Brandon Artz has been the City's Recreation Supervisor for nearly two years. Brandon and the recreation team have added many programs to the activity guide in recent years.

This year the competition pool remained open through October to accommodate the High School Swim Team and the “Water Safety Instruction” program to all second graders in Hermiston.

Each class came to the pool in early September for a swim skill assessment and to learn drown proofing skills.

We learned that 85% of all second graders are “at risk” of drowning based on their current skill level. In other words, 85% would likely drown if they were suddenly in the water over their heads.

These kids would not be able to cross from one side of the pool to other. “This was a surprising moment to see how many NON-SWIMMERS there were in the entire second grade classes” said Brandon. We simply can’t get all of Hermiston's kids into swimming lessons in just three summer months. In response to this information, we are offering special lessons to these kids next summer in an effort to make SWIMMERS out of all of them. We plan to offer more “Water Safety Instruction” next Fall as well.
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.

Contact
Office  415 S Hwy 395, Hermiston, OR 97838
Phone  (541) 667-5018
Email  parksandrec@hermiston.or.us

Parks and Recreation Committee
Jean Stahlberg  Erica Juarez  Lori Davis  Ryan Severs
Lisa Garcia  Jackie Myers  Carlisle Harrison

Staff
Larry Fetter  Director of Parks and Recreation  Gina Wicks  Administrative Assistant
Brandon Artz  Recreation Supervisor  Diana Picard  Recreation Coordinator
Brian Fricke  Municipal Service Worker II  Kasie Robbins  Recreation Coordinator
Ruperto Garcia  Municipal Service Worker I

Instructors Wanted
Instructors are essential in our Department’s efforts to meet the lifelong learning and recreational needs of Hermiston citizens. Contact Recreation Supervisor Brandon Artz at BArtz@hermiston.or.us if you’d like to propose or lead a class or program. Hermiston Recreation is always seeking competent instructors in a variety of subjects and disciplines.

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.

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 where 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.
Distinguished Citizens Awards Banquet
2.13.19
Hermiston Community Center
For more information call 541-567-6151
Health Education & Wellness
offered by
Good Shepherd Medical Center

- Matter of Balance
- Living Well classes
- Lunch & Learns
- Stress Management
- Weight Loss through Exercise
- Better Sleep

*Check out pages 24-26 for complete listings*

541-667-3509

Sunrise hair studio

All Your Beauty Needs since 1989

Left to Right: Stephanie Hasty, Shilo Svetich, Teri Ruhe, Denise Simmons-Owner

HAIR CUTS  PERMS  ARTIFICIAL NAILS
HAIR COLOR  MANICURES  TOP QUALITY HAIR PRODUCTS

541-567-0289  175-B East Main St., Hermiston

HIGH Fitness is coming to Hermiston!!

Experience more than just a workout!
HIGH takes old-school aerobics to the next level with modern fitness techniques put to music you know and love!

HIGH Fitness Classes:
Monday 5:30 pm
Tuesday 6:00 am

The ARC Building - 215 W. Orchard Ave

**Register through Hermiston Recreation**
(Starting January 2019)
YOUTH SPORTS
Visit us online at www.hermistonrecreation.com

Earn Splash Dollars!
Volunteer to coach a youth sports team and receive a $25 credit towards a Hermiston Family Aquatic Center Splash Pass or admission! Opportunity to earn up to $75 for the upcoming summer!

Youth Coaches: Volunteer to coach your child’s team and receive a credit for the registration fee once the season has been completed! No experience necessary!

Referees: Earn some extra cash this fall and work as an Adult and/or Youth sports referee! No experience required - must be able to commit to the entire season. Age 16 or older for youth/18 or older for adult leagues. Contact us for more information!

Youth Basketball Leagues
Recreational Basketball Leagues forming now! Sign up now so you don’t miss out on all the fun. A fundamentally based league, stats and standings are not kept, leagues will be separated by grade and gender. Grades 1st-2nd will not keep score. All equipment is provided. Volunteer coaches needed. If interested in coaching, please contact Hermiston Parks and Recreation. Schedules and team rosters will be available at www.sportability.com on January 14th.

Day: Saturdays
Dates: January 19th - March 23rd
(No Basketball on Jan 26th, Feb 9th & Mar 9th due to area tournaments)
Grades: 1st-6th
Cost: $40 Resident
$50 Non-Resident
$20 Jersey (Hermiston Black/Silver Jersey)
Location: Hermiston School Gym
Signup Deadlines: $5 Discount through December 1st
Regular deadline: December 14th
$5 Late Registration: December 17th - 21st, if space available.

Kindergarten Basketball League
This Recreational Coed Basketball League is designed to introduce Kindergarten aged youth to the rules of the game to prepare them for future leagues. Gameday will consist of 30 minute practice followed by a 30 minute game. Score will not be kept. All equipment is provided. Space is limited. Schedules and team rosters will be available at www.sportability.com on January 14th.

Day: Saturdays
Dates: January 19th - March 23rd
(No Basketball on Jan 26th, Feb 9th, Mar 9th due to area tournaments)
Grades: Kindergarten
Cost: $40 Resident
$50 Non-Resident
$20 Jersey (Hermiston Black/Silver Jersey)
Location: Hermiston School Gym
Signup Deadlines: $5 Discount through December 1st
Regular deadline: December 14th
$5 Late Registration: December 17th - 21st, if space available.

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

Days: Saturdays
Dates: February 2nd - March 23rd (No Basketball Clinic Feb 9th & Mar 9th)
Times: 8:30am-9:15am (3 years old)
9:30am-10:15am (4 years old)
10:30am-11:15pm (5 years old)
Cost: $30 Resident
$38 Non-Resident
Location: Desert View Elementary
Signup Deadline: Friday, December 14th; if space is available.

Blazers Court of Dreams Clinic
Your opportunity to be a Portland Trail Blazer! By purchasing a game ticket, children will be invited to participate in an hour-long clinic on the Blazers court with an instructor! Photo opportunities will be available. Bring your ball and be ready to shoot a 3-pointer from Lillard Land!

Register for free clinic at bit.ly/hermistonactive.
Tickets must be purchased online at: https://fevo.me/hpr

Date: Saturday, March 9th
Clinic Time: 2:30pm - 3:30pm
Game Time: 7:00pm
Age: 5-14 years old for clinic
Costs: $25 - 300 Level Tickets
$77 - 200 Level Tickets
$121 - 100 Level Tickets
Location: Moda Center in Portland
Ticket Deadline: Sunday, February 10th

Youth Basketball-Meet the Coach!
This is a meeting for parents and coaches of children participating in the Youth Basketball Leagues. This meeting will cover rules and other information, pass out schedules, and jerseys. You will also be given the opportunity to meet the coach.

Date: Tuesday, January 8th
Times: 5:30pm-6:00pm Kinder-2nd grade
6:15pm-6:45pm 3rd-6th grade
Location: Hermiston Community Center
SuperTots Sports

By: Skyhawks Sports

SuperTots Sports Academy is a franchised child physical development program that uses a variety of fun games to delight and engage kids in physical and mental learning through various sports. The curriculum is professionally designed to develop motor skills, promote physical fitness, create self confidence and prepare young children for sports. It stresses a non-competitive environment and promotes fun above all else.

Register: www.Supertotsports.com
Days: Mondays
Dates: Session 1: January 14th - February 25th
       Session 2: March 1st - April 4th
Times: 9:00am-10:00am
Location: Hermiston Community Center

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 non-competitive league. All equipment is provided. Volunteer coaches are needed, please inquire if interested. Schedules and rosters will be posted to www.sportability.com by April 8th.

Day: Saturdays
Dates: April 13th - May 25th
Age: 3 years through 3rd Grade
Cost: $40 Resident
      $50 Non-Resident
      $20 Jersey (Hermiston Black/Silver Jersey)
Location: Desert View and West Park Elementary Schools
Sign up Deadline: $5 Discount through March 2nd
Regular deadline: March 23rd
$5 Late registration: March 24th-March 30th

Youth Soccer-Meet the Coach!

This is a meeting for parents and coaches of children participating in the Youth Soccer Leagues. This meeting will cover rules and other information, pass out schedules, and jerseys. You will also be given the opportunity to meet the coach.

Date: Tuesday, April 9th
Times: 5:30pm-6:00pm 3 year olds - 5 year olds
       6:15pm-6:45pm Kinder - 3rd grade
Location: Hermiston Community Center

Gymnastics

Registrations will begin on December 15th at 8:00am

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 March 28th)
Times: 4:45pm – 5:15pm
Cost: $20/Month - Resident
      $25/Month - Non-Resident
Ages: 2 years – 4 years
Location: Hermiston Community Center
Sign up Deadline: One week prior

Level 1

This introduction to gymnastics focuses on straddle rolls, front rolls, back rolls, assisted handstands, overall body awareness, and more. All fitness levels are welcome. All supplies are provided. Classes are generally the first four Thursdays of each month.

Day: Tuesdays/Thursdays
Dates: January - March (No class March 28th)
Times: 5:30pm to 6:15pm
Cost: $24/Month - Resident
      $30/Month - Non-Resident
Ages: 5-10 years
Location: Hermiston Community 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 handstands. This class also continues to work on the skills introduced in Level 1. Classes are generally the first four Thursdays of each month.

Day: Thursdays
Dates: January - March (No class March 28th)
Times: 5:30pm to 6:15pm
Cost: $24/Month - Resident
      $30/Month - Non-Resident
Ages: 5-10 years
Location: Hermiston Community Center
Sign up Deadline: One week prior
YOUTH ACTIVITIES
Visit us online at www.hermistonrecreation.com

Level 3
This gymnastics class is for children who have completed Level 2. The focuses are round offs, one-handed cartwheels, splits, assisted handstands, and an introduction to front kick overs. This class also continues to work on the skills introduced in Level 2. Classes are generally the first four Thursdays of each month.

Day: Thursdays
Dates: January-March (No class March 28th)
Times: 6:30pm to 7:15pm
Cost: $24/Month - Resident
$30/Month - Non-Resident
Ages: 6-13 years
Location: Hermiston Community 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 handstand rolls, splits, and assisted handstands on the balance beam. This class also continues to work on the skills introduced in Level 3. Classes are generally the first four Thursdays of each month.

Day: Thursdays
Dates: January-March (No class March 28th)
Times: 6:30pm to 7:15pm
Cost: $24/Month - Resident
$30/Month - Non-Resident
Ages: 6-13 years
Location: Hermiston Community Center
Sign Up Deadline: One week prior

Beginning Violin
by Inland NW Musicians
Participants will be instructed in playing the violin in a class environment. The class will be a one hour twice a week offering. The class will be under the direction of R. Lee Friese, Music Director and Conductor of Inland Northwest Musicians along with an apprentice instructor Jacoby Merwin.

Day: Mondays/Wednesdays
Dates: Begins Jan. 7th
Times: 3:30pm-4:30pm
Cost: Rates are per class paid per monthly session
$5 - Resident
$7 - Non-Resident
Ages: 9+
Location: Hermiston Community Center

Dance Class
This is an introduction to very basic dance and performance techniques. 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. Classes are generally the first four Thursdays of each month.

Day: Thursdays
Dates: January-March (No class March 28th)
Time: 4:00pm-4:30pm
Cost: $30/Month - Resident
$38/Month - Non-Resident
Ages: 3-6 years
Location: Hermiston Community Center
Sign Up Deadline: One week prior

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, bowhunting, 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 5 - February 26 (Field Day 2/23)
Time: 7:00pm-9:00pm
Cost: $10
Ages: 9 years +
Location: Hermiston Community Center
Sign Up Deadline: Friday, January 18th
*Sign up online at www.dfw.state.or.us

Tri Cities Adventure Trip
Looking for something to do over winter break? Look no further! Join us for a day trip, which will be filled with activities, food, and fun! We look forward to escaping out of a room at Atomic Escape Rooms, jumping at Get Air, and more! Snacks, dinner, and admission to activities are included. Space is very limited!

Date: Thursday, December 27th
Time: 1pm-7pm
Cost: $50 Resident
$63 Non-Resident
Ages: Grades 7-9
Location: Departing from Community Center
Sign up deadline: December 21st
Register by Dec. 17 to get a $5 discount!
Hermiston Children’s Theater - Murder Mystery Dinner and Workshops

This fantastic drama program will take you inside the world of theater. Each week, you will dive into different areas of theater to learn and craft your own techniques from stage presence to character building and improv. Along the way you will audition and prepare to host a Murder Mystery Dinner. This dinner will include acting and audience participation where improv will be the key to a fun and exciting evening. No acting experience necessary. Everyone gets a part!

The Murder Mystery Dinner will be held on May 17 at the Hermiston Community Center, catered dinner provided.

Week 1: History of Theater
Week 2: Projection & Stage Presence
Week 3: Character Building
Week 4: Emotion/Physicality
Week 5: Improv
Week 6: Set Building
Week 7: Rehearsal
Week 8: Dress Rehearsal

Days: Mondays/Wednesdays
Dates: March 18 – May 17
Time: 5:30pm-7:30pm
Location: Hermiston Community Center
Cost: $30 Residents
      $38 Non-Residents
Grades: 7-12
Sign up Deadline: Friday, March 22nd
Register by Mar. 1 to get a $5 discount!

Learn to Skate Group Lessons - Level 1

Skating is a lot of fun and it’s good for your health! Come have a great time listening to music and playing games all while learning how to skate! Level 1 lessons will focus on teaching a variety of ways to improve your skating abilities. Level 1 is a great fit for an absolute beginner to an intermediate skater. Some of the skills taught in level 1 include: standing up safely, standing on one foot, skating forward in a controlled manner, toe stopping, t-stopping, plow stopping, stepping over cones, forward skating and glide, glide turn left, glide turn right, and forward snake. All equipment is provided. All fitness levels welcome.

Days: Wednesdays
Dates: January, February, March, April, May
Time: 6:00pm-7:00pm
Cost: $25 per month
Ages: 7-12
Location: Roller Ink, Hermiston

Skate Night

Skating, pizza and hanging out. Grab a friend and have some fun at Roller Ink for a skate night!

Date: Friday, February 8th
Time: 6:00pm
Age: 10-13 years old
Cost: $12
Location: Roller Ink, Hermiston
Sign Up Deadline: Friday, February 15th
$2 Discount: Register by Feb. 1st!!!

1-2-3 A Masterpiece!

Learn how to paint stunning landscapes by using true effects of color and light techniques as well as orchestrating good design decisions like space, size and texture to support your composition.

Days: Mondays
Dates: Begins January 7th
Times: 3:30pm-4:30pm
Cost: Rates are per monthly session
      $35 - Resident
      $42 - Non-Resident
Ages: 14+
Location: The Arc Building

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, April 13th
Times: 10:00 am-Noon
Cost: Free
Ages: 2-11 years
Location: McNary Ponds
Who Let the Dawgs Out - Tri Cities

Looking for something to do over winter break? Look no further! Join us for a day trip, which will be filled with activities, food, and fun! We look forward to escaping out of a room at Atomic Escape Rooms, jumping at Get Air, and more! Snacks, dinner, and admission to activities are included. Space is very limited!

Date: Thursday, December 27th
Time: 1pm-7pm
Cost: $50 Resident
$63 Non-Resident
Ages: Freshman-Senior
Location: Departing from Community Center
Sign up deadline: December 24th
Register by Dec. 17 to get a $5 discount!

Who Let the Dawgs Out - Portland

Road trip with us to Portland!! We have big plans; VooDoo Doughnuts, a short hike to witches castle in Forest Park, Pizza Schmizza for dinner, and a BLAZER GAME! We will leave the community center at 10am sharp to keep on schedule. Sack lunch will be provided; we will stop on the way to eat. Bring some money if you want a doughnut from Voodoo (this cost is not included). 2 slices of pizza and a drink from Pizza Schmizza are included! 300 level Blazer ticket is also included!! We will arrive back at the community center around 1:30am.

Date: Saturday, March 9th
Game Time: 7:00pm
Age: 13-17 years old
Cost: $55
Location: Moda Center in Portland
Sign Up Deadline: Friday, February 15th
Register by Jan. 9th for a $2.00 discount!

Dawgs Hockey Night

Hockey Night at the Toyota Center. Grab a friend and let’s go watch the action on the ice! Tickets and ride will be provided.

Date: Friday, January 18th
Depart Time: 5:45pm
Game Time: 7:00pm
Age: Freshman-Senior
Cost: $14
Location: Toyota Center, Kennewick
Sign Up Deadline: Friday, February 15th
Register by January 9th for a $5 discount!

Dawgs Skate Night

Skating, pizza and dope music!

Date: Friday, February 8th
Time: 6:00pm
Age: Freshman-Senior
Cost: $12
Location: Roller Ink, Hermiston
Sign Up Deadline: Friday, February 15th
$10 Discount: Register by Feb. 1st!!!
Path to Scholarships
Nationally Recognized Program. Learn how to write an effective (this means dollars $$) scholarship at this day long workshop.
Date: Thursday, January 17th
Pre-Register with Shellie at HHS

Community College Application Week
Students will have the opportunity to fill out the Oregon Promise, apply for scholarships and to community colleges during this week long event.
Dates: March 4th - March 8th

#RecDawg Night
2 slices of pizza and drinks included!
Concessions available (cash only)
• Music
• Bounce House
• Bungee Run (Inflatable)
• Velcro Wall (Inflatable)
• Jacob’s ladder (Inflatable)

Tournaments
• Corn Hole
• Air Hockey/Ping pong
• Mario Kart

Day: Friday, December 28th
Time: 8pm-11pm
Cost: $20.00
Location: Hermiston Community Center
Grades: Freshman-Seniors
Adult Basketball Leagues
Leagues are forming now. Captains must sign all players up on teams. Roster size is limited to 20 players per team. Postseason single-elimination tournaments will be included with each 8-week season. Players must be 18, not a High School student and not playing college basketball. Limited team space so sign up early.

**All Leagues:**
Dates: January-May
Cost: Team Fee $425
Location: Hermiston High School Gold Gym
Sign Up Deadline: Friday, December 21st

**Competitive League:**
For competitive teams that care about winning and losing.
Day: Sundays
Ages: 18+ years

**Recreation League: For teams out to have fun.**
Day: Sundays
Ages: 18+ years
No Competitive League Players allowed.

**30+ League:**
Day: Wednesdays
Ages: 30+ years

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Adult 3 on 3 Recreational Basketball Leagues
Introducing our new 3 on 3 Basketball Leagues. Choose between a Men's or Coed/Women's League. Captains must sign all players up on teams. Roster size is limited to 6 players per team. Postseason tournament will be included with the 6-week season. Coed/Women's League must have a female on the court at all times. Players must be 18, not a High School student and not playing college basketball. Limited team space so sign up early.

**All Leagues:**
Dates: January-May
Cost: Team Fee $150
Location: Hermiston High School Gold Gym
Sign Up Deadline: Friday, December 21st
No players from Men's 3 on 3 in Coed League

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Adult Volleyball Leagues
Hermiston Parks and Recreation is offering Adult Coed Competitive and Recreational Volleyball Leagues. Captains must sign up all players. Roster size is limited to 12 players. Postseason single elimination tournaments will be included with each 8-week season. Must be 18, not a High School student and not playing volleyball in college. Limited team space so sign up early.

**All Leagues:**
Day: Sundays
Dates: January-May
Cost: Team Fee $160
Location: Hermiston High School Gold Gym
Sign Up Deadline: Friday, December 21st

**4 on 4 Co-ed Competitive League**
For teams that care about winning and losing.
7'11 5/8” nets will be used.

**4 on 4 Co-ed Recreational League**
For teams looking to just have fun.
7'11 5/8” nets will be used.
No Competitive League Players allowed.

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Java Junkies - Fall Adult Volleyball Champions

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**Fresh Gourmet SALADS To Go**
Let us CATER your next event or business lunch!

**NEW LOCATION**
140 NE 2nd St. (by City Hall)

**Open Monday-Friday 11-7, Saturday 12-7**
Call 541-561-9231 for pick-up or delivery

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Follow us on Facebook!
(NEW) **HIGH Fitness**
Aerobics is back! Bigger! Better! HIGHer! Experience more than just a work out! HIGH Fitness is simple, intense, consistent, inclusive and fun! HIGH takes old-school aerobics to the next level with modern fitness techniques such as hiit training, plyometrics, intervals of strength and cardio and more. You can go high or you can go low, but you will always leave feeling HIGH!

Come and try out the class, your first class is free! Sign up for the monthly session and go to any and all times listed below!

**Instructor:** Hailey Moore & Katie Olsen  
**Dates:** Beginning in January  
**Day:** Mondays: 5:30pm-6:30pm  
Tuesdays: 6:00am-7:00am  
**Cost:** $35 Residents, $42 Non-Residents per month  
( Includes Insanity classes! )  
$7 drop-in fee  
**Location:** The Arc Building  
**Ages:** 14 and older*  
*14-17 must have an adult participating or watching the class.

(NEW) **Insanity Fitness**
Challenge your body and push yourself to your max with the best selling program created by Shaun T. This hi-intensity workout takes you through group focused cardio drills, athletic conditioning, and explosive moves without any equipment.

Come and try out the class, your first class is free! Sign up for the monthly session and go to any and all times listed below!

**Instructor:** Hailey Moore  
**Dates:** Beginning in January  
**Day:** Thursdays: 6:00am-7:00am  
**Cost:** $35 Residents, $42 Non-Residents per month  
( includes HIGH classes! )  
$7 drop-in fee  
**Location:** The Arc Building  
**Ages:** 14 and older*  
*14-17 must have an adult participating or watching the class.

**DANCE - Basic Social Dance**
Learn the basic rhythms for smooth dancing in just 4 lessons and feel comfortable in any social dancing situation. Rhythms covered will be foxtrot (footwork is done in a shape resembling a shoebox or rectangle), waltz (footwork is done in a square shape), and cha cha (footwork includes rock-steps and a lateral movement). Receive tips in leading and following to improve your level of confidence.

**Instructor:** April Dyntera  
**Dates:** March 6, 13, 20, 27  
**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 - Single-Step Swing**
Single-Step Swing, also known as 1-Step Swing, 4-Count Swing, or Single-Step Hustle, is a versatile dance suited to a variety of tempos and music genres. This dance is the simplest of all dances to learn. It can be quick and full of energy, or smooth and graceful.

**Instructor:** April Dyntera  
**Dates:** March 6, 13, 20, 27  
**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.
**DANCE - Night Club 2-Step**

Night Club 2-Step is a slow, romantic dance that has gained popularity for its smooth motions and graceful appearance.

- **Instructor:** April Dyntera
- **Dates:** April 3, 10, 17, 24
- **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 - Salsa**

The basic steps in Salsa, including Merengue and Mambo, lend themselves well to the small dance floor. When you hear that spicy Latin music, don’t just wish you could dance—learn how!!

- **Instructor:** April Dyntera
- **Dates:** April 3, 10, 17, 24
- **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.

**Texture Tool Box**

Using acrylic mediums and poly finish, be amazed by the glaze. Learn and experiment with texture and glazes that can be applied to walls, furniture and paintings.

- **Instructor:** Leah Lutz
- **Days:** Wednesdays
- **Dates:** January -
- **Time:** 7:00pm-9:00pm
- **Cost:** $35 per monthly session
- **Location:** The Arc Building, 215 W Orchard Ave

**Intermediate Violin**

*by Inland NW Musicians*

Intermediate violin class for those who have previous playing experience or have completed the Beginning Violin class. Instructor approval required for entry.

- **Days:** Mondays/Wednesdays
- **Date:** Begins January 7th
- **Times:** 3:30pm-4:30pm
- **Cost:** Rates are per class paid per monthly session
  - $5 - Resident
  - $7 - Non-Resident
- **Ages:** 9+
- **Location:** Hermiston Community Center

**Community Tree Lighting Celebration**

Join us for our annual Tree Lighting Ceremony! We will have music, an appearance from Santa, and campfires. Vendors will be on hand with food and holiday treats. Don’t miss this great community event to kick off the holiday season. This is a free event for the community.

- **Date:** Thursday, December 6th
- **Time:** 6:00pm
- **Location:** Festival Street, Downtown Hermiston

**Beginning Violin**

*by Inland NW Musicians*

Participants will be instructed in playing the violin in a class environment. The class will be a one hour twice a week offering. The class will be under the direction of R. Lee Friese, Music Director and Conductor of Inland Northwest Musicians along with an apprentice instructor Jacoby Merwin.

- **Days:** Mondays/Wednesdays
- **Dates:** Begins Jan. 7th
- **Times:** 3:30pm-4:30pm
- **Cost:** Rates are per class paid per monthly session
  - $5 - Resident
  - $7 - Non-Resident
- **Ages:** 9+
- **Location:** Hermiston Community Center
Hermiston Community Christmas Choir  
**Sponsored by Family Health Associates**

Join us at the Hermiston High School Auditorium to hear our community’s voices sing to carols to bring in the Christmas spirit.

**Fee:** Free  
Accepting donations to the Agape House  
**Date:** Friday, December 7th  
**Time:** 7:00pm  
**Location:** Hermiston High School Auditorium  

Pancakes with Santa  
**Sponsored by 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 include pancakes and sausage with delicious toppings that you can use to decorate your pancakes. Included with breakfast will be a photo with Santa. This will be an experience you and your family will not want to miss. Tickets must be purchased in advance. Seats are limited.

**Date:** Saturday, December 22nd  
**Time:** 9:00am-11:30am  
**Tickets:**  
$8 for children ages 2-15  
$10 for ages 16 and older.  
$30 for a family of 4,  
(2 adults & 2 children/ extra children $5 ea.)  
**Location:** Hermiston Community Center  
**Deadline:** Dec. 19th or until tickets are sold out.

Flashlight Easter Egg Hunt  
**Sponsored by the 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, April 19th  
**Time:** 8:15pm  
**Ages:** 10 years and under  
**Cost:** Free  
**Location:** Butte Park

Family Trail Blazer Game  
Join Hermiston Recreation at a Trail Blazer basketball game on March 9th vs the Phoenix Suns! Check out the Court of Dreams option on the Youth Sports page for your kiddos! We hope to see you there to root on the Blazers!

Group ticket discounts are available at the link. Tickets must be purchased by February 10th through: https://fevo.me/npr

**Date:** Saturday, March 9th  
**Game Time:** 7:00pm  
**Costs:**  
$25 - 300 Level Tickets  
$77 - 200 Level Tickets  
$121 - 100 Level Tickets  
**Location:** Moda Center in Portland  
**Ticket Deadline:** Sunday, February 10th

Family Hockey Night  
Join Hermiston Recreation at a Tri City Americans hockey night on Friday, January 18th vs the Seattle Thunderbirds! Group ticket discounts are available by registering through us. We hope to see you on the ice to root on the Americans!

Tickets must be purchased by January 11th through: bit.ly/hermistonactive

**Date:** Friday, January 18th  
**Game Time:** 7:00pm  
**Costs:**  
$20 - Adults  
$10 - Youth (10-19)  
$8 - Child (3-9)  
**Location:** Toyota Center, Kennewick

Family Friday Night  
Come join us for some family Friday night inflatable fun and activities at the Community Center! We will have a bounce house, bungee run, a velcro wall, Jacob’s ladder, corn hole, air hockey, and other fun activities for the whole family! Concessions available (cash only). Limited space!! We encourage you to sign up soon, these events fill fast!

**Date:** Friday, December 28th  
**Time:** 5:30pm – 7:30pm  
**Cost:**  
$10.00 for ages 2-15  
$15.00 for ages 16 and older  
*Children of any age must have a parent or guardian with them.  
$30.00 for a family of 4  
(2 adults & 2 children/extra child $8.00 each)  
**Location:** Hermiston Community Center
Weekly Classes
Weekly, ongoing classes are free. Donations gladly accepted. Classes are for individuals aged 60 and over.

**Mondays & Wednesdays**

- **9:00am** Tai Chi: Moving for Better Balance
  - Ends Dec. 5th / Begins again in March
  - For Info: Jean (541-564-3094)

- **9:00am** Yoga (Downstairs)
  - For Info: Gina (541-567-2185)

- **10:45am** Chair Yoga (Downstairs)
  - For Info: Gina (541-567-2185)

- **4:15pm** Chair Yoga (Downstairs)
  - For Info: Gina (541-567-2185)

**Tuesdays & Wednesdays**

- **9:00am** Resistance Bands & Weights for the Young at Heart
  - For Info: Brooke (541-701-7759)

**Fridays**

- **9:00am** Yoga (Downstairs)
  - For Info: Gina (541-567-2185)

- **10:45am** Chair Yoga (Downstairs)
  - For Info: Gina (541-567-2185)

Activities & Events

- **Blood Pressure Checks** first Tuesday of each month
- **Women's Bible Study Group**
  - Every Wednesday 10am-Noon
  - For info: Shirley (541-289-5766)

- **Morning Coffee / Conversation / Board Games**
  - Every Morning at 10am

- **Arts & Crafts on the Dry Side**
  - Every Thursday 10am-Noon

- **Senior Center Christmas Dinner**
  - Dec. 20th at Noon
  - Ham dinner with all the trimmings - $4.00 per person
  - Hot Meal delivered $4.00
  - (Call 541-567-3582 before 10am)

- **AARP Tax Aide Starting Feb. 1, 2019**
  - For Info: 541-567-3582

**Matter of Balance**

Have you fallen recently or are you afraid of falling? Join us for an 8-week opportunity that emphasizes practical strategies to reduce fear of falling and increase activity levels. We will help you learn to view falls as controllable and to set realistic goals for increasing activity, changing your environment to reduce fall risks and increase strength and balance through exercise. Improve your quality of life - because you are worth it!

- **Dates:** Mondays, Jan. 14th - Mar. 4th
- **Time:** 1:30pm-3:30pm
- **Instructors:** Helena Wolfe, Sharon Waldern, Jaime Crowell
- **Pre-Register:** Call 541-667-3509 or email healthinfo@gshealth.org
**DEPORTES Y ACTIVIDADES**

Para registrarse, vaya a bit.ly/hermistonactive o llame al 541-667-5018

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**Ligas Recreativas de Basketball Juvenil**

**Día:** Sábados  
**Fechas:** Enero al Marzo  
**Grados:** 1-6  
**Costo:** $40 Residente  
$50 no residentes  
$20 Camiseta (Camiseta negro / plateado)  

**Localización:** Gimnasios de las Escuelas de Hermiston  
**Inscripciónes:** Descuento de $5 hasta el 1 de Diciembre  
**Inscripciónes Regulares:** del 2 al 15 de Diciembre  
$5 Cobro para Inscripción Tardes: del 16 al 20 de Diciembre

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**Panqueques con Santa**

Ven a disfrutar de un maravilloso desayuno festival con Santa. Compra boletos por adelantado.  

**Día:** Sábado  
**Fecha:** 22 de diciembre  
**Horario:** 9:30am - 11:30am  
**Precio:** $8 para niños de 2-15 años  
$10 para mayores de 16 años  
$30 para familia de 4

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**Celebración de Iluminación del Árbol de la Comunidad**

¡Únase con nosotros para nuestra Ceremonia Anual de Iluminación de Árboles! Tendremos música, una aparición de Santa Clause, y fuego de campo. Vendedores de comida y dulces también estarán allí. No te pierdas este gran evento comunitario para comenzar el temporada de festivos. Este es un evento gratis para la comunidad.  

**Día:** Jueves  
**Fecha:** 6 de Diciembre  
**Horario:** 6:00pm  
**Localización:** Calle Festival, El Centro de Hermiston

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**Basketball Juvenil-Conoce al Entrenador!**

Esta es una junta para padres y entrenadores de niños que van a participar en las Ligas de Basketball Juvenil. Esta junta cubrirá las reglas y mas información, los horario y fechas de juegos y las camisetas. También se le dará la oportunidad para conocer el entrenador.  

**Día:** Martes, 8 de Enero  
**Horarios:** 5:30pm-6:00pm Kinder-2 grado  
6:15pm-6:45pm grados 3-6  
**Localización:** Centro Comunitario de Hermiston

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**Liga Juvenil de Fútbol (Mexicano) Jugado Adentro**

**Día:** Sábados  
**Fechas:** 13 de Abril – 25 de Mayo  
**Edades:** De 3 años al grado 3  
**Costo:** $40 Residente  
$50 no residentes  
$20 Camiseta (Camiseta negro / plateado)  

**Localización:** Escuela Primaria de Desert View y West Park  
**Ultimo día de inscripciones:** Descuento de $5 hasta el 2 de Marzo  
**Inscripciones Regulares:** Hasta el 23 de Marzo  
$5 Cobro para Inscripción Tardes: del 24 al 30 de Marzo

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**Taller Junior de Baloncesto**

Los participantes aprenderán los fundamentos del baloncesto a través de divertidos juegos basados en habilidades.  

**Días:** Sábados  
**Fechas:** 13 de enero al 24 de febrero (no habrá clínica de baloncesto el 27 de enero o el 10 de febrero)  
**Horario:** 9:30am-10:15am (3 años)  
10:30am-11:15am (4 años)  
11:30am-12:15pm (5 años)  
**Precio:** $30 Residente de Hermiston  
$38 No residente de Hermiston  
**Ubicación:** Desert View Elementary  
**Ultimo día de inscripción:** Viernes, 15 de Diciembre

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**Buscando Huevos de Pascua con Linternas**

Patrocinado por la Agencia Simmons  

El Conejo de Pascua no dormirá esta Pascua. Se ocultarán miles de huevos rellenos con muchos diferentes cosas. Cada participante usará su linterna para encontrar huevos en la oscuridad. Se recomienda que los padres permanezcan con sus hijos durante el evento, pero que se separan para jugar. No se olvide llegar temprano y traer su canasta y linterna.  

**Día:** Viernes, 19 de Abril  
**Horario:** 8:15pm  
**Edades:** 10 años y menores  
**Costo:** Gratis  
**Localización:** Parke Butte
Steps-to-Success Fun Run/Walk  Saturday, April 27th, 2019

This is a family friendly event as well as for the serious runner. All proceeds to benefit local charities.

Race times: Online registration and times will be posted in January of 2019

Location: Riverfront Park, 300 SW 23rd Street, Hermiston

Awards: Everyone receives a healthy snack and sack lunch. Ribbons for all participants and category prizes for winners.

Registration Fees: $15.00 without t-shirt; or $25.00 with a shirt

View Fun Details: stepstosuccess.itsyorrace.com/register/
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

- Christmas Party: December 16th, 2:00-3:30pm
- Activity Night: Jan. 22nd, 5:30-6:30pm
- Valentine’s Dance: Feb. 10th, 2:00-3:30pm
- Activity Night: Feb. 19th, 5:30 to 6:30pm
- Annual Yard Sale: March 9th
- Fundraiser Activity Night: March 23rd, 5:30 to 6:30
- Fundraiser: April 20th
- Bowl-a-thon: Desert Lanes Hermiston

Please follow us on Facebook for updates!

***All Activity Nights include a light snack!

All Arc Activities are inclusive events. We would encourage participation by individuals with ID/D along with any support staff, family members and friends. If you have any questions, please call: 541.567.7615 and leave a message.

215 W. Orchard Ave, Hermiston
541-567-7615
arc@eotnet.net
Achieve with us.

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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.

1140 North First St.,
Hermiston, OR
541-567-6622

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HAVE YOU HEARD OF SCRUBS LIFE?
LOCAL UNIFORM STORE

115 E. Highland Ave
Next to Dominos
Mon-Fri 10am-6pm
Sat 11am-5pm

SCRUBS, IN-HOUSE EMBROIDERY, & MORE!

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SEVERSON ACCOUNTING & TAXES
SINCE 1974
Mark Severson LTC, EA
Jackie Myers LTP

- Tax Preparation - e-file
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- Individual
- Small Business
- Corporation & Partnership
- Payroll
- Notary

Open Monday thru Friday 8 am to 5 pm • Walk-Ins Welcome
205 NE 4th Hermiston, OR
Call Today: 541-567-2018
Registration Starts JANUARY 1st

3 Easy Ways to Register!
- ONLINE at hermistonlittleleague.com
- Download registration and mail it
- Attend our walk-in registrations in February

$10 OFF Per Player thru January

Family Discounts for families of 3 or More

Payment Plans Available for Online Registration Only

Our Programs
FOR GIRLS:
T-Ball (Co-Ed) ....... Ages 5-6
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.. Age 13
Junior Baseball ........ Age 14

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.

Home of the
Umatilla County Fair ★ Farm City Pro Rodeo

12,000 sq. ft. Great Room
3 Meeting Rooms
1 Executive Boardroom
Rodeo Arena
Livestock Barns
Outdoor Event Space

Conventions
Trade Shows
Banquets
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Book Your Event Today!

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1705 E. Airport Road, Hermiston, OR
541.289.9800

www.hermistonlittleleague.com
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$ Cares for common illnesses and injuries
No Appointment Needed
Available 24/7/365
Only $35 per visit
Provide Prescription if Needed

Consult with your primary care provider and will escalate you to the appropriate level of care if needed.

www.gshealth.org/virtualcare

Download the App

PRIMARY CARE

$$ Provides health care maintenance, wellness checks, sick visits, and annual exams.
Appointment Needed
Hours, M-F, 8 AM to 5 PM.

Need a Primary Care Provider? We Can Help! Call us Today:
541.567.5305
www.gshealth.org

URGENT CARE

$$$ Provides care for more serious illnesses and injuries and provides more immediate care than primary care.
Open M-F, 8AM-5 PM, Sat, 9AM-3PM
No Appointment Needed

541.567.2995
1050 W. Elm Ave
Suite 110
Hermiston, OR 97838

EMERGENCY ROOM

$$$$ Provides care for the most severe illnesses and injuries, traumas, and life threatening conditions, for example: stroke, heart attack, broken bones, and severe cuts.
Open 24/7/365
Emergency Trained Physicians and Staff
Trauma Level III

If You Are Experiencing a Medical Emergency Call 9-1-1.
Parenting Education Classes and Workshops

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. Free childcare and snacks provided for all classes. Please call 541-564-6878 to get more details.

Contact: Mary Lou Gutierrez @ 541-667-6172

Hermiston

Abriendo Puertas/Opening Doors – Abriendo Puertas is a 10 week series that focuses on real life family experiences designed to build leadership and advocacy skills in parents to increase critical childhood knowledge and literacy. Parents feel comfortable sharing their stories that make a difference in their parenting skills and community engagement with great outcomes.

Abriendo Puertas/Opening Doors – (10 sessions, in Spanish)
October 2nd, 9th, 16th, 23rd, 30th, November 6th, 13th, 20th, 27th, December 4th.
5:30 – 7:30 pm
Hermiston Center for School Readiness
502 W. Standard Avenue, Building B, Hermiston, Or.
Contact: Mary Lou Gutierrez @ 541-667-6172

Circle of Parents –Circle of Parents is an Evidence Based Parent Support Group curriculum and is offered twice a month in Hermiston. These sessions provide a place for parents to gather and share parenting experiences in a safe, fun environment. Caregivers support one another as they problem solve a variety of family issues that continue to be a barrier. Target audience is those parents who have completed an EBP but still want parenting supports.

Circle of Parents Support Group (free on going meetings)
2nd and 4th Thursday of each month
5:30 – 7:30 pm with dinner 5:30 – 6:30
Hermiston Center for School Readiness
502 W. Standard Avenue, Building C, Hermiston, Or.
Contact: Kim Ables @ 541-667-6091

Umatilla

Financial Literacy – Goal Mapping - This hands-on workshop will introduce financial empowerment concepts to empower participants and offer activities that can be used with family members and clients. We will discuss SMART goals, budgeting, paying down debt, and avoiding predatory lending. It will involve hands on activities.

Financial Literacy – Goal Mapping - (10 sessions, in Spanish)
October 2nd, 9th, 16th, 23rd, 30th, November 6th, 13th, 20th, 27th, December 4th.
5:30 – 7:30 pm
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Irrigon

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5:30 – 7:30 pm
Hermiston Center for School Readiness
502 W. Standard Avenue, Building B, Hermiston, Or.
Contact: Mary Lou Gutierrez @ 541-667-6172

Boardman

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5:30 – 7:30 pm
Hermiston Center for School Readiness
502 W. Standard Avenue, Building B, Hermiston, Or.
Contact: Mary Lou Gutierrez @ 541-667-6172

I CAN: What to Do When Your Child Gets Sick - This training and book is to help parents save time and money by better understanding how to prevent illness and injury and effectively deal with illness and injury when it occurs. It is designed to help families decide what to do when their child gets sick and to reduce trips to the doctor or emergency room.

I CAN: What to Do When Your Child Gets Sick - (10 sessions, in Spanish)
October 2nd, 9th, 16th, 23rd, 30th, November 6th, 13th, 20th, 27th, December 4th.
5:30 – 7:30 pm
Hermiston Center for School Readiness
502 W. Standard Avenue, Building B, Hermiston, Or.
Contact: Mary Lou Gutierrez @ 541-667-6172

I CAN: Healthy Teeth - This workshop a focus on oral health and the illnesses associated with it and ways to build prevention. Oregon has one of the worst records for tooth decay in the states. Our goal is to inform parents of the repercussion’s that tooth decay on children’s health and attendance to school.

I CAN: Healthy Teeth - (10 sessions, in Spanish)
October 2nd, 9th, 16th, 23rd, 30th, November 6th, 13th, 20th, 27th, December 4th.
5:30 – 7:30 pm
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Contact: Mary Lou Gutierrez @ 541-667-6172

Boardman, Oregon

AC Hougton Elementary

Windy River Elementary

AC Hougton Elementary

Irrigon, Oregon

E  2019 Winter Parks & Recreation Guide
City of Hermiston
Hermiston High School presents...

THE WIZARD OF OZ

Feb. 1, 2, 8, 9 @ 7:00 PM
Feb. 3 @ 2:00 PM
HHS Auditorium

$5      Students
$10     Adults
$8      Seniors 65 & Older

By L. Frank Baum, With Music and Lyrics by Harold Arlen and E. Y. Harburg
Background Music by Herbert Stothart
Dance and Vocal Arrangements by Peter Howard, Orchestration by Larry Wilcox
Adapted by John Kane for the Royal Shakespeare Company
Based upon the Classic Motion Picture owned by Turner Entertainment Co. and distributed in all media by Warner Bros.
Health Education & Wellness

offered by

Good Shepherd Medical Center

• Matter of Balance
• Living Well classes
• Lunch & Learns
• Stress Management
• Weight Loss through Exercise
• Better Sleep

Check out pages 24-26 for complete listings

541-667-3509
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.

Ongoing Programs

The library’s Teen Advisory Council and Teen Book Club meet the second Monday of every month during the school year. Teens help plan events, enjoy snacks, and meet other local teens. Teen Advisory Council is from 4pm-5pm and Teen Book Club is 5pm-6pm. We also provide teens with a special monthly event that can be anything from trivia challenges to rolling a cabbage across the room with your head to win a prize! Teens from the advisory council are encouraged to choose library materials for purchase that they feel appeal to local teens of our community. All teens in grades 6-12 are welcome to attend.

Yarn Club is open to all and meets every Thursday at 5:30 p.m. and every Saturday at 10:00 a.m.

Photography Club: Meet the second Tuesday of each month at 5:30 p.m., please call ahead sometimes they schedule a photo walk.

Bookminders, our adult book club, meets on the second Wednesday of the month at the Pheasant Restaurant at 1:30 p.m.

Writers Group: Meets the fourth Thursday of each month at 5:30 p.m. This group is geared for ages 18 and up.

Friends of the Library: Hermiston Public Library has an active friends group. If you are interested in more information about what they do for the library or how you can become a member call or stop by the library anytime. You are also welcome to attend their quarterly 6:00 p.m. meeting held at the library every third Wednesday of February, May, August, and November.

Baby & Me 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.

Learn & Play is for 19 months to ages up to 4 years old. This program is designed to engage children and get them excited about music, improve their fine and gross motor skills through movement, and spark their creativity while supporting early literacy development. This program is held at the same time and day as the Baby & Me program.

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.

Each month we provide different Monthly Reading Challenges. Please check our library website, or Facebook to see what the current monthly challenge is.

Adult, children and teen programs are scheduled throughout the year. Check our web site for details at www.hermistonlibrary.org or call us at 541 567 2882.
ACT- Achieve, Conquer, Thrive Program

This 6 month lifestyle change program will help you achieve your health goals! Registered Dietitian Nutritionists will help you learn how to make healthy food and activity choices each and every day. Program includes 9 weekly group classes, individual appointments for 2-3 months and a follow-up group class.

Dates: New classes start Jan 21 thru Apr 8, and Apr 15 thru Jul 1
Times: 5:30 pm
Fees: $116, thanks to a grant from Good Shepherd covering 90% of costs (Total program value $980). Payment plans available.
Info / Register: Diabetes and Nutrition Center @ 541-667-3517

Matter Of Balance

Have you fallen recently or are you afraid of falling? Join us for an 8-week opportunity that emphasizes practical strategies to reduce fear of falling and increase activity levels. We'll help you learn to view falls as controllable, and to set realistic goals for increasing activity, changing your environment to reduce fall risks, and increasing strength and balance through exercise. Improve your quality of life – because you're worth it!

Dates: Mondays, Jan 14 thru Mar 4
Times: 1:30-3:30 pm
Place: Hermiston Senior Center (age 60+), 255 NE 2nd St
Instructors: Helena Wolfe, Sharon Waldern, Jaime Crowell
Info / Pre-register: Call 541-667-3509 or email HYPERLINK “mailto:healthinfo@gshealth.org” healthinfo@gshealth.org

Living Well

Are you living with a lifelong health condition that impacts your quality of life? Would you like to learn proven skills that can enhance your well-being? Join us in a 6-week opportunity to build a personal health and wellness toolkit. Put more life in your life with Living Well—because your health matters!

Dates: Tuesdays, Jan 22 thru Mar 5
Times: 2:30-5:00 pm
Place: Good Shepherd Wellness Center
Info / Pre-register: Call 541-667-3509 or email HYPERLINK “mailto:healthinfo@gshealth.org” healthinfo@gshealth.org

Living Well with Diabetes

If you have diabetes, you know it presents many daily challenges. We can help you create a personal health and wellness toolkit for managing life with diabetes. With more than 20 strategies to pick from, there's something for everyone in this 6-week workshop. Put more life in your life with Living Well—because your health matters!

Dates: Tuesdays, Mar 12 thru Apr 23
Times: 2:30—5:00 pm
Place: Good Shepherd Wellness Center
Info / Pre-register: Call 541-667-3509 or email HYPERLINK “mailto:healthinfo@gshealth.org” healthinfo@gshealth.org

Living Well with Chronic Pain

Is chronic pain negatively affecting your life? Over the course of 6 weekly sessions, we'll explore a variety of techniques for breaking the pain cycle. When the ones that work best are included in your health and wellness toolkit, your quality of life can improve. Put more life in your life with Living Well—because your health matters!

Dates: Thursdays, Mar 7 thru Apr 18
Times: 2:30-5:00pm
Place: Good Shepherd Wellness Center
Info / Pre-register: Call 541-667-3509 or email: HYPERLINK “mailto:healthinfo@gshealth.org” healthinfo@gshealth.org Pre-registration required.

Lunch & Learns:

Join us for these FREE informative and popular lunches covering current topics focusing on healthy living. Free lunches are served, but please call the Education Department to confirm your registration.

Date/Topic: Thursdays, Dec 13, Jan 17, Mar 21, Apr 18
Times: 12:00-1:00pm
Place: GSMC conference rooms
Info: Call 541-667-3509 or email: HYPERLINK “mailto:healthinfo@gshealth.org” healthinfo@gshealth.org

Steps-to-Success Fun Run/Walk

This is a family friendly event as well as for the serious runner. All proceeds to benefit local charities.

Date: Saturday, April 27th
Race times: Online registration and times will be posted in January of 2019
Location: Riverfront Park, 300 SW 23rd Street, Hermiston
Awards: Everyone receives a healthy snack and sack lunch. Ribbons for all participants and category prizes for winners.
Registration Fees: $15.00 without t-shirt; or $25.00 with a shirt
View Fun Details: https://stepstosuccess.itsyorrace.com/register/

Individualized Wellness Assessment

Schedule your 30-minute consultation with our Wellness Coordinator and receive a complete wellness assessment. Includes a health risk appraisal, lipid/glucose screening, body composition, and more. Your individualized health prescription is performed by Kathy Thomas, MPH, Certified Health Education Specialist.

Date/Time: Call 541-667-3400, extension 3050
Fee: $49.00
Classes & Events

**Active Stress Management**
Address your stress before it's too late! Managing stress effectively can add years to your life. This workshop will teach you: the good and bad kinds of stress, how stress impacts your body, how to avoid stress triggers, ways to interrupt your body's stress response, and techniques to reduce stress in the long term. End the session by practicing stress management techniques like meditation, yoga, and progressive relaxation.

**Dates / Times:**
- Tuesday, Feb 19th 12pm-1pm
- Tuesday, Mar 5th 12:15pm - 12:50pm
- Saturday, Mar 16th 12pm-1pm

**Place:**
Good Shepherd Wellness Center

Call the Education Department 541-667-3509 or Email instructor Jaime Crowell HYPERLINK "mailto:jcrowell@gshealth.org"jcrowell@gshealth.org

**Jump Starting Weight Loss Through Exercise**
If you have ever tried unsuccessfully to start or maintain an exercise program, this workshop can give you the information you need to improve your health and decrease body fat. Learn the myths and facts of weight loss, how to avoid exercise related fatigue and soreness, starting and maintaining an exercise program, and everything in between!

**Dates:**
- Saturday, Jan 19, Jan 26, or Wednesday, Jan 30

**Times:**
12:00 – 1:00pm

**Place:**
Good Shepherd Conference Room 2

**Info / Registration:** Free to the public, Adults 18+ only

Space is limited so pre-registration required,
Call the Education Department 541-667-3509 or Email instructor Jaime Crowell HYPERLINK "mailto:jcrowell@gshealth.org"jcrowell@gshealth.org

**Better Sleep Workshop**
Learn how to create a bedtime routine, address the common causes of poor sleep, and how to get your best night's rest through sleep hygiene!

**Dates:**
- Mondays: Feb 18 or Mar 4

**Times:**
12:00 – 1:45pm

**Place:**
Good Shepherd Wellness Center

**Info / Registration:** Free to the public, Adults 18+ only

Space is limited so pre-registration required,
Call the Education Department 541-667-3509 or Email instructor Jaime Crowell HYPERLINK "mailto:jcrowell@gshealth.org"jcrowell@gshealth.org

Classes & Events

**Baby Sitting 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: Feb 2

**Times:**
9:00am-3:00pm

**Place:**
GMSC Conference Centers

**Fees:**
$40, includes lunch & all class materials

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

**Diabetes Education Classes**
Whether you've just been diagnosed or have had diabetes for years, diabetes self-management education classes will help you learn to manage your diabetes and enjoy a healthy lifestyle. Topics include: nutrition, physical activity, monitoring your blood sugar, medications and much more! Classes offered in group or individual format.

**Date/Times:**
Mon-Fri — call to schedule your appointment

**Place:**
Diabetes and Nutrition Center

**Info:**
Call 541-667-3517

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

**One on One Consultations:**

**Location:**
SHIBA office located in the Good Shepherd Medical Group lobby area

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

**Safe Communities**
FREE monthly meetings to work on safety strategies for our communities such as stopping drug & alcohol addiction, child abuse, domestic violence, bullying, traffic related or other safety related concerns. Let’s 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:**
GMSC Conference Center 2

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

**Senior Health Committee**
Working 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:**
GMSC Conference room 2

**Info:**
Call 541-667-3507
Classes & Events

**Quit Tobacco Help**
Contact our tobacco cessation specialists to schedule your free consultation to tailor an approach to give you the best chance of success to quit tobacco. Call 541-667-3509 to schedule an appointment.

**ConneXions:**
Do you need help with medical needs, healthcare coverage, accessing community resources, education on health concerns, addiction or behavioral health concerns? ConneXions is a FREE, confidential service to assist you. Call 541-667-3504 or email HYPERLINK “mailto:healthreferral@gshealth.org” healthreferral@gshealth.org to contact a community health worker to assist you.

**CPR & First Aid**

**Life Saving Techniques**
CPR and First Aid classes taught according to American Heart Association (AHA) guidelines. Call 541-667-3509 for info. Pre-register and pre-payment required, for CPR or First Aid classes.

**CPR / AED**
Includes adult, child, infant CPR and AED instruction. CPR/AED take home manual provided for each participant.

- **Dates:** Dec 7, Jan 4, Feb 1, Mar 1, or Apr 5
- **Times:** 9:00am-2:00pm
- **Place:** Good Shepherd conference rooms
- **Fee:** $45 (includes take home manual)

**First Aid**
Class covers basic techniques to provide assistance. First Aid take home manual provided for each participant.

- **Dates:** Dec 10, Jan 14, Feb 11, Mar 11, or Apr 8
- **Times:** 6:00-9:00pm
- **Place:** Good Shepherd conference rooms
- **Fee:** $50 (include take home manual)

**CPR / AED & First Aid Combo**
Includes adult, infant and child CPR,AED instruction and first aid basic techniques for providing assistance. A CPR/AED/First Aid take home manual provided for each participant.

- **Dates:** Dec 21, Jan 18, Feb 11, Mar 11, or Apr 19
- **Times:** 9:00am-5:00pm
- **Place:** Good Shepherd conference rooms
- **Fee:** $95 (includes take home manual)

**Healthcare Provider (HCP) CPR**
Adult, child & infant CPR and AED instruction. Includes a HCP CPR take home manual for each participant.

- **Dates:** Dec 14, Jan 11, Jan 25, Feb 8, Feb 22, Mar 8, Mar 22, Apr 12, or Apr 26
- **Times:** 9:00am-2:00pm
- **Fee:** $55 (includes take home manual)

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

- **Dates / Times:** 12:00—6:00pm:
  - Dec 17, Jan 21, Feb 18, Mar 18, or Apr 15
- **Place:** GSMC Conference Rooms 1 & 2
- **Info/Appt:** To schedule an appointment call 1-800-733-2767

**Support Groups**

**Breast Cancer Support**
For support and information about upcoming events and meetings, please call Shari at (541) 561-7407 or Dian at (541) 561-4302.

**Grief Share**
A FREE Faith-Based grief program. Meetings are 1pm every Thursday at Sun Terrace (1550 NW 11th Street). Call Ter: 541-667-3543 or 509-301-2520

**Alzheimer’s Support Group**
Support for those caring for loved ones with Alzheimer’s or Dementias. Feel free to attend one or both groups.

- **Dates / Place:** 2nd Monday every month at Guardian Angel Homes (Hermiston), Building C
  4th Monday every month at Good Shepherd, Medical Office Plaza (lower level)
- **Time:** Both groups meet: 5:30-7:00pm
- **Info:** Call Tom Moore: 541-571-1363

**Hope for Healing Support Group**
Free, ongoing bereavement support group dealing with loss and grief issues.

- **Dates:** Every Tuesday or Wednesday
- **Times:** 6:00-7:30pm
- **Place:** Broun Building (645 W. Orchard, Suite 500)
- **Info:** Call at Hospice: 541-667-3543 or Ter at 509-301-2520
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Picnic Shelters Rental

No Refunds

Beginning January 1, 2018, shelters can be reserved from April 1 through October 31 for the following fees:

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-resident</th>
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<tr>
<td><strong>SESSIONS</strong></td>
<td>$40</td>
<td>$50</td>
<td>$10</td>
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<td><strong>Early</strong></td>
<td>8am-2pm</td>
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<td><strong>Late</strong></td>
<td>3pm-9pm</td>
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**Event-tent rental**
- 78’x40’ $100 for 4 hours (city parks only)

**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

**Personalized Park Benches**

A great way to memorialize family and friends

Call Park & Recreation for details 541-667-5018
Park Rules -
City Code 93.04

- Park Hours are Sunrise to Midnight unless otherwise posted
- No alcohol or controlled substances
- No motorized vehicles
- No fires, fireworks and firearms
- Pets on leash only, clean up after pets, No horses
- No overnight parking or camping
- No damaging or defacing public property
- All trash must be placed in approved containers
- No excessive noises that disturb others
- No unauthorized commercial activities

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<thead>
<tr>
<th>No.</th>
<th>Park Name</th>
<th>Address</th>
<th>Facilities</th>
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<tr>
<td>1</td>
<td>ARC Center</td>
<td>215 W Orchard Ave</td>
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<td>2</td>
<td>Belt Park</td>
<td>705 W Pine Ave</td>
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<td>3</td>
<td>Butte Park</td>
<td>1245 NW 7th St.</td>
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<td>4</td>
<td>Harrison Park</td>
<td>NW 13th St.</td>
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<td>5</td>
<td>Hermiston Family Aquatic Center</td>
<td>879 W Elm Ave.</td>
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<td>Hermiston Community Center</td>
<td>415 S HW 395</td>
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<td>Highland Park</td>
<td>134 NE 13th St.</td>
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<td>Hodge Park</td>
<td>100 W Highland St.</td>
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<td>9</td>
<td>McKenzie Park</td>
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<td>Newport Park</td>
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<td>11</td>
<td>Greenwood Park</td>
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<td>12</td>
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<td>13</td>
<td>Rocky Heights School</td>
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<td>15</td>
<td>Theater Sports Park</td>
<td>1800 NW 6th St.</td>
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<td>17</td>
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<td>18</td>
<td>Harkenrider Senior Center</td>
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<td>Art Classes</td>
<td>City Of Hermiston</td>
<td><a href="http://www.hermistonrecreation.com">www.hermistonrecreation.com</a></td>
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<td>Adult Basketball</td>
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<td>City Of Hermiston</td>
<td><a href="http://www.hermistonrecreation.com">www.hermistonrecreation.com</a></td>
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<td>Special Services</td>
<td>The Arc of Umatilla County</td>
<td><a href="http://www.thearcumatilla.org">www.thearcumatilla.org</a>  Michele/kietzke@eontnet.net</td>
<td>541-567-7615</td>
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<tr>
<td>Classes/Programs</td>
<td>Hermiston Public Library</td>
<td><a href="http://www.hermistonlibrary.us">www.hermistonlibrary.us</a></td>
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<td>Adult Soccer</td>
<td>Men's Latino League</td>
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<td>541-701-1614</td>
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<td>Adults Soccer</td>
<td>Women's League</td>
<td><a href="mailto:gardoval1126102720@hotmail.com">gardoval1126102720@hotmail.com</a></td>
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<td>Youth Soccer</td>
<td>Hermiston AYSO</td>
<td><a href="http://www.hermistonayso.org">www.hermistonayso.org</a></td>
<td>541-701-6959/541-571-6577</td>
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<tr>
<td>Girl Scouts of America</td>
<td><a href="http://www.girlscoutsosw.org">www.girlscoutsosw.org</a></td>
<td><a href="mailto:answers@girlscoutsosw.org">answers@girlscoutsosw.org</a></td>
<td>541-389-8146</td>
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<td>Boys Scouts of America</td>
<td>Blue Mountain Council</td>
<td><a href="http://www.bmcbsa.org">www.bmcbsa.org</a></td>
<td>509-735-7306</td>
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<td>Basketball</td>
<td>AAU/HYBA</td>
<td><a href="http://www.hermistonbasketballclub.org">www.hermistonbasketballclub.org</a></td>
<td>541-561-5324</td>
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<tr>
<td>Grid Tackle Football</td>
<td>Grid Kids Program</td>
<td><a href="mailto:jgutierrezx31978@gmail.com">jgutierrezx31978@gmail.com</a></td>
<td>541-314-5399</td>
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<td>Youth Baseball</td>
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<td>Baseball</td>
<td>Hermiston American Legion</td>
<td><a href="mailto:Kevin.Moore@hermistonsd.org">Kevin.Moore@hermistonsd.org</a></td>
<td>541-667-6000</td>
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<td>Music Group</td>
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<td><a href="mailto:inwm@machmedia.net">inwm@machmedia.net</a></td>
<td>541-289-4676</td>
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<td>Hunter Safety Class</td>
<td>Oregon Fish &amp; Wildlife</td>
<td><a href="mailto:dmock21@charter.net">dmock21@charter.net</a></td>
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<td>Community Services</td>
<td>Capeco</td>
<td><a href="http://www.capeco-works.org">www.capeco-works.org</a></td>
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<td>Umatilla-Morrow Head Start</td>
<td>Child Care, Classes, WIC</td>
<td><a href="mailto:ccrr@umchs.org">ccrr@umchs.org</a></td>
<td>541-567-6878</td>
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<tr>
<td>Wellness Activities</td>
<td>Good Shepherd Medical</td>
<td><a href="http://www.gshealth.org">www.gshealth.org</a></td>
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<tr>
<td>Golf</td>
<td>Echo Hills Golf Course</td>
<td><a href="http://www.echohillsgolfcourse.com">www.echohillsgolfcourse.com</a></td>
<td>541-376-8244</td>
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<tr>
<td>Golf</td>
<td>Big River Golf Course</td>
<td><a href="http://www.golfgroveriver.com">www.golfgroveriver.com</a></td>
<td>541-922-3006</td>
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<tr>
<td>Bowling</td>
<td>Hermiston Desert Lanes</td>
<td><a href="http://www.bowldesertlanes.com">www.bowldesertlanes.com</a></td>
<td>541-567-6364</td>
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<tr>
<td>Outreach Support Services</td>
<td>Pregnancy Care Services</td>
<td>trucareprc.com</td>
<td>541-567-2393</td>
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<td>Support Service Group</td>
<td>EO Down Syndrome Support Group</td>
<td><a href="mailto:joypowers9@aol.com">joypowers9@aol.com</a></td>
<td>541-720-7880</td>
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<tr>
<td>Youth Track Program</td>
<td>Little Hurricanes</td>
<td><a href="mailto:Emilee.Strot@hermiston.k12.or.us">Emilee.Strot@hermiston.k12.or.us</a></td>
<td>541-667-6115</td>
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<tr>
<td>Special Olympics</td>
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<td><a href="http://www.soor.org">www.soor.org</a></td>
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<td>Wrestling</td>
<td>Kids Wrestling Program</td>
<td><a href="http://www.facebook.com/Hermiston-Wrestling">www.facebook.com/Hermiston-Wrestling</a> / <a href="mailto:jrg3132@hotmail.com">jrg3132@hotmail.com</a></td>
<td>541-969-0677</td>
</tr>
<tr>
<td>Tae Kwon Do</td>
<td>E.O. Family Tae Kwon Do</td>
<td><a href="mailto:ewatson24@hotmail.com">ewatson24@hotmail.com</a></td>
<td>541-449.3341</td>
</tr>
<tr>
<td>Martial Arts</td>
<td>Hermiston School Of Karate</td>
<td><a href="http://www.tmaakarate.com">www.tmaakarate.com</a></td>
<td>509-308-6046</td>
</tr>
<tr>
<td>Tae Kwon Do &amp; Boxing</td>
<td>Master Loney’s Center</td>
<td><a href="mailto:mdr1194@hotmail.com">mdr1194@hotmail.com</a></td>
<td>541-720-7706</td>
</tr>
</tbody>
</table>
Two dealerships, one family.

Serving your family & our community

81143 N. Hwy 395 Hermiston ★ 541-567-5555
COMMUNITY TREE LIGHTING
DECEMBER 6TH 2018 6:00PM
FESTIVAL STREET, HERMISTON, OR

Pictures with Santa
Music
Carriage Rides

Featuring:
Majazzty Accannella Choir
HHS Jazz Band

PANCAKES WITH SANTA
DECEMBER 22ND
9:00-11:30 AM
PICTURES WITH SANTA,
CRAFT ACTIVITIES & MORE
HERMISTON COMMUNITY CENTER