



# WHAT'S HAPPENING



Contributed photo

National Parks Service retiree John Fiedor, a Dayville resident, is hosting a star program at the Thomas Condon Paleontology Center of the John Day Fossil Beds National Monument Sept. 16.

The deadline for What's Happening items is 5 p.m. Friday. Call the Eagle, 541-575-0710, or email editor@bmeagle.com. For meetings this week, see our list in the classifieds on Page B9.

## FRIDAY-SATURDAY, SEPT. 8-9

### NPRA Rodeo

- 6 p.m., Grant County Fairgrounds arena

Tickets at the gate cost \$10. Pre-sale tickets cost \$8 and are available from the fairgrounds office, Wild West Hair Company or any fair court member. Seniors are half price and children 5 and under are free. Concessions and a bar will be available. A queen's dance will be held Saturday after the rodeo, with no cover charge. The dance will be family friendly with food and a no-host bar. For more information, contact the fairgrounds office at 541-575-1900.

## SATURDAY, SEPT. 9

### John Day Farmers Market

- 8:30 a.m. to 12:30 p.m., Southwest Brent Street, John Day

The market features crafts, baked goods, produce, kids activities, entertainment and information booths. For more information, call 541-792-0958 or email johndayfarmersmarket@gmail.com.

## MONDAY, SEPT. 11

### Grant County Senior Citizens Advisory Council

- 1 p.m., John Day Senior Center

The meeting will introduce new members of the council, present a letter of appreciation to Bruce Kaufman and address future financial standings, possible future grants and the Grant County Safety Policies and Procedures Plan as it relates to the three senior centers. The public is welcome to attend.

## TUESDAY, SEPT. 12

### Entrepreneurs meeting

- 10 a.m., Outpost Restaurant, John Day

Local entrepreneurs and startups are encouraged to attend. For more information, email David at david@envme.com.

## THURSDAY, SEPTEMBER 14

### Small grants application training

- 5:30-6:30 p.m., John Day Fire Hall community room

The Juniper Arts Council is offering training on applying for small grants. The trainer will use the Juniper Arts Council Shelk Community Grant application and budget as a model at the training. The council is partnering again with the Shelk Foundation to offer small grants to Grant County organizations. The application will be available at the meeting and is due Nov. 2. The council will distribute approximately \$3,000 with a maximum grant award of \$1,000. For more information call President Kris Beal at 541-932-4892.

## SATURDAY, SEPT. 16

### A Round for Kenya golf tournament

- 9 a.m., John Day Golf Club

Local resident Aaron Kienzle is hosting a golf scramble to raise funds for a mission trip to Kenya. Players will compete on four-member teams. A hamburger feed, by donation, will be held after the scramble. The cost is \$60 per person, which includes green fees and a cart. Payment is due at registration. To register or for more information, contact Kienzle at 541-620-4435.

### Star program

- 6:30 p.m., Thomas Condon Paleontology Center, nine miles west of Dayville

John Day Fossil Beds National Monument will host a star program presented by John Fiedor, retired National Park Service Ranger. An astronomy program will be given, followed by outdoor viewing of stars and planets. A program will be presented regardless of weather. There is no cost to attend, but bring warm clothes and a flashlight. For more information, call the center at 541-987-2333.

## WEDNESDAY, SEPT. 20

### Kerry Grombacher concert

- 7:30 p.m., John Day United Methodist Church

The Juniper Arts Council is bringing Kerry Grombacher back to Grant County for an encore concert. Kerry, a modern-day troubadour, is a singer/songwriter whose songs are rooted in the Western landscape. The concert is free and open to the public. The council will accept donations for its scholarship fund. For more information, call President Kris Beal at 541-932-4892.

## Community HEALTH BEAT



Quality Healthcare Close To Home  
170 Ford Road, John Day • 541-575-1311 • www.bluemountainhospital.org

Healthy Aging —

# Tai Chi Class Coming to Blue Mountain Hospital

By Nora Healey, FNP

Strawberry Wilderness Community Clinic



Healthy Aging Month is here and we are excited to offer an opportunity to help promote good health to our community.

We know that staying active, eating healthy foods, being proactive in maintaining good health and staying current with recommended screening tests are all important to our health and well-being. Sometimes it is difficult to find a way to exercise, or become more active without spending a lot of money. Walking is a great exercise, but sometimes even walking can be difficult for the elderly.

Tai Chi is an ancient practice that began thousands of years ago in China. Today, more than 250 million Chinese citizens practice Tai Chi daily for strengthening and agility. Tai Chi is the national exercise for China. People wake up early in the morning to practice Tai Chi in the parks and public places of the city.

Reducing stress, anxiety, and depression are just some of the benefits of Tai Chi. It can help cardiovascular health, decrease blood sugars in diabetes, increase energy and stamina, and even improve flexibility, balance, and agility. Tai Chi is recommended by the American Heart Association for balance, strength, and endurance. The American Diabetes Association recommends Tai Chi to help decrease A1C levels. There are many evidence-based studies that support Tai Chi as a way to decrease falls and the risk for falling in the elderly. It is a great activity for overall health and wellness.

Starting September 20th, we are offering Tai Chi classes to our community members. The classes are geared towards older adults, but all adults are welcome. Classes will be held from 6pm to 7pm on Wednesday evenings in the Blue Mountain Hospital lobby. These classes will be offered in 8-week sessions; however, we would like to encourage continued attendance for the best possible outcomes. The more you put into the classes, the more you will get out of them.

These classes are offered to the older adult community at no cost. Additionally, we have transportation available through the Grant County People Mover.

We are able to host the Tai Chi classes thanks to Grant County Older Adults and Vulnerable Populations Collaborative (OVPC) securing grant monies. We are also fortunate to have the guidance of Kyle Kline in training our instructors for the program and making exercise modifications to compensate for all levels of mobility.

So, please join us for this exciting opportunity and become part of a healthy aging community!

**\*\*Email contact information: OVPC@bluemountainhospital.org**



**BLUE MOUNTAIN CARE CENTER Resident of the Month**

**RICHARD "DICK" FINDLAY**

Richard was born on July 7, 1937 to Pearl and Glen Findlay in Washington. His family moved often, following the work; which included places like: Salt Lake City, Antone and Mitchell; before finally settling in Seneca, Oregon. Upon graduating from Grant Union High School, Dick joined the Marines.

In his time with the Marines, he was part of the Gunnery Division, where he earned the title of Sharp Shooter. After leaving the military, Dick worked for his dad's logging company out of Seneca. This led to driving long haul with his cousin; traveling from Canada to Mexico and the East Coast. After driving long haul for a long stretch of time, he returned home to Seneca to resume work for his father and the City of Seneca. It was at this time, that he built his log cabin.

In 1983, he married Suzanne Stapel and they have been married for 33 years. Dick has a daughter, 2 step daughters and 2 step sons. He has 5 grandchildren and 2 great grandchildren with one on the way.

Dick came to the Blue Mountain Care Center on May 12, 2016.



**Presents...**

**September Visiting Specialists**

**September 6th**  
Dr. McLellan  
Bend Cardio

**September 14th**  
Dr. Rushton  
Baker/Podiatrists  
Dr. Farris  
Bend/Orthopaedics  
Dennis Sell  
Ear/Nose/Throat

**September 20th**  
Dr. McLellan  
Bend Cardio

**September 25th**  
Dr. Rushton  
Baker/Podiatrists  
Dr. Farris  
Bend/Orthopaedics