

Seniors open new exercise program

By Leslie Mitts
Spilyay Tymoo

A group of seniors are aiming to get fit with the help of a new exercise class at the Senior Program.

According to Carolyn Harvey, one of the instructors, the classes meet Monday, Wednesday and Friday from 10:45 until 11:45.

Afterwards the seniors enjoy a nutritious meal.

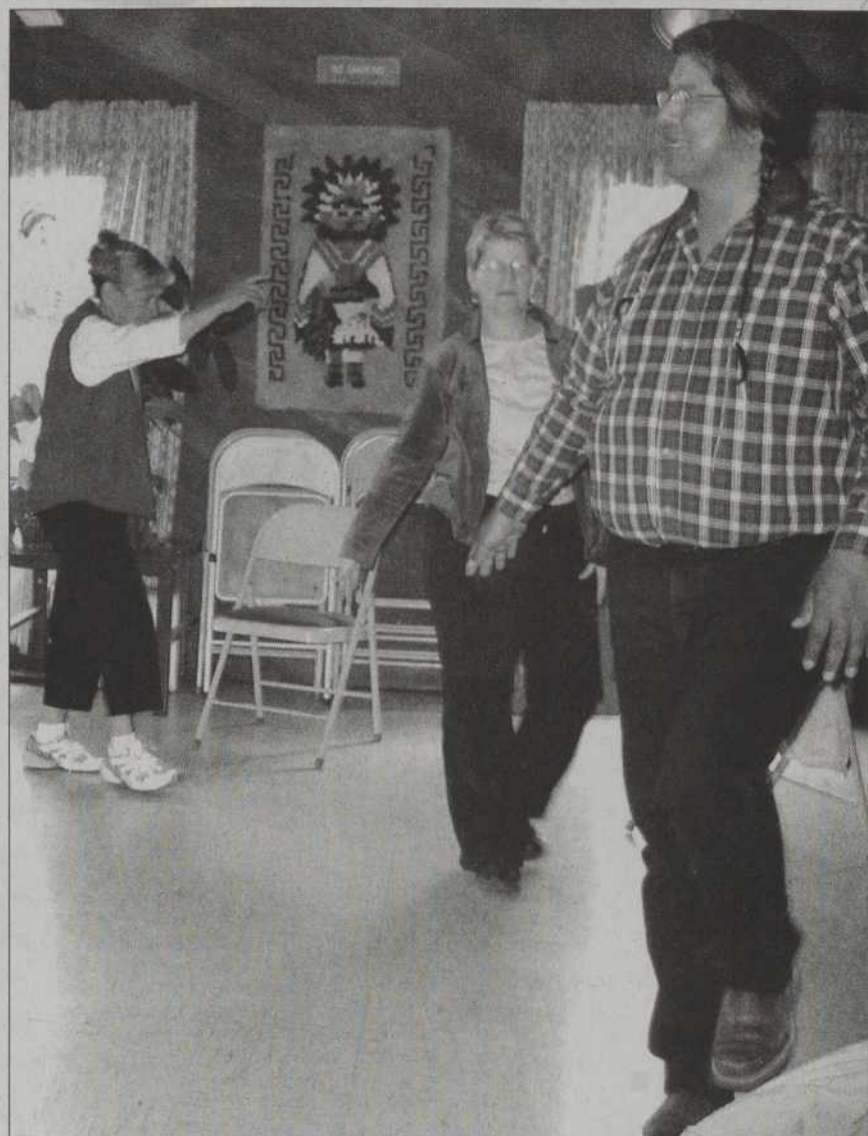
They began holding the exercise sessions, Harvey said, after Wilson Wewa applied for and received a grant.

Harvey, Wewa and Jodi Fickett attended training in Portland to become certified as instructors, and now hold the exercise sessions three times per week.

Carolyn McKay has only missed one day during the three weeks of classes.

She first started attending because of her doctor's orders, McKay said. Because she suffers from arthritis and fibromyalgia, her doctor said exercise would help her problems.

But McKay said she also at-



Wilson Wewa of the Senior Department leads the group in a recent exercise session.

tends the classes for the social aspect.

"It's not only for my health,"

McKay said. "It's also for camaraderie."

"Doing it with somebody is

easier than alone," McKay added.

As for the addition of the classes to the community, McKay said, the Senior Program is providing a necessary service.

"This is a definite must," McKay said.

Plus, McKay added, more seniors should participate in the classes.

"They should take advantage of it," McKay added.

So far she has been able to tell a slight difference in her muscles, she said.

According to McKay, "I've noticed a strengthening in my leg muscles especially."

The classes have had an additional benefit besides strengthening her muscles, McKay said.

She added, "I've lost a pound since I started, which I'm really proud of."

At most, Harvey said, they've had nine people attend a session.

"Of course, we'd like a couple dozen," Harvey added—and said there is always room for more.

For more information, call the Senior Program at 553-3313.

Veterans healing conference at HeHe Longhouse

The Annual Healing of Veterans Conference is this Thursday through Sunday, April 26-29 at the HeHe Longhouse.

Traveling time and settling in will be on Thursday starting in the afternoon. There are RV and camping spaces available outside the longhouse.

On Friday, April 27, there will be healing sessions, sweat lodge available to men and women, hikes with elders. Lunch is included. Dinner is at 5:30 p.m.

Friday evening activities begin with an opening ceremony to light the healing fire and to bless the longhouse; followed by introduction of staff, organizers and cooks, and speakers. There will be a celebration of recent birthdays, and introductions of families attending.

Saturday morning, April 28, breakfast is at 8 a.m. followed by speakers on post-traumatic stress and the veterans, its effect on families and friends; dream interpretation; stress and self care; and anger management.

At mid-day will be lunch and open microphone for anyone wishing to share stories and information; followed in the afternoon by Washing the Hands ritual, run by elders; healing touch and sweat lodge available.

Dinner on Saturday is at 6 p.m., followed by evening talking circle, stories, flute playing, raffles.

Sunday breakfast is at 8 a.m., followed by the closing ceremony and the clean-up of the longhouse and the area around the longhouse.

Meeting on range and ag

There is a public meeting regarding reservation range use today, April 26. The meeting begins at 9 a.m. and is scheduled to last until 4 p.m. The meeting is being held in the Community Center social hall.

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