

ECHO

SUPPORT GROUPS

Turkey Trot raises money for warming stations

By TAMMY MALGESINI East Oregonian

Before succumbing to the relaxing effects of a tryptophan-rich turkey dinner, people are invited to participate in the annual Turkey Trot.

Featuring both a 5K run/walk and a kids 1-mile dash, the event is coordinated by Club 24. Money raised from the Turkey Trot helps provide support to warming stations in both Pendleton and Hermiston.

A family-friendly event, people are encouraged to bundle up and wear costumes. Check-in and race day registration is Thursday, Nov. 22 — Thanksgiving Day — from 8-9 a.m. in front of Sno Road Winery, 111 W. Main St., Echo. The race officially starts at 9 a.m., offering participants plenty of time to get home afterward to put the turkey in the oven.

The registration fee is \$15 for adults, \$10 for youths 16 and younger and free for children under age 6. The course is wheelchair accessible and people can bring their well-mannered dogs.

In addition to financial support, both warming stations are in need of volunteers.

Neighbor 2 Neighbor Pendleton runs the warming station in Pendleton. It's located at 715 S.E. Court Ave. According to a press release from executive direc-



Contributed photo

Participants line up to register for a past Turkey Trot. This year's event is Nov. 22 — Thanksgiving Day — starting in front of Sno Road Winery in Echo. Money raised benefits warming stations in Pendleton and Hermiston.

tor Dwight Johnson, it plans to open overnight when temperatures are expected to be colder than 32 degrees. Information is posted on its Facebook page and www.n2npendleton.org.

Participation in a training session is required to volunteer. Upcoming training is available Wednesday at 6 p.m. or Saturday at 9 a.m. The sessions will be held at the warming station and people don't have to pre-register to attend. For questions about the Pendleton warming station, call 765-791-8332.

In Hermiston, the opening date has been pushed back to Dec. 1 due to a lack of volunteers. Upcoming training is available Friday from noon to 3 p.m. and Saturday from midnight to 3 a.m. or noon to 3 p.m. Potential volunteers need to attend a training, be at least 18 and

pass a background check. Although not required, the board of directors requests a \$10 donation to pay for volunteer background checks.

The Hermiston Warming Station is located at 1075 S. Highway 395 (across from Tower Apartments, next to Cornerstone Plaza). For more information, call board chair Tessie Hill at 541-289-2150 or text to 541-561-9485.

For more information or to pre-register for the Turkey Trot, visit www.brownpaperickets.com or stop by local Club 24 locations: 1720 S.W. Court Ave., Pendleton; or 832 S. Highway 395, Hermiston. For questions, contact pendleton@club24fit.com or 541-429-4195.

Contact Community Editor Tammy Malgesini at tmalgesini@eastoregonian.com or 541-564-4539

St. Anthony offers free car seat checks

PENDLETON — Parents are invited to have an inspection of their child's car seat.

The event is Saturday

from 2-4 p.m. in the parking lot at St. Anthony Hospital, 2801 St. Anthony Way, Pendleton. There is no fee.

Statistics indicate that 70 percent of the children traveling in cars are improv-

erly restrained. The public is invited to stop by to have a safety technician evaluate your child's car seat.

For more information or to schedule an appointment at another time, call 541-278-2627.

TUESDAY, NOVEMBER 13

TOPS CHAPTER OR 1110, 8 a.m., Missionary Baptist Church, 125 E. Beech St., Hermiston. 8 a.m. weigh-in followed by meeting at 8:45 a.m. (Margaret Welterling 541-720-0276)

TOPS, 8:30-10 a.m., Landmark Baptist Church, 125 E. Beech Ave., Hermiston. (Barb 541-580-8668)

GRIEFSHARE, 1-3 p.m., Sun Terrace Assisted Living, 1550 N.W. 11th St., Hermiston. (Terri or Beth 541-667-3543 or 541-564-2595)

CANCER SURVIVORS LUNCHEON, 1-2 p.m., St. Anthony Hospital, 2801 St. Anthony Way, Pendleton. (Lori Weaver 541-278-3233)

WOMEN'S AA MEETING, 1 p.m., First United Methodist Church, 352 S.E. Second St., Pendleton. Children are welcome.

TOPS CHAPTER OR 1169, 4-5:30 p.m., Hermiston Assembly of God Church, 730 E. Hurlburt Ave., Hermiston. Use west side door. (Janell Bailey 541-571-5744)

LOST AND FOUND YOUTH OUTREACH, 4 p.m., Hailey Place Apartments community room, 696 S.W. 30th St., Pendleton. Help for youth 12-18 facing challenges. (Leslie 541-276-3987)

OPEN AA MEETING, 5 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton. (Ed D. 541-207-2548)

RELEASE AND REFOCUS, 5:30 p.m., Light-house Church, 417 N.W. 21st St., Pendleton. Learn to release life's negative experiences and emotions and embrace positive ones. (541-240-9690)

AL-ANON, 5:30 p.m., St. Anthony Hospital conference room 3, 2801 St. Anthony Way, Pendleton. (Sandy 541-278-0162)

"LOVE IS A CHOICE" CO-DEPENDENCY SUPPORT GROUP, 6-7:30 p.m., Good Samaritan Ministries, 319 W. Locust Ave., Hermiston. (541-564-1041)

GENERAL SUPPORT GROUP, 6-7:30 p.m., Good Samaritan Ministries, 319 W. Locust Ave., Hermiston. (541-564-1041)

OVERCOMERS OUTREACH, 6 p.m., Living Word Christian Center, 401 Northgate, Pendleton. Christ-centered 12-step program with individual sponsors for those wishing to overcome addictive behavior. (541-278-8082)

AA OPEN BOOK STUDY, 6 p.m., St. John's Episcopal Church, 235 N.E. Seventh St., Hermiston. (800-410-5953)

NARCOTICS ANONYMOUS, 6:30 p.m., Helping Hand, 346 S.E. Second St., Pendleton.

GRIEFSHARE, 6:30-8 p.m., Seventh-day Adventist Church, 205 Tumbleweed Blvd., Irigoin. Group discussion, prayer, DVD lessons, workbook exercises and more for those undergoing the grieving process. Everyone welcome. (Beth Harrington 541-314-5888)

MEN'S OPEN AA MEETING, 6:30 p.m., complex, 680 W. Harper Road, Hermiston. (800-410-5953)

NARCOTICS ANONYMOUS, 7 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

HEPPNER MIRACLES OPEN AA MEETING, 7:30 p.m., St. Patrick's Catholic Church parish hall, 525 N. Gale St., Heppner. (800-410-5953)

NARCOTICS ANONYMOUS, 7:30-8:30 p.m., First United Methodist Church, 191 E. Gladys Ave., Hermiston. (Becky Hecker 541-571-0121)

CANDLELIGHT OPEN AA MEETING, 8 p.m., complex, 680 W. Harper Road, Hermiston. (800-410-5953)

WEDNESDAY, NOVEMBER 14

TOPS, 8 a.m., Oregon Trail Manor, 2430 S.W. Perkins Ave., Pendleton. 8:15 a.m. weigh-in, 9 a.m. meeting and program. (541-276-6370)

AL-ANON, 5-6 p.m., St. John's Episcopal Church, 665 E. Gladys Ave., Hermiston.

GRIEFSHARE, 6-7:30 p.m., New Hope Community Church, 1350 S. Highway 395, Hermiston. (Terri or Beth 541-667-3543 or 541-564-2595)

NARCOTICS ANONYMOUS, 6:30 p.m., Helping Hand, 346 S.E. Second St., Pendleton.

WOMEN'S OPEN AA MEETING, 6:30 p.m., complex, 680 W. Harper Road, Hermiston. (800-410-5953)

NARCOTICS ANONYMOUS, 7 p.m., Episcopal Church of the Redeemer, 241 S.E. Second

SUPPORT GROUPS

St., Pendleton.

OPEN AA MEETING, 7 p.m., Yellowhawk Tribal Health Center, 73265 Confederated Way, Mission. (800-410-5953)

H.O.W. OPEN AA MEETING, 8 p.m., complex, 680 W. Harper Road, Hermiston. (800-410-5953)

THURSDAY, NOVEMBER 15

OPEN SUPPORT GROUP, 10 a.m.-12 p.m., Bowman Building, 17 S.W. Frazer Ave., Pendleton. (541-276-6671 or 541-379-1589)

AS BILL SEES IT AA MEETING, 12 p.m., complex, 680 W. Harper Road, Hermiston.

ALZHEIMER'S SUPPORT GROUP, 2 p.m., Milton-Freewater Public Library, 8 S.W. Eighth Ave., Milton-Freewater. Support, education and discussion of problem-solving techniques. All family, friends and caregivers for people with dementia welcome. (800-272-3900)

LOST AND FOUND YOUTH OUTREACH, 3 p.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. Help for youth 12-18 facing challenges. (Leslie 541-276-3987)

HEALTHY CHOICES AA MEETING, 5-6:30 p.m., St. Anthony Hospital conference room 1, 2801 St. Anthony Way, Pendleton. (541-207-2548)

WOMEN FOR SOBRIETY SUPPORT GROUP, 5:30-7 p.m., First Christian Church, 516 S. Main St., Milton-Freewater. New members welcome. (Kimberly Krieg 541-861-3283)

TOPS, 6 p.m., Peace Lutheran Church, 210 N.W. Ninth St., Pendleton. 6 p.m. weigh-in. 6:30-7:30 p.m. meeting. (Heather Endersby 541-969-6997)

CELEBRATE RECOVERY, 6-9 p.m., First Assembly of God Church, 1911 S.E. Court Ave., Pendleton. 6-7 p.m. large group, 6-8 p.m. Celebration Place (children K-5), 7-8 p.m. open share group, 8-9 p.m. Solid Rock Cafe social time (all ages). Christ-centered 12-step program for those with hurts, habits and hangups. Childcare is available for children ages 1-5. (541-276-6417)

DOMESTIC VIOLENCE/SEXUAL ASSAULT WOMEN'S SUPPORT GROUP, 6-7:30 p.m., call for location, Hermiston. Sponsored by Domestic Violence Services. (541-567-0424)

DOMESTIC VIOLENCE/SEXUAL ASSAULT WOMEN'S SUPPORT GROUP, 6-7:30 p.m., call for location, Pendleton. Sponsored by Domestic Violence Services. (541-276-3322)

NARCOTICS ANONYMOUS, 6:30 p.m., Helping Hand, 346 S.E. Second St., Pendleton.

ADDITION RECOVERY PROGRAM, 7 p.m., Seventh-day Adventist Church seminary building, 800 S. First St., Hermiston. Everyone is welcome. (Kim Puzey 541-567-3622)

NARCOTICS ANONYMOUS, 7:30 p.m., Wesley United Methodist Church, 816 S. Main St., Milton-Freewater.

HEPPNER MIRACLES OPEN AA MEETING, 7:30 p.m., All Saints Episcopal Church parish hall, 140 W. Church St., Heppner. (800-410-5953)

OPEN AA MEETING, 7:30 p.m., First United Methodist Church, 191 E. Gladys Ave., Hermiston.

NARCOTICS ANONYMOUS, 7:30-8:30 p.m., First United Methodist Church, 191 E. Gladys Ave., Hermiston. (Becky Hecker 541-571-0121)

OPEN AA MEETING, 8 p.m., United Church of Christ, 114 S. East St., Condon. (800-410-5953)

FRIDAY, NOVEMBER 16

CELEBRATE RECOVERY GROUP, 6 p.m., Salvation Army, 150 S.E. Emigrant Ave., Pendleton. (541-276-3369)

OPEN AA MEETING, 7 p.m., Yellowhawk Tribal Health Center, 73265 Confederated Way, Mission. (800-410-5953)

NARCOTICS ANONYMOUS, 7 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

OPEN AA MEETING, 7 p.m., complex, 680 W. Harper Road, Hermiston. (800-410-5953)

OPEN AA MEETING, 7:30 p.m., Ione Community Church, 395 Main St., Ione. (800-410-5953)

NARCOTICS ANONYMOUS, 7:30-9 p.m., First United Methodist Church, 191 E. Gladys Ave., Hermiston.

NARCOTICS ANONYMOUS, 7:30-8:30 p.m., First United Methodist Church, 191 E. Gladys Ave., Hermiston. (Becky Hecker 541-571-0121)

TUESDAY AFTERNOON & EVENING

Table with columns for time slots (12 PM, 1 PM, 2 PM, 3 PM, 4 PM, 5 PM, 6 PM, 7 PM, 8 PM, 9 PM, 10 PM, 11 PM, 11:30) and rows for various TV channels (FOX, CBS, NBC, ABC, PBS, CABLE, PREMIUM).

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TUESDAY LATE NIGHT & WEDNESDAY MORNING

Table with columns for time slots (12 AM, 1 AM, 2 AM, 3 AM, 4 AM, 5 AM, 6 AM, 7 AM, 8 AM, 9 AM, 10 AM, 11 AM, 11:30) and rows for various TV channels (FOX, CBS, NBC, ABC, PBS).

Table with columns for time slots (6 AM, 6:30, 7 AM, 7:30, 8 AM, 8:30, 9 AM, 9:30, 10 AM, 10:30, 11 AM, 11:30) and rows for various TV channels (FOX, CBS, NBC, ABC, PBS).