

PENDLETON

Yoga Round-Up promotes wellness and tourism

East Oregonian

The Yoga Round-Up offers three and a half days of yoga, dance and music. In addition, activities and breaks encourage further exploration of Pendleton and the Umatilla Indian Reservation.

In its seventh year, there's no set registration fee to participate in the event or most activities. Participants may make a donation to help with the event. Yoga Round-Up kicks off Thursday morning and runs through Sunday at 1 p.m. Most activities are at the Pendleton Round-Up Grounds and the Pendleton Convention Center.

There is a \$6 per night charge for tent camping and \$12 a night for recreational vehicle parking. Showers are available 24 hours a day at the Pendleton Convention Center. Also, there are fees for Hands on Healing services and Paddle Board Yoga at McKay Reservoir.

Organizers Tania and Cedric Wildbill invite everyone to attend — even



Participants in 2013 Yoga Round-Up perform the airplane pose at the Pendleton Round-Up Grounds. The 2015 event begins Thursday, July 16 at the Pendleton Convention Center and Round-Up Grounds.

those who have never participated in yoga previously. The event, Tania Wildbill said, has become an annual gathering of cultivating old friendships and the birthing of new ones.

The event was created to promote wellness and

enhance tourism in Pendleton and the Umatilla Indian Reservation. It features yoga, Yoga Nidra, Paddle Board Yoga, Buti Yoga, Yoga Faith, medication and live music. In addition, hands-on services include massage, EFT tapping,

acupuncture, aromatherapy and reiki. Also, there are vendors on hand selling items and providing information.

To register or for more information, including a full schedule of activities, visit www.yogaroundup.com.

COMING EVENTS

TUESDAY, JULY 14

WALKING FOR WELLNESS, 8:30-9:30 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. (541-276-8100).

PRESCHOOL STORY TIME, 10:30-11 a.m., Stanfield Public Library, 180 W. Coe Ave. (541-449-1254).

LITERARY HOUR, 11 a.m., Children's Museum of Eastern Oregon, 400 S. Main St., Pendleton. A book and activity designed to promote literacy, self-expression and early reading. (541-276-1066).

BOARDMAN SENIOR MEAL SERVICE, 12 noon, Boardman Senior Center, 100 Tatone St., Boardman. Costs \$4 for seniors 55 and older and \$5 for adults. (541-481-3257).

HERMISTON SENIOR MEAL SERVICE, 12 noon, Hermiston Senior Center, 435 W. Orchard Ave. Costs \$4 for adults and children over 10 and Meals on Wheels home delivery; free for children under 10. Extra 50 cents if center provides table service or dishes. Transportation can be arranged by donation. (541-567-3582).

PENDLETON SENIOR MEAL SERVICE, 12 noon, Pendleton Senior Center, 510 S.W. 10th St. Costs \$3.50 for seniors, \$6 for those under 60. Includes pool, puzzles, crafts, snacks, Second Time Around thrift store 9 a.m. to 1 p.m. For Meals On Wheels call CAPECO at 541-276-1926. (541-276-7101).

CRAFTERNOONS, 4 p.m., Pendleton Public Library, 502 S.W. Dorion Ave. Drop in for a different craft each week — sometimes a group effort, sometimes individual projects. Free, all ages. (541-966-0380).

BABY BASH, 5 p.m., Pendleton Public Library, 502 S.W. Dorion Ave. Fun for baby and parents. Free. (541-966-0380).

ARTIST'S RECEPTION, 5:30 p.m., Pendleton Public Library meeting room, 502 S.W. Dorion Ave. Meet John Bujak, whose landscape photography will be on display through the end of July. Free. (541-966-0380).

PENDLETON KNITTING GROUP, 6 p.m., Prodigal Son Brewery & Pub, 230 S.E. Court Ave. (541-966-0380).

PENDLETON EAGLES BINGO, 6:30-9 p.m., Pendleton Eagles Lodge No. 28, 428 S. Main St. (541-278-2828).

STORY AND CRAFT TIME, 6:30 p.m., Milton-Freewater Public Library, 8 S.W. Eighth Ave. For elementary school-age children. (Lili Schmidt 541-938-8247)

WEDNESDAY, JULY 15

WALKING FOR WELLNESS, 8:30-9:30 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. (541-276-8100).



AP Photo/Ted S. Warren

Celebrate the Seahawks Thursday at the Pendleton Round-Up Grounds with the raising of the 12th Man flag with wide receivers Ricardo Lockette and B.J. Daniels, the Sea Gals and the Blue Thunder Band. The event is free and suitable for all ages.

BABY BOOGIE & TAPPIN' TODDLERS, 10-10:45 a.m., Hermiston Public Library, 235 E. Gladys Ave. (541-567-2882).

PRESCHOOL STORY TIME, 10:15 a.m., Pendleton Public Library, 502 S.W. Dorion Ave. (541-966-0380).

STORY TIME, 11:15 a.m. to noon, Hermiston Public Library, 235 E. Gladys Ave. (541-567-2882).

PENDLETON SENIOR MEAL SERVICE, 12 noon, Pendleton Senior Center, 510 S.W. 10th St. Costs \$3.50 for seniors, \$6 for those under 60. Includes pool, puzzles, crafts, snacks, Second Time Around thrift store 9 a.m. to 1 p.m. For Meals On Wheels call CAPECO at 541-276-1926. (541-276-7101).

STANFIELD SENIOR MEAL SERVICE, 12 noon, Stanfield Community Center, 225 W. Roosevelt. Suggested donation is \$3.50 for seniors, \$6 for those under 65.

ADULT BEGINNING COMPUTER COURSE, 3 p.m., Pendleton Public Library meeting room, 502 S.W. Dorion Ave. Learn the basics of computers, email, the Internet and more. Free, but registration is required and class size is limited. (541-966-0380).

MILTON-FREEWATER FARMERS' MARKET, 4-7 p.m., Orchard Park, South Main Street (bottom of Milton Hill), 1224 Oregon-Washington Highway, Milton-Freewater. Food and craft vendors. (541-938-5563).

FAMILY BLOCK PARTY, 5:30 p.m., Ashley Manor, 1355 Manzanita Place, Hermiston. Food, music, games and prizes for everyone. (541-567-6151).

VEGAN/SUSTAINABLE LIVING POTLUCK SUPPER, 7 p.m.,

and the Blue Thunder Band. Free and suitable for all ages.

SKILLS FOR LIFE, 3-5 p.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. The first hour includes gym activities and the second focuses on life skills for middle and high school students. Free, but registration requested. (Danny Bane 541-379-4250).

MAKERSPACE, 4-5 p.m., Pendleton Public Library, 502 S.W. Dorion Ave. Children ages 3 and up create, design and experiment with a variety of tools, STEM challenges and educational games geared toward promoting creative thinking and problem solving. Kids will have access to a stop animation studio, electrical learning tools, early computer programming games, a junior architecture kit and more.

GIRL POWER: LADY HEROES OF HISTORY, 4 p.m., Pendleton Public Library, 502 S.W. Dorion Ave. For ages 3-12. Come dressed as your favorite hero and learn about wicked awesome ladies of history. Prize drawing for lady scientist LEGO kit and one Goldie Blocks set. Free, but registration is required. (541-966-0380).

THE ARC UMATILLA COUNTY BINGO, 6 p.m. doors open, bingo starts at 7 p.m. 215 W. Orchard Ave., Hermiston. (541-567-7615).

REVISED FOREST PLAN PUBLIC WORKSHOP, 6-9 p.m., Ukiah School gymnasium, 201 Hill St. Representatives from the Umatilla National Forest and High Desert Partnership will discuss forest access and how it should be addressed in the Revised Forest Plan. All attendees will be encouraged to provide input. Free. (Jack Southworth 541-542-2558, Peter Fargo 541-523-1231 or Joani Bosworth 541-278-3722).

FIDDLER'S NIGHT, 6:30-8:30 p.m., Hermiston Terrace Assisted Living, 980 W. Highland Ave. Join jam session or just listen. Refreshments served. (541-567-3141).

FIRST DRAFT WRITERS' SERIES, 7 p.m., Pendleton Center for the Arts, 214 N. Main St., Pendleton. Gathering features readings by Ki Russell and Shaindel Beers; participants can sign up for open mic time of 3-5 minutes. (541-278-9201).

The EO publishes a list of coming events as space allows. It's posted weekly at www.eastoregonian.com. All items are assumed free, nonprofit and open to the public unless otherwise noted. Coming events items should be submitted well in advance to calendar c/o East Oregonian, 211 S.E. Byers Ave., Pendleton, OR 97801, 333 E. Main St., Hermiston, OR 97838 or community@eastoregonian.com.

BRIEFLY

Parks commission cancels meeting

PENDLETON — The July 14 meeting of the Pendleton Parks & Recreation Commission has been canceled due to a lack of quorum.

The next regularly scheduled meeting is Tuesday, Aug. 11 at noon at the parks office, 865 Tutuilla Road, Pendleton.

For more information, call 541-276-8100.

502 S.W. Dorion Ave., Pendleton. Open to ages 3-12, participants are invited to dress up as their favorite hero and learn about some awesome ladies. A prize drawing will be held for a lady scientist LEGO kit and a Goldie Blocks set.

For more information, call 541-966-0380.

Splash pad sets grand opening

BOARDMAN — Free sno cones and a ribbon-cutting ceremony are planned as Boardman's new splash pad officially opens.

The event is Friday, July 17 at 10 a.m. at Northeast Front Street, Boardman. The feature became a reality after first being discussed in 2011 and securing financial assistance through the city of Boardman and a Wildhorse Foundation grant.

The 3,500-square-foot, bubble-shaped pad, which features multiple jets of streaming water and more than three dozen water features, is located at the park along with a soccer field and skate park. The park area will get new picnic tables and benches later this summer.

The splash pad will be open from 10 a.m. to 7 p.m. through Labor Day. It may stay open through the fall, depending on the weather. There's no admission charge.

Ashley Manor hosts block party

HERMISTON — Music, food, games and prizes are all part of the Family Block Party hosted by Ashley Manor Care Center.

The Network Hermiston Event is Wednesday at 5:30 p.m. at 1355 Manzanita Place, Hermiston. The event is free and open to the public.

For more information, call the Hermiston Chamber of Commerce at 541-567-6151.

Greenfield Grange serves breakfast

BOARDMAN — The public is invited to an upcoming breakfast at the Greenfield Grange.

The event is Saturday from 7-10 a.m. at 209 N.W. First St., Boardman. The cost is \$5 for adults and \$2.50 for children under 10.

For more information, call 541-720-7267.

Library highlights women in history

PENDLETON — Famous females in history are highlighted during an upcoming event at the Pendleton Public Library.

Girl Power: Lady Heroes of History is Thursday at 4 p.m. at

LOTTERY

Friday, July 10	Lucky Lines
Megamillions 24-27-45-51-54 Megaball: 8 Megaplier: 3 Estimated jackpot: \$123 million	03-06-11-15-FREE-17-22-28-29 Estimated jackpot: \$33,000
Lucky Lines 01-07-11-14-FREE-18-21-27-32 Estimated jackpot: \$32,000	Pick 4 1 p.m.: 9-1-4-6 4 p.m.: 9-5-5-8 7 p.m.: 2-3-1-5 10 p.m.: 3-1-8-5
Pick 4 1 p.m.: 0-1-0-7 4 p.m.: 1-3-8-7 7 p.m.: 7-3-9-7 10 p.m.: 3-9-9-4	Win for Life 12-15-22-43
Saturday, July 11	Sunday, July 12
Powerball 11-39-46-52-54 Powerball: 3 Power Play: 2 Estimated jackpot: \$50 million	Lucky Lines 01-08-11-13-FREE-17-24-28-29 Estimated jackpot: \$34,000
Megabucks 15-17-30-31-34-45 Estimated jackpot: \$3.6 million	Pick 4 1 p.m.: 5-9-1-5 4 p.m.: 8-4-9-1 7 p.m.: 9-4-4-0 10 p.m.: 8-9-1-2
Monday, July 13	
Pick 4 1 p.m.: 2-3-4-8	

Welcome
Forrest Cahill
Hearing Instrument Specialist

Sound Advantage Hearing Aid Center
541-567-4063
405 N. 1st St., Suite #107, Hermiston
541-215-1888
246 SW Dorion, Pendleton

You're Invited...
to join us for our Open House Celebration

When: **July 14th - 15th, 2015**
Where: **Renata Anderson**
2237 Southwest Court Place
Pendleton, OR 97801
From: **9:00 a.m. - 5:00 p.m.**
By appointment only. Additional evening hours available upon request.

During this event, you will receive the following complimentary services from Renata:

- Free hearing screening and personal hearing aid consultation.
- Free demonstration of the Phonak Audio V hearing devices, programmed for your individual hearing loss.
- RISK-FREE TRIAL (*nothing to lose to try them!*)

RSVP at:
541-276-5053

Certified, Licensed Audiologist

The Center for Excellence in Dermatology welcomes
Heidi Tate, PA-C
to our satellite clinic in Pendleton, Or.

She is located in the Family Medicine building, behind the Interpath building at 2450 SW Perkins Ave, Pendleton, OR.

Services related to the diagnosis and treatment of skin cancers, moles and sun damage. General services including the evaluation and treatment of acne, psoriasis, warts and eczema will also be available. Stop by the new office and meet the medical staff dedicated to taking care of all of your skin needs.

Appointments are available
Monday-Thursday
8am-5pm
Call toll free
1-855-525-4677

Hermiston, Oregon
Wednesday-Saturday • 7:45 pm
August 12-15, 2015
For ticket information, call or go online:
541-564-8500
farmcityprorodeo.com