

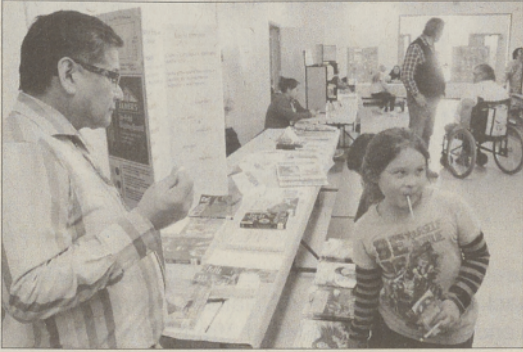
Heart Smart Dinner and Health Fair

More than 200 people attended the Heart Smart Dinner and Health Fair, hosted by the Warm Springs Health and Wellness Center Model Diabetes Program.

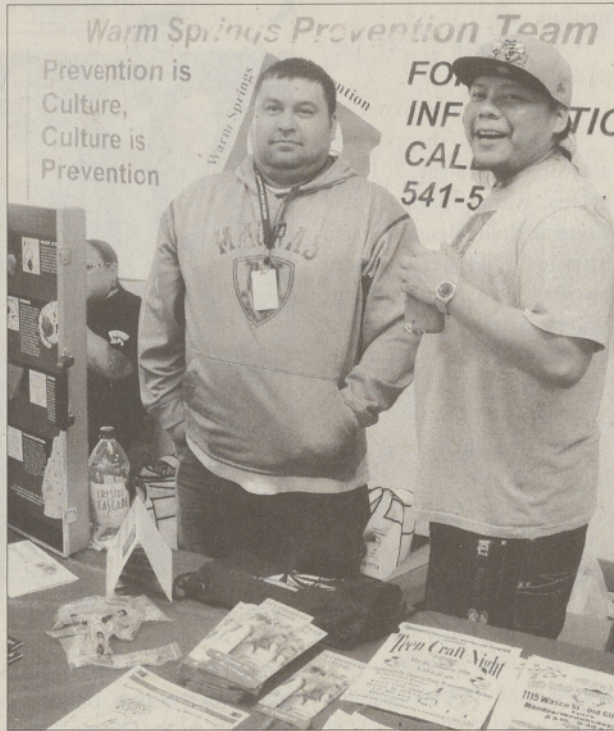
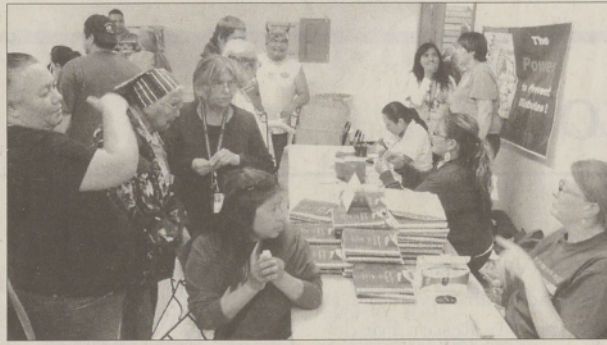
The health fair featured many displays by tribal and IHS health organizations. Health workers were checking people's blood pressure and sugar level. There was information on diabetes prevention, quitting smoking, healthy diet, and other health topics.

Entertainment was by the Sacred Winds Flute Group, including Clem Picard, Tim Wainanwit and Casey Green. The dinner and health fair, at the Agency Longhouse, this year marked twenty-first anniversary.

Dinner included smelts and salmon, potatoes and green beans, salad, and fruit for dessert. This year's event was held in honor of Michael E. Spaulding. His granddaughter Kirstie Morrison gave a nice talk about her "Papa." This was very much appreciated, said Kat Spaulding of the Diabetes Program.



William Rhoan at the Health Resource Center and Library information booth.



T.J. Foltz (left) and Scott Kalama at the Warm Springs Prevention Team information booth.



Jessie Adams (above) prepares the smelts. Event organizer Jeri Kollen (below left) visits with Rosanna Sanders.



Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

Wednesday, March 19

Afterschool Language Classes for Elementary and Middle School Students are being held at the Old Boys Dorm. Contact Culture and Heritage for more information, 541-553-3290.

On the third and fourth Wednesdays of the month, there is a **Numu Craft Group** for Adults tonight from 5:30-7 at the Education Building first floor training room.

Exercise Classes today in Warm Springs are:

Senior Fitness Class is at 10:45 at the Senior Building Water Aerobics at 10:15 at the Kah-Nee-Ta Village Pool Functional Fitness at 12:10 in the Aerobics Room at the Community Center Pilates-Yoga is at noon time in the Atrium at IHS Zumba is at 4 p.m. at the Family Resource Center

There is **Numu Children's After School Class** today from 3:30 to 5 at the Education Building first floor training room.

Thursday, March 20

Kids at the Early Childhood Education Center will have a **fun run** at 10 a.m.

Snack Attack – the afterschool food program at Warm Springs Recreation – is today at 3:45 in the social hall.

All Denomination **Prayer Services** are held every Thursday at 7 p.m. at the agency longhouse. Everyone is welcome.

All are welcome to attend **Social Dance Class** Thursday evenings from 5-7 p.m. in the Community Center aerobics room.

Exercise Classes today in Warm Springs are:

Low Impact Cardio will be held at the Family Resource Center at 10 a.m. Functional Fitness at 12:10 in the Community Center Social Hall Turbo Kick Class is at noon time in the Community Center Aerobics Room Zumba class is at 12:10 in Pod A at the Health and Wellness Center

Today's **Movin Mountains** Mission Possible Slim Down Challenge free activity is: Staying Motivated Seminar at the Jefferson County Public Health Department at 5:30pm

Friday, March 21

South Wasco County stu-

dents have a furlough day today, no school for South Wasco County Schools.

The **Cougars Youth Basketball Tournament** is March 21 thru the 23 at the Warm Springs Community Center.

The Twenty-Seventh Annual Basketball Against Alcohol and Drugs (**BAAD**) tournament is sponsored by the Confederated Tribes of the Umatilla reservation and will be held March 21 thru the 28. Information and forms are posed at ctulr.org

The **Klamath All-Indian Men's and Women's Basketball Tournament** is March 21-23 in Chiloquin. Games will start Friday at noon.

Exercise Classes today in Warm Springs are:

Low Impact Cardio at 8 a.m. at the Community Counseling Center Low Impact Cardio will be held at the Family Resource Center at 10am Senior Fitness Class is at 10:45 at the Senior Building Functional Fitness at 12:10 in the Aerobics Room at the Community Center

Warm Springs Nation **Little League baseball and softball rosters** will be posted today. Parents and guardians should get players registered at the Community Center office.

The Jefferson County Library **Community Film** Center will show "Wadja," rated PG, at 7:30. Films are free and shown in the Rodriguez Annex.

Saturday, March 22

Central Oregon **Master Gardeners** will give a workshop on Pruning in the Landscape from 9 to 11:30 a.m. The workshop will provide a lecture and hands-on learning at the Central Oregon Agriculture Research Center on Dogwood Lane in Madras. It is free and open to the public. You are asked to pre-register by calling 541-475-7107.

Monday, March 24

Tribal Council Agenda: In the morning, an update from the Secretary-Treasurer, the April Agenda, Travel Delegations, a Review of Minutes and Draft Resolutions. In the afternoon, a Legislative Update Call and Enrollments.

Voc Rehab in Warm Springs has orientations every Monday at 3pm at their office in the industrial park. Orientations are also held on

Tuesdays at 3 p.m. at the Community Counseling Center.

The **Culture and Heritage Program** is offering Ittitamasha - a math based cultural activities afterschool program weekdays from 4-5pm except Wednesdays in the Old Boys Dorm. Warm Springs Elementary teacher Esther Kalama leads the activities.

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An **adult drop-in session** is hosted at Community Counseling every Monday, Wednesday and Friday morning from 8 until 9:30 a.m. There is typically a light snack, and activate and some good conversation to help you re-

lieve stress.

Today's **Movin Mountains** Mission Possible Slim Down Challenge free activity is: Boot Camp at Mad Town Fitness in Madras at 5:30 p.m.

No School – Spring Break

Tuesday, March 25

Tribal Council Agenda: In the morning, University of Oregon President presentation, updates on Kah-Tee-Ta Resort and Warm Springs Credit Enterprise. In the afternoon, updates from Indian Head Casino and Warm Springs Composite Products.

Warm Springs Recreation has **Snack Attack**, an afterschool food program for school-age youth, every Tuesday and Thursday from 3:45-4:45 in the social hall.

The **Spring Fling Singer's Jam and Social Powwow** is at the Warm Springs Community Center. Potluck dinner is at 5:30 – bring your favorite dish. The powwow starts at 6:30. All drummers and dancers are welcome.

Exercise Classes today

in Warm Springs are:

Low Impact Cardio will be held at the Family Resource Center at 10 a.m.

Functional Fitness at 12:10 in the Community Center Social Hall

Turbo Kick Class is at noon time in the Community Center Aerobics Room

Functional Fitness Class is at 5:30 in the Community Center Aerobics Room

Wednesday, March 26

Tribal Council Agenda: In the morning, an update from Natural Resources, Coal Shipping, Megaloads, Government Island and Fish & Game Officers. In the afternoon, an update from Warm Springs Ventures

Community Counseling is putting on a **Teen Craft Night** from 5:30-6:30 in the prevention room at the counseling center.

On the third and fourth Wednesday of each week: There is a **Numu Craft Group for Adults** tonight from 5:30-7 at the Education Building first floor training room.

Afterschool Language Classes for Elementary and

Middle School Students are being held at the Old Boys Dorm. Contact Culture and Heritage for more information, 541-553-3290.

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Thursday, March 27

Snack Attack – the afterschool food program at Warm Springs Recreation – is today at 3:45 in the social hall.

All Denomination **Prayer Services** are held every Thursday at 7pm at the agency longhouse. Everyone is welcome.

Madras Campus

UPCOMING

for the month ahead

GED Prep and English Language Learning classes

Go to class to register March 31 through April 3

- Basic Reading & Writing
- Basic Math
- Beginning through Advanced English

Call 541.504.2950 or go to cocc.edu/adult-basic-skills for times and locations.

For More Info:
541.550.4100
cocc.edu/madras

