

Appreciation Day

It was tribal Employee Appreciation Day last Friday. Management hosted a cookout by the administration building. It was a welcome occasion, as it had been a few years since the last Appreciation Day.

Marge Kalama photos



Mobile Clinic at Simnasho

The Warm Springs Mobile Medical Unit will be open for visits on August 14 from 9 a.m. to 3 p.m. at the Simnasho Longhouse. Call Kat Spaulding to pre-schedule 541-553-2478.

Huckleberry Harvest on Saturday

The Museum at Warm Springs will host the Nineteenth Annual Huckleberry Harvest this Saturday, August 9, from 5-9 p.m. at the museum. This is a major fundraiser for the museum. There will be food, auctions and entertainment. Everyone is invited to the event in support of the Museum at Warm Springs.

Warm Springs Recreation Kids' Jamboree Day is Wednesday, August 13, from 2-6 p.m. at the ball fields.

Culture classes on Thursdays

The Culture and Heritage Department is offering Summer Cultural Classes on Thursday afternoons from 1:30 until 4:30. This is for ages 10 and older. Younger kids must be accompanied by a parent. This week they will make breast plates and necklaces. The Summer Recreation program is open weekdays from 8 a.m. to 5 p.m. and closed from noon to 1 for lunch.

The IHS Clinic has suspended their Thursday late clinic through August 28, due to short staffing.

Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

Thursday, August 7

At **Summer Rec** today – it's field trip day! Kids who are signed up to go to the Zoo in Portland will leave at 8 a.m. and return by 8 p.m. Regular rec activities today include a morning walk which is held daily and kids who take part get a chance to win a weekly prize, every day that you walk with the group, you get a ticket in the raffle. There is a Youth Fitness Program at 10am; Lunch is served from 11-11:30, free for all kids in the social hall;

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.

There is an **Alcoholics Anonymous** meeting Thursday at noon at the Community Counseling Center conference room. There is a Narcotics Anonymous meeting Thursday evening at 6 at the Shaker Church.

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 p.m. at the Warm Springs Veteran's Hall. They meet the first Thursday of every month.

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

Friday, August 8

The **Summer Rec** Schedule today includes a morning walk. The Friday Fitness prize drawing is today. Carol is taking kids to tend to the Pumpkin Patch at the Community Garden at 9 a.m. There is a Youth Fitness Program at 10 a.m. Lunch is served from 11-11:30, free for all kids in the social hall. Prevention Power

hour is from 1:30 to 2:30. Popcorn and movie time is from 2:30-4:30 in Carol's Room.

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.

The **Summer Food Program** serves free lunch to all kids 1-18 years old weekdays at the Warm Springs Cafeteria from 11:45-12:30.

A Turning Point **Narcotics Anonymous** Meeting will be held on Friday at noon at the community counseling center conference room.

Saturday, August 9

There is an **Alcoholics Anonymous** meeting Saturday at 10 a.m. at the Community Counseling Center conference room.

The Warm Springs **Saturday Market** is 10 a.m.–4 p.m. Saturdays on campus on the corner of Paiute Avenue and Wasco Street. Vendors are invited to set up for free.

The **Madras Saturday Market** is 9 a.m. to 2 p.m. every Saturday under the big trees at Sehalee Park, 7th and C streets in downtown Madras. If you would like to be a vendor, please call the market manager at 541-546-6778, or the board president at 541-419-7335.

Monday, August 11

Today at **Summer Rec**: There is a morning walk – every time you walk you get a raffle ticket in a weekly prize drawing. Carol is taking kids to tend to the Pumpkin Patch at the Community Garden at 9 a.m. There is a Youth Fitness Program at 10 a.m. Lunch is served from 11-11:30, free for all kids in the social hall. Find out what the "Game of the Day" is in the game room.

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.

Warm Springs **Cancer Support Group** will meet from 5-7 p.m. downstairs in the Old Boys' Dorm.

There's an **aftercare group** that meets every Monday 5:30-7 p.m. at the Counseling Center. It's a group offering support in continuing sobriety.

Tuesday, August 12

Here's what's on the **Summer Rec** schedule today: There is a daily walk first thing in the morning; Soaring Butterflies and Warrior Spirit group meets from 9-11 this morning in Carol's Room. There is a Youth Fitness Program at 10am; Lunch is served from 11-11:30, free for all kids in the social hall.

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.

There is an **Alcoholics Anonymous** meeting today at noon in the Community Counseling Center conference room.

Wednesday, August 13

Today's schedule includes: A morning walk; Carol is taking kids to tend to the Pumpkin Patch at the Community Garden at 9am; There is a Youth Fitness Program at 10am; Lunch is served from 11-11:30, free for all kids in the social hall; Kids' Jamboree Day is today from 2-6:00 at the ball fields.

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 4 p.m. in the Family Resource Center.

There is an **Alcoholics Anonymous** meeting Wednesday evening from 7-8:30pm in the Community Counseling Center conference room.

Thursday, August 14

At **Summer Rec** today – a morning walk is held daily and kids who take part get a chance to win a weekly prize,

every day that you walk with the group, you get a ticket in the raffle. There is a Youth Fitness Program at 10am; Lunch is served from 11-11:30, free for all kids in the social hall;

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.

There is an **Alcoholics Anonymous** meeting Thursday at noon at the Community Counseling Center conference room. There is a Narcotics Anonymous meeting Thursday evening at 6 at the Shaker Church.

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

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

Friday, August 15

The **Summer Rec** Schedule today includes a morning walk. The Friday Fitness prize drawing is today. Carol is tak-

ing kids to tend to the Pumpkin Patch at the Community Garden at 9 a.m. There is a Youth Fitness Program at 10 a.m. Lunch is served from 11-11:30, free for all kids in the social hall. Prevention Power hour is from 1:30 to 2:30. Popcorn and movie time is from 2:30-4:30 in Carol's Room;

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.

A Turning Point **Narcotics Anonymous** Meeting will be held on Friday at noon at the community counseling center conference room.

Saturday, August 16

There is an **Alcoholics Anonymous** meeting Saturday at 10 a.m. at the Community Counseling Center conference room.

A Warm Springs Christian Community **Potluck and Prayer Gathering** will be at 6 p.m. at the High Lookee Lodge Community Room. The event is held the third Saturday of every month.

Vets - If you can think of it, We can get it done! ~ Handyman services

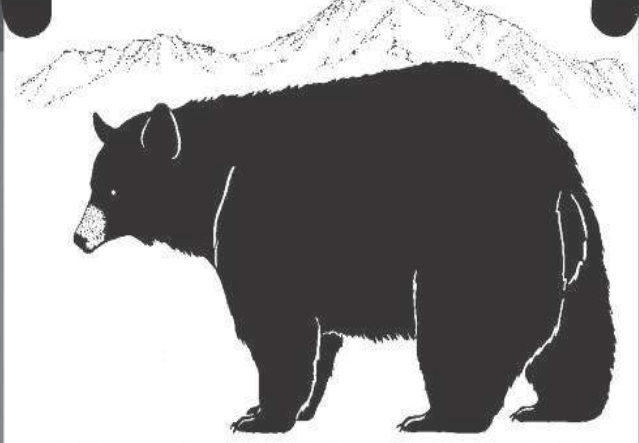
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