

# Elders Activity Center happenings in April

Monday	Tuesday	Wednesday	Thursday
1 Healthy Lifestyle Group Noon	2 Easter Luncheon Egg Hunt 10:30 a.m.	3 Grocery Shopping leave at 9 a.m. Committee Meeting 10 a.m.	4 Craft Day noon to 2 p.m. to help with Honor Day Massage 10-2:45 p.m.
8 Healthy Lifestyle Group Noon	9 Craft Day 11 a.m. to 1 p.m.	10 Horse Barn Trip	11 Craft day noon to 2 p.m. to help with Honor Day
15 Healthy lifestyle Group Noon	16 Art Therapy 1 p.m.	17 Grocery Shopping leave at 9 a.m. Committee Meeting 10 a.m.	18 Bingo 1 p.m. Massage 10-2:45 p.m.
22 Healthy lifestyle Group Noon EARTH DAY!	23 Craft day 11 a.m. to 1 p.m. Bucket Gardens 1 p.m.	24 Horse Barn Trip	25 Craft day noon to 2 p.m. to help with Honor Day
29 Healthy lifestyle Group Noon	30 Elder trip leave at 9 a.m.		

- Need to sign up for events or concerts. Call 503-879-2233 to put your name on lists.
- Massages at EAC. Call 503-879-2233 to sign up for a time slot. Massages are covered by insurance.

## Kick the Habit.

Call these numbers for free from anywhere in Oregon:  
1-800-QUIT-NOW (1-800-784-8669)

Español: 1-877-2NO-FUME (1-877-266-3863)

TTY: 1-877-777-6534

Or register online at: [www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)





## Save the Date

### Warriors of Hope MMIP Awareness Event May 3rd 2024

CTGR Community Center  
10:00-2:00pm

Education • Activities • Support • Food




HEALTH & WELLNESS CENTER

### NEW SIGN AT THE HWC

THE DESIGNATED AREA IN FRONT OF THE CLINIC IS FOR **LOADING AND UNLOADING ONLY.**




Confederated Tribes Of the Grand Ronde  
**Native Plant Sale**  
Natural Resources Department//Native Plant Nursery



White Oak  
\$2.00



\$2.00  
Pacific Ninebark

Selling one gallon pots of young native plants!



Snowberry  
\$2.00



\$3.00  
Salmon berry

47010 S.W. Hebo Road, Grand Ronde, OR 97347  
Contact Jeremy Ojua directly to schedule payment and pick up of plants at NRD.  
503-879-1460 • [Jeremy.Ojua@grandronde.org](mailto:Jeremy.Ojua@grandronde.org)

We can only accept checks made out to Confederated Tribes of Grand Ronde or exact cash. We cannot make change or accept cards.

# itukuma

## COMMUNITY STICK GAME NIGHT

WEDNESDAY MARCH 20TH 5:00PM  
CHACHALU CULTURAL CENTER

GRAND RONDE TRIBAL MEMBER FABIAN QUENELLE HOSTS AN EVENING OF STICK GAME PLAYING AND KNOWLEDGE SHARING

DINNER WILL BE SERVED  
NO EXPERIENCE NEEDED  
BEGINNERS ENCOURAGED

FOR MORE INFO CONTACT  
CRISTINA LARA  
[CRISTINA.LARA@GRANDRONDE.ORG](mailto:CRISTINA.LARA@GRANDRONDE.ORG)  
503-879-1690



