

Health & Wellness Center hours

The Health & Wellness Center has additional access for patients during holiday weeks on Thursday mornings.

The clinic will be scheduling patients at 8 a.m. every Thursday preceding or following a holiday closure.

Urgent care also will be available during this time. ■

Basic Foundational Yoga
with Diana Robertson

Beginner friendly
Breathing techniques
Spiritual tools

Yoga is \$5 per class or \$40 for a 10-punch pass. Purchase a yoga pass and get a free drink!



Monday
Wednesday
Friday
12:10-12:50 p.m.
CTGR Community Center




GRAND RONDE HOUSING DEPARTMENT
28450 Tye Road – Grand Ronde, Oregon 97347 – 503-879-2401 – Fax 503-879-5973

ATTENTION ALL HOUSING TENANTS AND GUEST
PLEASE SLOW DOWN IN ELDER HOUSING
Also, please make sure and maintain low levels of music in the Elder community.



ELDER COMMITTEE PRESENTS...

BINGO

SATURDAY **MAY 20TH** AT THE ELDER ACTIVITY CENTER
11AM POTLUCK 12PM
BINGO STARTS


BRING YOUR FAVORITE DISH. THE COMMITTEE WILL BRING FRIED CHICKEN.

BRING A FRIEND OR TWO, COME SHARE GOOD COMPANY AND GOOD LAUGHS WITH OUR COMMUNITY.
AGES 21 AND UP!

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT SHANNON STANTON 971-901-1946

MY FATHER'S April 20
FATHER'S SISTER: OUR Sept. 30
ANCESTOR SHIMKHIN 2023

Celebrating Oregon's queer Indigenous history, focusing on the respected 19th-century Aifalafi Kalapuya healer Shimkhin (pronounced "Shim-hen" or "Shum-hin") and highlighting contemporary Two-Spirit and Indigiqueer contributions to our communities.



CONFEDERATED TRIBES OF GRAND RONDE



Portland Office Ribbon Skirt Making

Saturday, May 20
10 A.M. – 3 P.M.

CTGR Portland Office
4445 S.W. Barbur Blvd.
Portland, OR 97239.

- Please call to sign up 8 spots available.
- Potluck meal.
- For Grand Ronde Tribal members.

Please RSVP Lisa at 503 879-1881

www.grandronde.org