

2020 Summer



Parks & Recreation



Follow Us!



@HermistonRec

ACTIVITY GUIDE

541-667-5018

www.HermistonRecreation.com

Covid-19 Program Updates

Due to Covid-19, many programs have been changed, cancelled or altered. Please contact us or stay tuned on social media for latest updates.

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 the Hermiston Community Center and your ideas are welcome. This activity guide is filled with over 200 opportunities to add recreation to your life.

UPDATE FROM THE DIRECTOR

Larry Fetter, Director of Parks & Recreation

HISTORY IN THE MAKING!

Hermiston is preparing to build one of the largest and most engaging playgrounds in the Northwest. The new Funland Playground, a “destination attraction”, is planned to have three zones including; “Wildwest, Adventure, and Farmland.” This playground is so big and bold, that people will come to Hermiston just to visit the park. Featured elements include a Native American village, a locomotive, wagon train, stagecoach, pirate ship with a Kraken sea monster, a barn and silo with giant slides, giant fruit and vegetables, and, of course, a 6 foot watermelon slice and much more. See the City’s website for more details, www.hermiston.or.us

Funland will be a thrilling place for play, education and engagement for all children and abilities. Many of the features are specifically designed for children with mobility challenges making it as “inclusive” as possible. Funland will be constructed of the most durable and vandal resistant materials available and is planned to be completed September 7, 2020.



How can you be a part of this historic project?

Buy a fence picket for your business or family (see page 3 for instructions)! Businesses and groups can sponsor playground features with your logo attached. Volunteer your talent to construct the fence, write a grant, or lead a fundraiser.

3 Ways To Register



Register in Person

At the Hermiston Community Center



Register by Phone

Call 541-667-5018



Register Online

bit.ly/hermistonrecreation

Resident/Non-Resident Rates

Programs offered are supported by local taxpayers, therefore, non-resident fees are instituted to offset the balance.

Fees will be listed as Resident/Non-Resident.

REGISTRATION WEBSITE

Go to: bit.ly/hermistonrecreation

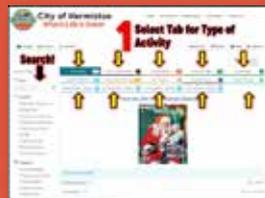
New Features

- Mobile Friendly User Experience
- Access & Sync your Program Calendar
- No more Online Processing Fees
- Intuitive Public Dashboard

[View Notifications, Upcoming Events, Receipts & League Schedules]

Create Your NEW Profile!

- Set Up Your Family
- Register for a Program
- Buy a Splash Pass
- Reserve a Park Shelter





June 15

Summer Camps Begin!

July 4

4th of July Fireworks Show

July 10

Summertime Movies Begin

Aug 1

Hermiston Kids Triathlon

Aug 4

National Night Out

Aug 8

Funland Color Run

Aquatics

Special Events

Youth

Adult

Seniors

Community Programs

Parks & Facilities

HERMISTON CITY COUNCIL

Dr. David Drotzmann, Mayor

- Lori Davis
- Roy Barron
- Jackie C. Myers
- Douglas Smith
- Manuel Gutierrez
- Rod Hardin
- Doug Primmer

PARKS & RECREATION STAFF

Larry Fetter, Director

Parks

- Jason Barron, Parks Manager
- Brian Fricke, Parks Maintenance
- Ruperto Garcia, Parks Maintenance
- Gina Wicks, Administrative Assistant

Recreation

- Brandon Artz, Recreation Manager
- Diana Picard, Recreation Coordinator
Community Center Manager/SFSP/Special Events
- Kasia Robbins, Recreation Coordinator
Aquatics Manager/Youth Sports/Teen Programs
- Sonja Lierman, Recreation Specialist
Youth & Adult Sports/Special Events

PARKS & RECREATION COMMITTEE

- Jeffrey Kelso
- Larry Usher
- Gary Thompson
- Carlisle Harrison
- Erica Juarez
- TJ Hansell
- Mike Frink



Hermiston Community Center

Parks & Recreation Office Hours:
M-F 8:00am-5:00pm
415 S. HWY 395
Hermiston, OR 97838
541-667-5018



Hermiston Family Aquatic Center

June - August
879 W. Elm St
Hermiston, OR 97838
541-289-7665



Harkenrider Senior Activity Center

255 NE 2nd St
Hermiston, OR 97838
541-567-3582

THE FUTURE OF P



***BIGGER *BETTER *STAR**

FUNLAND PARK!



Where play is sweet!

Funland Picket Fence Order Form

Be a part of Hermiston's

***BIGGER *BETTER *STRONGER**

Funland Playground! This is a limited time offer for your family or business to show support for our Hermiston community.

These pickets are made of 100% recycled material and will look great for decades.

Thank you for supporting our playground!

Choose your picket letters here, up to 22 letters. Fill in the picket top to bottom.

Or claim your picket on-line at www.hermiston.or.us

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Donation Amount: \$ _____

Checks to:
"City of Hermiston—Funland Rebuild"
S 415 HW395, Hermiston, Oregon 97838

\$100 Family picket

\$250 Business picket

STRONGER!



HERMISTON FAMILY AQUATIC CENTER

2020 Pool Season on Hold

As we navigate this unprecedented time, we are hoping to open the pool as soon as possible. Stay tuned to our social media pages for up-to-date information.

The following are on hold until further notice:

- Swim Lessons
- Lap Swim
- Swim Team
- Public Swim

Follow [@hermistonrec](#) or [@hermistonpool](#)

HOW TO STAY SAFE

- ✓ Check official river and stream conditions. Follow swimming regulations. 
- ✓ Don't drink. Drinking and swimming is just as dangerous as drinking and driving. 
- ✓ Wear a properly fitting life jacket for all river activities. 
- ✓ Watch children and pets at all times. 
- ✓ Don't have fires. Fires put people's lives and homes in danger. 

If you fall in, use the defensive position.
Float on your back with feet pointed downstream.
Don't be a hero. Rescue from shore. Call for help.

RIVER SAFETY IS YOUR RESPONSIBILITY.

Special Events

I Love My City

The annual Spring Event was postponed due to Covid-19 restrictions. A Fall event is being planned and information will be released this summer. STAY TUNED!

Join the team and serve your community! Several churches and the City partner together to serve the community through clean up efforts, car washes, park beautifications and more. Hot dogs and refreshments on Festival Street at Noon.

Sign up or show up, no experience necessary! Meet at McKenzie Park or follow the Red Shirts!

Ages: All Ages!
Location: All around Hermiston

Sat	Sept. 26 & 27	9:00am	Free!
-----	---------------	--------	-------

Summer Festival Series

Due to Covid-19, the Summer Festival Series has been cancelled for Summer 2020. We hope to have a festival in October. Check our Facebook page for more information as we get closer!



Hermiston Scavenger Hunts

Stolen City Key

Vandals have stolen the Key to the City of Hermiston! They have been caught but refuse to disclose the location of the missing key! We need your help to find it!

Ages: Fun for All Ages!
Location: Clues around Hermiston

Sun-Sat	June 2-18	Anytime!	\$5
---------	-----------	----------	-----

Kidnapped!

Help!! Our Parks and Recreation Director has been kidnapped! he ransom is an artifact we are certain Larry hid in one of our parks. We have to find it and get it to the kidnappers!

Ages: Fun for All Ages!
Location: Clues around Hermiston

Sun-Sat	June 26-July 13	Anytime!	\$5
---------	-----------------	----------	-----

National Night Out

Presented by Hermiston Police Department
(Tentatively Scheduled)

New this year! One giant block party at McKenzie Park! We will have BBQ hot dogs and refreshments. Find the Hermiston PD Golden Medallion and win the VIP treatment!

National Night Out is an annual community-building campaign that promotes strong police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live and work.

Ages: All
Location: McKenzie Park

Tues	Aug 4	5:30pm-7:30pm	Free!
------	-------	---------------	-------

HERMISTON Parks & Recreation

PHASE 1 UPDATE
(5.14.2020)

- ✓ Hermiston Parks are OPEN!
- ✓ Oxbow Trail is OPEN!
- ✓ Maximum Group Size = 25
- ✓ Riverfront Park is Closed
- ✓ Playgrounds are Closed
- ✓ Restroom Facilities are Closed (Porta Potties Available)
- ✓ Shelter Reservations are not available
- ✓ Summer Camps are OPEN!
- ✓ Hermiston Family Aquatic Center: Closed, intend to open as soon as the State allows.
- ✓ Splash Pad is Closed
- ✓ Swim Lessons are on hold

DO go for a walk or a run	DO follow social distancing	DO enjoy the sunshine
DO keep your pet on a leash	DO enjoy nature	DO practice relaxation
DON'T use the playgrounds	DON'T play contact sports	DON'T gather in groups

If you have questions – give us a call or go online to www.hermistonrecreation.com
541-667-5018

Stars & Stripes 4th of July Celebration

Our Stars & Stripes 4th of July Celebration has been modified. We will not have activities and vendors but will have the annual firework show off of the Butte. Please practice social distancing by enjoying the fireworks from your home or your vehicle near the Butte.

Location: Butte Park

Sat	7/4	1:00pm - 10:30pm	FREE
-----	-----	------------------	------



Stars and Stripes Pool Party

What better way to celebrate our nation's independence than a pool party with BBQ dinner, LIVE music, games, and swimming! You'll have the best view of the fireworks in all of Hermiston and easy parking (parking passes are available upon request on a first come basis). Purchase tickets at the Hermiston Family Aquatic Center. Tickets will be on sale until July 3rd or until tickets sell out.

Cost: 2-14 years \$12.00 (Under 2 free)
15+ years \$16.00

Location: Hermiston Family Aquatic Center

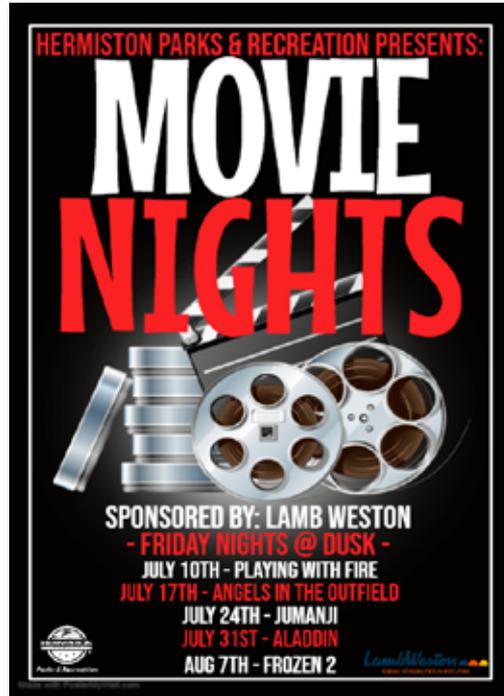
Th	7/4	6:00pm-10:30pm
----	-----	----------------

Summer Movie Series

Sponsored by: Lamb Weston

Bring your family, chairs and snacks for our annual Summer Movie Series.

Location: McKenzie Park or Hermiston Community Center
See social media page for movie times.



Hermiston Kid's Triathlon (Tentatively Scheduled)

Swim, Bike, Run! This non-timed, non-competitive event provides an excellent opportunity for youth, ages 4-12, to experience the sport of Triathlon. See page 9 for more details!

Location: Hermiston Family Aquatic Center

Sat	Aug. 1	9:00am	\$20/\$24
-----	--------	--------	-----------

Funland Park Dedication

Coming in the Fall 2020. Upon completion of construction, we will have a dedication ceremony and open the new playground!

Ages: All

Location: Funland Playground, Butte Park

TBD	Fall 2020	TBD	Free
-----	-----------	-----	------

Special Events

Youth Sports

Youth Flag Football League

Recreational Football Leagues dedicated to skill development and fundamentals. Game days will consist of a 45 minute practice followed by a 45 minute game. Black/Silver jersey required, mouthguards required, all other equipment is provided. Schedules and team information will be available by September 8th at bit.ly/hermistonrec_sports.

Grades: 1st - 4th Grade
 Location: Theater Sports Park
 Jersey: \$20 Black/Silver Jersey Required
 Deadline: August 28
 (\$15 late fee after 8/28 if space allows)

Sat	9/12-10/24	Game Time Varies	\$45/\$54
-----	------------	------------------	-----------

5th & 6th Grade Flag Football

New this Fall, play under the Friday Night Lights! Games will consist of 45 minute practice followed by a 45 minute game. Game times will vary to not conflict with home HHS football games. Schedules will be available by September 1st.

Grades: 5th & 6th Grade
 Location: Theater Sports Park
 Jersey: \$20 Black/Silver Jersey Required
 Deadline: August 21
 (\$15 late fee after 8/21 if space allows)

Fri	9/4-10/16	Game Time Varies	\$45/\$54
-----	-----------	------------------	-----------

Youth Volleyball League

Coed volleyball program dedicated to skill development and enjoyment in a non-competitive environment. 6 week season on Saturdays consisting of a 45 minute practice followed by a 45 minute game. Coaches/Referees needed. Black/Silver jersey required (\$20), knee pads encouraged, all other equipment is provided. Schedules and team information will be available by September 8th bit.ly/hermistonrec_sports.

Jersey: \$20 Jersey (Black/Silver jersey)
 Location: Hermiston School Gyms
 Deadline: August 28
 (\$15 late fee after 8/28 if space allows)

Sat	9/12-10/24	Game Time Varies	\$45/\$54
-----	------------	------------------	-----------

YOUTH SPORTS SCHEDULES!

Schedules will not be handed out and all communication will be done through email so please update your account and check your email regularly. Team rosters and schedules will be finalized by **SEPTEMBER 8th IF ALL COACHES ARE IN PLACE.** Find your child's name under age group and team name at: bit.ly/hermistonrec_sports



Youth Recreation Leagues

Basketball	3yrs - 6th Grade	January - March Register in December
Indoor Soccer	3yrs - 3rd Grade	April - May Register in February
Flag Football	3yrs - 6th Grade	Sept. - Oct. Register in August
Volleyball	3rd - 6th Grade	Sept. - Oct. Register in August
Swim Team	2nd - 12th Grade	June - August Register in May

Coaches/Referees Needed!

Our youth leagues do not run without our awesome volunteer coaches and referees. No experience is needed, we will help you along the way.

The Perks!

- Creating relationships and mentoring Hermiston Youth!
- Upon successful completion of the entire season, your account will be credited \$100 to be used on any of our programs.



Jr. Football Clinics

Participants will learn the fundamentals of football through fun skill based games. Skill stations of passing, running, catching, defense and teamwork will be set up. Sign up early for this popular clinic.

Times: 9:30am-10:15am (3 years old)
 10:30am-11:15am (4 years old)
 11:30am-12:15pm (5 years old)

Location: Theater Sports Park

Deadline: August 28

Sat	9/19-10/24	Time Varies	\$32/\$38
-----	------------	-------------	-----------

Junior Golf Camp

Partnered with: Big River Golf Course

11th Annual Junior Golf Camp hosted by Big River Golf Course. Campers will learn the fundamentals of the golf swing, tips for conquering the mental game, golf etiquette and rules, as well as receiving on course instruction. Camp registration fee also covers participation in the Big River Junior Golf Tournament!

Ages: 6-14

Location: Big River Golf Course

Deadline: July 3

M-Th	7/13 - 7/16	8:30am - 9:30am	\$55
------	-------------	-----------------	------

Big River Jr. Golf Tournament

Sponsored by: Harley Swain Subaru

Register and attend the Junior Golf Camp to participate in the Big River Jr. Golf Tournament. Prizes will be awarded. Participants must complete Junior Golf Camp in order to be eligible.

Ages: 6-14

Location: Big River Golf Course

Fri	July 17	8:00am	Camp Fee
-----	---------	--------	----------



Hermiston Kids Triathlon

A triathlon is a swimming, bicycling, and running event. Each triathlete will swim first, go directly to bicycling, and finish with running. This is a fantastic opportunity for your child to participate in an enjoyable, low-key, youth event. The Hermiston Kids Triathlon is a non-competitive event. NO EXPERIENCE IS NECESSARY. Participants are divided into waves based on age. Parents are encouraged to assist with any and all stages as needed.

All 7-12 year old participants must be able to:

- Swim 50 meters • Bike 1 mile • Run .75 mile

All 4-6 year old participants must be able to:

- Swim 50 feet (lifejackets available)
- Bike .6 mile (training wheels ok)
- Run .4 mile

ALTERATION TO THE PROGRAM WILL BE MADE IF POOL USAGE IS UNAVAILABLE!

Ages: 4-12

Location: Hermiston Family Aquatic Center

Deadline: July 24

Sat	8/1	9:00am	\$20/\$24
-----	-----	--------	-----------



Youth Bowling Camp

Partnered with Desert Lanes Family Fun Center

Learn the basics of 10 Pin bowling at Desert Lanes Family Fun Centers. Every registered bowler will receive an entry level bowling ball (drilling and fitting included) and instructional coaching from one of our qualified bowling instructors & staff.

CAMP INFORMATION WILL BE UPDATED WHEN AVAILABLE!

Ages: 6 & up

Location: Desert Lanes Family Fun Center

Deadline: TBD

TBD	TBD	TBD	\$55
-----	-----	-----	------

Youth Activities

Summer Food Service

Join us in the parks for the annual program sponsored by the State of Oregon to provide free nutritious meals for communities like ours! Free lunch is provided for any child 18 years of age and under at our feeding sites. Meals are served on a first come first served basis. The City of Hermiston is an equal opportunity provider.

Ages: 18 years or younger (children under 5 must be accompanied by an adult)
Locations: Sunset Park, Butte Park, Aquatic Center, Victory Square Park

Mon-Fri	6/15 - 8/7	Time Varies	FREE
---------	------------	-------------	------

Summer Fun - Day Camp

This popular camp provides all day activities including: Sports, education, arts and crafts, and much more. Breakfast, lunch and an afternoon snack are included. Friday afternoons will be spent at the Hermiston Family Aquatic Center.

LIMITED TO 20 CAMPERS!

Ages: 6-11 years
Location: Rocky Heights Elementary School
Deadline: One week prior to week

Mon-Fri	6/15 - 8/7	8:00am-5:00pm	Wk: \$115/\$138
---------	------------	---------------	-----------------

FAMILY FEUD Live VIRTUAL TOURNAMENT

\$10.00 PER FAMILY

Join in on the fun! Up to 2 adults and 4 children/teens per family. Each family will play at least 3 rounds. The winning family will win shirts and compete in the National Championship!

NATIONAL CHAMPIONSHIP JUNE 6TH

CONGRATULATIONS HANSEN FAMILY WINNING THE FAMILY FEUD NATIONAL CHAMPIONSHIP!

Summer Choir

The Hermiston Summer Choir will be open to all community members 14 and older. No audition required; just sign up and sing! Fee will cover sheet music expenses.

Performance Date: August 2nd at 3:00 PM

Ages: 14 through adult
Cost: \$15 Resident / \$19 Non-Resident
Location: Hermiston Community Center
Deadline: Friday, July 6th

Mon/Wed	7/13-29	6:30pm-8:30pm	\$15/\$19
---------	---------	---------------	-----------

NINJA WARRIOR PARKOUR CAMP

JULY 27-31

INFO & REGISTER AT: BIT.LY/HERMISTONRECREATION

AGES 9-14

GUIDED BY: COYLE OUTSIDE CAMPS

HERMISTON Parks & Recreation

THERE ARE NO OBSTACLES ONLY OPPORTUNITIES!

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. Contact us if you need an instrument.

Ages: 9+
Location: Hermiston Community Center

M/W	Monthly	3:45pm-4:45pm	\$5/\$6/class
-----	---------	---------------	---------------

Intermediate 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. Contact us if you need an instrument.

Ages: 9+
Location: Hermiston Community Center

Tues	Monthly	3:30pm-5pm	\$5/\$6/class
------	---------	------------	---------------

All Activities are subject to change due to County Covid Phase Mandates

RecDawg Pool Nights

Every Tuesday in July will be for TEENS ONLY at the Hermiston Family Aquatic Center. No registration required, pay at the door. Concessions available, check our social media for theme nights.

Ages: 13-17 years old
Location: Hermiston Family Aquatic Center

Tue	7/7	9:00pm-11:00pm	\$5 at door
Tue	7/14	9:00pm-11:00pm	\$5 at door
Tue	7/21	9:00pm-11:00pm	\$5 at door
Tue	7/28	9:00pm-11:00pm	\$5 at door



Funland Art Competition

Calling all young Hermiston artists! The new Funland Park will feature an art wall. Artists will be given a 4 inch tile to paint a handprint (younger ages) or a simple, two-color graphic design element that represents Hermiston (older ages). All supplies are provided. Best paintings will be selected for the Art Wall. All others not chosen will be returned to artist.

Ages: 5-12 years
Location: Hermiston Community Center

Tu/Th	July 7 & 9	8:30am-7:00pm	\$10
-------	------------	---------------	------

Approved Bounce House Vendor in Hermiston City Parks!!

Call To Order 545.4465
Monday - Sunday 8AM - 8PM

Servicing Pasco, Kennewick, Richland, Burbank, Finley, Highland, West Richland & surrounding areas.

- Water Slide/Bounce Combos (1 lane & 2 lane)
- Bounce/ Slide Combos (1 lane & 2 lane)
- Bounce/Slide Combos (7in1 with or without water option)
- Water Slides
- Dry Slides
- Bounce Houses
- Obstacle Courses - Wet
- Inflatable Obstacle Course - Dry
- Interactive Sports Games
- Dunk Tanks & Water Games
- Casino Games

Coupon is valid on any valid bouncable combo. Excludes U.S. national holidays. Not valid with any other offer. Not valid with any other package deal. Expires 07/31/21

bouncinbinstricities.com

Youth

Youth Activities

Youth Photography Camp

By: 60 Minute Photo

Learn the basics of digital photography (composition, lighting, focus points, and basic cropping) from the pros at 60 Minute Photo. Price includes: 2 - 8X10 photos, enlargements and matting. Participants must supply their own digital camera.

Ages: 6-14 years
 Location: 60 Minute Photo
 Deadline: Thursday, July 1

Mon-Th	7/6-7/9	11:00am-1:00pm	\$55/\$68
--------	---------	----------------	-----------

Art & Crafts Camp Color Your World

Join us in creating colorful works of art! Camp participants will explore water colors, chalk pastels, 3D art, colorful craft projects and much more. All supplies are included.

Ages: 7-11 years
 Location: Hermiston Community Center

Mon-Thu	8/10-8/13	9:00am-11:30am	\$65/\$78
---------	-----------	----------------	-----------

#RecDawg Kayak Trip

Teen kayaking on the Columbia River! Enjoy an afternoon kayaking from Hat Rock to Sandstation then return. Snacks will be provided. Bring water! Limited space! If you have your own kayak, let us know for a discount!

Ages: 13-18 years
 Location: Departing from HFAC
 Deadline: December 23

Tues	July 14	4:30pm-7:30pm	\$20/\$24
------	---------	---------------	-----------

Youth Archery

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

Ages: 8-18 (8-12 yrs must be accompanied by adult)
 Location: Hermiston Community Center
 Deadline: TBD

Tue/Wed	TBD	7pm-8:30pm	\$40/\$48
---------	-----	------------	-----------

Hermiston Community Theater Summer Camp

Performance: August 4th (McKenzie Park)

Join us for a two week theatre camp. Theatre games, singing, dancing and FUN! Our hard work will be showcased at the Hermiston National Night Out (tentatively schedule)

Ages: 6-18
 Location: Hermiston Community Center
 Deadline: July 18

M-F	7/21-8/4	1pm-3pm	\$105/\$126
-----	----------	---------	-------------

60 Minute Photo
 will photograph your athlete at this years...

HERMISTON TRIATHALON

60 MINUTE PHOTO HERMISTON, OREGON 541-567-0076

Sign up for this summers
Youth Photography Class
 July 6 to July 9
 Call 541-667-5012

OUTDOOR CAMPS

By Coyle Outside

Visit www.coyleoutside.com for more information on the instructors and programs!

Youth

Intro to Wilderness Survival

No prerequisites needed. Learn the basics of thriving in the wild. Campers learn confidence, initiative, communication and common sense through fun survival scenarios in teams and on their own. Skills taught include shelters, fire building, cordage, navigation, knots, traps, primitive skills and more. We won't get to everything, there's too much, but the week is packed! We play survival themed games and the week ends with an exciting final scenario and a certificate of achievement. No prerequisites. Bring appropriate clothing, snacks and lunch. Coyle Outside donates 10% annual profit to causes that benefit youth and nature.

Ages: 6-9 years
 Location: Hat Rock State Park
 Deadline: July 5

Mon-Fri	6/15-6/19	9:00am-4:00pm	\$265/\$305
---------	-----------	---------------	-------------



Advanced Wilderness Survival

No prerequisites needed. This camp goes in depth into critical survival skills using fun, challenging scenarios. Participants work on their own and in teams to problem solve various skills challenges such as shelter, fire, tool use, knife safety, traps, rope and knots, plant uses, animal tracking, primitive skills, navigation and more (we can't cover all of it in one week!) Instructors help participants build initiative, self control, confidence and communication skills while making new friends. We play survival themed games and the week ends with an exciting final scenario and a certificate of achievement. Bring appropriate clothing, snacks and lunch. Coyle Outside donates 10% annual profit to causes that benefit youth and nature.

Ages: 9-14 years
 Location: Hat Rock State Park
 Deadline: July 5

Mon-Fri	7/13-7/17	9:00am-4:00pm	\$265/\$305
---------	-----------	---------------	-------------



Ninja Warrior Parkour Camp

Learn to jump, vault, tumble, bounce and spin your way under, over and through whatever obstacles and features you come across. Campers build strength, timing, balance, flexibility and explosiveness as instructors take participants through a challenging and fun progression of skills and exercises. Instructors incorporate obstacle courses, martial art forms, acrobatic movements and props to learn and choreograph key parkour and free running movements. The week ends with a final showcasing of skills. Learn from expert instructors who travel nationally to teach and compete in parkour and movement classes and events. Play fun games, make new friends and earn a skills certificate. Bring appropriate clothing, snacks and lunch. Coyle Outside donates 10% annual profit to causes that benefit youth and nature.

Ages: 9-14 years
 Location: Victory Square Park
 Deadline: July 5

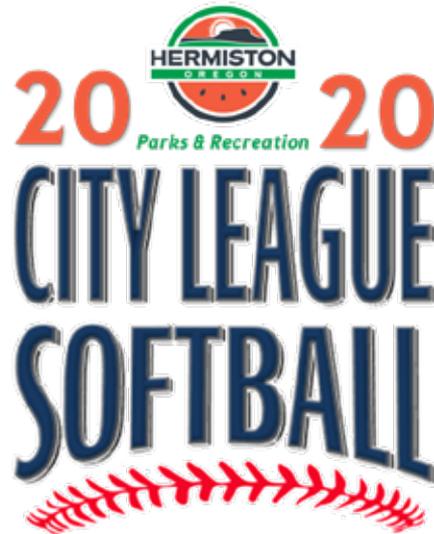
Mon-Fri	7/27-7/31	9:00am-4:00pm	\$265/\$305
---------	-----------	---------------	-------------



Adult Sports

Adult Sports Leagues Registration Instructions

1. Team Captain - Register at: bit.ly/hermistonrecreation
(This is best completed on a Personal Computer)
2. Create an account/ if you have an established account, please do not make a new one.
3. Register and pay for selected sport.
4. Gather names and emails for potential players.
5. After registering and paying team fee, go to account and click on team name. Invite each player to be on team.
6. When player receives invite and accepts they are placed on team. If invite is not accepted, they are not an eligible player.



Adult Softball Leagues

Dates: August - October
 Game Times: 6:00pm, 7:30pm, and 9:00pm
 Location: Theater Sports Park
 Deadline: Friday, July 31

Captains must sign all players up on teams by going to bit.ly/hermistonrecreation, creating an account, if needed, and following the directions for sending an invite to potential players. Roster size is limited to 20 players per team. Players must be 18 at time of registration, not a High School student and not playing college sports. Postseason single-elimination tournaments for top 4 teams will be included with each 6-week season.

Men's Softball:

ASA, unlimited home runs, double headers.
 Day: Tuesdays & Wednesdays
 Team Fee: \$450

Recreational Co-ed 2 Pitch Softball

This league is for teams and players who want to have fun playing softball. Postseason single-elimination tournament will be included with the 6 week season. Only 2 players allowed on roster from men's league.

ASA, 2 Pitch, 3 home runs progressive, single headers.
 Day: Mondays and/or Thursdays
 Team Fee: \$325

Adult Recreation Leagues

Basketball	January - March Register in December
Fall Volleyball	Sept - Dec Register in July
Winter Volleyball	January - March Register in December
Flag Football	Sept - Nov Register in July
Softball	May - July Register in March

**Referees/Umpires Needed
Great Pay!!**



Funland Picket Fundraiser!



- Your donations...making dreams come true!
- Put your name on Hermiston's New Playground!
- Purchase a picket for your family, business, or recent Graduate!
- Each picket is personalized and will be a permanent feature of the new playground!
- Pickets are made from upgraded, recycled material

\$100 Family Picket



\$250 Business Picket

Help us reach our goal of 2500 pickets!
Go to bit.ly/funlandpicket to purchase or call 541.667.5018

YOUR NAME HERE



Adults

Fall Volleyball Leagues

Dates: Sundays, September - October
Location: HHS Gold Gym
Deadline: Friday, August 21
Team Fee: \$130

Captains must sign all players up on teams by going to bit.ly/hermistonrecreation, creating an account, if needed, and following the directions for sending an invite to potential players. Roster size is limited to 12 players. Players must be 18 at time of registration, not a High School student and not playing college sports. Limited team space, sign up early.

Competitive Volleyball League

6 week season with postseason single-elimination tournament for top 4 teams. 7'11 5/8" nets will be used.

Recreational Volleyball League

Recreational league for teams and players who want to play in an organized yet relaxed league. Post season single-elimination tournament for top 4 teams following 6 week season. No competitive players allowed.

Adult Flag Football League

Dates: Saturdays, September - November
Location: Sunset Elementary
Deadline: Friday, August 21
Team Fee: \$475

USTFL Adult Flag Football League. This league is 8 on 8 non-contact. Captains must sign all players up on teams, by going to bit.ly/hermistonrecreation, creating an account if needed, following the directions for sending an invite to potential players. Roster size is limited to 20 players. Postseason single elimination tournament for top 4 teams will be included with each six week season. Must be 18 at the time of registration, not a High School student and not playing football in college. Limited team space - sign up early.



Adult Activities

Jazzercise

Join us at the Hermiston Community Center for a 40 minute calorie burning dance party! Classes will be led by a virtual instructor on the big screen. Social distancing protocols will be in place and sanitizing will be done between classes.

Ages: 15+
 Location: Hermiston Community Center
 Dates: June 3, 4, 10 & 11
 (More dates to come if enough participants!)
 Times: 8:00am, 9:15am, 4:30pm, 5:45pm

Wed/Thur	See Above	See Above	\$3 per class
----------	-----------	-----------	---------------

Dancing with April Swing Dance Camp

Learn loads of turns and patterns for two swing dances that will get you on the dance floor with confidence. East Coast Swing and 6-Count Swing are variations on the same steps done in a circular motion. These dances are also referred to as rock 'n' roll swing and jitterbug swing that are enjoyed to both a quick tempo or those songs that are slow and sassy. The advantages of a dance camp are having to set aside only one day instead of 4 days over 4 weeks, and more progress is made in the dances taught because of the focus and practice time. The camp includes four hours of instruction and practice. Lunch from 1pm to 2pm is on your own. Partner required, price is per couple.

Ages: 14+
 Location: The Arc Building
 Deadline: June 16

Sat	6/20	11am-4pm	\$30/\$36
-----	------	----------	-----------

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. Contact us if you need an instrument.

Cost: \$5/class - Resident
 \$6/class - Non-Resident

Ages: 9+

Location: Hermiston Community Center

M/W	Monthly	3:45pm-4:45pm	\$5/\$6
-----	---------	---------------	---------

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.

Cost: \$5/class - Resident
 \$6/class - Non-Resident

Ages: 9+

Location: The Arc Building (215 W. Orchard Ave)

Tues	Monthly	3:30pm-5:00pm	\$5/\$6
------	---------	---------------	---------

Summer Choir

The Hermiston Summer Choir will be open to all community members 14 and older. No audition required; just sign up and sing! Fee will cover sheet music expenses.

Performance Date: August 2nd at 3:00 PM

Ages: 14 through adult
 Cost: \$15 Resident / \$19 Non-Resident

Location: Hermiston Community Center

Deadline: Friday, July 6th

Mon/Wed	7/13-29	6:30pm-8:30pm	\$15/\$19
---------	---------	---------------	-----------

Share your talent with us!

Have a skill or talent? Want to earn some extra cash? Teach a class or program with us and share your skills with our community!

Become a Recreation Program Instructor!

Email for more info: BArtz@hermiston.or.us



Sunset Paddle

The perfect introduction for beginning kayakers. Get out and enjoy a warm summer night on the waters of the Columbia River. The tour will take you along the banks of the Columbia River and several islands along the way. The trip is approximately 1.5 miles long. Afterwards, enjoy shortcake and summer berries at Hat Rock State Park. Bring your own kayak or use one of ours. Space is limited.

Rental: \$10 kayak (optional)
 Ages: 14 and up (14-17 must come with an adult)
 Location: Hat Rock State Park
 Deadline: June 21

Wed	6/17 & 7/8	5:30pm-9:00pm	\$12/\$15
-----	------------	---------------	-----------

Dog & Puppy Training

By Paws Off Obedience

Create an obedient, loving companion through this training class that introduces your dog to basic commands and a behavior foundation. You and your dog learn sit, down, sit stay, down stay commands. The class will include recall, paws off, leave it, wait, place and even the correct way to meet and greet other dogs with using demo dogs first. A Certificate of Completion will be awarded at the last class.

Puppies: 0-6 months / Adult Dogs: 6 months and older
 *Must show proof of current vaccinations.

Instructor: Vionne Tricker
 Location: Highland Hills Elementary
 Deadline: Friday Prior to Session

Sat	Session 2 5/30 - 7/4	1:00pm - 2:00pm 2:30pm - 3:30pm	\$55/65
Sat	Session 3 7/18 - 8/22	1:00pm - 2:00pm 2:30pm - 3:30pm	\$55/65

Leash Lessons for Your Pup

By Paws Off Obedience

Learn to walk your dog like a champ! Learn to walk your dog by your side and not pull you down the street. Loose-Leash walking, sidewalk etiquette and polite greetings with other dogs will be practiced. Open to all dogs from puppies to senior dogs.

*Must show proof of current vaccinations.

Children can participate in the training class but must be supervised by a parent.

Instructor: Vionne Tricker
 Location: Riverfront Park
 Deadline: Friday Prior to Session

Wed	6/19 - 7/10	6:30pm - 7:30pm	\$30/\$36
Wed	7/17 - 8/7	6:30pm - 7:30pm	\$30/\$36

Harvest Moonlight Paddle

Hermiston Recreation has partnered with the rangers at Hat Rock State Park to offer this unique experience to kayak under the light of a full moon. This trip will paddle around the shores of the Columbia River under the enchanting night sky. Bring a headlamp to help illuminate your way. Glow sticks will help illuminate your kayak. Included is a bonfire with harvest themed treats.

Rental: \$10 kayak (optional)
 Ages: 14 and up (14-17 must come with an adult).
 Location: Hat Rock State Park
 Deadline: August 30

Fri	9/6	6:00pm	\$25/\$30
-----	-----	--------	-----------

Adults

VIRTUAL Family Fitness Challenge!

YOUTH	TEEN
1. McCoy Williams - 387	1. Regan Stanek - 229
2. Morgan Williams - 382	2. Alea Garrett - 165
3. Maxwell Williams - 380	3. Ava Garrett - 144
4. McKenna Williams - 302	4. Xander Harsh - 34
5. Barrett Stanek - 286	
6. Brynlie Artz - 195	
7. Taylie Artz - 195	
8. Madelyne Kreder - 137	
9. Alixandria Garrett - 134	
10. Matthias Kreder - 132	
11. Carter Keys - 88	
ADULT	ELITE
1. Matthew Williams - 396	1. Nate Rivera - 631
2. Brittany Martin - 363	
3. Meagan Williams - 343	
4. Jason Stanek - 251	
5. Bobby Levy - 226	
6. Veronica Kreder - 225	
7. Jim Webb - 218	
8. Chris Webb - 214	
9. Stacey Stanek - 210	
10. Don Rice - 204	
11. Brandon Artz - 202	
12. John Fisher - 195	
13. Fran Rice - 172	
14. Tammy Fisher - 164	
15. Doug Gill - 161	

Congratulations to all our Participants!
 Full Leaderboard Found at:
bit.ly/hermistoncovid100leaders

Hermiston Se

Message from Willard and Judy Fordice:

Everything was cancelled on the morning of March 13th. Since then the only people in the building is our two cooks & three in the office (Tues Wed & Thurs). The five of us put out Meals-On-Wheels & take-out meals on Tues & Thurs. Delivery people come for about 2 hours on Tues & Thurs. We have no idea when classes can resume.

Starting last week, the Resistance Band class (Tues & Thurs) started meeting on the deck. They have about 10 people right now. (Usually numbers 20 – 25)

We hope to have all the classes, meetings, study groups, etc. back eventually. But right now there is no schedule. And no date for opening, even for meals in-house.

Senior Center

Call the Office for Information
Tuesday - Thursday: 541-567-3582

Classes for individuals age 60 and over
[to resume soon]:

- Tai Chi – Moving for Better Balance
- Resistance Bands Class
- Upright & Functional
- Arts & Crafts
- Pinochle
- Ready Alliance Mtg
- Dorothy's Study Group
- Diane's Study Group
- Jr's Study Group
- Also available for Birthday Parties, Retirements,
and Celebration of Life gatherings

EARN EXTRA CASH NOW!



Kristin Connell (General Mgr)



Jessica Smith



CAN FIND YOU A JOB IN A DASH!

Now Hiring!
All shifts available!

Interested applicants
may apply online at:
www.expresspros.com

Qualifications:
Minimum 18 years of age
Must be able to pass a
criminal background check
and drug screening

Questions?
Call us for more info!



Patty Fernandez



Amy Adams



**120 E. HURLBURT
HERMISTON, OR
541-567-1123**

www.expresspros.com
www.facebook.com/ExpressHermiston

Agricultural, Construction, Commercial, and Home Loans.

We've got you covered.

**Plus a Friendly Branch
where you can bank!**

Checking • Savings
Business Banking • On-line Banking
Mobile Banking • Deposit-taking ATM

Hermiston

1475 N. 1st Street
541-303-8274

Deposit-taking ATM



KAITLIN ORCUTT NMLS# 1043345 / NMLS# 414459
Rates & terms may vary. All loans subject to credit approval.



**Bank of
Eastern Oregon**



TO LEARN MORE VISIT:

www.UmatillaElectric.com
or call (541) 567-6414.

Hydromania is a fun-filled summer science camp for students who have just completed the 4th and 5th grade that is focused on science, water, our environment and energy.

This exciting camp includes hands-on experiments, activities, field trips, and interaction with other students, making it an unforgettable experience.

Applications Now Available!



Hermiston Office
750 W. Elm Ave.
Hermiston, OR 97838
(541) 567-6414

Boardman Office
400 N.E. Eldridge Drive
Boardman, OR 97818
(541) 481-2220



Affordable Family Eyewear



Eastern Oregon's Best Value in Eyewear

Dr. Anderson Eye Exam

Se Habla Español

Saturday appointments available



Most Insurances Accepted

Moda, Amerita, Regence and many more

Monthly Specials and
Free Drawings



Same Day Service

Most Prescription Lenses
can be ready for you in 1-3 hours

www.AffordableFamilyEyewear.com



New Location!
298 E. Gladys Ave
Hermiston
541-567-3790

FREE



NortheastOregonNow.com
(neonow.com)

**Online Local
& Regional
News & Events**

Refreshed daily.

CURIOUSLY DELICIOUS
CHEESE CURDS

A&W
ALL AMERICAN FOOD

77522 S. Hwy. 207 • Hermiston
Located at Space Age Travel Center and Comfort Inn & Suites

www.columbiariverpowdercoating.com



Located off HWY 395 on Sturgis St.
in Hermiston, OR



OUR SERVICES:

- POWDER COATING
- SAND-BLASTING
- SODA-BLASTING
- COLOR-MATCHING



We also offer:

- Hi-Temp Powder Coating
- Fast Turn-A-Rounds
- Oven accommodates projects up to 43' long!



Call or Come by TODAY!
*No Appointment Necessary
and visit our Friendly Staff and
New Management Team*

(541) 567-2542

Hours: 8:00 a.m. to 5:00 p.m. • Mon - Fri
30676 Sturgis St., Hermiston, OR 97838

BIG or Small, We Do It ALL!

**AGRICULTURAL & CONSTRUCTION
APPLIANCE • ARCHITECTURAL
AUTOMOTIVE & TRANSPORTATION
ELECTRICAL • FUNCTIONAL • FURNITURE
LAWN & GARDEN • GENERAL METAL • HVAC**



All Your Beauty Needs since 1989



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

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

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



WE HAVE ALL YOUR LANDSCAPING AND GARDENING NEEDS!

FULL SERVICE FLORIST

& Gifts for All Occasions

465 West Theater Lane
Hermiston

541-567-3278



Fresh Flowers for Any Occassions



Home of the
Umatilla County Fair ★ Farm-City Pro Rodeo

Book Your
Event Today!

Eastern
Oregon

TRADE & EVENT CENTER

EOTEC

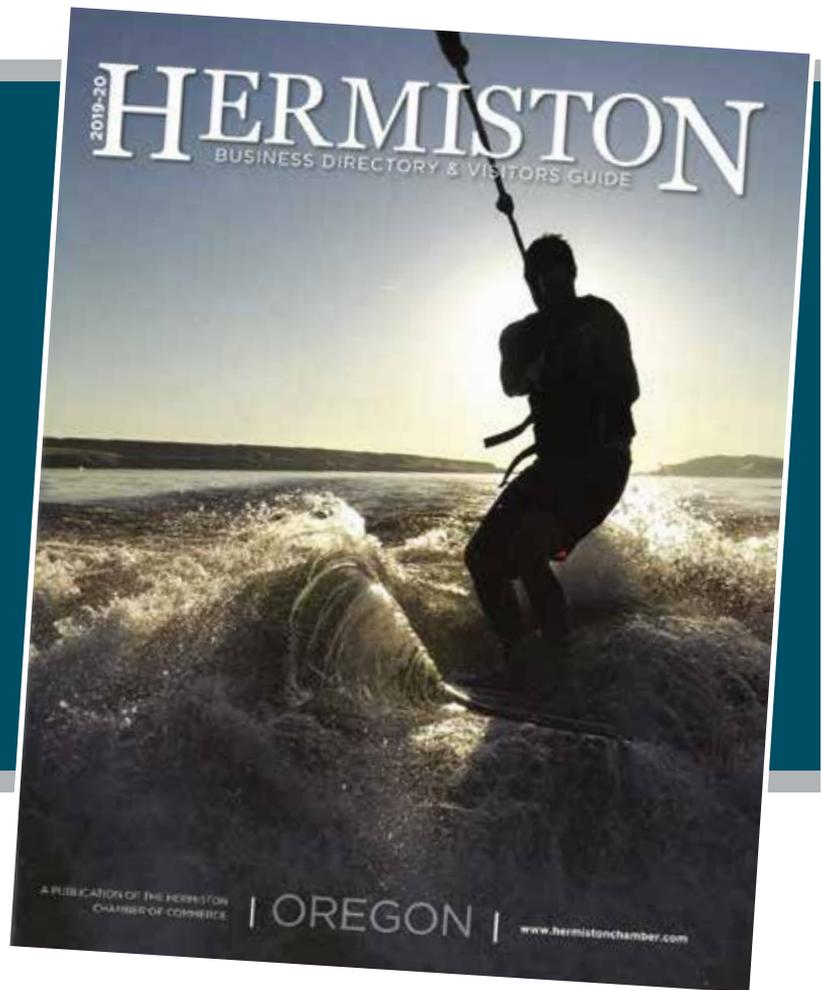
12,000 sq. ft. Great Room
3 Meeting Rooms
1 Executive Boardroom
Rodeo Arena
Livestock Barns
Outdoor Event Space
Conventions
Trade Shows
Banquets
Private Events
Concerts

www.eotechermiston.com

1705 E. Airport Road, Hermiston, OR
541.289.9800

Stop by our office and
pick up the Hermiston
**Business
Directory &
Visitor Guide!**

*A digital version on this guide can also be found
on our website at www.hermistonchamber.com*



**If you are looking for places to visit stop in and
check out our selection of brochures, maps and visitor guides
from all over Eastern Oregon and beyond!**



HERMISTONCHAMBER.COM

(541) 567-6151

1055 S HWY 395, STE 111 | HERMISTON, OR

SEVERSON

ACCOUNTING & TAXES

SINCE 1974

Mark Severson, LTC, EA
Jackie Myers, LTP

*Tax Preparation
E-file*

Bookkeeping

Individual

Small Business

*Corporation &
Partnership*

- Payroll
- Notary

Open Monday thru Friday 8am to 5pm • Walk-Ins Welcome

205 NE 4th St. Hermiston, OR

Call Today: 541-567-2018

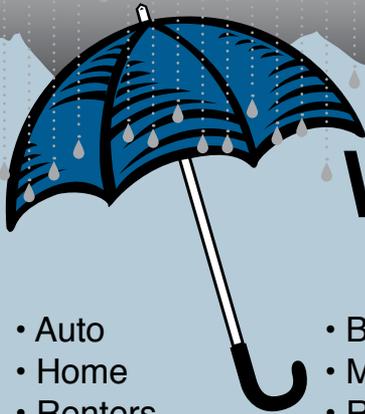
REWARD YOUR GOOD WORKS WITH
YOUR FAVORITE BLIZZARD!



- Oreo Cookies
- Mint Oreo
- Chocolate Chip Cookie Dough
- Double Fudge Cookie Dough
- Oreo Cheesecake
- Snickers
- Butterfinger
- M&M's
- Reese's
- Heath
- Strawberry Cheesecake
- Banana Split
- Chocolate Xtreme
- Turtle Pecan Cluster
- Georgia Mud Fudge

Come see us for more
delightful flavors

1140 N. 1st St., Hermiston, OR
541-567-6622



We've got you covered

- Auto
- Home
- Renters
- Life
- Business
- Motorcycle
- RV • Boat • ATV
- Manufactured Homes

Multiple Policy Discount

**BEFORE YOU BUY
OR RENEW**

**you owe it to your budget to
get a free quote from us.**



Katelynn John & Jennifer Zimmer



FARMERS

INSURANCE

**ZIMMER INSURANCE
AGENCY**

**911 N 1st, Hermiston
541-567-5745**

Mon-Fri 9am-5:00pm • Sat & After Hours by Appointment

AYSO registration is coming soon!
Come join the biggest soccer club in the world!



PLAYSOCCER®



Registration Dates:

Friday, May 8th 6pm-8:30pm \$70 Registration Fee
Friday, May 22nd 6pm-8:30pm \$70 Registration Fee
Friday, June 5th 6pm-8:30pm \$70 Registration Fee
Last Chance Thursday, June 11th 6pm-8:30pm \$80

Location: Rocky Heights Elementary Gym
650 W Standard Ave

VOLUNTEERS NEEDED:

We are in need of volunteers – especially coaches, referees and board members. Free training and equipment provided. Please visit www.AYSO877.org to apply and visit our volunteer table at registration.

Everyone Plays
Balanced Teams
Open Registration
Positive Coaching
Good Sportsmanship
Player Development

AYSO Region 887 would like to thank the City of Hermiston and all of our sponsors for their continued support.

Get involved! We are always looking for volunteers to be coaches, referees, and other available Regional Board positions. For any Questions or to contact the Board visit us on our new website at www.ayso887.org



Visit our Website at: www.ayso887.org
Follow us on Facebook "Columbia United Soccer" for up-to-date information now and throughout the season

Hermiston Parks & Recreation

Stolen Key Scavenger Hunt

CLUES - PUZZLES - RIDDLES

Thief's have stolen the Key to the City of Hermiston! The thieves have been caught but refuse to disclose the location of the missing key! We need your help!

June 2nd - June 18th

\$5.00 Registration Fee
Fun for ALL ages!

How 'Bout a FLOAT?

MADE FRESH ROOT BEER

- Smoothies
- Shakes
- Sundaes
- Floats
- Polar Swirls

HAND BREADED CHICKEN TENDERS 3-PIECE COMBO

SPICY PAPA SAUCE

77522 S. Hwy. 207
Hermiston

Located at Space Age Travel Center and Comfort Inn & Suites

All American Food

- Enjoy the driving range
- Tokens make a great gift for any occasion

OPEN DAILY



GOLF CENTER

30640 Hwy 730 • Umatilla



Hermiston 8 Cinema

Highway 395 & Theatre Lane - (541) 567-1556
www.MoviesInHermiston.com

FREE SUMMER MOVIES FOR KIDS!

Wednesdays and Thursdays
 June 10th through August 20th, 2020
Doors Open at 9:30 AM

Movies start as auditoriums fill, last Movie starts at 10:00 AM
 Check www.MoviesInHermiston.com in June for more details.



Better equipment. Better value.
RDO does that.



RDO Equipment Co. offers incredible equipment deals to keep your property looking great year-round.

Call or visit us to see what we can do for you.

0% APR for 60 Months¹
and SAVE UP TO \$300² OFF on
1025R Sub-Compact Tractors.

RDO Equipment Co.
 78200 OR-207
 Hermiston, OR
 541-567-8327

¹Offer valid on qualifying purchases made between 04 February 2020 to 30 April 2020. Subject to approved installment credit with John Deere Financial. No down payment required. \$16.67 per month for every \$1,000 financed. 0% APR for 60 months only. ²No down payment required. \$14.66 per month for every \$1,000 financed. 1.90% APR for 72 months only. Taxes, freight, setup and delivery charges could increase monthly payment. Sales made to government agencies, company direct sales or other businesses/agencies that participate in John Deere's Special Discount Program or in John Deere's Rental Business Program are not eligible. Available at participating RDO Equipment Co. Prices and models may vary by dealer. Offer available on new equipment and in the U.S. only. Prices and savings in U.S. dollars.



RDOequipment.com

Good Shepherd Wellness

Info/Registration *Unless noted otherwise:
Call 541-667-3509 or Email healthinfo@gshealth.org

Tai Chi

FREE. 8 forms for beginners. Tai Chi improves muscle strength, balance and flexibility, all while relieving stress and improving mood and sleep! Join us for this 6 week session where we will build upon our learning each week.

Pre-registration required.

Dates: Tuesdays, Jul 7 - Aug 11

Time: 9am-10am

Place: Good Shepherd Front Lawn (on the corner of W. Elm St and NW 11th St.)

Diabetes Prevention Program (DPP)

FREE. Created by the CDC, the Diabetes Prevention Program is a yearlong lifestyle change program for people with pre-diabetes and/or who are at risk of developing type 2 diabetes. This course will help participants set goals, track their eating and activity, assess their progress, and solve problems. Join us for these motivating, regular sessions of the Diabetes Prevention Program!

Dates: Starting Thursday, Aug 6

Time: 2:30pm-4:00pm

Place: GSMC Conference Rooms 3+4 (by cafeteria)

Better Sleep Workshop

Attend this FREE workshop and 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! Ages 18+ only. Pre-registration required.

Dates/Times: Wednesday, May 6, 10am-11am or

Thursday, Jul 16 2pm-3pm

Place: GSMC Conference Rooms 3+4 (by cafeteria)

Lunch & Learns

Join us for the FREE, informative and popular lunch & learn series covering various topics focusing on healthy living. Bring your questions! Lunch provided for those pre-registered.

Topics / Dates:

CPR and AED: Community Basics: Thursday, Apr 16

Suicide Awareness: Thursday, May 14

Water Safety: June: Call for date

Beat the Heat: Summer Sun Safety: July: Call for date

Times: 12:00-12:45pm

Place: GSMC Conference Room 1 or 2

Healthy Cooking for Seniors on a Budget

Join us for this FREE cooking class for Seniors ages 55+. Thanks to a generous grant from the Good Shepherd Community Health Foundation, we are able to provide a class that includes the tools, tips and recipes for healthy cooking on a budget. Encourages cooking confidence and excitement to individuals of all skill levels! Pre-registrations required for accurate food quantities.

Dates / Locations: Apr 29: Boardman Senior Center

Call for additional dates and locations

Times: 2pm-4pm

Living Well with Chronic Conditions: Session "0"

This two hour session will provide an overview of the 3 different self management classes we provide at Good Shepherd Health Care Center. We will discuss the purpose of each class series and the wide range of tools that can be utilized to help manage chronic conditions, diabetes and chronic pain. These tools include: healthy eating, problem solving, decision making, communicating with family and providers, relaxation techniques, helpful exercises and many others. We will provide instructions on how to sign up for one of the 6 week class series, at the end of the session.

Dates: Saturday, Jun 6

Times: 10am-12pm

Place: Good Shepherd Conference Center 1

Living Well with Chronic Conditions

Are you living with a 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 because your health matters! Pre-registration required.

Dates: Tuesdays, Jun 23-Jul 28 OR Aug 20-Oct 1

Times: 2:30-5:00pm

Place: GSMC Conference Rooms 3 & 4 (by the cafeteria)

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! Pre-registration required.

Dates: Tuesday, May 5-Jun 9

Times: 2:30-5:00pm

Place: GSMC Conference Rooms 3 & 4 (by the cafeteria)

Falls Prevention Free Workshop

Aging can make balance and coordination more difficult, leading to falls. Fortunately, most falls can be prevented! Learn the common reasons people fall, how the brain is involved, and how to improve balance and coordination! FREE workshop—everyone welcome! Pre-registration helpful but not required.

Dates: Saturday, Apr 4, 10am-12pm, GSMC Conference Room 1

Thursday, Apr 16, 2pm-4pm, Columbia River Health Clinic, Boardman

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, May 4 – Jun 29

Times: 1:30--3:30pm

Place: Hermiston Senior Center

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.

Dates: Saturday: May 9 or

Mondays: Jun 22, Jul 13 or Aug 10

Times: 9am--3pm

Place: GSMC Conference room 1

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

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

Powerful Tools for Caregivers

Learn to thrive while caregiving! Join us for these FREE classes for those providing physical or emotional support for a loved one. This 6 week course will give you, the family caregiver, a toolkit of skills to help you communicate effectively with family members and health professionals, reduce guilt, anger, and depression, set goals and problem-solve, make tough decisions, and to take better care of yourself. Registration required.

Dates: Mondays, Jul 13–Aug 17

Times: 4pm–6pm

Place: GSMC Conference Rooms 3 & 4 (by the cafeteria)

Events

Good Shepherd's Senior Health & Wellness Expo

Join us for this FREE health & wellness event for seniors featuring health screenings, activities, presentations and information from local vendors. Free diabetes screenings, cholesterol checks, skin exams, blood pressure and BMI screenings, colorectal cancer screenings and ear exams will all be on-site. This event will also feature presentations by Dr. Guy Fogg, Geriatric Physician with Good Shepherd, and from Greater Oregon Behavioral Health, Inc. (GOBHI).

Date: Thursday, May 21

Time: 10am--2pm

Place: Hermiston Senior Center

Family Health & Fitness Day

FREE family-friendly event featuring health screenings and activities for all ages! Join us for health & wellness information, free snacks, activities and the opportunity to win great prizes.

Date: Saturday, September 26th

Times: 9am--2pm

Place: Hermiston High School

Quit Tobacco / Smoking 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.

Northeast Oregon Prescription Trails

Good Shepherd is proud to present a new community health resource that will help you improve your health and fitness today! Exercise can improve quality of life and help prevent and treat numerous illnesses/ chronic conditions like diabetes, obesity, high blood pressure, and depression. The purpose of Northeast Oregon Prescription Trails program is to help community members improve their health by using exercise as medicine, while accessing our beautiful parks and trails. We work with highly knowledgeable and qualified providers, who recognize that exercise can in many cases, be just as effective as medication. Visit www.WALKRXTAILS.COM to find walking trails and information on how to start walking to improve your health! Call 541-667-3509 for additional information.

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 & 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: Apr 3, Apr 17, May 1, May 15, Jun 5, Jun 19, Jul 2, Jul 17, Aug 7, Aug 21 or Sep 4

Times: 9am--5pm - CPR (9am--2pm), First Aid (2--5pm)

Place: GSMC Conference Rooms

Fee: \$95.00 CPR & First Aid Combo

\$45.00 CPR Only

\$50.00 First Aid Only

Basic Life Support (BLS)

Classroom only This CPR class is designed for Healthcare personnel. Adult, child & infant CPR and AED instruction. Includes a BLS CPR take home manual for each participant.

Dates: Apr 10, May 8, Jun 12, Jul 10, Aug 14, or Sep 11

Times: 9am--2pm

Fee: \$55 (includes take home manual)

Heartcode Basic Life Support (BLS) - (online + classroom)

This CPR class is designed for Healthcare personnel. Adult, child & infant CPR and AED instruction. Online portion takes approximately 2 hours and must be completed prior to live class time.

Dates: Apr 13 or 24, May 11 or 22, Jun 26 or 29, Jul 24 or 27, Aug 24 or 28, Sep 25 or 28

Times: 8am - 10:30am

Fee: \$30 (Classroom fee only) You are required to purchase & complete the "online" portion of the course through the American Heart Association website. (www.onlineaha.org)

Red Cross Blood Drives

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

Dates: Apr 20, May 18, Jun 15, Jul 20, Aug 17, Sep 21

Place: GSMC Conference Rooms 1 & 2

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

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:

Info: Call 541-667-3507 or 541-667-3509 to schedule an appointment

Safe Communities Committee

FREE monthly meetings to work on safety strategies for our communities such as stopping 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: 12pm--1pm (lunch available)

Place: GSMC conference room 2

Info/RSVP: Call 541-667-3509 to RSVP or email

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: 12pm--1pm (lunch available)

Place: GSMC conference rooms 3 & 4 (by the cafeteria)

Adult Health: Screening and Prevention Committee

Works as a team to address health needs throughout the community. Please join us to voice your opinions and concerns about screening and prevention!

Dates: Third Wednesday of every month

Times: 11am--12pm

Place: GSMC Conference rooms 3+4 (by the cafeteria)

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 healthreferral@gshealth.org to contact a community health worker to assist you.



Support Groups:

Breast Cancer Support Group:

Support and encouragement for those affected by breast cancer.

Dates: Every 3rd Monday of each month

Times: 6:30--8:30pm

Place: GSMC Medical Plaza, M-02 (downstairs)

Info: Please call Shari (541) 561-7407 or

Diane (541) 561-4302.

Grief Share:

A FREE Faith-Based grief program .

Dates: Every Thursday

Times: 1:00pm - 2:30pm

Place: Hospice Office (645 W. Orchard, Suite 500)

Info: Call Terri: 509-301-2520

Hope for Healing Support Group (Hermiston)

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

Info: Call Hospice office: 541-667-3543 or

Terri at 509-301-2520

HERMISTON - Every Tuesday

Times: 6:00--7:30pm

Place: Broun Building (645 W. Orchard, Suite 500)

PENDLETON - Every Thursday

Times: 6:00--7:30pm

Place: Redeemer Building (241 SE 2nd St, Pendleton)

Celebrate Recovery

Helping broken people become whole by working the 12 steps and the 8 principles of recovery.

Dates: Every Monday

Times: 6pm--7:30pm (dinner available at 5:30pm)

Place: Stanfield Baptist Church (310 E. Wheeler Ave Stanfield)

Info: Contact Scott at 541-571-6886

Parkinson's Support Group

Free, ongoing support for those with Parkinson's Disease and their caregiver.

Dates: First Monday of every month

Time: 12pm--1pm

Place: Desert Lanes Bowling Alley

Info: Contact caclupny@gmail.com 541-720-4256 or Charlie at 541-720-4130

Aphasia Support Group

Have you been diagnosed with aphasia, or difficulty speaking?

Our goal is to provide a place for people with aphasia and their loved ones to connect with others, learn more about communication, and have fun in a positive, relaxed atmosphere. Participants are encouraged to bring a friend or family member for support.

A licensed certified speech language pathologist will facilitate the group.

Dates: Second Thursday every month

Time: 10am - 11am

Place: GSMC Conference Rooms 3 & 4 (by the cafeteria)

Info: Info and registration: Call 541-667-3641

Larry Has Been
Kidnapped

June
26-
July
13

SCAVENGER HUNT

HELP!! OUR PARKS AND RECREATION
DIRECTOR HAS BEEN KIDNAPPED! THE
RANSOM IS AN ARTIFACT WE ARE CERTAIN
LARRY HID IN ONE OF OUR PARKS. WE HAVE
TO FIND IT & GET IT TO THE KIDNAPPERS!

RIDDLES - CLUES - PUZZLES

\$5.00
Registration Fee
Fun for ALL ages!



Parks &
Recreation

Park Rules (City Code 93.04)

- Park Hours: Sunrise–Sunset (unless otherwise posted)
- Gas Grills Only on concrete pads (No Charcoal)
- No alcohol or controlled substances
- No motorized vehicles
- No fires, fireworks or firearms
- Pets must be leashed & cleaned up after. No horses.
- No overnight parking or camping
- Do not damage or deface public property
- All trash must be placed in approved containers
- No excessive noises that disturb others
- No unauthorized commercial activities



1. Riverfront Park

Orchard Ave Extension

Playground/Walking Trail/Restrooms

2. Harrison Park

NW 13th St

Playground

3. Oxbow Trailhead

Hermiston Desert Disc Golf

Elm Ave Extension

4. Victory Square Park

150 SW 10th St

Shelter/Playground/Restrooms

5. Hermiston Family Aquatic Center

879 W. Elm St

Outdoor Pool/Event Rentals

6. Butte Park

1245 NW 7th St

Splash Park/Shelter/Playground/Restrooms

7. Belt Park

705 W. Pine Ave.

Walking Trail/Shelter

8. Theater Sports Park

1800 NW 6th St

Softball/Playground/Restrooms

9. Greenwood Park

80 W. Beech Ave

Shelter/Playground/Restrooms

10. McKenzie Park

320 S. 1st St

Shelter/Playground/Restrooms

11. Harkenrider Senior Center

255 NE 2nd St.

Senior Activities/Event Center

12. Hodge Park

100 W. Highland St

Shelter/Playground/Restrooms

13. Hermiston Community Center

415 S. HWY 395

Parks & Rec Offices/Event Center

14. Sunset Park

1100 NE 4th St

Playground/Basketball

15. Newport Park

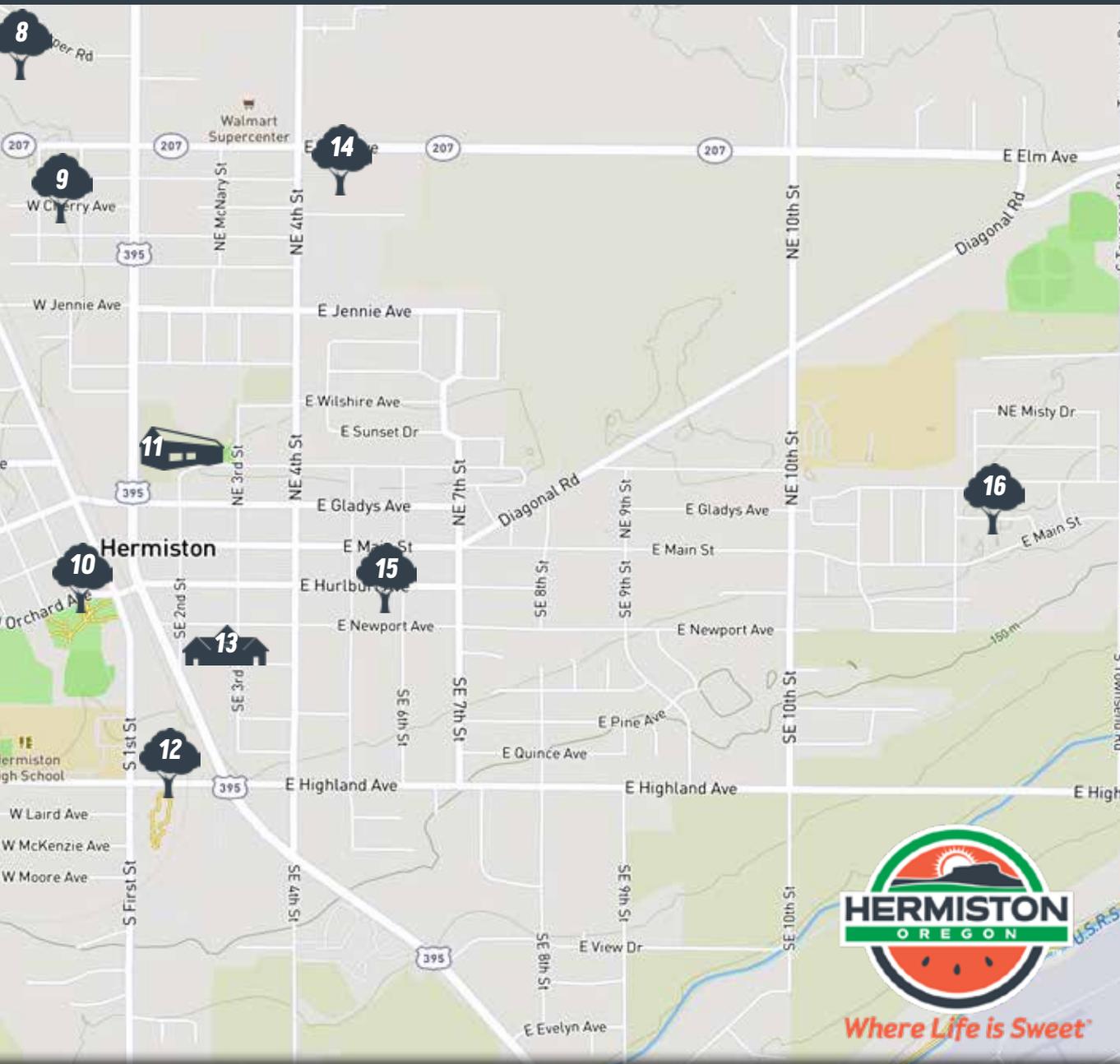
515 E. Newport St

Playground/Restrooms/Play Fields

16. Highland Park

134 NE 13th St.

Playground



Picnic Shelter Rentals

Shelters can be rented online 120 days before date. No refunds.

\$50 - Resident

Rental Times: Early: 8am-2pm

\$75 - Non-Resident

Late: 3pm-9pm

Approved Bounce House Providers:

1. Bouncin' Bins 509-545-4465

2. Cottage Event Rentals 541-289-6487



Butte Park



McKenzie Park



Victory Sq. Park



Hodge Park

541-667-5018

www.HermistonRecreation.com

COMMUNITY RECREATION DIRECTORY

ACTIVITIES/SERVICES	ORGANIZATIONS	E-MAIL/WEB/ADDRESS	CONTACT
Art Classes	Hermiston Parks & Recreation	www.hermistonrecreation.com	541-667-5018
Adult Basketball	Hermiston Parks & Recreation	www.hermistonrecreation.com	541-667-5018
Adult Flag Football	Hermiston Parks & Recreation	www.hermistonrecreation.com	541-667-5018
Adult Softball	Hermiston Parks & Recreation	www.hermistonrecreation.com	541-667-5018
Youth Basketball	Hermiston Parks & Recreation	www.hermistonrecreation.com	541-667-5018
Youth Flag Football	Hermiston Parks & Recreation	www.hermistonrecreation.com	541-667-5018
Dance/Gymnastics	Hermiston Parks & Recreation	www.hermistonrecreation.com	541-667-5018
Youth Golf Camp	Hermiston Parks & Recreation	www.hermistonrecreation.com	541-667-5018
Youth Wrestling	Kids Wrestling Program	jsrg3132@hotmail.com	541-969-0677
Youth Baseball	Hermiston Little League	hermistonlittleleague@hotmail.com	
Club Lacrosse	Hermiston Youth Lacrosse	hermistonlax@hotmail.com	
Club Soccer	Hermiston AYSD	www.hermistonayso.org	541-701-6959
Youth Track Program	Little Hurricanes	Emilee.Strot@hermiston.k12.or.us	541-667-6115
Club Basketball	AAU/HYBA	www.hermistonbasketballclub.org	541-561-5324
Baseball	Hermiston American Legion	Kevin.Moore@hermiston.sd.org	541-667-6000
Grid Kids Football	Hermiston Grid Kids Football	jgutierrez31978@gmail.com	541-314-5399
Dance	Dance Unlimited	www.danceunlimitedhermiston.com	541-567-4020
Adult Soccer	Men's Latino League		541-701-1614
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
Hunter Safety Class	Oregon Fish & Wildlife	dmock21@charter.net	541-561-6654
Karate	Hermiston School Of Karate	www.tmaakarate.com	541-567-2615
Music Group	Inland NW Musicians	inwm@machmedia.net	541-289-4676
Tae Kwon Do	E.O. Family Tae Kwon Do	evwatson24@hotmail.com	541-449-3341
Tae Kwon Do & Boxing	Master Loney's Center	mdr1194@hotmail.com	541-720-7706
Special Olympics	www.soor.org	hp510specialolympics@gmail.com	541-314-0166
Boys Scouts of America	Blue Mountain Council	bmcinfo@scouting.org	509-735-7306
Girl Scouts of America	www.girlscoutsofsw.org	answers@girlscoutsofsw.org	541-389-8146
Child Care, Classes, WIC	Umatilla-Morrow Head Start	ccrr@umchs.org	541-567-6878
Wellness Activities	Good Shepherd Health Care System	www.gshealth.org	541-667-3509
Special Services	The Arc of Umatilla County	www.thearcumatilla.org / Michele/kietzke@eontnet.net	541-567-7615
Hunter Safety Class	Oregon Fish & Wildlife	dmock21@charter.net	541-561-6654
Music Group	Inland NW Musicians	inwm@machmedia.net	541-289-4676
Outreach Support Services	Pregnancy Care Services	www.trucareprc.com	541-567-2393
Reading Classes/Programs	Hermiston Public Library	www.hermistonlibrary.us	541-567-2882
Hermiston Business Information	Hermiston Chamber of Commerce	www.hermistonchamber.com	541-567-6151

Hermiston Recreation Policies

Cancellation/Withdrawal/Refund Policy

Hermiston Recreation reserves the right to cancel or postpone classes that don't meet minimum enrollment up to 72 hours before class begins, or for any other unforeseen circumstances. Every effort will be given to reschedule an interrupted program as soon as possible. If a program cannot be rescheduled, you will receive a full refund as credit on your account. Programs operated with third party vendors may require earlier cancellation.

You may cancel a class/program at any time. In order to receive a full refund, your request must be received at least seven days before the first program meeting date. If your request is received within 7 days of the first program meeting, your account will be credited with the registration fee. Swim lesson refunds/transfers will be charged an additional \$10 processing fee. After a class/program begins, no refund will be issued.

Photo Policy

Photos or videos taken by Hermiston Recreation at any facility or activity may be used for promotional purposes. Names are not published without specific permission granted by a participant.

Choose the Right Care at the Right Time!

**GOOD SHEPHERD HEALTH CARE SYSTEM
IS HERE WHEN YOU NEED US**



**Good Shepherd
Medical Group**

PRIMARY CARE

\$\$

Provides health care maintenance, wellness checks, sick visits, and annual exams.

Appointment Needed
Open Mon. - Fri.
8 AM to 5 PM

Family Health Center
541.667.3830

Rural Health Clinic
541.567.5305

Internal Medicine
541.567.5305

Pediatrics
541.667.3740

www.gshealth.org



**Good Shepherd
Urgent Care**

URGENT CARE

\$\$\$

Provides care for more serious illnesses and injuries and provides more immediate care than primary care.

Open Mon. - Fri.
8 AM to 6 PM
Sat. 8 AM to 2 PM
Sun. 8 AM to 12 PM
**No Appointment
Needed**

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



**GOOD
SHEPHERD**
HEALTH CARE SYSTEM

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 & Staff**
Trauma Level III

**If You Are Experiencing
a Medical Emergency
Call 9-1-1.**



HERMISTON PARKS & RECREATION PRESENTS:

MOVIE NIGHTS



SPONSORED BY: LAMB WESTON

- FRIDAY NIGHTS @ DUSK -

JULY 10TH - PLAYING WITH FIRE

JULY 17TH - ANGELS IN THE OUTFIELD

JULY 24TH - JUMANJI

JULY 31ST - ALADDIN

AUG 7TH - FROZEN 2



Parks & Recreation

LambWeston
SEEING POSSIBILITIES IN POTATOES