

September . . . Neighborhood Happenings

A pow-wow for kids!

PENDLETON — One of the most popular annual events at Tamast-slikt Cultural Institute is the Kidz Pow-Wow, held on the closing day of Naami Nishaycht Living Culture Village. This year's festivities take place from 1 to 4 p.m. on Saturday, Sept. 3. All activities are free for children.

The Kidz Pow-Wow is open to all kids up to the age of 12, with or without regalia. Tribal and non-tribal participants are welcome, and prizes will be awarded for dancing and other cultural activities. For more details contact Tamast-slikt at 541-429-7700.

Is there an Olympic gymnast in the family?

PENDLETON — Are your kids still pumped up from watching Olympic gymnastics? They can try it themselves at Pendleton



Parks & Recreation gymnastics classes!

Eight-week sessions begin the week of Sept. 26 (register by 9/21). Monday and Wednesday classes are open to kids 18 months and up; fees range from \$60 to \$75. Classes meet in the downstairs gymnastics studio at the Pendleton Rec Center. Coaches help develop basic skills in beam, bar, floor and vault events, along with social skills and self-esteem. Friends and family can see the new skills of their gymnast in a show held Thanksgiving week. You'll find more info online at pendletonparksandrec.com.

Shop and eat smarter

HERMISTON — Umatilla/Morrow Head Start Office is offering a wide range of free afternoon and evening classes this fall, to help you eat healthy, shop wisely and parent with care. All classes are hosted in the WIC office, 110 NE 4th Street.

This month, classes include: Nutrition For Two, (9/2 And 9/19), Eating Healthy On A Budget (9/16), Kids In The Kitchen (9/19), Portion Distortion (9/19), Menu Planning (9/23) and Nurturing Parenting (repeats Tuesdays; presented in Spanish and English). For more information, call 541-667-2545 or 541-564-6878 or visit umchs.com.

Email your local events to editor@eoparent.com.



- Adult, Child and Family Therapy
- Psychiatric Evaluation and Treatment
- Mental Health and Crisis Services
- Confidential and Professional Care

LIFEWAYS PENDLETON
331 SE 2nd St., Pendleton, OR 97801
Office: 541-276-6207

LIFEWAYS HERMISTON
595 NW 11th St., Hermiston, OR 97838
Office: 541-567-2536

Crisis Phone: 866-343-4473

www.lifeways.org

