call 541-667-3509



Good Shepherd Medical Center

Activities and Classes

Classes & Events

Screen-Free Week:

May 1-7, 2017: Rediscover the joys of life beyond the screen! Plan to unplug from digital entertainment and spend all that free time playing, daydreaming, creating, exploring and connecting with family and friends! Join the many activities that will be available in our area May 1-7—and it's all FREE!

Dates: May 1-7

Activities/Info: To be announced—for specifics, call 541-667-3509.

FREE Help with Medicare

The Hermiston SHIBA (Senior Health Insurance Benefits Assistance) Office has certified volunteers to help you with Medicare questions. This FREE service is available to people with Medicare, (or eligible for Medicare) and their families, and caregivers.

One on One Consultations:

Location: GSMC Education Department

Info: Call 541-667-3507 to schedule an appointment with a trained SHIBA volunteer

Safe Communities:

FREE monthly meetings to work on safety strategies for our communities. If you have an interest in working on strategies to help stop child abuse, domestic violence, bullying, traffic related or other safety related concerns, please join us! We discuss how to make safety a priority in our communities and put planning into action!

Dates: Second Wednesday of every month

Times: 12:00-1:00pm (lunch provided)

Location: GSMC Conference Center 2

Info/RSVP: Call 541-667-3509 to RSVP or for additional information

Senior Health Committee:

The Senior Health Committee of the Healthy Communities Coalition works on health, safety and resources for seniors in our area. If you have a special interest in working on senior health concerns, please join us!

Dates: Second Monday of each month

Times: 11:30am-12:30pm

Place: GSMC Conference room 2

Info: Call 541-667-3507

Classes & Events

Quit Tobacco Help:

Have you tried to quit tobacco, but found you needed support? Contact our tobacco cessation specialist to schedule your free consultation. We know that quitting tobacco isn't easy, and there is no one-size-fits-all solution. We tailor an approach to give you the best chance of success. Group sessions can also be scheduled by employers. Call 541-667-3509 for more information or to schedule an appointment.

File of Life:

Learn about the importance of having an advance directive and an accurate health record for emergency &/or life threatening situations. Receive a FREE packet – Call 541-667-3509.

Diabetes Education*

Classes offered in group or individual format and taught by Certified Diabetes Educators. Comprehensive classes facilitate long-term self-management of diabetes. GSHCS's Diabetes Education Program has been Recognized by the American Diabetes Association for Quality Self-Management Education*. Call 541-667-3517.



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

ConneXions:

Do you need help with any of the following? Medical needs, healthcare coverage, education on health concerns, addiction or behavioral health concerns? Or need help connecting to needed community resources? ConneXions is a FREE, confidential service to assist you with your health concerns. Call 541-667-3504 or email healthreferral@gshealth.org to contact a community health worker to assist you.



Classes & Events

Grief Share:

A FREE Faith-Based grief program coordinated between Vange John Memorial Hospice, New Hope Church, and Sun Terrace. Meetings are 1pm every Thursday at Sun Terrace (1550 NW 11th Street). Evening classes also available at New Hope Church. Call Ter: 541-667-3543 or 509-301-2520

Life Saving Techniques

CPR and First Aid classes taught according to American Heart Association (AHA) guidelines. CPR class includes adult, child and infant CPR and AED instruction. First Aid class covers basic techniques for providing first aid assistance. Layperson & Healthcare provider classes available. Online versions available for all CPR & First Aid training. Call 541-667-3509 for info. Pre-register and pre-payment required.

CPR / AED (taught in one, three hour class)

Dates: Jan 9, Feb 6, Mar 6, Apr 3, or May 1

Times: 6:00-9:00pm

Fee: \$35

First Aid (taught in one, three hour class)

Dates: Jan 16, Feb 13, Mar 13, Apr 10, or May 8

Times: 6:00-9:00pm

Fee: \$35

CPR / AED & First Aid Combo (taught in one, six hour class)

Dates: Jan 20, Feb 17, Mar 17, Apr 21

Times: 9:00am-3:00pm

Fee: \$70

Healthcare Provider (HCP) CPR Initial or Renewal (taught in one, 4 hour class)

Dates: Jan 27, Feb 24, Mar 24, Apr 28

Times: 9:00am-1:00pm

Fee: \$55

Red Cross Blood Drives

American Red Cross Blood Drives are held 3rd Monday of each month.

Dates: Jan 16, Feb 20, Mar 20, Apr 17

Times: 1:00-6:00pm

Place: GSMC Conference Rooms 1 & 2

Info/App: To schedule an appointment call 1-800-733-2767

Good Shepherd Medical Center

Activities and Classes

Exercise

Gentle Yoga:

You don't have to be flexible or familiar with yoga to enjoy this FREE class. You will learn easy yoga postures; working on better breathing techniques and muscle groups.

Dates: **Monday and Wednesday, Starting January 4**

Time: 11:00am-12:00pm

Place: GSMC Wellness Center (behind the hospital)

Info: To register call Gina Williams at (541) 567-2185

Advanced Karate:

Learn self-defense skills and get in shape.

Dates: **Tuesdays & Thursdays, starting Jan 3**

Times: 6:00-7:00pm

Place: GSMC Wellness Center (behind the hospital)

Instructor: Chanty Pin, Second Degree Black Belt (541-720-9178)

Tai Chi—Moving for Better Balance:

FREE classes to work on balance, strengthen muscles, improve posture and core strength and reduce stress--great class for beginners, seniors or those with impaired mobility—great for all ages! Program can be modified for all abilities. *Advanced class = able to perform the 8 basic movements and would like a place to practice. 12 week sessions. Class closed to new participants after week 3.

Dates/Times: **Basic/Beginner's class: Mon & Wed: 9:00 – 10:00, starting Jan 16**

***Advanced class: Mon & Wed: 10:00--11:00am, starting Jan 16**

Place: GSMC Wellness Center (behind the hospital)

Info: Call the Education Dept at 541-667-3509

Bellydance Basics: Work on balance, joint mobility, flexibility, and strength. No prior dance experience necessary. Fun class for all sizes, shapes, and ages! Can pay per class, or monthly payment with discount available.

Days/Times: **Friday, 6:30-8:00pm, starting Jan 6**

Place: GSMC Wellness Center

Instructor: Sahara Christine Sabri (541-571-7532)

Exercise

Beginner and Intermediate Bands classes:

Strengthen and improve flexibility using resistance bands for a workout that increases overall health and balance. Class is FREE, bands are \$5 each.

Dates/Times: Beginner's class: Tuesdays and Thursdays, 8:15-8:45am, starting Jan 3
Intermediate class: Tuesdays and Thursdays, 9:00-9:30am, starting Jan 3

Place: GSMC Wellness Center (behind the hospital)

Info: Call Kathy Thomas, Wellness Coordinator, 541-667-3400, x3050

Body & Balance:

A fun and interactive class for the mind-body system that improves balance, strengthens body control, and maximizes our ability to engage in movement. We use the Bal-A-Vis-X approach for an enjoyable and safe exercise routine proven to help all ages and fitness levels. Class is FREE. Wear comfortable shoes and clothes.

Dates: Tuesdays and Thursdays, starting Jan 3

Times: 9:35-10:05am

Place: GSMC Wellness Center (behind the hospital)

Info: Call Debbie Machado, 541-289-8101

Support Groups

Breast Cancer Support Group

For all breast cancer patients, from newly diagnosed to long time survivors. Join us as we support each other on our journey and help us share in the hope found in our sisterhood.

Dates: **Meets on the 3rd Monday of each month**

Times: 6:30-8:00pm

Place: GS Medical Office Plaza (620 NW 11th), meeting room MO2

Info: Call Karen (541-561-6522), Shari (541-561-7407) or Esmeralda (541-720-7595 for Spanish speaking participants)

Support Groups

Diabetes Support Group

Support group for people dealing with a new or long-term diagnosis of diabetes. Meetings will have an educational presentation as well as group discussion.

Dates: **Meets on the 3rd Tuesday of each month**

Times: 6:00-7:30pm

Place: GS Medical Office Plaza (620 NW 11th), meeting room MO2

Info: Call Marian: 541-377-9761

Alzheimer's Support Group

Date: **Meets on the 4th Monday of each month**

Time: 5:30-7:00pm

Place: GS Medical Office Plaza (620 NW 11th), meeting room MO1

Info: Call 541-667-3509

Hope for Healing Support Group

Free, ongoing bereavement support group dealing with loss and grief issues.

Dates: **2nd & 4th Mondays of each month**

Times: 6:00-7:30pm

Place: GSMC conference rooms 5 & 6 (by the cafeteria)

Info: Call at Hospice: 541-667-3543 or Ter at 509-301-2520

Parkinson's Disease Support Group

Support group for people living with Parkinson's disease and their loved ones! Peer-led group will help you learn about the disease, exchange information, give and receive mutual support, and talk about coping skills.

Date: **Meets the 1st Monday of each month**

Time: 1:00pm

Place: Hermiston Bowling Alley

Info: Facilitators: Carol & Charles: 541-720-4256 or 541-567-9420



DESERT Arts

2016-2017
EVENT SEASON

SEASON TICKET PRICES:

\$75 - Adult | \$150 - Couple | \$175 - Family

Season tickets will be on sale in October of 2016.
For the latest information visit our facebook page.

desertartscouncil.com | 541.667.5018 | 



EVENING WITH THE CLASSICS

Ron Blessinger
Kelly Kuo

**SATURDAY
DEC 10**

HERMISTON HIGH
AUDITORIUM

Adults \$20 | Student \$10 | Doors open at 6:30pm; performance at 7pm

Title Sponsor: **Swain Motors & Harley Swain Subaru**

A homecoming for Hermiston's two award winning musicians. Classical music presented by Kelly Kuo and Ron Blessinger each noted for their "exceptional musical gifts... heralded by critics and audiences alike."

DANCING WITH THE HERMISTON STARS

Title Sponsor: **Hermiston Breakfast Kiwanis**

Come watch Hermiston's own newest community star celebrities - jump, jive, salsa, shake it and more with new routines and toe-tapping action at this popular dance - dare we say - competition

Adults \$20 | Student \$10 | Doors open at 6:30pm; performance at 7pm

**SATURDAY
JAN 14**

HERMISTON HIGH
AUDITORIUM



PRINCESS & THE PEA By Missoula Children's Theater

**SATURDAY
FEB 25**

HERMISTON
CONVENTION CENTER

Envision a kingdom of snow where the residents are Winter Wind Workers, Blizzard Bringers, Icicle Sharpeners and Snow Smoothers, ruled by the Storm King and the Snow Queen. Add to that a Prince looking for a proper Princess to share the throne.

Adults \$15 | Student \$5 | Doors open at 6:30pm; performance at 7pm

RESTLESS VOCAL BAND Acapella Performance

Entertaining audiences with just the power of voice and covers spanning decades and genres - from Bill Withers to Bruno Mars, The Temptations to Taylor Swift, RVB will have everyone singing & dancing along.

Adults \$20 | Student \$10 | Doors open at 6:30pm; performance at 7pm

**SATURDAY
APRIL 15**

HERMISTON HIGH
AUDITORIUM



TICKET OUTLETS:

- HERMISTON CHAMBER OF COMMERCE
415 S. Highway 395 Hermiston, OR 97838
- HERMISTON CITY PARKS & RECREATION
180 NE 2nd St., Hermiston, OR 97838

YOU CAN ALSO PURCHASE TICKETS AND PACKAGES
as well as detailed event information at:

desertartscouncil.com

For the latest information visit our facebook page:

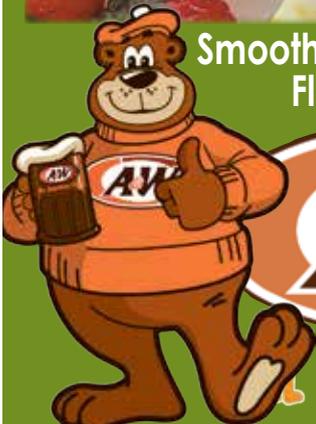
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CONNEXIONS

Connecting you with community services and resources

INFORMATION & REFERRAL LINE
PHONE: 541-667-3504
EMAIL: healthreferral@gshealth.org
FAX: 541-667-3510



CONNEXIONS

FOR MORE INFORMATION VISIT:
HEALTHYCOMMUNITIESCOALITION.COM



Call us if you need help with:

- insurance • health problems and screenings
- mental health and addiction questions
- disease prevention and education

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2016 FACILITY RENTALS

Visit us online at www.hermiston.or.us/parksrec

Picnic Shelters Rental

No Refunds

Beginning January 1, 2017, shelters can be reserved from April 1 through October 31 for the following fees:

	SESSIONS			
	Early	Late		
\$40 - Resident	8am-2pm	3pm-9pm	Rotary Cook Shack	\$40 plus \$20 for BBQ gas per session
\$50 - Non-resident			Event-tent rental	78'x40' \$100 for 4 hours (city parks only)
\$10 per extra table			Athletic Lights	\$25 per hour (2 hour minimum)



Butte Park

- Picnic Shelter
- Soccer Fields
- Funland
- 8 Tables
- Electricity
- Restroom
- Sprayground



McKenzie Park

- Picnic Shelter
- Playground
- BBQ Shack
- 8 Tables
- Electricity
- Restroom



Victory Sq. Park

- Picnic Shelter
- Playground
- Volleyball
- 8 Tables
- Electricity
- Restroom



Hodge Park

- Picnic Shelter
- Playground
- Volleyball
- 8 Tables
- Electricity
- Restroom



Rotary Cook Shack

- Electricity - Sinks/Water
- Gas Grill - 4 Tables

\$40 plus \$20 for gas BBQ per session – Resident

\$50 plus \$20 for gas BBQ per session – Non Resident

Personalized Park Benches



A great way to memorialize family and friends
Call Park & Recreation for details 541-667-5018

HERMISTON

RECREATION DIRECTORY

ACTIVITIES/SERVICES	ORGANIZATIONS	E-MAIL/WEB/ADDRESS	CONTACT NUMBER
Art Classes	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Adult Basketball	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Adult Flag Football	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Adult Softball	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Youth Basketball	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Youth Flag Football	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Dance/Gymnastics	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Youth Golf Program	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Special Services	The Arc of Umatilla County	www.thearcumatilla.org 215 W. Orchard	541-567-7615
Classes/Programs	Hermiston Public Library	www.hermistonlibrary.us	541-567-2882
Adult Soccer	Men's Latino League		541-701-1614
Adults Soccer	Women's League	gardoval1126102720@hotmail.com	
Youth Soccer	Ayso Commissioner	www.hermistonayso.org	541-701-6959/541-571-6577
Girl Scouts of America	www.girlscoutsw.org	abower@girlscoutsw.org	541-389-8146
Boys Scouts of America	Blue Mountain Council	www.scouting.org	509-735-7306
Basketball	AAU/HYBA	www.hermistonbasketballclub.org	541-561-5324
Grid Tackle Football	Grid Kids Program	jgutierrez31978@gmail.com	541-314-5399
Youth Baseball	Hermiston Little League	www.hermistonlittleleague.com	
Baseball	Hermiston American Legion	lance.hawkins@hemiston.kl2.or.us	541-667-6115
Youth Lacrosse	Hermiston Youth Lacrosse	spurswell@eotnet.net	541-571-2502
Dance	Dance Unlimited	524 E. Main, Hermiston	541-567-4020
Dance/Gymnastics	Totally Kids Performing Art/Gym	www.totallykidsllc.weebly.com	541-848-0157
Music Group	Inland NW Musicians	inwm@machmedia.net	541-289-4676
Archery	NE Bowhunters	www.northeastbowhunter.org	541-571-4055
Hunter Safety Class	Oregon Fish & Wildlife	dmock21@charter.net	541-561-6654
Community Services	Capeco	www.capeco-works.org	541-567-7889
Umatilla-Morrow Head Start	Child Care, Classes, WIC	crr@umchs.org	541-567-6878
Wellness Activities	Good Shepherd Medical	www.gshealth.org	541-667-3509
Golf	Echo Hills Golf Course	www.echohillsgolfcourse.com	541-376-8244
Golf	Big River Golf Course	www.golfbigriver.com	541-922-3006
Bowling	Hermiston Desert Lanes	www.bowl-desertlanes.com	541-567-6364
Outreach Support Services	Pregnancy Care Services	debbie@pregnancycareservices.com	541-567-2393
Support Service Group	EO Down Syndrome Support Group	joypowers9@aol.com	541-720-7880
Youth Track Program	Little Hurricanes	Emilee.Strot@hermiston.kl2.or.us	541-667-6115
Special Olympics	Special Olympics	www.soor.org	
Home Schooled Groups	Homeschool Groups	umhsg@yahoo.com / marceemoo@aol.com	541-564-2096
Wrestling	Kids Wrestling Program	christopher.m.elliott.mil@mail.mil	541-969-0677
Tae Kwon Do	E.O. Family Tae Kwon Do	evwatson24@hotmail.com	541-449-3341
Martial Arts	Hermiston School Of Karate	www.tmaakarate.com	509-308-6046
Tae Kwon Do & Boxing	Master Loney's Center	mdr1194@hotmail.com	541-720-7760
Roller-Derby	Hermiston Melon Smashers	hmsrollerderby@gmail.com	541-922-8202
Community Services	The ARC	Michele/kietzke@eontnet.net	541-567-7615
Counseling & Support Groups	Good Samaritan Ministries	319 W. Locust Ave, Hermiston	541-564-1041



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Hermiston





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Dec 1st

5:30PM

Dec 1st
-
Dec 23rd

Light Show

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Food Vendors



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Information or to become a vendor



f "Hermiston Winter Festival" facebook for a full list of times and events