

Senior Moments

Harney County Senior & Community Services Center ADRC

Nov/Dec 2016

THANKSGIVING HISTORY AND FACTS:

Thanksgiving is a day when many Americans gather together with family for an afternoon of food and football, but just how far do people travel to spend turkey day at Grandma's house? Which state grows the most cranberries, and how big was the world largest pumpkin pie? Lets find out!

The most Familiar story of the first Thanksgiving took place in Plymouth Colony, in present day Massachusetts, in 1621. More than 200 years later, President Abraham Lincoln declared the final Thursday in November as a national day of thanksgiving. Congress finally made Thanksgiving Day an official national holiday in 1941.

The American Automobile Association (AAA) estimated that 42.2 million Americans Traveled 50 miles or more from home over the Thanksgiving holiday weekend in 2010.

According to the U.S. Census Bureau, Minnesota is the top turkey-producing state in America, with a planned production total of 46.5 million in 2011. Six states- Minnesota, North Carolina, Arkansas, Missouri, Virginia, and Indiana- account for nearly two-thirds of the 248 million turkeys that will be raised in the U.S. this year.

In a survey conducted by the National Turkey Federation, nearly 88 percent of Americans said they eat turkey at Thanksgiving. The average weight of turkeys purchased for Thanksgiving is 15 pounds, which means some 690 million pounds of turkey were consumed in the U.S. during Thanksgiving in 2007.

Cranberry production in the U.S. was expected to reach 750 million pounds in 2011. Wisconsin, Massachusetts, New Jersey, Oregon and Washington are the top

cranberry growing states.

Illinois, California, Pennsylvania and New York are the major pumpkin growing states, together they produced 1.1 billion pounds of pumpkin in 2010. Total U.S. production was over 1.5 billion pounds.

The sweet potato is most plentifully produced in North Carolina, which grew 972 million pounds of the popular Thanksgiving side dish vegetable in 2010. Other sweet potato powerhouses included California and Mississippi, and the top producing states together generated over 2.4 billion pounds of the sweet potatoes.

According to the Guinness Book of World Records, the largest pumpkin pie ever baked weighed 2,020 pounds and measured just over 12 feet long. It was baked on October 8, 2005 by the New Bremen Giant Pumpkin Growers in Ohio, and included 900 pounds of pumpkin, 62 gallons of evaporated milk, 155 dozen eggs, 300 pounds of sugar, 3.5 pounds of salt, 7 pounds of cinnamon, 2 pounds of pumpkin spice and 250 pounds of crust.

Originally known as Macy's Christmas Parade—to signify the launch of the Christmas shopping season—the first Macy's Thanksgiving Day Parade took place in New York City in 1924. It was launched by Macy's employees and featured animals from the Central Park Zoo. Today, some 3 million people attend the annual parade and another 44 million watch it on television.

HAPPY THANKSGIVING!!

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FIND THE WORD

In every newsletter there will be a hidden word, the word can be found anywhere in the issue. First contestant to find the hidden word will need to CALL Kayla at the Center and will win 10 meal tickets, 541-573-6024. Calls will not be taken until after Nov 1st.

HAVE FUN!!

Hint: something that attracts strongly.

Simple Tips for Healthy Eyes

Your eyes are an important part of your health. There are many things you can do to keep them healthy and make sure you are seeing your best. Follow these simple steps for maintaining healthy eyes well into your golden years.

Have a comprehensive dilated eye exam. You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for a comprehensive dilated eye exam is the only way to really be sure. When it comes to common vision problems, some people don't realize they could see better with glasses or contact lenses. In addition, many common eye diseases such as glaucoma, diabetic eye disease and age-related macular degeneration often have no warning signs. A dilated eye exam is the only way to detect these diseases in their early stages.

During a comprehensive dilated eye exam, your eye care professional places drops in your eyes to dilate, or widen, the pupil to allow more light to enter the eye the same way an open door lets more light into a dark room. This enables your eye care professional to get a good look at the back of the eyes and examine them for any signs of damage or disease. Your eye care professional is the only one who can determine if your eyes are healthy and if you're seeing your best.

Know your family's eye health history. Talk to your family members about their eye health history. It's important to know if any-

one has been diagnosed with a disease or condition since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease or condition.

Eat right to protect your sight. You've heard carrots are good for your eyes. But eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens is important for keeping your eyes healthy, too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

Maintain a healthy weight. Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma. If you are having trouble maintaining a healthy weight, talk to your doctor.

Wear protective eyewear. Wear protective eyewear when playing sports or doing activities around the home. Protective eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide the correct protection for a certain activity. Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do some sporting goods stores.

Quit smoking or never start. Smoking is as bad for your eyes as it is for the rest of your body.

Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.

Be cool and wear your shades. Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation.

Give your eyes a rest. If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.

Clean your hands and your contact lenses properly. To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.

Practice workplace eye safety. Employers are required to provide a safe work environment. When protective eyewear is required as a part of your job, make a habit of wearing the appropriate type at all times and encourage your coworkers to do the same lodestone.

Source:
<https://www.nei.nih.gov/healthyeyes/eyehealthtips>

Across

- 1. Welcoming word
- 6. Assuage
- 10. Obstruction
- 14. Recruter de personnel
- 16. Perfect
- 17. Quaff served à une Irish pub
- 18. Turkmenistan neighbor
- 19. Formerly
- 20. Composes
- 21. Banks known for hitting
- 22. Jeb Bush's st.
- 23. Aides
- 25. Musical avec Barbra Streisand
- 30. Alternative to digital
- 31. "Cope Book" name
- 32. Media regulating gp.
- 35. Claudius's adoptive son
- 36. Date

- 37. Horse of the Century Man ___
- 38. PC key
- 39. Commotion
- 41. Noted test site
- 43. Le Internet
- 45. Without notice to the other side, in law
- 48. Hitter's stat
- 49. Ebbets Field favorite
- 50. Yemeni dough
- 52. Focal points
- 56. Obsessed by
- 57. Equine qui speaks
- 59. Invent, in a way
- 60. Medical practice que is rare nowadays
- 61. Certain colonists
- 62. Dept. store inventory
- 63. Bad way to be knocked

Down

- 1. 46-Down's 54, e.g.: Abbr.
- 2. Boxer Spinks
- 3. Suffix with orth-

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15					16			
17										18			
19					20				21				
				22			23	24					
25	26	27	28				29						
30							31			32	33	34	
35					36				37				
38				39	40			41	42				
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45	46	47					48						
49						50	51			52	53	54	55
56					57				58				
59					60								
61					62				63				

* Solution on page 9

- 4. "You are ___"
- 5. Solver's shout
- 6. Win over
- 7. Memo abbr.
- 8. Place to surf
- 9. 8-Down flier
- 10. Like a bird sanctuary
- 11. "SNL" producer Michaels
- 12. Walking ___
- 13. Pool components
- 15. Disconnect
- 21. Scat queen Fitzgerald
- 22. Egg ___ yung
- 24. Popular street name
- 25. Dennis, to Mr. Wilson
- 26. "The Defiant ___": 1958 film
- 27. Stash finder
- 28. Ben's ex-squeeze
- 29. Tractor maker
- 32. E-mail opinion qualifier, briefly
- 33. Sugar source
- 34. Illicit exam aid
- 36. Part of a shortcut, perhaps
- 37. Informal agreement
- 39. Upset
- 40. Rubble creator
- 41. Book opening?
- 42. First name in despots
- 43. Bricklayers
- 44. Tropical fish with powerful teeth
- 45. Susan Lucci role
- 46. One of the noble gases
- 47. ___ jury
- 51. "Last one ___ ..."
- 52. One of LBJ's daughters
- 53. Kind of surgeon
- 54. Pen unit
- 55. Without purpose
- 57. "Delicious!"
- 58. USN rank

November 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm	2 Miracle Ear 10am Lunch 12pm Cards 1pm	3 Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm Cards 1pm	4 Lunch 12pm Cards 1pm	5
6	7 Quilting 9-3pm Walking 10:30am	8 Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm	9 Miracle Ear 10am Blood Pressure Clinic 10-12 Birthday Lunch 12pm Cards 1pm	10 Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm Cards 1pm	11 CLOSED Veterans Day	12
13	14 Quilting 9-3pm Walking 10:30am Tai Chi for Arthritis 2:30-4pm	15 Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm	16 Miracle Ear 10am Lunch 12pm Cards 1pm	17 Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm Cards 1pm	18 Thanksgiving Dinner 12pm Cards 1pm	19
20	21 Quilting 9-3pm Walking 10:30am Tai Chi for Arthritis 2:30pm-4pm	22 Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm	23 Miracle Ear 10am Lunch 12pm Cards 1pm	24 CLOSED Thanksgiving Day	25 CLOSED Thanksgiving Weekend	26
27	28 Quilting 9-3pm Walking 10:30am Tai Chi for Arthritis 2:30-4pm	29 Tai Chi 9:30am Walking 10:30am SHIBA 1-4pm	30 Miracle Ear 10am Lunch 12pm Cards 1pm			

Suggested donation 60+ \$3.50	59yrs & under Must Pay \$4.50
WEDNESDAY: NOVEMBER 2, 2016	FRIDAY: NOVEMBER 4, 2016
Servers: Christian Church	Servers: Pioneer Presbyterian Church/Crane Fellowship
Sponsor: Opal Filteau	Sponsor: Virginia Tabor IMO Dick Tabor
Sponsor: Sandra Welch	Sponsor: American Legion Auxiliary
<p style="text-align: center;">Lamb Roast Mashed Potatoes w/ Gravy WW Rolls Vegetables Lemon Bars</p>	<p style="text-align: center;">Sloppy Joes Fresh Baked Bread Fruit Salad Vegetable Cherry Dump Cake</p>
WEDNESDAY: NOVEMBER 9, 2016	FRIDAY: NOVEMBER 11, 2016
Servers: Faith Baptist	
Sponsor: Burns Electric & Guy McKay	
Sponsor: Law Office of John Lamborn	
<p style="text-align: center;">BIRTHDAY LUNCH Pork Roast Rice Pilaf WW Rolls Vegetables Apple Sauce Cake & Ice Cream</p>	CLOSED FOR VETERAN'S DAY
WEDNESDAY: NOVEMBER 16, 2016	FRIDAY: NOVEMBER 18, 2016
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: Carole Alley Insurance	Sponsor: Mary Jo Eshelby
Sponsor: Buermann's Ranch Meats	Sponsor: The Aspens
Sponsor: Basco Fiasco- Harney County Basques	
<p style="text-align: center;">Hamburger Patties w/ Onion & Gravy Mashed Potatoes WW Rolls Vegetable Jello w/fruit</p>	<p style="text-align: center;">THANKSGIVING DINNER Turkey w/ Dressing Vegetable WW Rolls Mashed Potatoes w/ Gravy Cranberry Sauce Pumpkin Pie Relish Tray</p>
WEDNESDAY: NOVEMBER 23, 2016	FRIDAY: NOVEMBER 25, 2016
Servers: Catholic Church	
Sponsor: Ebar Oil	
Sponsor: American's Best Value Inn	
<p style="text-align: center;">Saint Louis Style Ribs Coleslaw Oven Fries WW Rolls Cookies</p>	CLOSED FOR THANKSGIVING
WEDNESDAY: NOVEMBER 30, 2016	
Servers: Peace Lutheran/ St. Andrews	
Sponsor: Peace Lutheran Church Mission Endowment Fund	
Sponsor: Bill & Patsy Wilbur	
<p style="text-align: center;">Sausage Lasagna WW Rolls Corn Fruit Salad Pudding</p>	

Suggested donation 60+ \$3.50	59 yrs. & under Must Pay \$4.50
	FRIDAY: DECEMBER 2, 2016
	Servers: Pioneer Presbyterian Church/Crane Fellowship
	Sponsor: Gordon & Marianne Andrews & Verna Pettyjohn
	Sponsor: Mary Salsbery IMO Bud Salsbery
	Pork Chops Oven Fries Coleslaw WW Rolls Cottage Cheese w/ Fruit Pistachio Cake
WEDNESDAY: DECEMBER 7, 2016	FRIDAY: DECEMBER 9, 2016
Servers: Faith Baptist	Servers:
Sponsor: Richard & Cherry Day	Sponsor: Page & Dorothy Dulaney
Sponsor: Anonymous	Sponsor: David & Robin Gerstenfeld
Hamburger Steak Mashed Potatoes w/ Gravy WW Rolls Vegetable Cottage Cheese w/ Fruit Cookies	Beef Burrito Casserole Green Salad Fruit Brownies
WEDNESDAY: DECEMBER 14, 2016	FRIDAY: DECEMBER 16, 2016
Servers: Church of Jesus Christ of Latter Day Sts.	Servers: Christian Church
Sponsor: Christian Church Thrift Shop	Sponsor: Umpqua Bank
Sponsor: Anderson Valley Supply	Sponsor: Harney County Veterinary Clinic
Lamb Stew Biscuits w/ Honey Butter Salad Blonde Brownies	BIRTHDAY DINNER BBQ Chicken Rice Pilaf WW Rolls Salad Cake & Ice Cream
WEDNESDAY: DECEMBER 21, 2016	FRIDAY: DECEMBER 23, 2016
Servers: Catholic Church	Servers: Catholic Church
Sponsor: Burns Lions Club	Sponsor: Buermann's Ranch Meats
Sponsor: Gourmet & Gadgets	Sponsor: Oster Professional Group
CHRISTMAS DINNER Roast Beef Mashed Potatoes w/ Gravy WW Rolls Vegetable Fruit Salad Pumpkin Bars	Spaghetti Garlic Rolls Salad Fruit Pistachio Pudding
WEDNESDAY: DECEMBER 28, 2016	FRIDAY: DECEMBER 30, 2016
Servers: Peace Lutheran/ St. Andrews	Servers: Christian Church
Sponsor: Burns Electric	Sponsor: Matthew Obradovich
Sponsor: Ebar Oil Company	Sponsor: IMO Noel & Ferne Cagle
Pork Roast w/ Gravy Rice WW Rolls Vegetable Applesauce Lemon Bars	Turkey Enchilada Spanish Rice Salad Cherry Dump Cake

December 2016

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18	19 Quilting 9-3pm Walking 10:30am Tai Chi for Arthritis 2:30-4pm	20 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm	21 Miracle Ear 10am Christmas Dinner 12pm Cards 1pm	22 Tai Chi 9:30am Walking 10:30am Cards 1pm	23 Lunch 12pm Cards 1pm	24
25	26 CLOSED CHRISTMAS WEEKEND	27 Tai Chi 9:30am Walking 10:30am SHIBA 1-3pm	28 Miracle Ear 10am Lunch 12pm Cards 1pm	29 Tai Chi 9:30am Walking 10:30am Cards 1pm	30 Lunch 12pm Cards 1pm	31



**Pioneer Presbyterian Church Annual
Harvest Festival Dinner & Bazaar
Saturday, November 5, 2016**



Bazaar: 10am-7pm Christmas gift items, homemade specialty foods and craft items.

Special Feature: Purchase a tin, fill it to the brim with homemade cookies.

Dinner: 4:30-7pm Harvest stew, bread. Large salad bar, and fantastic homemade pies.

*Tickets available from church members, Gourmet & Gadgets and at the door. Adults \$8.00, Children \$5.00, Children under 5 years are free.

ATTN: VETERANS

You may be eligible for FREE rides to medical, dental and mental health appointments. Please call Dial-A-Ride at [541-573-3030](tel:541-573-3030) or Harney County Veterans Service Officer Guy McKay at [541-573-1342](tel:541-573-1342) for details of this exciting new program.

OPEN ENROLLMENT BEGINS OCTOBER 15TH AND ENDS DECEMBER 7TH

I did not know that there are 24 Medicare Drug (D) plans in Oregon and every plan has changed their premium, deductible, co-pays and the drugs they cover and I need to compare my plan during open enrollment.

I didn't know there was Extra Help for Medicare D to pay premiums, deductibles, and co-pays if I qualify and could qualify me for Medicare Savings Programs.

I did not know that if I missed the enrollment periods for Medicare supplement insurance and I cannot

get insurance because of my health there are three different advantage plans through Moda Health Insurance and now I can get Health Insurance during open enrollment.

If I have an Advantage Health Insurance and I am not happy with it I can go back to Original Medicare and get a supplement and drug plan Open Enrollment if I qualify.

I did not know there are billions of dollars frequently charged to someone's Medicare Number every

year, not to speak of all the errors that can occur and I can get help solving a problem from the volunteers at The Center.

There will be trained volunteers at the Senior and Community Services Center on 17 S. Alder every Tuesday and Thursday except Thanksgiving week 1:00 to 4:00pm. Don't miss the opportunity to get a Medicare Check Up during Open Enrollment.

Beef Fried Rice

Ingredients

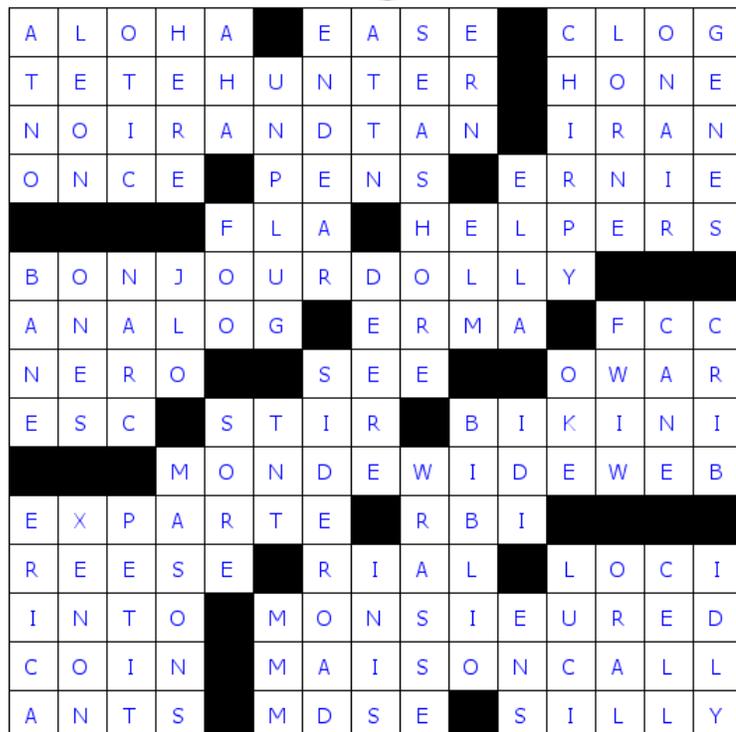
- 2 tablespoons canola oil, divided
- 2 egg yolks,
- 1/2 cup broccoli, cut into florets, stems sliced into 1/4-inch rounds
- 1/2 cup bean sprouts
- 1/2 cup beef chuck steak
- 2 cups white rice

- 3 tablespoons soy sauce
- Freshly ground black pepper
- 1 scallion, thinly sliced



Directions

- In a large skillet over medium heat add 1 tablespoon of canola oil.
- Whisk the egg yolks in a small bowl and pour them into the hot pan.
- Cook until set, about 1 minute. Remove them from the pan to a plate and set aside.
- Return the pan to the stove over high heat and add the remaining 1 tablespoon of oil.
- Add the broccoli and bean sprouts, and stir-fry until heated through, about 1 minute.
- Stir in the beef, rice and soy sauce.
- Season with pepper, to taste, and add the cooked egg.
- Toss and cook the mixture until hot, about 2 minutes.
- Transfer to serving dishes and garnish with sliced scallions



Legal Assistance for Seniors 60+

Legal services are available to seniors in need. Harney County Senior & Community Services Center and Attorney John Lamborn are working together to provide services related to the following legal issues:

- * Income and Public Benefits
- * Housing
- * Guardianship Actions
- * Long-Term Care
- * Health Care

- * Protection from Abuse or Neglect
- * Utilities
- * Age Discrimination



Harney County Senior & Community Services Center will provide financial assistance, for those who qualify, for services provided under our contract with Mr. Lamborn. If you think you would benefit from this service or have further questions, please contact the center at (541)573-6024. All Appointments with Mr. Lamborn will be made through the Senior Center and will occur at his office. Funds are limited.

Residential Rehab Loans Available in Burns

If you are a low to moderate income home owner in the city limits of Burns, there are Residential Rehab dollars available to you. The Residential Rehab program is a zero interest, deferred payment loan aimed at improving quality of life through improved living conditions. It can be used to make much needed repairs and improvements to your home. If you are interested

in learning more about this program call Community in Action at 541-889-9555 and speak to a program manager.

Stop by the center for a brochure.

Call Kathy Markee at 541-889-1060 Ext. 102 or email her: kathy@communityinaction.info



BIRTHDAY WINNERS

September Winners

- Vina Tiller- \$15 Cert @ R.J.'s Resturant
- Wyona Keith- \$10 Cert @ Thriftway
- Gwin Lawson- One large pizza @ Figaro's Pizza
- Joe Boren- \$10 Cert @ Crane Store
- Elsie Sartin-One 6in sub meal @ Subway
- Rose Modey- \$5 lunch @Broadway Deli
- Don Williams- \$5 meal @ El Toreo
- Lou Thompson- \$5 meal @ The Hilander
- Linda Anderson- \$10 Cert @ Apple Peddler
- Jimmy Heimer- Balloons & Candy



Scheduled Trips to Bend

November

Tuesday – November 1
Thursday – November 10
Tuesday – November 15
Tuesday – November 29

December

Thursday – December 1
Tuesday – December 6
Thursday – December 15
Tuesday – December 20
Thursday – December 29

January

Tuesday – January 3

Thursday – January 12

Tuesday – January 17

Thursday – January 26

Tuesday – January 31

Days may be changed due to scheduling conflicts, staff shortages, holidays, etc.

Appointments in Bend must be scheduled no earlier than 10:00a.m. and no later 3:00p.m.

Bend/Redmond Fare: \$35 Round Trip, \$18 One Way

Fare is payable upon reservation. You are responsible for all other costs. The bus will return when the last appointment concludes. This service



is available for medical appointments and airports service. Shopping available if time allows. Stops are at the discretion of the driver.

If you are a client of APD, they may pay for your ride. **It is your responsibility to contact your case manager and make arrangements prior to the trip.**

To access alternative telecommunication call Oregon telecommunication relay service: #711

MEDICAID RIDE SCHEDULING

Due to regulations from the State of Oregon, all medical transportation for Medicaid recipients must be scheduled through a regional broker. Mid Columbia Council of Governments Transportation Network is the agency contracted to operate this transportation program in our area.

Our Dial-A-Ride dispatcher receives notice daily for rides to be scheduled.

Any medical ride requiring same day service will be called in to our dispatch center by the brokerage.

This applies to medical rides only, you

Harney County Dial-A-Ride
17 South Alder Burns
541-573-3030

may still schedule other rides through our center yourself. If you have any questions or concerns regarding this program, please contact your case manager or caregiver.

Mid Columbia Council of Governments Transportation Network:

1-877-875-4657

This applies to medical rides only.

Public Transportation in Harney County

Dial-A-Ride is a countywide service which prioritizes demand responsive trips within a 10 mile radius of Burns/Hines and provides occasional charter service to events and activities in Harney County.

Monday–Friday

7:00 a.m.—7:00 p.m.

Last pick-up is at 6:45 p.m.

Saturday

8:00 a.m.—5:00 p.m.

Last pick-up is 4:45

Sunday

8:00am-3:00pm

Last pickup is 2:45



To facilitate scheduling please call as soon as you know you will need a ride.

A week or more in advance is not too soon to schedule your ride.

When scheduling your rides, please tell the dispatcher the exact number of stops and number of riders

\$1.00 per stop

A ticket of 20 rides can be purchased for \$20 from drivers or dispatch.

RETURN SERVICE REQUESTED



Phone: 541-573-6024

Fax: 541-573-6025

E-mail:

angela.lamborn@co.harney.or.us

Serving our community since
1973

[www.co.harney.or.us/
seniorcenter.html](http://www.co.harney.or.us/seniorcenter.html)

It is the policy of Harney County Senior & Community Services Center not to discriminate against anyone because of age, race, religion, color, handicap, sex, physical condition, developmental disability, sexual orientation or national origin.

NON-PROFIT ORG.
U.S. POSTAGE PAID
BURNS, OREGON
PERMIT #52

Highlights at a Glance

Miracle Ear:

Most Wednesdays

Walking with friends:

Monday, Tuesday and Thursday
10:30-11:30am

Tai Chi Class:

Tuesday and Thursday
9:30am-10:30

Quilting:

Mondays 9:00am-3:00pm

SHIBA: OPEN ENROLLMENT
CALL TO MAKE APPOINTMENT
541-573-6024 :Tuesday & Thursday
1-3pm

Blood Pressure Clinic:

November 11th 10am-
12pm

December 14th 10am-12pm

Birthday Lunch:

November 9th @ 12pm
December 16th @ 12pm

Holiday Dinners:

November 18th Thanksgiving
Dinner 12pm
December 21st Christmas
Dinner 12pm

CLOSED

November 11th for Veterans
Day
November 24th & 25th for
Thanksgiving Day
December 26th observed for
Christmas Day

NEW Food Bank Hours:

Monday, Tuesday & Thursday
1-3pm.
Friday 8:30-11am & 1-3pm

Christian Church Food

Bank Hours:

Monday & Wednesday 10am-
1pm

New Veteran Transportation

Program For more details call
Dial-A-Ride 541-573-3030 or
HC Veteran Officer Guy
McKay 541-573-1342

Tai Chi for Arthritis, Improve Balance and Fall Prevention November 14th 2:30-4pm every Monday. Call 541-573-6024 to sign up.