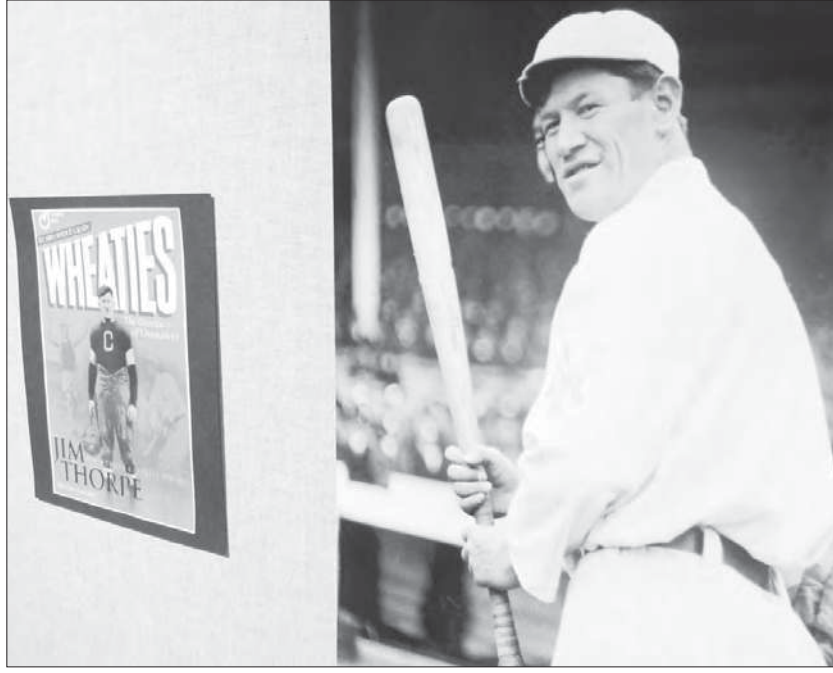


# Athletes Exhibit

From Jim Thorpe to the Schimmel sisters, Jacoby Ellsbury, Billy Mills and Louis Sockalexis, Native Americans have a long and storied history in sports. Stop by the Museum at Warm Springs to check out *Winning Spirits: Native American Youth and Athletics*. Museum curator Natalie Kirk once again did a great job with the changing exhibit. *Winning Spirits* is part of the museum's 2014 focus on youth and youth themes, leading up to the opening of the Warm Springs k-8 Academy. The main exhibit this year, opening in June, will be *Celebrating Native American Youth*, which will be on display from June through September.



## Spring yard sale Saturday

The Community Center and Recreation Department will host the annual Spring Yard Sale this Saturday, May 3. Stop by the Community Center front lawn between the hours of 9 a.m. and 4

p.m. Vendors, call to reserve your table, 541-553-3243. (Limited number of tables available.) Vendors, also bring your own chair.

## Ministry giveaway at longhouse

A Ministry team will be in Warm Springs on Saturday, May 3, offering donations of clothing, food and household items. They will be at the Agency Longhouse starting between

10 and 11 a.m., and will stay until the items have been distributed.

For information on this project call the Pastor at 503-269-9547.

## Notice regarding Minors Trust Fund spring distribution.

There will be a delay in the distribution, which was scheduled to happen before April 24. More time is needed to verify the amounts of the distributions; so there will be some delay. An effort is being made to have the distributions ready in May.

For more information call Margaret Medina at 541-553-3252.

# Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

### Thursday, May 1

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.

The Warm Springs Elliot Palmer **VFW Post meets** tonight at 6 at the Warm Springs Veterans Hall. They meet the first Thursday of every month.

**Exercise Classes today** – Low Impact Cardio and Strength class at 10 a.m. at the Family Resource Center; Turbo Kick Class 12:10 in the Community Center Aerobics Room; and Functional Fitness Class 12:10 in the Social Hall.

Today's **Movin Mountains** Mission Possible Slim Down Challenge free activity is: Cross Fit Class at 3 Peaks Cross Fit in Madras at 5:30 p.m.

### Friday, May 2

Jefferson County Middle School **Family Art & Cultural Night** is from 5:30-7:30. There will be dance performances, the seventh Grade PhotoVoice Display, and Indian Taco and Tamale food fundraisers.

**Exercise Classes today**

– Low Impact Cardio and Strength class at 10 a.m. at the Family Resource Center; Senior Fitness Class at 10:45 at the Senior Building and Functional Fitness at 12:10 in the Community Center Aerobics Room.

### Monday, May 5

**Exercise Classes today** - Low Impact Cardio and Strength Class at 10 a.m. at the Family Resource Center; Senior Fitness 10:45 a.m. at the Senior Building; Functional Fitness at 12:10 in the Community Center Aerobics Room; and Pilates/Yoga Class 12:10 in the IHS Atrium.

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

### Tuesday, May 6

**Exercise Classes today** – Low Impact Cardio and Strength class at 10 a.m. at the Family Resource Center; Turbo Kick Class 12:10 in the Community Center Aerobics Room; and Functional Fitness Class 12:10 in the Social Hall.

### Wednesday, May 7

There is **Numu Children's After School Class** today from 3:30 to 5

at the Education Building first floor training room (two hours early on early-release days).

Wednesday is a **2-hour Early Release** day for all 509-J Schools. Madras High School students will be released at 1:10 and Warm Springs Elementary and JCMS at 1:30.

St. Charles Community Benefit is sponsoring **free recreation swims** for Jefferson County Students at the Madras Aquatic Center on 509-J Early Release Days from 1:30-3:30 p.m.

A **Childbirth Education Refresher Course** will be held today. This class is best for those with babies due by July 3 and is not recommended for first time parents. It is offered at noon in Warm Springs – call 553-2460 to sign up; and at 7 p.m. in Madras – call 475-3882 to register.

A Reawakening class teaching **wing dress** and under dress making will begin today at 5:30 p.m. at the community center. This is a 4-session class taught by Lovey Colwash and it's open to the first five people to sign up. Call Carol at the Community Center to sign up.

There is a **Numu Study Group for Adults** tonight from 5:30-7 at the Education Building first floor training room.

**Exercise Classes today** – Water Aerobics at 10:15 at the Kahneeta Pool; Senior Fitness 10:45 at the Senior Center; Functional Fitness at 12:10 at the Community Center Aerobics Room; Pilates/Yoga at 12:10 in the IHS Atrium and Zumba at 4pm in the Family Resource Center.

### Thursday, May 8

**Exercise Classes today** – Low Impact Cardio and Strength class at 10am at the Family Resource Center; Turbo Kick Class 12:10 in the Community Center Aerobics Room; and Functional Fitness Class 12:10 in the Social Hall.

The **Wellness of Warm Springs lunch** will be held at noon in the Family Resource Center. The topic will be "strokes" with a guest speaker. Lunch is provided to all participants.

### Friday, May 9

**Exercise Classes today** – Low Impact Cardio and Strength class at 10 a.m. at the Family Resource Center; Senior Fitness Class at

10:45 at the Senior Building and Functional Fitness at 12:10 in the Community Center Aerobics Room.

There will be a **Moving Mountains/Mission** Possible fun run/walk at noon at I.H.S.

### Saturday, May 10

This is the **Earth2o water delivery** day for Simnasho and Schoolie residents. Remember to set water bottles outside.

### Monday, May 12

**Exercise Classes today** - Low Impact Cardio and Strength Class at 10 a.m. at the Family Resource Center; Senior Fitness 10:45 a.m. at the Senior Building; Functional Fitness at 12:10 in the Community Center Aerobics Room; and Pilates/Yoga Class 12:10 in the IHS Atrium.

### Tuesday, May 13

**Exercise Classes today** – Low Impact Cardio and Strength class at 10 a.m. at the Family Resource Center; Turbo Kick Class 12:10 in the Community Center Aerobics Room; and Functional Fitness Class 12:10 in the Social Hall.

A Diabetes Awareness and Support Group Dinner

will be held from 5-6:30 p.m. at the Warm Springs Senior Center. The topic will be "keeping kidneys healthy" and baked salmon is on the menu. Anyone is welcome to attend.

A free workshop on Getting the Best Car Deal will be held in Warm Springs at 6 p.m. in the Credit Building. To reserve a seat call 553-3201.

### Wednesday, May 14

There will be a **food handler's class** from 2-4 p.m. in the IHS atrium.

There is a **Numu Study Group for Adults** tonight from 5:30-7 at the Education Building first floor training room.

**Exercise Classes today** – Water Aerobics at 10:15 at the Kahneeta Pool; Senior Fitness 10:45 at the Senior Center; Functional Fitness at 12:10 at the Community Center Aerobics Room; Pilates/Yoga at 12:10 in the IHS Atrium and Zumba at 4pm in 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.

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