Funland Playground – BIGGER, BETTER, STRONGER!

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.” The plans also include a Native American encampment, 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. With many other attractions planned as well, please check out the city’s website for additional information regarding this important and exciting project.

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 ability challenges making it as “inclusive” as possible. Funland will be constructed with the most durable and vandal resistant materials available. The grand opening celebration is planned for July 4th, 2020.

How can you be a part of this historic project?
Buy a fence picket for a family member (see page 3 for instructions)! Businesses and groups can sponsor any number of features with your logo attached. Volunteer your talent to construct the fence, write a grant, or lead a fundraiser. Give me a call with your ideas.

UPDATE FROM THE DIRECTOR
Larry Fetter, Director of Parks & Recreation

NEW 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

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.
HERMISTON CITY COUNCIL
Dr. David Drotzmann, Mayor
Lori Davis
Roy Barron
Jackie C. Myers
Douglas Smith
Manuel Gutierrez
Rod Hardin
John Kirwan
Doug Primmer

PARKS & RECREATION STAFF
Larry Fetter, Director
Jason Barron, Parks Manager
Brian Fricke, Parks Maintenance
Ruperto Garcia, Parks Maintenance
Gina Wicks, Administrative Assistant

Parks

Recreation

Brandon Artz, Recreation Manager
Diana Picard, Recreation Coordinator
Kasia Robbins, Recreation Coordinator
Sonja Lierman, Recreation Specialist

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

Dec 5
Community Tree Lighting
Dec 13-14
Community Theater Performances
Dec 14
Pancakes with Santa
Dec 31
Hermiston New Year’s Eve
Jan 11
Recreation Basketball Begins
Jan 17
Family Fun Day!
Jan
Parks & Recreation Office Hours:
M-F 8:00am–5:00pm
415 S. HWY 395
Hermiston, OR 97838
541-667-5018

Aquatics

Special Events

Youth

Adult

Seniors

Community Programs

Parks & Facilities
The Future of Funland Park!

*BIGGER *BETTER *STRONGER*

*Concept Design*
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
DROWNING IS SILENT

Did you Know?

DROWNING IS THE LEADING CAUSE OF DEATH FOR TODDLERS 1-4 YEARS OLD

2/3 of fatal drownings occur between May and August for most age groups.

68% In general, boys are two times more likely to drown in a pool than girls.

<5 Children under age 5 are at a higher risk of drowning in a pool.

There are NO WARNING SOUNDS or splashing sounds associated with a drowning accident.

What can you do?

Swimming Pools
Swimming pools in backyards account for over half of the 54 drowning deaths of children 0-5 years old each year.

Install Alarms
Install alarms on house doors and windows leading to a pool area.

Layers of Protection
Layers of protection include adult supervision, fences, gates, latches, safety pool covers, alarms, education, throwing aids, and rescue techniques.

Eye
Adults should keep a constant eye on children in or near any water including bathtubs, buckets, toilets, ponds, spas and pools.

Never Leave a Child Alone Near Water
Never leave a child alone near water. Check the pool first if a child is missing.

Touch
Designate an adult to be close enough to reach out and touch the child.

Complete the online form to be notified of upcoming Lifeguard Certification Courses. Go to: bit.ly/2019hfacinfo

Already Lifeguard Certified? Looking for an Awesome Job this Summer? Pick up a City of Hermiston Job Application and submit by February 28 to apply!

LIFEGUARD + CERTIFICATION COURSES

Where Life is Sweet

“SPLASH PASS”

GET A JUMP ON SUMMER VIBES AND PURCHASE YOUR SUMMER SPLASH PASS TODAY!

ALL SEASON SPLASH PASSES

<table>
<thead>
<tr>
<th>Pass Type</th>
<th>Youth (18 &amp; Under)</th>
<th>Adult</th>
<th>Senior (65+)</th>
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<tr>
<td>Splash Pass-Fit</td>
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<td>$70</td>
<td>$60</td>
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</table>

FAMILY SPLASH PASS!

Fit-Pass Add-On: $170 $210 $250

Swim all summer at this great price!

541-667-5018 www.HermistonRecreation.com
Hermiston Christmas Bazaar  
**Sponsored by: MLD Services**  
Shop holiday items from over 40 vendors! Christmas gifts, decorations, baked goods, photos with Santa, and more!  
Location: Hermiston Community Center  
Photos with Santa: 9am-10:30am  
**Sat** | **Nov. 30** | **8:00am-4:00pm** | **Free!**

Community Tree Lighting Celebration  
**Sponsored by: Tom Denchel Ford Country**  
Join us for our annual Tree Lighting Ceremony to kick off the holiday season! We will have music, hot chocolate, campfires, and photos with Santa! Vendors will be on hand with food and holiday treats.  
Performances by: Majazzty Choir  
HHS Chamber Choir  
Hermiston Community Theater  
Location: Festival Street, Downtown Hermiston  
**Thurs** | **Dec. 5** | **6:00pm** | **Free!**

Pancakes with Santa  
**Sponsored by: Rogers Toyota**  
Ho! Ho! Ho! Santa is hungry and he wants to share his favorite breakfast, pancakes, with you! Come enjoy a wonderful holiday breakfast with Santa. Breakfast will be pancakes, sausage and hashbrowns with delicious toppings to decorate your pancakes. Photos with Santa will be included. Enjoy this magical experience with your family and friends! Tickets must be purchased in advance. Seats are limited.  
Tickets:  
$8 for children ages 2-15  
$10 for ages 16 and older.  
$30 for a family of 4.  
(2 adults/2 children extra child $5 each)  
Location: Hermiston Community Center  
Deadline: Dec. 4th or until tickets are sold out.  
**Sat** | **Dec. 14** | **9:30am-11:30am**

Hermiston New Year’s Eve  
Celebrate the turn of a New Year with Fireworks and a Watermelon Explosion on Festival Street! Union Club will be hosting a New Year’s Eve party, contact them for more details.  
Location: Festival Street, Hermiston  
**Tues** | **Dec. 31** | **11:59pm** | **Free!**

Hermiston Community Theater Presents:  
“A Christmas Carol” grades 7-12  
“How Santa Got His Tree” grades 3-6  
“Holiday Choir” grades K-12  
Support our local, young thespians and enjoy these holiday productions.  
Performance #1: Dec. 13 (6:00pm)  
Performance #2: Dec. 14 (2:00pm)  
Performance #3: Dec. 14 (6:00pm)  
Location: Hermiston Community Center  
Cost: $7 Adults/$5 Students per show  
$16 Adults/$12 Students for all 3 shows
Christmas Movie Marathon!
Celebrate the Winter Solstice and watch Christmas Movies all day long! Contact us for specific for specific movies and showtimes. We will have Christmas cookies to decorate. Bring your own comfortable seating!

Cookie Decorating: $1 per cookie
Ages: All
Location: Hermiston Community Center

Hermiston Escape Room!
See page 12 for more information!
Immerse yourself in a mystery of puzzles. Will you and your friends unlock the mystery in time? Recommended age 6-99 years old. Minimum group size 2 people, recommended group size 8 people. The larger the group the better chance of solving the room. Register your group's time slot. Limited space so sign up early!

Ages: All (Recommended for ages 6-99)
Location: Hermiston Community Center

Family Blazer Game
It’s Hermiston Night at the Moda Center! Watch the Portland Trail Blazers battle the Cleveland Cavaliers. After the game families can take part in the Post-Game Free Throw experience! Visit our website for the link to Pre-Purchase discounted tickets.

Ages: All
Location: Moda Center, Portland

Flashlight Easter Egg Hunt
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.

Ages: 10 & Under
Location: Butte Park

Kid’s Fishing Derby
Sponsored by: Tom Denchel Ford Country
Enjoy a day of fishing with the kids. Hundreds of trout will be stocked in McNary Ponds with special fish tagged for prizes. All normal fishing regulations are in effect. Bring your own fishing pole and gear; loaner poles may be available. An adult must accompany all children and may assist. Each fish caught must be reeled in by a child 2-11 years old.

Ages: 2-11 yrs old
Location: McNary Dam

Family Friday Nights
Come join us for Family Friday Night inflatable fun and activities at the Community Center! We will have bounce houses, activity inflatables, corn hole, ping pong, Mario Kart, and other fun activities for the whole family! Cash only concessions available! Sign up soon, these events fill up fast!

Ages: All
(Adult must accompany any child under 18 yrs old)
Location: Hermiston Community Center

2 Hour - Inflatable Party Rentals
Want to host a private party at the Community Center with Inflatables? Pick a date and time for $100! Contact us for more info! Up to 50 people (All Ages). Inflatables, tables, and chairs are included!

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>Dec. 28</td>
<td>Morning/Afternoon/Evening</td>
<td>$100</td>
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<tr>
<td>Jan. 18</td>
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<td>$100</td>
</tr>
<tr>
<td>Feb. 15</td>
<td>Morning/Afternoon/Evening</td>
<td>$100</td>
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</tbody>
</table>
Youth Basketball Leagues

Recreational Basketball Leagues dedicated to skill and fundamental development. Game days will consist of a 45 minute practice followed by a 45 minute game. Grades 1st-2nd will not keep score. Black/Silver jersey required, all other equipment is provided. Schedules and team information will be available on January 3rd at bit.ly/hermistonrec_sports. No games on 1/25 & 2/8

| Grades: | 1st - 6th Grade |
| Location: | Hermiston School Gyms |
| Jersey: | $20 Black/Silver Jersey Required |
| Deadline: | December 15 |
| | ($15 late fee after 12/15 if space allows) |

| Sat | 1/11-2/29 | Game Time Varies | $45/$54 |

Junior Basketball Clinics

Participants will learn the fundamentals of basketball through fun skill based games. Each week passing, shooting, dribbling, defense and teamwork skill stations will be set up. Sign up early for this popular clinic. No clinics on 1/25 & 2/8

| Times: | 9:30am-10:15am (3 years old) |
| | 10:30am-11:15am (4 years old) |
| | 11:30am-12:15pm (5 years old) |
| Location: | Desert View Elementary |
| Deadline: | December 15th |

| Sat | 1/11-2/29 | Time Varies | $35/$42 |

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 |

Kindergarten Basketball League

Recreational Coed Basketball League designed to introduce Kindergarten aged youth to the rules of the game to prepare them for future leagues. Game day will consist of 30 minute practice followed by a 30 minute game. Score will not be kept. Black/Silver jersey required, all other equipment is provided. Space is limited. Schedules and team information will be available on January 3rd at bit.ly/hermistonrec_sports. No games on 1/25 & 2/8

| Jersey: | $20 Jersey (Black/Silver jersey) |
| Location: | Hermiston School Gyms |
| Deadline: | December 15 |
| | ($15 late fee after 12/15 if space allows) |

| Sat | 1/11-2/29 | Game Time Varies | $45/$54 |

Basketball Schedules!

Schedules will not be handed out and all communication will be done through email so please plan accordingly. Team rosters and schedules will be finalized on January 3rd if all coaches are in place. Find your child’s name under age group and team name at:

bit.ly/hermistonrec_sports

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.
Gymnastics
Registrations Begin: Dec. 15 at 9am
Class Dates: Session 1: Jan. 9, 16, 23, 30
Session 2: Feb. 6, 13, 20, 27

Gymnastics Parent-Tot
Help your child increase body control, motor skills, and creativity through music and activities. Experience front rolls, straddle rolls, animal walks, and tumbles. Share movement games, singing, and finger play while bonding with your child. Parent and child participate together.

Ages: 2-4 yrs old
Location: Hermiston Community Center
Deadline: One week prior to session start.

Gymnastics 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.

Ages: 5-10 yrs old
Location: Hermiston Community Center
Deadline: One week prior to session start.

Gymnastics 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.

Ages: 5-10 yrs old
Location: Hermiston Community Center
Deadline: One week prior to session start.

Gymnastics Level 3
This gymnastics class is for children who have completed Level 2. The focuses are front handstand rolls, round offs, one-handed cartwheels, splits, and unassisted handstands. This class also continues to work on the skills introduced in Level 2.

Ages: 6-13 yrs old
Location: Hermiston Community Center
Deadline: One week prior to session start.

Gymnastics 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. This class also continues to work on the skills introduced in Level 3.

Ages: 6-13 yrs old
Location: Hermiston Community Center
Deadline: One week prior to session start.

Indoor Soccer Leagues
Recreational Soccer Leagues dedicated to skill and fundamental development. Game days will consist of a 45 minute practice followed by a 45 minute game. Schedules and team information will be available on April 1st at bit.ly/hermistonrec_sports

Ages: 3 years - 3rd Grade
Jersey: $20 Black/Silver Jersey Required
Location: Hermiston School Gyms
Deadline: March 13
($15 late fee after 3/13 if space allows)

Youth Bowling League
Partnered with Desert Lanes Family Fun Center
10 week bowling league for ages 7-18. Coaching is provided each week. Join with your own 3 person team or be placed on a team.

Ages: 7-18 yrs old
Location: Desert Lanes Family Fun Center
Deadline: Jan. 3

Bumper Bowling League
Partnered with Desert Lanes Family Fun Center
Introduce your little bowler to the lanes in this fun 1 hour league. Coaching is provided each week. League lasts for 10 weeks.

Ages: 3-6 yrs old
Location: Desert Lanes Family Fun Center
Deadline: Jan. 3
**Youth Activities**

**Toddler Movie & Active Play**
Tots have lots of energy! Get their wiggles out with mats, balls, hula hoops and other activities while a toddler friendly movie is playing. This is a great opportunity for kids and parents socialization through the winter months. You must maintain adequate supervision of your children.

**Ages:** 6 months +  
**Location:** Hermiston Community Center  
**Deadline:** Pay at the door!  
**Thurs** 1/9-2/27 9:30am-11:00am $2/family

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

**Dates:**  
Session 1: Jan. 9, 16, 23, 30  
Session 2: Feb. 6, 13, 20, 27  
**Ages:** 3-6 years  
**Location:** Hermiston Community Center  
**Deadline:** One week prior to session start.  
**Thurs** By Session 4:00pm-4:30pm $32/$40

**Dancing with April**

**Rumba**
Rumba is composed of a basic box step that is expanded when additional step patterns are included. The end result is a dance that is slow and graceful. Songs like Love Will Keep Us Alive by the Eagles, plus Blue Bayou and California Dreamin' lend themselves well to this romantic rhythm. You do not need a partner to attend.

**Instructor:** April Dyntera  
**Ages:** 13 and older*  
(13-17 must have an adult participating or watching the class)  
**Location:** Hermiston Library Basement  
**Deadline:** Friday, Feb. 21  
**Mon** 2/24 - 3/16 7:30pm - 8:30pm $32/$40

**Dancing with April**

**Social Sampler**
A variety of dances will be taught over the course of four weeks and is designed to offer beginner dancers (and those needing a refresher) an overview of different rhythms. The basic footwork for Foxtrot, Single-Step Swing, Cha Cha, Waltz, Salsa, Couples Country Pattern, and even a line dance are all part of the plan to get you up and on the dance floor with confidence at any dance venue. We’re not after proficiency here---just a sampling of dances to have fun. You do not need a partner to attend.

**Instructor:** April Dyntera  
**Ages:** 13 and older*  
(13-17 must have an adult participating or watching the class)  
**Location:** Hermiston Library Basement  
**Deadline:** Friday, Feb. 21  
**Mon** 2/24 – 3/16 4:00pm - 4:30pm $32/$40

**Dancing with April**

**West Coast Swing**
A unique dance for that “funky” music we all like that has become the #1 choice in swing dancing. West Coast Swing differs from other swing dances, which are circular in appearance, because WCS is a slotted dance that relates to the tracks of a train. This class focuses on the first three basic moves with variations added for those who are advancing in the dance. You do not need a partner to attend.

**Instructor:** April Dyntera  
**Ages:** 13 and older*  
(13-17 must have an adult participating or watching the class)  
**Location:** Hermiston Library Basement  
**Deadline:** Friday, Feb. 21  
**Mon** April 6 - 27 6:15pm - 7:15pm $32/$40

**Dancing with April - Winter Special!**
Register before Feb. 10 & your partner is 1/2 off!
Dancing with April

Beyond Basic Night Club 2-Step

Night Club 2-Step is a slow, romantic dance with a unique rhythm all its own. Those attending should have a good understanding of the 5 basic steps taught in the beginner’s class. Songs like The Man In Love With You by George Strait and Spanish Guitar by Toni Braxton are good examples of what this rhythm is about. You do not need a partner to attend.

Instructor:  April Dyntera
Ages:  13 and older*  
        (13-17 must have an adult participating or watching the class)
Location:  Hermiston Library Basement
Deadline:  Friday, Feb. 21

| Mon   | April 6 - 27  | 7:30pm - 8:30pm | $32/$40 |

Hermiston Community Theater Presents:

“A Christmas Carol” grades 7-12
“How Santa Got His Tree” grades 3-6
“Holiday Choir” grades K-12

Support our local, young thespians and enjoy these holiday productions.

Performance #1  Dec. 13 (6:00pm)
Performance #2  Dec. 14 (2:00pm)
Performance #3  Dec. 14 (6:00pm)
Location:  Hermiston Community Center
Cost:  $7 Adults/$5 Students per show
       $16 Adults/$12 Students for all 3 shows
Hermiston Escape Room!
Immerse yourself in a mystery of puzzles. Will you and your friends unlock the mystery in time? Recommended age 6-99 years old. Minimal group size 2 people, recommended group size 8 people. The larger the group the better chance of solving the room. Register your group’s time slot. Limited space so sign up early!

Ages: All (Recommended for ages 6-99)
Location: Hermiston Community Center

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<tr>
<th>Date</th>
<th>Start Times Vary</th>
<th>Cost</th>
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<tr>
<td>Fri Dec 27</td>
<td>4pm-8pm</td>
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</tr>
<tr>
<td>Fri Jan 17</td>
<td>4pm-8pm</td>
<td>$40</td>
</tr>
<tr>
<td>Fri Feb 14</td>
<td>4pm-8pm</td>
<td>$40</td>
</tr>
</tbody>
</table>

BOMB IN THE BUTTE
Someone has placed a bomb inside the Butte. Find the clues to Deactivate the bomb in time and save our iconic landmark! Level: Easy (Age Range 8+)

SAVE THE MAYOR
Mayor Drotzman has been kidnapped and the ransom is the Key to the City of Hermiston. Do you have what it takes to save our Mayor? Level: Medium (Ages 10+)

LARRY’S SOUVENIR FROM SPAIN
Parks & Rec Director Larry is at it again. His “souvenir” from Spain is actually an ancient artifact that belongs to pirates. Find the artifact and return it to the pirates before they sail down the Columbia River with Larry. Level: Hard (Ages 12+)

Looking for a Team Building Activity? Contact us to schedule a time during business hours!

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

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<th></th>
<th>M/W</th>
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<td></td>
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<td>3:45pm-4:45pm</td>
<td>$5/$6</td>
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</table>

#RecDawg Nights
ESCAPE ROOMS, Bounce houses, video games, food and fun - join us as we transform the Community Center into a Party Arena and have a night of fun and games. Watch our social media pages for more dates and activities! @recdawg

Ages: 13-18 years
Location: Hermiston Community Center

<table>
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</tr>
<tr>
<td>Fri Feb 14</td>
<td>7:00pm-10:00pm</td>
<td>$5</td>
</tr>
</tbody>
</table>

#RecDawg 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 and fun! We look forward to escaping out of a room at Atomic Escape Rooms, jumping at Get Air, and fun at RecDawg Night! Dinner and admission to activities are included. Space is very limited!

Ages: 12-16 years
Location: Departing from Community Center
Deadline: December 23

<table>
<thead>
<tr>
<th>Date</th>
<th>Start Times Vary</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Fri Dec 27</td>
<td>1:00pm-10:00pm</td>
<td>$55/$66</td>
</tr>
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</table>

What is an Escape Room?!
From Wikipedia: “a physical adventure game in which players solve a series of puzzles using clues, hints and strategy to complete the objectives at hand. Players are given a set time limit to unveil the secret plot which is hidden within the rooms. Games are set in a variety of fictional locations and are popular as team building exercises.”

This is how it works:
1. Gather a group of friends or coworkers.
2. Reserve your date/time Online.
3. Show up with an open mind, ready to use it.
4. Listen to the rules, get locked in the room, solve puzzle after puzzle until you find your way to the exit.
5. Take a team photo and celebrate the fun!
Hermiston Community Center

Youth

THURSDAY 1/9 - 2/27

TODDLER MOVIE & ACTIVE PLAY

AGES 6M - 7YRS

DROP IN FOR

$2.00 PER FAMILY PAY AT THE DOOR

JOIN US AT

DESSERT LANES FAMILY FUN CENTER

SATURDAYS JAN. 4 - MAR. 14

9AM - 10AM

YOUTH AND BUMPER BOWLING LEAGUES!

DEADLINE: JAN. 3

Ages: 7-18 Youth League
Ages: 3-6 Bumper League
Cost: $55
( Coaching provided each week!)
For More Information Please Call 541.667.6364

541-667-5018 www.HermistonRecreation.com
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 Basketball Leagues
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 basketball. Limited team space, sign up early.
Registration Deadline: Friday, December 20th

Competitive League:
6-week season followed by a single-elimination tournament. Winning team awarded with Trophy/T-Shirts.
Day: Sundays
Team Fee: $385
Location: Hermiston High School Gold Gym

Recreational League:
League is designed for teams and players who want to play in an organized yet relaxed league. 6-week season, no postseason tournament, no shirts/trophies awarded. No competitive players allowed.
Day: Sundays
Team Fee: $300
Location: Hermiston High School Gold Gym

30+ Basketball League:
Day: Wednesdays
Team Fee: $385
Ages: 30+ years
Location: Hermiston High School Gold Gym

Winter Volleyball Leagues
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. Postseason single elimination tournaments will be included with each 6-week season. Players must be 18 at time of registration, not a High School student and not playing college volleyball. Limited team space, sign up early.
Registration Deadline: Friday, December 20th

Competitive Volleyball League
6 week season with postseason single-elimination tournament. 7’11 5/8” nets will be used.
Day: Sundays
Team Fee: $125
Location: Hermiston High School Gold Gym

Recreational Volleyball League
Recreational league for teams and players who want to play in an organized yet relaxed league. Post season single-elimination tournament following 6 week season. No competitive players allowed.
Day: Sundays
Team Fee: $125
Location: Hermiston High School Gold Gym

Adult Recreation Leagues
<table>
<thead>
<tr>
<th>Sport</th>
<th>Season</th>
<th>Register</th>
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<tbody>
<tr>
<td>Basketball</td>
<td>January - March</td>
<td>Register in December</td>
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<tr>
<td>Fall Volleyball</td>
<td>Sept - Dec</td>
<td>Register in July</td>
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<tr>
<td>Winter Volleyball</td>
<td>January - March</td>
<td>Register in December</td>
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<tr>
<td>Flag Football</td>
<td>Sept - Nov</td>
<td>Register in July</td>
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<tr>
<td>Softball</td>
<td>May - July</td>
<td>Register in March</td>
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Referees/Umpires Needed
Great Pay!!

2020 Winter Activity Guide
Fall Champions!

Competitive Volleyball
THE CHALLENGERS

Recreational Volleyball
TLC

Flag Football
UNITED RENTALS

Healthy Cooking for Seniors on a Budget!

Friday, Feb. 7 or
Monday, Mar. 16
Hermiston Senior Center
2:00pm - 4:00pm

Wednesday, April 29
Boardman Senior Center
2:00pm - 4:00pm

- Healthy cooking tools, tips & recipes
- Great for all skill levels
- Provides cooking confidence & excitement
- Connect with other seniors in your area
- Free take-home resources

Free for Seniors 55+

*Registration Required*
To Register:
541-867-3509 or healthinfo@gshshealth.org

541-667-5018
www.HermistonRecreation.com
Dancing with April
Social Sampler
A variety of dances will be taught over the course of four weeks and is designed to offer beginner dancers (and those needing a refresher) an overview of different rhythms. The basic footwork for Foxtrot, Single-Step Swing, Cha Cha, Waltz, Salsa, Couples Country Pattern, and even a line dance are all part of the plan to get you up and on the dance floor with confidence at any dance venue. We’re not after proficiency here—just a sampling of dances to have fun. You do not need a partner to attend.

*Winter Special! Sign up with a partner and their fee is half-off!

Instructor: April Dyntera
Ages: 13 and older*
(13-17 must have an adult participating or watching the class)
Location: Hermiston Library Basement
Deadline: Friday, Feb. 21

Mon 2/24 - 3/16 6:15pm - 7:15pm $32/$40

Dancing with April
Rumba
Rumba is composed of a basic box step that is expanded when additional step patterns are included. The end result is a dance that is slow and graceful. Songs like Love Will Keep Us Alive by the Eagles, plus Blue Bayou and California Dreamin’ lend themselves well to this romantic rhythm. You do not need a partner to attend.

*Winter Special! Sign up with a partner and their fee is half-off!

Instructor: April Dyntera
Ages: 13 and older*
(13-17 must have an adult participating or watching the class)
Location: Hermiston Library Basement
Deadline: Friday, Feb. 21

Mon 2/24 - 3/16 7:30pm - 8:30pm $32/$40

Dancing with April
West Coast Swing
A unique dance for that “funky” music we all like that has become the #1 choice in swing dancing. West Coast Swing differs from other swing dances, which are circular in appearance, because WCS is a slotted dance that relates to the tracks of a train. This class focuses on the first three basic moves with variations added for those who are advancing in the dance. You do not need a partner to attend.

*Winter Special! Sign up with a partner and their fee is half-off!

Instructor: April Dyntera
Ages: 13 and older*
(13-17 must have an adult participating or watching the class)
Location: Hermiston Library Basement
Deadline: Friday, Feb. 21

Mon 4/6 - 27 6:15pm - 7:15pm $32/$40

Dancing with April
Beyond Basic Night Club 2-Step
Night Club 2-Step is a slow, romantic dance with a unique rhythm all its own. Those attending should have a good understanding of the 5 basic steps taught in the beginner’s class. Songs like The Man In Love With You by George Strait and Spanish Guitar by Toni Braxton are good examples of what this rhythm is about. You do not need a partner to attend.

*Winter Special! Sign up with a partner and their fee is half-off!

Instructor: April Dyntera
Ages: 13 and older*
(13-17 must have an adult participating or watching the class)
Location: Hermiston Library Basement
Deadline: Friday, Feb. 21

Mon 4/6 - 27 7:30pm - 8:30pm $32/$40

Share your talent with us!
Become a Recreation Program Instructor!

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!

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

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)

Klassy Glass Dinner Plate Painting Class
In this introductory painting class we will be painting inside out Sunflowers and will learn the art of reverse painting! Flowers are painted on the backside of the plate. The strokes used are very simple and basic, a combination of many techniques. Class size limited.

Instructor: Glenda Jones
Cost: $25 - 4 Dinner Plates
Ages: 16+
Location: Hermiston Community Center
Deadline: Friday, Jan 31

Patriotic Wood Flag Project
Create and complete an outdoor wood flag project from start to finish. All materials included, no experience necessary! A very easy design to paint that can be made to look modern or rustic. Class size is limited.

Instructor: Glenda Jones
Cost: $25
Ages: 16+
Location: Hermiston Community Center
Deadline: Monday, Feb 10

Hermiston Escape Room!
See page 12 for more information!
Immerse yourself in a mystery of puzzles. Will you and your friends unlock the mystery in time? Recommended age 6-99 years old. Minimal group size 2 recommended group size 8. The larger the group the better chance of solving the room. Register your group's time slot. Limited space so sign up early!

Ages: All (Recommended for ages 6-99)
Location: Hermiston Community Center

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<td>Dec 27</td>
<td>Start Times Vary 4pm-8pm</td>
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<td>Fri</td>
<td>Jan 17</td>
<td>Start Times Vary 4pm-8pm</td>
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<tr>
<td>Fri</td>
<td>Feb 14</td>
<td>Start Times Vary 4pm-8pm</td>
<td>$40</td>
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BOMB IN THE BUTTE
Someone has placed a bomb inside the Butte. Find the clues to deactivate the bomb in time and save our iconic landmark! Level: Easy

SAVE THE MAYOR
Mayor Drotzmann has been kidnapped and the ransom is the Key to the City of Hermiston. Do you have what it takes to save our Mayor? Level: Medium

LARRY’S SOUVENIR FROM SPAIN
Parks & Rec Director Larry is at it again. His “souvenir” from Spain is actually an ancient artifact that belongs to pirates. Find the artifact and return it to the pirates before they sail down the Columbia River with Larry. Level: Hard
HERMISTON SENIOR CENTER

Meals are served noon to 12:30 Monday thru Friday, $4.00 each. Take out meals are available Monday thru Friday by calling (541) 567-3582 before 11am.
Meals On Wheels: Hot meals delivered on Tuesdays & Thursday, $4.00 per meal call (541) 567-3582 before 10am.

Weekly Classes:
Classes are for individuals aged 60 and over.

Mondays
Morning Coffee & Conversation @ 10am
Tai Chi – Moving For Better Balance 10am (Jean @ 541-564-3094)

Tuesdays
Resistance Training for the Young At Heart @ 9am (Deb 509-429-8052)
Morning Coffee & Conversation @ 10am
Pinochle @ 1:00pm
Free Cooking Classes – Begins April 22 3–5pm (Angie to register: 541-567-8321)

Wednesdays
Morning Coffee & Conversation @ 10am
Upright & Functional @ 9am (Deb 509-429-8052)
Tai Chi – Moving for Better Balance @ 10am (Jean @ 541-564-3094)
Dorothy’s Study Group; 2nd & 4th Wednesday 10am–noon
JR’s Study Group; 2nd & 4th Wednesday @ 4pm

Thursdays
Resistance Training for the Young At Heart @ 9am (Deb 509-429-8052)
Morning Coffee & Conversation @ 10am
Arts & Crafts On The Dry Side 10am – Noon (Mickey 541-922-5580)
Backyard Gardeners 9:30am (Lorrie @ 541-571-5781)
Diana Brown Study Group; 10am (541-571-2956)

Fridays
Quilting Group (2nd Friday) 9am – 3pm (Barbara 541-571-2047)
K & A’s Coffee group 10am – Noon
Game Day 1:00pm
Free Cooking Classes
6 week course that will teach you how to prepare nutritious and affordable meals. Receive a free book with tips & recipes. Learn to shop smart at the store. Practice recipes at home with free ingredients. To register, contact Angie at Oregon State University Extension at 541-567-8321

Wed | Apr 22 - May 27 | 3:00pm - 5:00pm

Health Cooking for Seniors on a Budget
Healthy cooking tools, tips and recipes; Provides cooking confidence & excitement. FREE take-home resources. (Corinna & Jessica @ 541-667-3509)

Fri. Feb 7 | Mon. Mar 16 | 3:00pm - 5:00pm

Christmas Dinner
Christmas dinner and dessert. Served noon to 12:30pm Cost $4.00 per person

Thurs | Dec. 19 | 12:00pm

Energy Healing for Wellness
We ALL have the ability to enhance our personal well-being through energy healing techniques. Explore a different system each week: Eden energy medicine, reiki, tapping, sound healing. Come with an open mind and leave with simple routines you can do at home. Pre-registration preferred, but not required. Contact Helena Wolfe, 541-561-5443

Wed | Feb 5 - 26 | 1:30pm-3:00pm

Resistance Bands & Weights
For the Young at Heart:
For info: Deb (509-429-8052)

Tue/Thur | Ongoing | 9:00am

Tai Chi - Moving For Better Balance
Participants must join class during first 3 weeks. 24 class series. (Jean @ 541-564-3094)

Mon/Wed | Mar 2 - May 18 | 10:00am

Upright & Functional
Activities of daily living involve balance, strength & flexibility. All activities are modifiable for all abilities wear comfortable clothing & shoes. (Deb 509-429-8052)

Wed | Dec 4 - Feb 26 | 10:00am

Energy Healing for Wellness offered by Good Shepherd Medical Center
- Alzheimer’s Support Group
- Living Well classes
- Red Cross Blood Drive
- Stress Management
- Falls Prevention
- Lunch & Learn

Check out pages 30-32 for complete listings

541-667-3509

Good SHEPHERD HEALTH CARE SYSTEM
Affordable Family Eyewear

Eastern Oregon’s Best Value in Eyewear

Dr. Anderson Eye Exam

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Saturday appointments available

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*Cannot be combined with other coupons or vouchers.

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541-567-1123

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Kristin Connell (Gen. Mgr)  Jessica Smith
Patty Fernandez  Amy Adams
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(neonow.com)
Online Local & Regional News & Events
Refreshed daily.
**Good Shepherd 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

**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.

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

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!

HERMISTON
OREGON

CHAMBER OF COMMERCE

(541) 567-6151

HERMISTONCHAMBER.COM

A digital version of this guide can also be found on our website at www.hermistonchamber.com
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750 W. Elm Ave.
Hermiston, OR 97838
(541) 567-6414

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

www.UmatillaElectric.com
Health Education & Wellness
offered by
Good Shepherd Medical Center

• Exercise Classes
• Stress Management Class
• Better Sleep Workshop
• Healthy Cooking for Seniors
• Living Well with Chronic Pain
• Matter of Balance Classes
• Fall Prevention Workshop

Check out pages 30-31 for complete listings

541-667-3509
Before you buy or renew you owe it to your budget to get a free quote from us.

Zimmer Insurance Agency
911 N 1st, Hermiston
541-567-5745
Mon-Fri 9am-5:00pm • Sat & After Hours by Appointment

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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.

Registration Closes March 1st
*Skills Test in March
*Opening Ceremonies in April

Family Discounts
For Families of 3 or More

$10 Off Per Player thru January

Registration Starts
January 1st

2 Easy Ways to Register!
- ONLINE at hermistonlittleleague.com
  Use your account info from last year to carry over all your info, or set up a new account and register.
- Attend our walk-in registrations in February
  We will help you set up an account and get you registered!

www.hermistonlittleleague.com
Teen Advisory Council (TAC)
TAC meets the second Monday of every month during the school year. Teens are encouraged to choose library materials for purchase that they feel appeal to local teens in our community. Teens also plan events, enjoy snacks, and meet other local teens.

Day/Dates: September–June: Second Monday of the month
Time: 4–5 p.m.
Cost: Free
Ages: 6th–12th grade
Location: Hermiston Public Library

Teen Book Club
The Teen Book Club meets on the second Monday of the month during the school year. The library supplies the book that will be discussed at the meeting. Snacks and drinks are provided.

Day/Dates: September–June: Second Monday of the month
Time: 5–6 p.m.
Cost: Free
Ages: 6th–12th grade
Location: Hermiston Public Library

Yarn Club
This group is always accepting new members as they explore knitting and crocheting projects. And don’t worry if you think your skills aren’t up to par. This amazing group is always willing to lend a helping hand. They have helped members who have needed their assistance in learning more about knitting or crocheting. This group even donates specially made items to their local community for: new born children, adults, and even four-legged critters.

Day/Dates: Every Thursday and Saturday
Time: 5:30–6:30 (Thurs) 10 a.m. – 12 p.m. on Saturdays
Cost: Free
Ages: 12 and up
Location: Hermiston Public Library

Friends of the Library
This is an active friends group. It is a non-profit organization that exists to support the Hermiston Public Library through volunteering, fundraising, and advocacy. 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.

Day/Dates: Second Wednesday of the month.
Time: 6–7 p.m.
Cost: $10.00 yearly
Ages: All Ages
Location: Hermiston Public Library

Writer’s Group
This group gets together to share and critique each other’s writing.

Day/Dates: Fourth Thursday of the month
Time: 5:30pm–6:30pm
Cost: Free
Ages: 18 and up
Location: Hermiston Public Library

Bookminders — Adult Book Club
This group will read specifically chosen books that the library has purchased at the club’s request. They get together and share their thoughts with each other in a respectful adult manner.

Day/Dates: Second Tuesday of the month
Time: 1:30pm–3pm
Cost: Free
Ages: 18 and over
Location: Pheasant Restaurant, 149 E Main Street

Baby Boogie and Tappin’ Toddlers
These two programs are held weekly. The Baby Boogie program is specifically for infants up to 18 months. We invite you to come and have a good time with your child and meet other parents. The Tappin’ Toddlers program is for children 19 months to 4 years old. This program is designed to engage children and get them excited about music and to improve their fine and gross motor skills through movement. Our goal is to spark their creativity while supporting early literacy development.

Day/Dates: Every Wednesday
Time: 10:15–11 a.m.
Cost: Free
Ages: Infants – 4 years old
Location: Hermiston Public Library

Story Time
Story time includes reading books, doing finger plays, and completing a short craft. Identical story times are presented twice a week.

Day/Dates: Every Wednesday and Thursday
Time: Wednesday 11:15 a.m. – 12 p.m. and Thursday 10:15–11 a.m.
Cost: Free
Ages: 2–5 years old
Location: Hermiston Public Library

Monthly, School-Year Reading Challenges for Kids
Please check our library website www.hermistonlibrary.us to see what the current monthly challenge is. You will need to follow the link to our online service Beanstack. Sign up to get started anytime. There is always a prize for those who complete the program.

Day/Dates: Sept. – May, Monthly, Starts on the 1st and ends on the Last day of the month
Cost: Free
Ages: Birth – 5th grade
Location: Online
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Life’s a combination of good days and bad. I have your back for both. And who has my back? The company more people have trusted for 90 years. CALL ME TODAY.

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www.HermistonRecreation.com
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.walkrxtrails.com to find walking trails and information on how to start walking to improve your health! Call 541-667-3509 for additional information.

Living Well With Chronic Conditions:
Diagnosed with a chronic condition such as high blood pressure, heart disease, arthritis, depression, or another long-term health condition? Make a step-by-step plan to improve your health...and your life. Six FREE weekly classes, for patients, caregivers/support person or both. Pre-registration required.
Dates: Tuesdays: Aug 20 through Oct 1
Times: 2:30—5 pm
Place: Good Shepherd Wellness Center
Info/Pre-register: Call 541-667-3509

Living Well with Diabetes:
Whether this is a new diagnosis or not, this class will assist you with learning more about diabetes and its effect on your mind and body. Six FREE weekly classes. Attend alone or with support person.
Dates: Thursdays: Oct 3 through Nov 7
Times: 2:30—5 pm
Place: Good Shepherd Wellness Center
Info/Pre-register: Call 541-667-3509

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.

Living Well with Chronic Pain:
If you are living with chronic pain (not associated with cancer), attend this workshop to learn about tools for dealing with fatigue and sleep, balancing activity and rest, communicating about your pain, and more. Six FREE weekly sessions; attend alone or with support person.
Dates: Tuesdays: Nov 5 through Dec 10
Times: 2:30—5 pm
Place: Good Shepherd Wellness Center
Info/Pre-register: Call the Education Dept at 541-667-3509

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, Nov 9 or Dec 7
Times: 10am-12noon
Place: Good Shepherd Conference Rooms I
Info: Call GSMC Education Dept: 541-667-3509 or email healthinfo@gshealth.org

Matter of Balance:
People who are fearful of falling or have fallen can learn new skills to keep active and productive. During the FREE 8 session workshops you will learn to: View falls as controllable
Set goals for increasing activity
Make changes to reduce fall risks at home
Exercise to increase strength and balance
Dates: Starts in January, 2020: Call for dates/times and location to pre-register
Info/Register: Call 541-667-3509

Lunch & Learns:
Join us for these FREE, informative and popular lunch & learn series covering various topics focusing on healthy living. Bring your lunch and your questions!
Times: 12:00-1:00pm
Place: GSMC conference room 2
Info: Please call 541-667-3509

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.
Medicare Birthday Party:
Please come and join up for a Medicare Birthday Party! Will include refreshments, snacks, and a presentation by the SHIBA (Senior Health Insurance Benefits Assistance) counselors on Medicare 101. Open enrollment is October 15th to December 7th. If you are on Medicare or going to be on Medicare within the next year please join us to be prepared for Medicare.
Date: Saturday, Oct 5
Time: 10am to 2pm: Medicare 101 presentation will start at 11am
Place: Good Shepherd Conference Center 2

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. Pre-registration required. Choose any one of the following classes:
Dates: Wednesday: Aug 7 or Saturday: Nov 2
Times: 9:00am-3:00pm
Place: GSVC Conference Center 1
Fees: $40, includes lunch & all class materials
Pre-register Call 541-667-3509. Must pre-register & pre-pay.

ACT- Achieve, Conquer, Thrive Program:
This 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 and individual appointments with one of our registered dietitians.
Dates: New classes start Sep 23
Times: Group sessions: Mondays at 5:30 pm. Individual sessions at your convenience
Fees: $135, thanks to a grant from Good Shepherd covering 90% of costs (Total program value $1,350). Payment plans available.
Info: Diabetes and Nutrition Center @ 541-667-3517

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 are offered in a group or individual format.
Date/Time: Mon-Fri – call to schedule your appointment
Place: Diabetes and Nutrition Center
Info: Call 541-667-3517

Individualized Wellness Assessment:
Schedule your 30-minute consultation with our wellness expert and receive a complete wellness assessment. Service includes a health risk appraisal, lipid/glucose screening, body composition, and more! Your individualized health prescription will help you on your wellness journey!
Date / Times: Call 541-667-3400, extension 3050 to schedule a consultation
Fees: $58.00 (covers consultation, blood work, body composition and comprehensive report)

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:
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: 12:00-1:00pm (lunch provided)
Location: GSMC Conference Center 2
Info/RSVP: Call 541-667-3509 to RSVP or for additional information
Senior Health Committee:
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: GSMC Conference room 2
Info: Call 541-667-3507

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.

CPR / AED
Each participant will have a CPR/AED manual to take home. Teaches adult, child & infant CPR.
Dates: Aug 2, Sep 6, Oct 4, Nov 1 or Dec 6
Times: 9am—2pm
Place: Good Shepherd conference rooms
Fee: $45.00 (includes take home manual)
Registration: Call 541-667-3509

First Aid
Each participant will have a First Aid manual to take home.
Dates: Aug 12, Sep 9, Oct 14, Nov 4 or Dec 9
Times: 6:00—9:00pm
Place: Good Shepherd conference rooms
Fee: $50 (includes take home manual)
Registration: Call 541-667-3509

CPR / AED & First Aid Combo
Each participant will have a CPR/AED/First Aid manual to take home.
Dates: Aug 16, Sep 20, Oct 18, Nov 15 or Dec 20
Times: 9:00am-5:00pm
Place: Good Shepherd conference rooms
Fee: $95 (includes take home manual)
Registration: Call 541-667-3509

Healthcare Provider (HCP) CPR
Each participant will have a HCP CPR manual to take home.
Times: 9:00am—2pm
Fee: $55 (includes take home manual)

Red Cross Blood Drives
American Red Cross Blood Drives are held on the following dates.
Dates: Aug 19, Sep 16, Oct 21, or Dec 16
Times: 12:45—6:00pm
Place: GSMC Conference Rooms 1 & 2
Info/Appt: To schedule an appointment call 1-800-733-2767

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: Good Shepherd Medical Office Plaza, M-02 (downstairs)
Info: Please call Shari at (541) 561-7407 or Dian at (541) 561-4302.

Grief Share:
A FREE Faith-Based grief program.
Dates: Every Thursday
Times: 2:45—4:15pm
Place: Broun Building (645 W. Orchard, Suite 500)
Info: Call Ter: 509-301-2520

Alzheimer’s Support Group:
Support for those caring for loved ones with Alzheimer’s or Dementias. Attend one or both groups.
Dates / Places: Meets 2nd Monday each month at Guardian Angel Homes (Hermiston), Building C
Meets 4th Monday each month at GS Medical Office Plaza (620 NW 11th), lower level
Times: 5:30—7:00pm (both groups)
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 Hospice office: 541-667-3543 or Ter at 509-301-2520
Community Programs

Parent Education Classes and Workshops:
CLICK ON RED WAGON
ON UMCHS.ORG FOR CLASS DESCRIPTIONS!

Please call Mary Lou Gutierrez at 541-667-6172 to register, Free Childcare and Snacks Provided For All Classes.

Hermiston:

Circle of Parents
Dates: Nov. 14, Dec. 12, Jan. 9, 23, Feb. 13, Mar 12
Financial Literacy “Taxes !?! Not Again...”
Dates: January 8, 2020
Busy Bees “Pointers for Parents with Active Children”
Dates: January 8, 2020
Love Them, Protect Them
Dates: January 8, 2020
Empowering Parents: “To Build on a Child’s Strengths & Challenges”
Dates: January 18, 2020, 10am-12pm (In English)
February 20, 2020, 5:30pm-7:30pm (In Spanish)
Empowering Parents: “Austism Inclusiveness”
Dates: March 21, 2020, 10am-12pm (In English)
April 16, 2020, 5:30pm-7:30pm (In Spanish)
Nurturing Parenting: “Philosophy of Nurturing”
Dates: February 4 - April 7, 2020

Boardman
Financial Literacy “Taxes !?! Not Again...”
Dates: January 15, 2020
Love Them, Protect Them
Dates: February 19, 2020

Irrigon
Financial Literacy “Taxes !?! Not Again...”
Dates: January 29, 2020 (English & Spanish)
Love Them, Protect Them
Dates: February 5, 2020

Umatilla
Financial Literacy “Behind on the Bills”
Dates: December 10, 2020 (Spanish)
Financial Literacy “Taxes !?! Not Again...”
Dates: January 7, 2020 (Spanish)
Love Them, Protect Them
Dates: January 22, 2020

Pendleton
Financial Literacy “Behind on the Bills”
Dates: November 25, 2020
Financial Literacy “Taxes !?! Not Again...”
Dates: November 25, 2020
Love Them, Protect Them
Dates: March 18, 2020

Milton-Freewater
Financial Literacy “Behind on the Bills”
Dates: December 5, 2020
Financial Literacy “Taxes !?! Not Again...”
Dates: January 25, 2020 (English & Spanish)
Love Them, Protect Them
Dates: February 12, 2020
**Park Rules**  
(City Code 93.04)

- Park Hours: Sunrise-Sunset (unless otherwise posted)
- Gas Grills Only (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

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1. Hermiston Community Center  
415 S. HWY 395  
Event Center Rentals/Activities

2. Hermiston Family Aquatic Center  
879 W. Elm St  
Outdoor Aquatic Center/Event Rentals

3. Harkenrider Senior Activity Center  
255 NE 2nd St.  
Senior Activities/Event Center

4. McKenzie Park  
320 S. 1st St  
Shelter/Playground/Restrooms

5. Victory Square Park  
150 SW 10th St  
Shelter/Playground/Restrooms

6. Butte Park  
1245 NW 7th St  
Splash Park/Shelter/Playground/Restrooms

7. Hodge Park  
100 W. Highland St  
Shelter/Playground/Restrooms

8. Riverfront Park  
Orchard Ave Extension  
Playground/Walking Trail/Restrooms

9. Harrison Park  
NW 13th St  
Playground

10. Greenwood Park  
80 W. Beech Ave  
Shelter/Playground/Restrooms

11. Newport Park  
515 E. Newport St  
Playground/Restrooms/Play Fields

12. Sunset Park  
1100 NE 4th St  
Playground/Basketball

13. Highland Park  
134 NE 13th St.  
Playground

14. Belt Park  
705 W. Pine Ave.  
Shelter/Walking Trail

15. Theater Sports Park  
1800 NW 6th St  
Softball/Playground/Restrooms

16. Hermiston Desert Disc Golf  
Elm Ave Extension  
Disc Golf Course/Walking Trail
Picnic Shelter Rentals

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

$50 - Resident
$75 - Non-Resident

Rental Times:
Early: 8am-2pm
Late: 3pm-9pm

Approved Bounce House Providers:
1. Bouncin’ Bins 509-545-4465
2. Cottage Event Rentals 541-289-6487

Butte Park
541-667-5018

McKenzie Park

Victory Sq. Park

Hodge Park

www.HermistonRecreation.com
<table>
<thead>
<tr>
<th>ACTIVITIES/SERVICES</th>
<th>ORGANIZATIONS</th>
<th>E-MAIL/WEB ADDRESS</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art Classes</td>
<td>Hermiston Parks &amp; Recreation</td>
<td><a href="http://www.hermistonrecreation.com">www.hermistonrecreation.com</a></td>
<td>541-667-5018</td>
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<tr>
<td>Adult Basketball</td>
<td>Hermiston Parks &amp; Recreation</td>
<td><a href="http://www.hermistonrecreation.com">www.hermistonrecreation.com</a></td>
<td>541-667-5018</td>
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<td>Adult Flag Football</td>
<td>Hermiston Parks &amp; Recreation</td>
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<td>541-667-5018</td>
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<td>Adult Softball</td>
<td>Hermiston Parks &amp; Recreation</td>
<td><a href="http://www.hermistonrecreation.com">www.hermistonrecreation.com</a></td>
<td>541-667-5018</td>
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<tr>
<td>Youth Basketball</td>
<td>Hermiston Parks &amp; Recreation</td>
<td><a href="http://www.hermistonrecreation.com">www.hermistonrecreation.com</a></td>
<td>541-667-5018</td>
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<td>Youth Flag Football</td>
<td>Hermiston Parks &amp; Recreation</td>
<td><a href="http://www.hermistonrecreation.com">www.hermistonrecreation.com</a></td>
<td>541-667-5018</td>
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<td>Dance/Gymnastics</td>
<td>Hermiston Parks &amp; Recreation</td>
<td><a href="http://www.hermistonrecreation.com">www.hermistonrecreation.com</a></td>
<td>541-667-5018</td>
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<td>Youth Golf Program</td>
<td>Hermiston Parks &amp; Recreation</td>
<td><a href="http://www.hermistonrecreation.com">www.hermistonrecreation.com</a></td>
<td>541-667-5018</td>
</tr>
<tr>
<td>Special Services</td>
<td>The Arc of Umatilla County</td>
<td><a href="http://www.thearcumatilla.org">www.thearcumatilla.org</a></td>
<td>541-567-7615</td>
</tr>
<tr>
<td>Reading Classes/Programs</td>
<td>Hermiston Public Library</td>
<td><a href="http://www.hermistonlibrary.us">www.hermistonlibrary.us</a></td>
<td>541-567-2882</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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<tr>
<td>Adult Soccer</td>
<td>Women’s League</td>
<td><a href="mailto:gardoval1126102720@hotmail.com">gardoval1126102720@hotmail.com</a></td>
<td>541-701-6959</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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<tr>
<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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<tr>
<td>Basketball</td>
<td>AAU/HYBA</td>
<td><a href="http://www.hermistonbasketballclub.org">www.hermistonbasketballclub.org</a></td>
<td>541-561-5324</td>
</tr>
<tr>
<td>Grid Kids Football</td>
<td>Hermiston Grid Kids Football</td>
<td><a href="mailto:jguiterrez31978@gmail.com">jguiterrez31978@gmail.com</a></td>
<td>541-314-5399</td>
</tr>
<tr>
<td>Youth Baseball</td>
<td>Hermiston Little League</td>
<td><a href="http://www.hermistonlittleleague.com">www.hermistonlittleleague.com</a></td>
<td></td>
</tr>
<tr>
<td>Baseball</td>
<td>Hermiston American Legion</td>
<td><a href="mailto:Kevin.Moore@hermistonosd.org">Kevin.Moore@hermistonosd.org</a></td>
<td>541-667-6000</td>
</tr>
<tr>
<td>Youth Lacrosse</td>
<td>Hermiston Youth Lacrosse</td>
<td></td>
<td>541-571-2502</td>
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<tr>
<td>Music Group</td>
<td>Inland NW Musicians</td>
<td><a href="mailto:inwm@machmedia.net">inwm@machmedia.net</a></td>
<td>541-289-4676</td>
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<tr>
<td>Hunter Safety Class</td>
<td>Oregon Fish &amp; Wildlife</td>
<td><a href="mailto:dmock21@charter.net">dmock21@charter.net</a></td>
<td>541-561-6654</td>
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<tr>
<td>Community Services</td>
<td>Capeco</td>
<td><a href="http://www.capeco-works.org">www.capeco-works.org</a></td>
<td>541-567-7889</td>
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<tr>
<td>Child Care, Classes,WIC</td>
<td>Umatilla-Morrow Head Start</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 Health Care System</td>
<td><a href="http://www.gshealth.org">www.gshealth.org</a></td>
<td>541-667-3509</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.golfbigriver.com">www.golfbigriver.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.bowldesertlakes.com">www.bowldesertlakes.com</a></td>
<td>541-567-6364</td>
</tr>
<tr>
<td>Outreach Support Services</td>
<td>Pregnancy Care Services</td>
<td>trucapecom.com</td>
<td>541-567-2393</td>
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<tr>
<td>Support Service Group</td>
<td>E0 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.Strout@hermiston.k12.or.us">Emilee.Strout@hermiston.k12.or.us</a></td>
<td>541-667-6115</td>
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<td>Special Olympics</td>
<td>Special Olympics</td>
<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></td>
<td>541-969-0677</td>
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<tr>
<td>Tae Kwon Do</td>
<td>E.O. Family Tae Kwon Do</td>
<td><a href="mailto:ewwatson24@hotmail.com">ewwatson24@hotmail.com</a></td>
<td>541-449.3341</td>
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<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:mld1194@hotmail.com">mld1194@hotmail.com</a></td>
<td>541-720-7706</td>
</tr>
</tbody>
</table>

**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/transfer 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.
NEW YEARS
Fireworks
FREE ON-STREET VIEWING
Jan 1
FESTIVAL STREET
12:00AM
JOIN US ON FESTIVAL STREET FOR AN AMAZING NEW YEARS EVE FIREWORKS SHOW!

DEC 31
TICKETED NEW YEARS EVE PARTY
UNION CLUB
LIVE BAND, FOOD, DANCING
9PM-1AM