Senior Moments

Tai Chi for Seniors

January/ February 2025

"Meditation in motion" is a phrase that's often used to describe tai chi. For seniors, the focused, low-impact movements can help clear the mind, just like meditation. Older adults can also experience many other benefits from this type of exercise, including increased strength, improved mobility, better flexibility, and stronger immunity.

One of the best things about tai chi is that you can experience all of these health perks without a large investment in special equipment. Plus, you don't need to have excellent coordination or strength to get started. You can even practice the movements in a chair. That adaptability is one reason why this practice is good exercise for seniors who may have physical limitations.

The information below will help you understand the central principles of this discipline, how it developed, and how it differs from yoga. You'll learn about the many benefits of tai chi for seniors and get tips on how to get started and how to prepare for tai chi classes. Plus, you'll explore books, DVDs, videos, and apps that make it possible for you to practice at home.

What Is Tai Chi?

Tai chi is an "internal" martial art that originated in China centuries ago. It's considered internal because the focus is on developing mental or spiritual strength instead of defeating an opponent through physical strength.

The basic principles originate in the ancient Chinese philosophy of Taoism. Under the tenets of Taoism, everything is composed of two opposing (but complementary) elements: yin and yang.

Yin elements are considered to be feminine, soft, and yielding

Yang elements are considered to be masculine, hard, and rigid

According to Taoism, in order to achieve a peaceful and long life, we need to balance these sides within ourselves. The movements are designed to help you achieve this equilibrium between yin and yang. In other words, the "point" of tai chi is to restore balance in your body and your mind.

But if that explanation is a bit too esoteric for you, don't worry. In simpler terms, the gentle movements and focus on breathing can help you relax, get some light exercise, and develop body awareness.

The Benefits of Tai Chi

Older man and woman practicing tai chi, each with one foot forward under a bent front knee and one arm raised at an angle

This is a whole-body exercise—and that includes your mind. As a result, it offers an astonishing number of physical and mental benefits. Tai chi is good for seniors because it can increase both your lifespan, which is how long you live, and your "health span," which is how long you can function independently.

In fact, when it comes to overall lifespan, a study in the American Journal of Epidemiology found that this activity can reduce mortality, much like jogging. (For many seniors, it is a much more appealing activity than jogging.)

Here are some of the many ways in which tai chi can improve your quality of life and reduce the negative effects of the aging process. (But bear in mind that you should always check with your healthcare provider before beginning any new exercise routine.)

1. Lower risk of falling

According to an article in the Journal of the American Geriatrics Society, practicing tai chi can reduce your risk of falls by up to 50 percent. Why is it so effective at fall prevention? Several factors are involved. Not only does the activity help with core stability, which can improve your balance, but it also improves proprioception (i.e., your awareness of where your body is in space).

It can also prevent falls by boosting your confidence. That's because feeling uncertain on your feet is one of the biggest risk factors for falls. Researchers in the Journal of Aging Research have noted that seniors who practice tai chi feel more confident in their daily movements, making them less likely to fall.

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2. Relief from arthritis and various types of pain

Multiple studies have proven that tai chi is a good exercise for seniors with arthritis. In fact, one study in the Annals of Internal Medicine found that it is just as effective as physical therapy in treating osteoarthritis in the knee. (Of course, an ideal treatment plan would combine both.)

A study in the Journal of Rheumatology showed that tai chi exercises are good for arthritis and joint pain because the movements help joints retain their range of motion, so they don't stiffen further. (Many other forms of exercise cause too much pain for a person with arthritis.) Because the exercise is low impact and gentle, its beneficial movements don't cause unnecessary pain.

The movements may also be effective for treating pain from osteoporosis and fibromyalgia. As well, tai chi is good for a bad back because it can restore mobility to the spine without jarring movements. Similarly, it can help with sciatica by increasing hamstring flexibility and improving your core strength.

3. Weight loss

Because of its slow movements, tai chi might not seem like an ideal exercise for senior weight loss. But a study in Evidence-Based Complementary and Alternative Medicine has found that it can help you lose weight.

Here are some of the factors that might be at play: Developing greater mindfulness helps practitioners get in touch with their bodies' hunger cues. And the activity offers a way to deal with stress that doesn't involve turning to comfort food or alcohol. Plus, according to MyFitnessPal, you burn about 270 calories an hour doing tai chi, on average (based on a 150-pound person). That's more than brisk walking or power yoga.

4. Improved cardiovascular health

Although it may not appear to be a very intense form of aerobic exercise, this martial art can improve your cardiovascular system. A study in the Journal of Alternative and Complementary Medicine showed that, with its focus on relaxation, tai chi is good for high blood pressure. It has also been proven to:

Improve the overall quality of life for people with heart failure

Provide a safe form of exercise for heart attack survivors

Raise "good" cholesterol levels (according to the study in the Journal of Alternative and Complementary Medicine)

Lower triglyceride levels

5. Better sleep

For seniors who struggle with insomnia, this exercise can be a drug-free solution. That's important because many drugs used to treat sleep problems can make older adults groggy and more likely to experience a fall. A study in Sleep found that seniors who practiced Tai Chi Chih (a modified form of the activity) experienced more improvements in their sleep habits than seniors who took classes on good sleep hygiene.

6. Enhanced posture

Retaining good posture is an important part of aging gracefully. Not only does your posture influence how others see you, but it also affects your mobility and even your breathing.

Tai chi strengthens the core, which in turn can improve your posture. As well, learning to focus on the way you move can improve the way you carry yourself.

7. Improved immunity

As you age, your immune system becomes less efficient. This exercise offers a way to fight that part of the aging process. As just one example, a study sponsored by the National Institutes of Health found that the response to the shingles vaccine among seniors who practiced tai chi was similar to that of people 30 years younger. Older adults who practice it also have a better response to the flu shot, according to a study in The American Journal of Chinese Medicine.

8. Reduced anxiety and depression

According to an article in Psychiatric Clinics of North America, many studies confirm that tai chi can help with anxiety and depression in seniors. (However, it's important to note that this practice is not a substitute for any other interventions that your doctor recommends. Rather, it can be one important component of a comprehensive treatment plan.)

Several factors contribute to the positive effects on mental health:

Because the focus is on breath and movement while doing tai chi, seniors get a break from thinking about daily stress.

Doing activities that you enjoy can boost your mood, no matter what you do.

Even mild exercise like this can raise your levels of mood-elevating endorphins.

The smooth, flowing movements can relax your muscles and create a sense of well-being.

9. Cognitive benefits

According to a study in Neurorehabilitation and Neural Repair, this martial art has been shown to slow cognitive decline in people with mild dementia. And tai chi classes for seniors can provide valuable social contact that can improve the quality of life for seniors with dementia.

10. Social benefits

Discussions about the many health benefits of tai chi often miss one crucial element: It's fun. After all, for seniors, engaging in fun activities carries its own rewards.

Veterans News

OREGON VETERANS' HOMES

PART 1

Care at an Oregon Veterans' Home is an earned benefit available to honorably discharged veterans, their spouses and parents of a service member who died while serving in the U.S. armed Forces.

ELIGIBILITY, COST AND ADMISSION ASSISTANCE

Residents at the Oregon Veterans' Homes receive skilled nursing care from a nursing staff with the skills and understanding to meet the unique and special needs of veterans and their family members. Oregon Veterans' Homes also have a higher care provider-to-resident ratio, which means a superior level of care day and night.

ELIGIBILITY: To be eligible, veterans must have served as defined by the federal VA, received an honorable discharge, and need skilled nursing level of care as recommended by a physician.
COST: Typically, veterans who have a 70 percent or greater service-connected disability and are in need of skilled nursing care due to their disability may be eligible to have to have their cost of care covered by the federal VA. The homes are also Medicare and Medicaid certified and the veterans' private pay rate is significantly lower than most nursing homes.

Part of the homes' affordability comes from an established veteran benefit that allows veteran residents to combine private, federal, and/or Medicare or Medicaid to cover daily costs.
Daily rates include room, board and skilled nursing care, and, in some cases, medication.
Specialized memory care is an additional cost.

ADMISSIONS: Our staff will gladly assist veterans and their families during the application process to determine the best options for financing your living arrangements and cost of care.

Oregon Veterans' Home - The Dalles
700 Veterans Drive, The Dalles, Oregon 97058
541-296-7190
www.thedalles.oregonveteranshomes.com

Oregon Veterans' Home - Lebanon
600 North 5th Street, Lebanon, Oregon 97355
541-497-7265
www.lebanon.oregonveteranshomes.com

For further questions or to apply for the Oregon Veterans' Homes contact Brian Needham at 541-573-1342 to make an appointment. The above information was provided by the Oregon Department of Veteran Affairs from the 2022 Annual Benefits and Resources Guide for Oregon Veterans and Families. Office hours are Monday-Thursday, 8:00AM – 4:30PM

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 **New Year's Day Closed**	**2** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**3**	**4**
5	**6** Preorder Grab & Go Meals 541-413-2280	**7** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**8** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm	**9** **Law Enforcement Appreciation Day** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**10**	**11**
12 Fiddlers 11am-5pm	**13** **Lohri** Preorder Grab & Go Meals 541-413-2280	**14** **Mahayana New Year** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**15** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm	**16** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**17**	**18**
19	**20** **Martin Luther King Jr Day** **Civil Rights Day** **Closed**	**21** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**22** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm	**23** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**24**	**25**
26	**27** **International Holocaust Remembrance Day** **Isra and Mi'raj** Preorder Grab & Go Meals 541-413-2280	**28** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**29** **Chinese Lunar New Year's Day** **Korean New Year** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm	**30** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**31**	

January 2025

Dining Hours: 11:30am-1pm Senior Meals: suggested $5 59 and under meals: Must pay $10 Tuesday– Salad Prices: $6 small, $10 large Thursday– Soup Prices: $4 cup, $6 bowl Drinks: $1	**January 2, 2025** Sponsor: Law Office of John Lamborn Sponsor: Sloppy Joes, Coleslaw & Fries Yellow cake w/frosting Soup: Chicken Noodle
January 7, 2025 Sponsor: Claudio & Maria Iturriaga Greek Roasted Goat Roasted Potatoes & Carrots Brownies Salad: Southwest Chicken	**January 9,2025** Sponsor: Black Tornado Exchange Lasagna Garlic Bread & Green Salad Blueberry Buckle Dessert Soup: Navy Bean &Ham
January 14, 2025 Sponsor: Ron Schirm Chicken Enchiladas Beans & Salad Churro Bars Salad: Taco Salad	**January 16, 2025** Sponsor: First Community Credit Union Sponsor: Dusty Thread & Thrift Inc. French Dip Fries & Broccoli Salad Cowboy Cookies Soup: Creamy Turkey Noodle
January 21, 2025 Sponsor: Harney Rock & Paving Co Sponsor: Chicken Fried Steak, Mashed Potatoes w/gravy, Green beans & Rolls Chocolate Cake Salad: Cheeseburger	**January 23, 2025** Sponsor: Bill Burstow Sponsor: Turkey Tetrazzini Salad & Rolls Cookie Bars Soup: Chicken Spinach Artichoke
January 28,2025 Sponsor: Alley Insurance Sponsor: Ham w/gravy, Stuffing Cheesy Cauliflower & Broccoli Strawberry Upside-down cake Salad: Chicken Bacon Avocado	**January 30, 2025** Sponsor: Steens Mt. Running Camp Sponsor: Garlic Beef Bake Mixed veggies & Whole Wheat Rolls Raspberry Crumble Soup: Lentil Soup

Menu subject to change

February 2025

Dining Hours: 11:30am-1pm Senior Meals: suggested $5 59 and under meals: Must pay $10 Tuesday– Salad Prices: $6 small, $10 large Thursday– Soup Prices: $4 cup, $6 bowl Drinks: $1	**Kitchen 541-413-2280** Back door meals are available! Call 541-413-2280 to order. Order by noon the day before meal days! Drive up to back door on meal day and have your order delivered to your car!
February 4, 2025	**February 6, 2025**
Sponsor: Black Tornado Exchange	Sponsor: Ken & Polly Post
Sponsor:	Sponsor:
Cowboy Stew Biscuits & Salad Coconut Cream Lush Salad: Loaded House Salad	Beef Enchiladas Rice, Beans & Salad Pineapple Upside Down Cake Soup: Chicken & Rice
February 11, 2025	**February 13,2025**
Sponsor: Claudio & Maria Iturriaga	Sponsor: Charlie & Linda Schmidt
	Happy Valentines Day!
Smoked Lamb w/ Gravy Roasted Potatoes & Mixed Veggies Strawberry Crisp Salad: Chef	Beef Sirloin, Garlic Mashed Potatoes w/ Gravy Roasted Asparagus & Rolls Red Velvet Cake Soup: Cream of Asparagus
February 18, 2025	**February 20, 2025**
Sponsor: Dusty Threads & Thrift Inc	Sponsor: Eddy Field
Sponsor:	Sponsor:
Baked Chicken Garlic Herb Noodles & Vegetable Medley Chocolate Chip Cookies Salad: Crispy Chicken	Ham & Cheese Lasagna Green Beans & Garlic Rolls 7-UP Cake Soup: Beef & Barley
February 25, 2025	**February 27, 2025**
Sponsor: Unavailable Sponsor	Sponsor: Unavailable Sponsor
Pulled Pork Sandwiches Coleslaw & Baked Beans Blueberry Crisp Salad: Taco	Teriyaki Beef Rice & Broccoli Cinnamon Sugar Blondies Soup: Cream of Mushroom

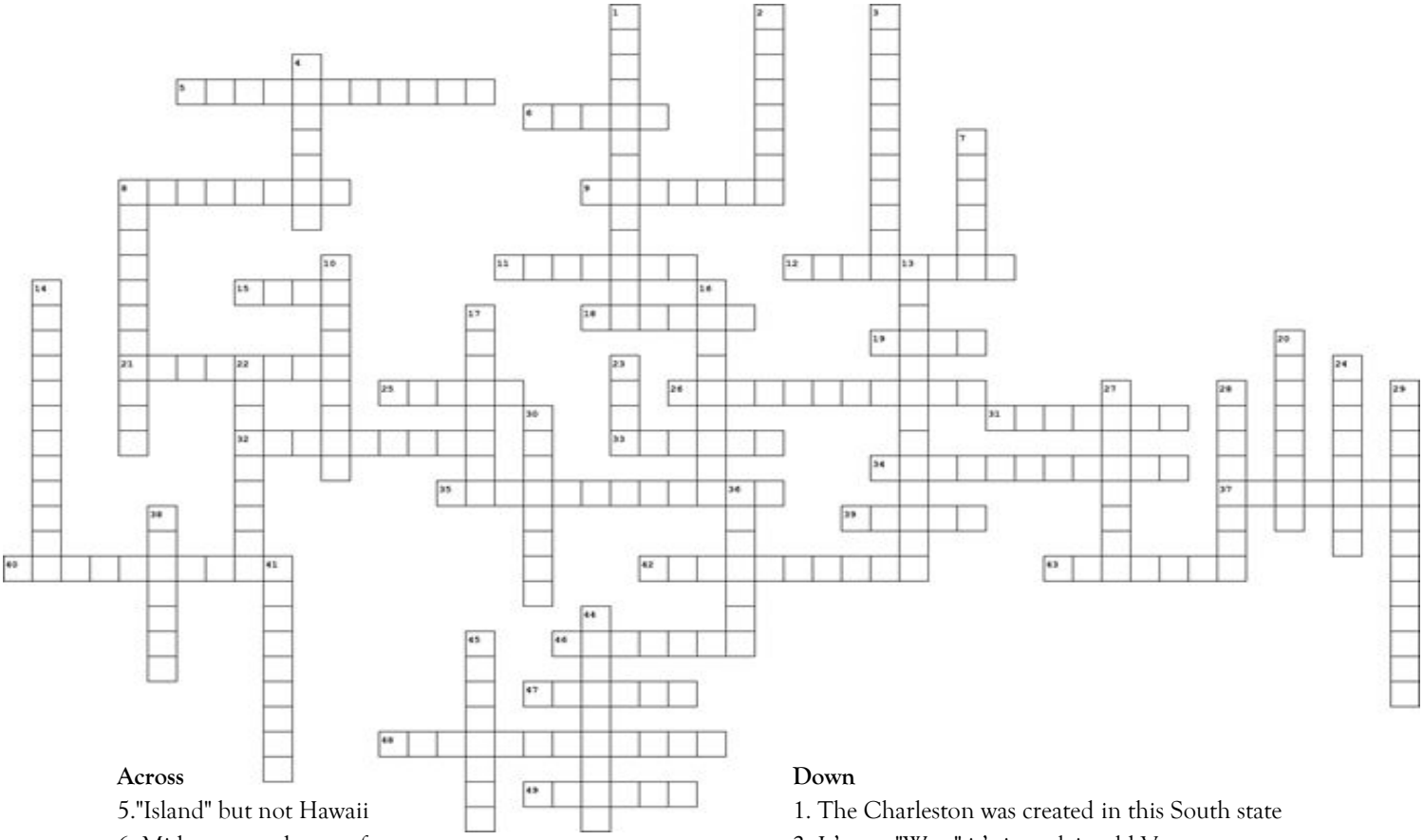
Menu subject to change

February 2025

African American Heritage Month (Black History Month)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 **National Freedom Day** **Imbloc**
2 **Basant Pan-chami** **Groundhog Day**	**3** Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm	**4** **Farmer's Day** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**5** **National Girls & Women in Sports Day** Miracle Ear Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm Food Bank 10am-1pm	**6** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**7** AARP Driver Safety 9am-4pm	**8**
9 Fiddlers 11am-5pm	**10** Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm	**11** **Armed Forces Day** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**12** **Lantern Festival** Miracle Ear Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm Food Bank 10am-1pm	**13** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**14** **Valentine's Day**	**15** **Lui-Nai-Ni** **Maghi Purnima** **Nirvana** **National FFA Week**
16	**17** **Presidents' Day** Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm	**18** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**19** Miracle Ear Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm	**20** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**21**	**22**
23	**24** Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm	**25** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**26** **Black Lives Matter Day** **Maha Shivaratri** Miracle Ear Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8am-4pm	**27** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm Bingo 2:30-4pm	**28**	

States



Across

5."Island" but not Hawaii
6. Midwest state known for potatoes
8. Sounds like "misery"
9. Popular type of iced tea
11. Most of Yellow Stone is in this "W" state
12. Capital is Little Rock
15. Capital is Columbus
18. The only island state
19. The only "U" state
21. South of Wisconsin and west of Indiana
25. Largest state that is directly connected to the US
26. Small New England state under Massachusetts
31. In between NH and NY
32. Northern state, west of Wisconsin
33. the most northern and coldest state
34. North of South Dakota
35. "Take me home, to the place I belong....."
37. Capital is Montgomery
39. Seafood is the "main" attraction
40. First president
42. Hollywood!!
43. Known for Disney World and alligators
46. State fruit is a peach
47. Dorothy in the Wizard of Oz
48.In between Vermont and Maine, "NH"
49. Its not oregone

Down

1. The Charleston was created in this South state
2. It's not "West" it's just plain old V_____
3. Dakota Fanning would like this "South" version
4. Twin Towers, the Tonight Show, and Pete Davidson
7. Vegas
8. 4 "s", 4 "i", and 2 "p"
10. LA, the state...not the one near Hollywood
13. North of South Carolina
14. What state are WE in RIGHT now
16. Famous for cheese
17. Small state under New Jersey and next to Maryland
20. A great lake is named after this "M" state
22. Not Old Mexico
23. North of Missouri
24. Ocean City, and not New Jersey
27. Capital is Denver, known for skiing
28. South of South Dakota
29. Salem witch trials
30. Capital is Frankfurt
36.Notre Dame college, west of Ohio
38. "You Get the Best of Both Worlds" Hannah _____
41. Famous shore with a reality show
44. 4 "e", 2 "n", 2 "s"
45. This state is just "OK"

Fun Ways to Meet New People

As we age, making new friends and forming meaningful connections can be challenging. Meeting new people can seem daunting for senior singles, especially if you are new to an area or recently lost a spouse or partner. However, staying socially active is crucial to maintaining good mental and physical health. Participating in senior singles activities is a great way to get out of the house, explore your interests, and meet like-minded individuals.

Fun Senior Singles Activities

Volunteering

Volunteering is a great way to meet new people and give back to your community. You can join a local charity, hospital, or non-profit organization that aligns with your interests and skills. Volunteering allows you to connect with others, make a difference in the world, and improve your mental well-being.

Joining a Social Club

Joining a social club is an excellent way to connect with other seniors who share your interests. There are social clubs for nearly everything, from book clubs to travel clubs, so you can find one that aligns with your interests. You can meet new friends and maybe even spark a romance by participating in group activities and social events.

Participating in Fitness Classes and Groups

Joining a fitness class is a great way to stay active and meet new people. You can join a yoga, dance, or swimming class at your local community center, gym, or senior center. And don't be afraid to think outside of the box; many other types of fitness can be appropriate for all levels and ages (depending on your abilities). Pilates, Zumba, martial arts, badminton, pickleball, tennis, bike riding, hiking, weight training, and barre are some additional activities that might be worth checking out. Fitness classes and groups allow you to connect with others who share your interests and form new friendships.

Group Traveling

Group travel is a fun and engaging way to meet new people and explore new places. You can even join a group specializing in senior travel and embark on new adventures with kindred spirits. Group travel provides an opportunity to connect with others, experience new cultures, and make lasting memories. Plus, everyone being somewhere new and "out of their elements" is a great way to build even stronger bonds.

Attending Community Events

Community events are a great way to meet new people and stay engaged in your local area. You can attend local festivals, fairs, concerts, or other events in your community or neighboring areas. Even speed dating for seniors can be an excellent way to make friends. These events provide an opportunity to connect with others who have things in common and share your interests while also learning about your community and having fun.

Taking a Class

Taking a class is an excellent way to learn something new and meet new people. You can take a class at your local community college, adult education center, or online. So whether you want to learn a new language, take an art class, or brush up on your cooking skills, there are plenty of options.

Attending a Senior Center

Senior centers provide social and recreational activities for people over 50 (or so). You can visit your local senior center and participate in activities like card games, exercise classes, and group outings. Senior centers allow connecting with others, staying active, and learning new skills.

Engaging in Outdoor Activities

Engaging in outdoor activities is a great way to stay active and meet new people. You can walk, hike, or bike in your local park or nature reserve. You can also join a group that specializes in outdoor activities, such as a hiking or biking club. Outdoor activities provide an opportunity to enjoy the outdoors with other nature enthusiasts and improve your physical health and mental well-being.

Harney Hub Transit: What Does It Cost?

Deviated Fixed Route: **FREE** for all riders since 2018.

Harney Hub Transit cards:
25 rides for $20!!

Thanks to a special grant, there will be **no charge** for students, ages 13-19 to ride our buses.

Curbside Service: six days a week-

0-10 mi. $1.00 per stop is **required.**

11-20 mi. $5.00 one way upon availability

21-35 mi. $10.00 one way upon availability

36+ mi. $20.00 plus $.505 per each additional mile one way upon availability.

SCHEDULED BEND TRIP:

Fixed Route: Free

SPECIAL TRIP upon Availability:

John Day $55.36 Round Trip

Bend or Ontario $115.96 Round Trip

Extra Rider on Brokered Trip:

John Day $25

Bend or Ontario $35

See our Fixed Route schedule on the next page. Larger print brochures are available at the Front Desk or Harney Hub Transit.

WEST BOUND ROUTE

	H Hub 17 S Alder Ave	Fresh Start 195 N Broadway	Triangle Park East	Paiute Upper	Paiute Lower	Library 80 W "D" St	Marylhurst Apts Alvord + A St. (North side)	Safeway Madison + Buena Vista (South side)	Symmetry Care Diamond + Adams	Health Dept. Washington + Fairview	Veteran's Village	Human Services Monroe + Jackson	Glory Days 960 Oregon Ave	BHS/Pool 1000 Oregon Ave	Apple Peddler 540 Hwy 20	BareBones 306 N Hwy 20	Hines Park SW Circle Drive
A	7:00	7:02	7:05	----	----	7:06	7:07	7:10	7:12	7:13	7:15	7:16	7:18	7:20	7:22	7:24	7:26
A&S	8:00	8:02	8:05	----	----	8:06	8:07	8:09	8:11	8:13	8:14	8:16	8:18	8:20	8:22	8:24	8:26
A&S	9:00	9:02	9:05	----	----	9:06	9:07	9:10	9:12	9:13	9:14	9:16	9:18	9:20	9:22	9:24	9:26
A	10:10	10:12	10:15	----	----	10:16	10:17	10:20	10:22	10:23	10:26	10:27	10:28	10:30	10:32	10:34	10:36
S	10:10	10:12	10:14	10:21	10:26	10:29	10:33	10:35	10:37	10:39	10:40	10:41	10:43	10:45	10:48	10:50	10:52
A	11:05	11:07	11:08	----	----	11:09	11:10	11:12	11:14	11:16	11:17	11:18	11:19	11:20	11:22	11:24	11:26
A	12:00	12:02	12:05	----	----	12:06	12:07	12:10	12:12	12:13	12:16	12:16	12:18	12:20	12:22	12:24	12:26
S	12:30	12:32	12:34	----	----	12:36	12:38	12:40	12:42	12:45	12:46	12:47	12:48	12:50	12:52	12:56	12:58
A	13:00	13:02	13:05	----	----	13:06	13:07	13:10	13:12	13:13	13:16	13:18	13:20	13:24	13:26	13:27	13:28
S	13:30	13:32	13:34	----	----	13:36	13:38	13:40	13:42	13:46	13:48	13:50	13:52	13:54	13:56	13:58	14:00
A	14:00	14:02	14:05	----	----	14:06	14:07	14:10	14:12	14:13	14:16	14:18	14:20	14:24	14:26	14:27	14:28
S	15:00	15:02	15:04	15:10	15:15	15:18	15:20	15:22	15:24	15:26	15:28	15:30	15:32	15:34	15:36	15:38	15:39
S	16:10	16:12	16:14	----	----	16:15	16:17	16:19	16:21	16:23	16:25	16:27	16:29	16:31	16:33	16:34	16:35
A	15:00	15:02	15:04	15:10	15:15	15:19	15:21	15:24	15:26	15:27	15:30	15:32	15:34	15:36	15:38	15:39	15:40
A	16:30	16:32	16:35	16:41	16:46	16:50	16:51	16:54	16:56	16:58	16:59	17:00	17:04	17:06	17:08	17:09	17:10
A	18:10	18:12	18:14	----	----	18:15	18:16	18:18	18:20	18:22	18:24	18:26	18:28	18:30	18:32	18:34	18:35

Route Schedule Legend

- **A:** Regular Route
- **S:** Saturday Route
- **A&S:** Regular and Saturday Route

EAST BOUND ROUTE

	Hines Gazebo	BareBones 306 N Hwy 20	Aspen Grove 611 Tennyson Ave.	Secure Self Storage 190 Roe Davis Ave	McDonalsd's 641 Hwy 20	Dollar General 1075 Oregon Ave	Quail Ridge 1314 W Pierce St	Quail Court Pierce +Imperial Ave	Egan & Harrison Ave	Egan and Adams	Courthouse A & BuenaVista (South side)	Safeway Madison + Buena Vista (South Side)	Arrowhead Park East A & Broadway Ave	Paiute Upper	Paiute Lower	Triangle Park	Washington Park N.Birch Ave	H Hub 17 S Alder AVE
A	7:30	7:32	7:34	7:36	7:38	7:39	7:40	7:42	7:44	7:46	7:48	7:50	7:53	----	----	7:55	7:57	8:00
A&S	8:30	8:32	8:34	8:36	8:38	8:39	8:40	8:42	8:44	8:46	8:48	8:50	8:53	----	----	8:55	8:57	9:00
A&S	9:28	9:30	9:34	9:36	9:38	9:39	9:40	9:42	9:44	9:46	9:48	9:50	9:53	----	----	9:55	9:57	10:00
A	10:36	10:38	10:40	10:41	10:43	10:44	10:45	10:47	10:49	10:51	10:53	10:55	10:57	----	----	10:59	11:02	11:05
S	10:55	10:57	11:00	11:03	11:07	11:10	11:12	11:14	11:16	11:18	11:20	11:22	11:25	----	----	11:26	11:28	11:30
A	11:27	11:29	11:33	11:36	11:38	11:39	11:40	11:42	11:45	11:47	11:50	11:52	11:54	----	----	11:56	11:58	12:00
S	13:00	13:02	13:04	13:06	13:08	13:10	13:12	13:14	13:16	13:18	13:20	13:22	13:24	----	----	13:26	13:28	13:30
A	12:28	12:30	12:34	12:36	12:38	12:39	12:40	12:42	12:45	12:47	12:50	12:52	12:54	----	----	12:56	12:58	13:00
A	13:30	13:32	13:34	13:36	13:38	13:39	13:40	13:42	13:45	13:47	13:50	13:52	13:54	----	----	13:56	13:58	14:00
S	14:00	14:04	14:08	14:12	14:16	14:20	14:24	14:27	14:31	14:35	14:39	14:42	14:46	----	----	14:50	14:55	15:00
A	14:30	14:32	14:34	14:36	14:38	14:39	14:40	14:42	14:45	14:47	14:50	14:52	14:54	----	----	14:56	14:58	15:00
S	15:40	15:41	15:42	15:43	15:44	15:45	15:46	15:47	15:48	15:49	15:50	15:52	15:54	----	----	15:56	15:58	16:00
S	16:35	16:37	16:39	16:41	16:43	16:44	16:45	16:47	16:49	16:50	16:52	16:53	16:55	----	----	16:57	16:58	17:00
A	15:42	15:44	15:46	15:49	15:51	15:52	15:53	15:54	15:56	15:58	16:00	16:02	16:04	16:09	16:15	16:20	16:24	16:28
A	17:10	17:13	17:16	17:20	17:22	17:23	17:24	17:26	17:28	17:30	17:32	17:34	17:36	17:42	17:48	17:54	17:56	18:00
A	18:37	18:39	18:41	18:42	18:44	18:45	18:46	18:48	18:50	18:52	18:54	18:55	18:57	----	----	18:58	18:59	19:00

This information is available in alternate format. Please dial 541-573-3030 to discuss your needs. To access alternative telecommunication call Oregon telecommunication relay service #711

**Harney Hub and Harney Hub Transit reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability, or status as a protected veteran in accordance with organization policy and applicable federal and state statutes and regulations. Harney Hub is committed to providing access and reasonable accommodation in its services, programs, activities and employment for individuals with disabilities. To request disability accommodation contact the organization at: 17 S Alder Ave / PO Box 728 Burns, 541-573-3030, lisa@harneyhub.org.

Fixed Route for Bend/Redmond

January 2025
Tuesday, 7th
Thursday, 16th
Tuesday, 21st
Thursday, 30th
February 2025
Tuesday, 4th
Thursday, 13th
Tuesday, 18th
Thursday, 27th
March 2025
Tuesday, 4th
Thursday, 13th
Tuesday, 18th
Thursday, 27th

*Days may be changed due to scheduling conflicts, staff shortages, holidays, etc.

Harney Hub Transit currently has a fixed route to Bend/Redmond free of charge. Rides must still be scheduled with the office in advance of your trip.

Departure from the Senior Center is 6:30am.

Appointments in Bend must be scheduled no earlier than 10:00a.m. and no later than 2:00p.m. Departure from Bend at 3pm.

Call for additional details, 541-573-3030.

***Times may vary due to weather conditions!**

VETERANS, if you need a medical ride out of the community, please schedule as far in advance as possible so we are able to accommodate your trip.

To access alternative telecommunication, call Oregon telecommunication relay service: #711

HARNEY HUB TRANSIT
541.573.3030

Harney Hub Transit
17 South Alder Burns
541-573-3030

MEDICAID RIDE SCHEDULING

Due to regulations from the State of Oregon, all medical transportation for Medicaid recipients must be scheduled through a regional broker. Mid Columbia Council of Governments Transportation Network is the agency contracted to operate this transportation program in our area.

Our Harney Hub Transit dispatcher receives notice daily for rides to be scheduled. Any medical ride requiring same day service will be called in to our dispatch center by the brokerage.

This applies to medical rides only, you may still schedule other rides through our center yourself. If you have any questions or concerns regarding this program, please contact your case manager or caregiver.

GOHBI Transportation Network:

1-877-875-4657

(Burns and Hines Area Rides)

This applies to medical rides only.

Public Transportation in Harney County

Harney Hub Transit is a countywide service which prioritizes demand responsive trips within a 10 mile radius of Burns/Hines and provides occasional charter service to events and activities in Harney County.

Monday—Friday

7:00 a.m.—7:00 P.M.

Deviated fixed route only after 5:00 P.M.

Saturday

8:00 a.m.—5:00 p.m.

Deviated fixed route only. Closed 12:00-1:00 P.M.

Sunday

8:00am-3:00P.M.

Last pickup is 2:45

To facilitate scheduling, please call as soon as you know you will need a ride.

A week or more in advance is not too soon to schedule your ride.

When scheduling your rides, please tell the dispatcher the exact number of stops and number of riders,

$1.00 per stop

A ticket card of 25 rides can be purchased for $20 from drivers or dispatch.

Serving our community
since 1973

NON-PROFIT ORG.
U.S. POSTAGE PAID
BURNS, OREGON
PERMIT #52

PO Box 728
Burns OR 97720
Phone: 541-573-6024
Fax: 541-573-6025
E-mail: office@harneyhub.org

https://
harneyhub.org

It is the policy of Harney Hub not to discriminate against anyone because of age, race, religion, color, handicap, sex, physical condition, developmental disability, sexual orientation or national origin.

Highlights at a Glance

Senior Meals
Tuesdays & Thursdays
11:30am-1pm

Salads Available Every Tuesday!!

Homemade Soup & Rolls Available Every Thursday!!

Tai Chi:
Tuesdays & Thursdays
9:30am

Introduction to Tai Chi:
Tuesday & Thursday
1030am– 11:15am

Food Bank Hours:
Wednesdays:
10am-1pm

Bingo:
Thursdays 2:30pm

Miracle Ear:
Wednesdays,
Call 541-330-5503

Veterans Assistance
Call Brian for an appointment at
541-573-1342

Medicare help:
Tuesday 10am-12pm

AARP Taxes
February 3rd – April 14th
Every Monday & Wednesday
8am-4pm

AARP Driver Safety
February 7th 9am-4pm

CLOSED
January 1st– New Year's Day
January 20th– Martin Luther King Jr Day
February 17th– Presidents' Day

Nutrition Education
by HDH Dietitian
Tori Garner
Thursday, January 9th 11am-1pm