Senior Moments

November/December 2025

THANK YOU!

Harney Hub would like to give a BIG THANKS to all of the supporters for their donations during the 2025 Harney County Fair Livestock Auction.

ACW—1 swine
ACW Rock and Ready Mix— 1 beef
Bank of Eastern Oregon-– 1 swine and 1 goat
Big R— 1 swine
Don Doverspike-– 1 swine
Law Office of John Lamborn-– 1 lamb and 1 swine
NewSun Energy-– 1 goat and 1 lamb
Riley Store-– 1 goat
SELCO Community Credit Union— 1 lamb
Silvies River Ranch/Bill and Jackie Dunbar— 1 beef and 1 swine

Without these compassionate donations, Harney Hub's meal program would not be a qualified success. All donations go toward meals provided for seniors and people with disabilities. We are greatly appreciative of the support from our donors for this much needed program.

Inside this issue

Thank you!	1
Thanksgiving Poem	1
Why Are The Holidays Important For Seniors	2
Veterans News	3
Calendars	4,7
Menus	5,6
Harney County History and Genealogy	8
Winter is Coming	9
Transportation Costs	9
Fixed Route Schedule	10
Bend Schedule	11

Thanksgiving Day ["Over the river and through the wood"] By Lydia Maria Child

Over the river and through the wood,
To grandfather's house we go;
The horse knows the way
To carry the sleigh
Through the white and drifted snow.

Over the river and through the wood--
Oh, how the wind does blow!
It stings the toes
And bites the nose,
As over the ground we go.

Over the river and through the wood,
To have first-rate play.
Hear the bells ring,
"Ting-a-ling-ding!"
Hurrah for Thanksgiving Day!

Over the river and through the wood,
And straight through the barn-yard gate.
We seem to go
Extremely slow--
It is so hard to wait!

Over the river and through the wood--
Now grandmother's cap I spy!
Hurrah for the fun!
Is the pudding done?
Hurrah for the pumpkin-pie!

Why Are The Holidays Important For Seniors?

Holidays are fun for all ages, but the holidays for seniors are especially important. Holidays mean fun activities to look forward to, time with family, and holiday spirit.
It can be easy to get caught up in the busyness of the season, but it is essential to reflect on what the holidays are indeed about and the importance of holidays for seniors.

Time with Family
One of the primary reasons the holidays are so important for seniors is because it brings the family together. Time with family is critical at all stages in life, but it can be of special importance to seniors. Some seniors are blessed with family around all year, but for some seniors, that's not the case.
For many older adults, the holidays are one of the only times during the year when the entire family gets together. Seniors are reconnected with family members who live out of town and can enjoy the quality time that can be difficult to find during most times of the year.

Combating Loneliness
It is very common for seniors to experience loneliness, which can result in negative health side effects. Senior holidays can play an important role in bridging this gap and giving seniors the social interaction they need.
Spending time with family, friends, and neighbors during the holidays can do wonders for mental health and keep feelings of loneliness and isolation at bay.

Sharing Traditions and Bond with Younger Generations
One of the great parts about celebrating holidays is the special traditions that families share. Traditions only survive when they are passed from generation to generation. Seniors play a special role in keeping traditions alive.
From activities like driving around town to enjoying Christmas lights, singing, storytelling, and watching holiday movies, there are many traditions that grandkids and family experience. You can make this a memorable holiday by ensuring that there is time for grandparents to connect with their grandkids.
Holidays create a unique space for seniors to bond with younger generations and create lifelong memories.

Time to Reflect
The holidays are a great time to look back and reflect on the year. Seniors can be very busy later in life or get lost in retirement. The holidays provide a time to take a break, slow down, and reflect on what has happened during the year.
Seniors can also reflect on what they are looking forward to in the year ahead, what they are thankful for, or what else they want to accomplish during retirement.

Reconnecting Spiritually
For some seniors, the holidays are a time to reconnect with faith. Many families incorporate a religious or spiritual element into their holiday celebrations, and these activities can be significant for seniors.
Reconnecting with faith can bring seniors a sense of purpose or peace they take with them for the rest of the year. Attending a church service can also be an excellent way to connect with community members and find a place of belonging when the holidays are over.

Giving Back and Connecting with the Community
Many seniors are involved in volunteer activities during the holidays. From caroling to coat drives to making stockings, there are many needs to be filled within the community. Many communities host events that create opportunities to connect, give back, and make new friends. Giving back or volunteering is important for seniors because it can provide a sense of purpose and allow seniors to contribute to the community, help their neighbors and may lead to other opportunities to volunteer throughout the year.
Giving back can bring feelings of happiness and fulfillment to seniors and the whole family. Feeling connected within a community is very important for seniors and their mental health. Getting involved and making new connections are great ways to stay active, get adequate social interaction, and stimulate their minds.

Make This Year a Special Holiday for Seniors
Holidays for seniors can be the source of some of the most cherished times of the year. Take a moment this season to pay attention to what your senior friend or family member needs or wants. Make an effort to understand why holidays are so important to seniors and make this year extra special.

Source:
https://caringplaces.com/why-are-the-holidays-important-for-seniors/

Veterans News

History of The Medal of Honor

The Medal of Honor is the nation's highest medal for valor in combat that can be awarded to members of the armed forces. The medal was first authorized in 1861 for Sailors and Marines, and the following year for Soldiers as well. Since then, more than 3,400 Medals of Honor have been awarded to members of all DoD services and the Coast Guard.

Medals of Honor are awarded sparingly and are bestowed only to the bravest of the brave; and that courage must be well documented. The most recent U. S. Army recipients are listed below.

Since 1998, at least 15 other Medals of Honor have been awarded to correct past administrative errors, oversights and follow-up on lost recommendations or as a result of new evidence.

Here are just a few examples of Soldiers who were awarded the Medal of Honor from three wars. Their actions, like the other recipients of the medal, were far and above the call of duty.

During the Civil War, the job of color bearer was one of the most hazardous as well as important duties in the Army. Soldiers looked to the flag for direction and inspiration in battle and the bearer was usually out in front, drawing heavy enemy fire while holding the flag high. On Nov. 16, 1863, regimental color bearer Pvt. Joseph E. Brandle, from the 17th Michigan Infantry, participated in a battle near Lenoire, Tenn. "...[H]aving been twice wounded and the sight of one eye destroyed, [he] still held to the colors until ordered to the rear by his regimental commander."

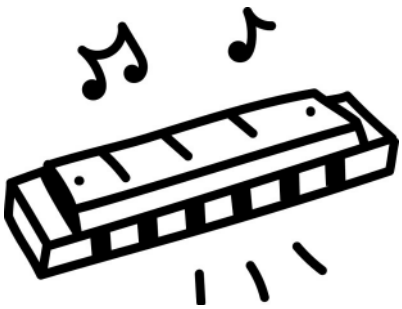
Cpl. Alvin C. York, from the 82nd Division, fearlessly engaged the numerically superior German force at Chatel-Chehery, France, on Oct. 8, 1918 - just a month before the armistice was signed. His citation reads: "...After his platoon had suffered heavy casualties and three other noncommissioned officers had become casualties, Cpl. York assumed command. Fearlessly leading seven men, he charged with great daring toward a machine gun nest, which was pouring deadly and incessant fire upon his platoon. In this heroic feat the machine gun nest was taken, together with four officers and 128 men and several guns."

Valor is found across the times as well as across the ranks, as World War II 2nd Lt. Robert Craig, from the 3rd Infantry Division, demonstrated. According to his citation, 2nd Lt. Craig volunteered to defeat an enemy machine gun that three other officers before him could not. He quickly located the gun outside of Favoratta, Sicily, but without cover, he and his men found themselves vulnerable to approximately 100 enemies. "Electing to sacrifice himself so that his platoon might carry on the battle, he ordered his men to withdraw... while he drew the enemy fire to himself. With no hope of survival, he charged toward the enemy until he was within 25 yards of them. Assuming a kneeling position, he killed five and wounded three enemy soldiers. While the hostile force concentrated fire on him, his platoon reached the cover of the crest. 2nd Lt. Craig was killed by enemy fire, but his intrepid action so inspired his men that they drove the enemy from the area, inflicting heavy casualties on the hostile force."

If you have any further questions, please contact Brian Needham at the Harney HUB Veteran outreach office. Office hours are Monday through Thursday 8:00AM to 4:30PM. Office phone number is 541-573-1342.

Learning opportunity

A member of the our community is looking for the opportunity to teach classes here at The Harney Hub. He is offering carving classes and harmonica classes. If this is something you may be interested in, please call The Harney Hub at (541)573-6024.



November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NATIONAL NATIVE AMERICAN HERITAGE MONTH						**1**
2	**3** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**4** Election Day Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m.	**5** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**6** Tai Chi 9:30a.m. Fresh Alliance 10-10:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m.	**7**	**8**
9 Fiddlers 11 a.m.-5 p.m.	**10** USMC Day Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**11** **CLOSED for Veterans Day**	**12** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**13** Tai Chi 9:30a.m. Fresh Alliance 10-10:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m.	**14**	**15** Govardhan Puja
16	**17** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**18** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m.	**19** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**20** Tai Chi 9:30a.m. Fresh Alliance 10-10:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m.	**21**	**22**
23 Christ the King Feast 30	**24** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**25** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m.	**26** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**27** **CLOSED for Thanksgiving Day**	**28**	**29**

November 2025

November 4, 2025	November 6, 2025
Sponsor: Phil & Barb Turrell	Sponsor: American Legion Harney County Post 63
Roasted Lamb, Brussels Sprouts and Mashed Potatoes w/Gravy Carrot Cake Salad: Grilled Chicken Salad	Veterans Meal Spaghetti, Rolls & Salad Pound Cake Soup: Loaded Potato Soup
November 11, 2025	**November 13, 2025**
	Sponsor: Ron Schirm
	Sponsor: First Community Credit Union
CLOSED For Veterans Day	Beef Pot Roast w/Carrots & Potatoes Homemade Bread Cookie Bars Soup: Three Sister Soup
November 18, 2025	**November 20, 2025**
Sponsor: Oregon Trail Electric Cooperative	Sponsor: The Aspens
Sponsor: Christian Church Thrift Shop	Sponsor: The Fly Fisherman
Pulled Pork Sandwiches, Coleslaw and Mixed Veggies Chocolate Cake Salad: Santa Fe Chicken Salad	Thanksgiving Meal Turkey, Green Bean Casserole, Yams Mashed Potatoes w/Gravy, Stuffing and Rolls Pumpkin Pie Bars Soup: Chicken Noodle Soup
November 25, 2025	**November 27, 2025**
Sponsor: Bill & Patsy Wilber	
Cheese Burgers, w/lettuce, tomato and onion, Bacon Macaroni Salad Peanut Butter Brownies Salad: Taco Salad	CLOSED For Thanksgiving Day
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!

Menu subject to change

December 2025

December 2, 2025	December 4, 2025
Sponsor: Ken & Polly Post	Sponsor: First Community Credit Union
	Sponsor: American Legion Auxiliary
Chicken Alfredo, Garlic Rolls and Green Beans Yellow Cake w/Chocolate Frosting Salad: Chef Salad	Meatloaf, Baked Potato and Broccoli Pumpkin Bars Soup: Turkey Noodle
December 9, 2025	**December 11, 2025**
Sponsor: High Calibre Exploration & Development	Sponsor: Burns Times-Herald
Smothered Pork Chops, Mashed Potatoes, Mixed Veggies and Rolls Lemon Cookies Salad: BLT Salad	Tamale Pie, Refried Beans and Salad Pineapple Upside Down Cake Soup: Chili w/Cornbread
December 16, 2025	**December 18, 2025**
Sponsor: IMO Ross Gruenwald	Sponsor: Richard & Cherry Day
Greek Goat Roast, Roasted Potatoes, Cucumber Tomato Salad and Rolls Blueberry Buckle Salad: Taco Salad	Christmas Meal Prime Rib, Twice Baked Potatoes, Green Salad and Rolls Cheesecake Soup: Corn Chowder
December 23, 2025	**December 25, 2025**
Sponsor: Rise & Run Construction	
Creamy Sausage & Pepper Pasta, Homemade Bread and Garlic Onion Greens Beans Cookie Bars Salad: Italian Salad	**CLOSED** For Christmas Day
December 30, 2025	**Kitchen 541-413-2280**
Sponsor: A Parts Store	Back door meals are available!
	Call 541-413-2280 to order.
Taco w/fixings, Spanish Rice and Black Bean and Roasted Corn Salad Brownies Salad: Grilled Chicken Salad	Order by noon the day before meal days! Drive up to back door on meal day and have your order delivered to your car!

Menu subject to change

December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Preorder Grab & Go Meals 541-413-2280	**2** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Powerful Tools 2p.m.-4p.m.	**3** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**4** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m.	**5**	**6** **St. Nicholas Day**
7 **Hanukkah**	**8** **Bodhi Day** Preorder Grab & Go Meals 541-413-2280	**9** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Powerful Tools 2p.m.-4p.m.	**10** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**11** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m.	**12**	**13**
14 Fiddlers 11a.m.-5p.m.	**15** Preorder Grab & Go Meals 541-413-2280	**16** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m. Powerful Tools 2p.m.-4p.m.	**17** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**18** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m.	**19**	**20**
21	**22** Preorder Grab & Go Meals 541-413-2280	**23** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m. Powerful Tools 2p.m.-4p.m.	**24** **CLOSED for Christmas Eve**	**25** **CLOSED for Christmas Day**	**26**	**27**
28	**29** Preorder Grab & Go Meals 541-413-2280	**30** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m. Powerful Tools 2p.m.-4p.m.	**31** Miracle Ear Preorder Grab & Go Meals 541-413-2280			

HARNEY COUNTY, OREGON HISTORY AND GENEALOGY

Harney County was created from the southern two-thirds of Grant County on February 25, 1889. It is located in the high desert country in the southeast portion of the state and is the largest county in Oregon comprising 10,228 square miles. Counties with contiguous borders include Malheur to the east; Lake, Deschutes, and Crook to the west; Grant to the north; and the State of Nevada to the south. The county was named after the lake that lies within its territory, which was named in honor of General William S. Harney, commander of the Department of Oregon of the U.S. Army in 1858-1859.

The county's principal city and its administrative seat, Burns, was officially established in 1884 and incorporated upon the county's creation in 1889. It was named for the Scottish poet Robert Burns by an early settler and County Commissioner George McGowan. The original county courthouse was constructed in 1890 as the Smith and Young building. The building was purchased by citizens of Burns and donated to the county as an inducement to voters during the struggle that took place between Burns and Harney over the designation of the county seat. The current courthouse was constructed in 1942.

Established by state legislation, elected officials have included a judge, county commissioners, clerk, auditor, recorder, sheriff, treasurer, assessor, surveyor, coroner, and school superintendent.

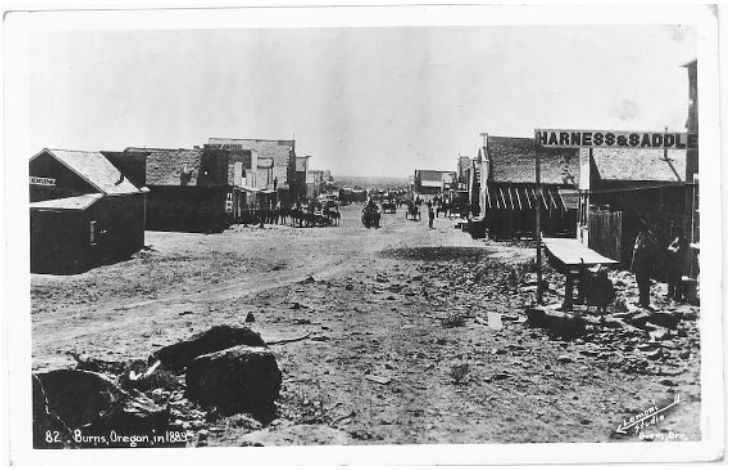
Three industries, cattle raising, sheep raising, and timber, have traditionally provided the county's economic base. The railroad, which extended into the area in 1883, served as a catalyst to the cattle industry but later contributed to its decline by bringing farmers and sheep men to the area thus creating increased competition for productive land. Harvesting and breeding of wild horses was lucrative for a period.

Harney County's population is primarily concentrated in a small urbanized sector of Burns-Hines with the remainder mostly in the Harney Basin. The county's population was recorded as 2,559 during the 1890 census and rose steadily until the decade of 1930-40, and then resumed an upward curve until the 1980s. The county experienced a net out migration of nearly fifteen percent in the 1980s primarily due to the closure of the lumber mill in Burns. The 2000 population of 7,609 represented a 7.78% increase over 1990.

Although Harney County lands were open to homesteading from 1862 to 1934, the federal Bureau of Land Management still owns more than three million acres. Facilitated on the national level by the Carey Act of 1894, arid land in Harney County was donated to the state for irrigation and settlement, but all water development efforts failed. Eventually all land claims under the reclamation legislation were abandoned or nullified. Malheur Wildlife Refuge was established in 1908 and expanded in 1936. The refuge now includes 159,872 acres. Not the least significant of federal government lands associated with Harney County is the Malheur River Indian Reservation.

In addition to Malheur and Harney Lakes, other geographic landmarks of the county include the 10,000-ft high Steens Mountain known for its lava formations. Borax has been mined in the Steens area, and uranium has been found on its south side.

Source: https://www.oregongenealogy.com/harney/



Real photo postcard view looking south down the main street in Burns, Oregon in 1889. Businesses include the J.C. Welcome Harness and Saddle shop, a blacksmith shop and a building advertising "lodging" This view is hand lettered on the front with the Lemon's Studio mark. Source: https://harneycountylibrary.catalogaccess.com/photos/3162

Winter is coming: How seniors can avoid seasonal blues

Winter can be a challenging season for senior citizens. The cold, dry air can aggravate arthritis, the snow is cumbersome, and the bitter cold keeps many people indoors.

It is natural to stay inside more during the cold winter months, but the winter blues can sneak up on individuals without them even noticing.

"The chilly gray winter weather alone is enough to make someone feel lonely. Social isolation can take a serious toll on a person's mental and physical health," said Julie Manuel, the clinical program manager for Kettering Health Behavioral Medicine.

The winter blues are also known as Seasonal Affective Disorder (SAD). This condition can affect anyone, but for senior citizens it can impact an already vulnerable population.

"Older adults may be particularly at risk," Manuel said. "Senior citizens often already face a variety of challenges, such as loneliness and reduced social engagement. These can be intensified in the winter months."

Some symptoms of the winter blues include increased anxiety and worry, low energy, inability to concentrate, appetite changes, irritability, loss of interest in activities or suicidal thoughts.

"It's important not to minimize seasonal depression as something you just need to 'power through' until spring," said Rebecca Hall, executive director of the National Alliance on Mental Illness (NAMI) Montgomery County.

People with SAD are encouraged to maintain a routine and stay in touch with others. A small get together at a café for a warm meal can help fight the cold elements. If going out is too much, invite a few friends over for a game night, favorite card game or potluck meal.

The National Institute on Aging encourages seniors to keep social connections, eat healthy meals, get seven to nine hours of sleep per night and consult a doctor if symptoms persist.

"Stay consistent with your activities, including sleep, diet and exercise," Manuel said. "All these things can impact your emotions over time and staying consistent will help reduce feelings of sadness, regardless of the weather outside."

Manuel noted another option is to embrace the sunlight.

"Turn on bright lights and leave the blinds open, she said. "Also, sit near a window while inside. These can all help by offering increased exposure to Vitamin D and giving us the opportunity to soak in natural light."

Some support groups offer an online option for those who struggle to attend in-person meetings.

"Make time to talk to friends or family, even if it's just a few minutes a day. Take advantage of senior center programs (some offer transportation), and if possible, get some sunlight in the morning," Hall said. "There are programs for seniors that can help them stay active, manage symptoms of chronic conditions, like arthritis, and incorporate gentle movement in a social setting."

Source: https://www.daytondailynews.com/lifestyles/winter-is-coming-how-seniors-can-avoid-seasonal-blues/QCIKWR66AZEVVNNIVCLTH4VSWM/

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.

HARNEY HUB TRANSIT 541.573.3030

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	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	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
A	11:05	11:07	11:09	----	----	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
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
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
A	15:10	15:11	15:12	15:13	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

Route Schedule Legend

- **A:** Regular Route

EAST BOUND ROUTE

	Hines Gazebo	BareBones 306 N Hwy 20	Aspen Grove 611 Tennyson Ave.	Secure Self Storage 190 Roe Davis Ave	McDonald'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	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	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	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
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
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
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
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

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

November 2025
Thursday, 6th
Thursday, 20th
Tuesday, 25th
December 2025
Thursday, 4th
Tuesday, 9th
Thursday, 18th
Tuesday, 23rd
January 2026
Tuesday, 6th
Thursday, 15th
Tuesday, 20th
Thursday, 29th

*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 6:30 a.m.

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

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.

Monday — Friday

7:00 a.m.—5:00 p.m.

Office Hours

Monday — Thursday

6:00 a.m. — 4:30 p.m.

Deviated fixed route only after 5:00 p.m.

Burns/Hines Route

Monday — Friday

7:00 a.m.— 6:00 p.m.

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
11:30 a.m.-1:00 p.m.

Salads Available Every Tuesday!!

Homemade Soup & Rolls Available Every Thursday!!

Veterans Meal
November 6, 2025

Thanksgiving Meal
November 20, 2025

Christmas Meal
December 18, 2026

Tai Chi:
Tuesdays & Thursdays
9:30 a.m.

Introduction to Tai Chi:
Tuesdays & Thursdays
1030 a.m.– 11:15 a.m.

Food Bank Hours:
Wednesdays
10 a.m.-1 p.m.

Fresh Alliance
Mondays & Thursdays
10-10:30 a.m.

Bingo:
Thursdays 2:30 p.m.

Miracle Ear:
Wednesdays,
Call 541-330-5503

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

Medicare help:
Tuesdays 10am-12pm
Open Enrollment
October 15th– December 7th
Tuesdays & Thursdays
9 a.m.-12 p.m.

CLOSED
Veterans Day– November 11th
Thanksgiving Day– November 27th
Christmas Eve– December 24th
Christmas Day– December 25th