Senior Moments

How the Aging Brain Affects Thinking

January/February 2026

The brain controls many aspects of thinking — remembering, planning and organizing, making decisions, and much more. These cognitive abilities affect how well we do everyday tasks and whether we can live independently.

Some changes in thinking are common as people get older. For example, older adults may:

- Be slower to find words and recall names
- Have problems with multitasking.
- Experience mild decreases in the ability to pay attention

Aging may also bring positive cognitive changes. For example, many studies have shown that older adults have larger vocabularies and greater knowledge of the depth of meaning of words than younger adults. Older adults may also have learned from their many years of accumulated knowledge and experiences. Whether and how older adults apply this knowledge, and how the brain changes as a result, is an area that researchers are actively exploring.

Despite the changes in cognition that may come with age, older adults can still do many of the things they have enjoyed their whole lives. Research shows that older adults can still:

- Learn new skills
- Form new memories

Improve vocabulary and language skills

How the brain changes as people age

As a person gets older, changes occur in all parts of the body, including the brain.

- Certain parts of the brain shrink, including those important to learning and other complex mental activities.
- In certain brain regions, communication between neurons may be less effective.
- Blood flow in the brain may decrease.
- Inflammation, which occurs when the body responds to an injury or disease, may increase.

These changes in the brain can affect mental function, even in healthy older people. For example, some older adults may find that they don't do as well as younger individuals on complex memory or learning tests. However, if given enough time to learn a new task, they usually perform just as well. Needing that extra time is normal as people age. There is growing evidence that the brain maintains the ability to change and adapt so that people can manage new challenges and tasks as they age.

Talk with your doctor if you're concerned about changes in your thinking and memory. They can help you determine whether those changes are normal or whether it could be something else.

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The brain-body connection

There is growing scientific evidence of the brain-body connection. Not only can changes in our brain affect our thinking, but also changes in our physical health may affect our brains.

For example, an NIA-funded study of almost 3,000 older adults showed that healthy lifestyle factors — physical activity, not smoking, not drinking heavily, following the Mediterranean-style diet, and engaging in mentally stimulating activities — can have important benefits. People who engaged in four or five of these behaviors had a 60% lower risk of developing Alzheimer's compared to those who only followed one or none. People who followed two or three of the activities had a 37% lower risk.

In another study, older adults with higher levels of physical activity showed slower rates of cognitive decline than peers who were less active.

Another example of how physical health can affect brain health has to do with the heart. Observational studies have found that high blood pressure in middle age, along with other cerebrovascular risk factors, such as diabetes and smoking, increase the risk of developing dementia.

Results from observational studies such as these can't prove cause and effect, but they point to how a combination of modifiable behaviors may affect the brain as people age and identify promising avenues to be tested further.

Source: https://www.nia.nih.gov/health/brain-health/how-aging-brain-affects-thinking

Powerful Tools for Caregivers

A class for family caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers **take care of themselves while caring for a relative or friend.** You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This class series meets Tuesday afternoon, for six consecutive sessions. **Class size is limited, and registration is required.** Please join us.

Date:	**6 weeks beginning Tuesday, January 27 thru March 3, 2026**
Times:	2:00 PM– 4:00 PM
Location:	The Harney HUB 17 S. Alder, Burns, Oregon 97720 541-573-6024 (LeAnne Starbuck)
To register:	**EVERYONE must sign up by** October 6, 2025 Lynn McClintock, 541-413-1096 or Patti Schultz at 541-589-1133

Veterans News

Remember Veterans During the Holidays

December has seen several significant military events throughout history, including notable battles and operations, particularly on December 25.

1) Battle of Trenton (1776): One of the most famous military actions on Christmas Day occurred during the American Revolutionary War. General George Washington led his troops across the icy Delaware River to surprise the Hessian forces in Trenton, New Jersey. This decisive victory boosted morale of the Continental Army and was pivotal in the Fight for American independence.

2) Pearl Harbor Attack (1941): While the attack itself occurred on December 7, the events that followed shaped military strategies and operations throughout December. The U.S. response involved mobilizing forces and preparing for a prolonged conflict in World War II, which included significant military actions in the Pacific theater.

3) Operation Just Cause (1989): Launched on December 20, 1989, this U.S. military operation aimed to depose Panamanian leader Manuel Noriega. The operation involved significant combat and humanitarian efforts, marking a critical moment in U.S. military history. The operation continued into December, with various U.S. military engagements occurring throughout the month.

4) Operation Restore Hope (1992): The humanitarian mission began in December 1992, aimed at alleviating famine and civil unrest in Somalia. U.S forces were deployed to provide aid and restore order, marking a significant military engagement in the region.

Summary
December is marked by various military events, particularly on December 25, which has historical significance due to battles like Trenton. Additionally, operations such as Just Cause and Restore Hope highlight the ongoing military engagements that have occurred during the month. These events reflect the complexities and challenges faced by military forces throughout history. In closing, please remember all veterans during the holidays.
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.

January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 **New Year's Day** **CLOSED**	**2**	**3** **Mahayana New Year**
4	**5** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**6** **Day of Los Reyes** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m.	**7** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**8** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m – 6 p.m.	**9**	**10**
11 **Baptism of the Lord** Fiddlers 11 a.m.-5 p.m.	**12** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**13** **Lohri** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m.	**14** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**15** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m – 6 p.m.	**16**	**17**
18 **World Religion Day**	**19** **Martin Luther King Jr. Day** **CLOSED**	**20** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Medicare 10a.m.-12p.m. Senior Meals 11:30a.m.-1p.m.	**21** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**22** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m – 6 p.m.	**23** **Vasant Panchami**	**24**
25 **National Bible Day**	**26** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**27** 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.	**28** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10a.m.-1p.m.	**29** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m – 6 p.m.	**30**	**31**

January 2026

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!**	**January 1, 2026** **CLOSED** **For New Year's Day**
January 6, 2026 **Sponsor: IMO Frank & Bessie Sugai** **Reuben Bake and Pea Salad** **Peanut Butter Cookies** **Salad: Chicken Spinach**	**January 8, 2026** **Sponsor: IMO Ross Gruenwald** **Pork Roast, Mashed Sweet Potatoes,** **Mixed Veggies & Rolls** **Smore's Brownies** **Soup: Taco**
January 13, 2026 **Sponsor: Hotel Diamond** **BBQ Chicken, Pasta Salad** **& Baked Beans** **Chocolate Chip Cookie Bars** **Salad: Cheese Burger**	**January 15, 2026** **Sponsor: First Community Credit Union** **Sponsor: Broken Circle Company** **Hamburger Steaks w/ Sautéed Onions & Gravy,** **Mashed Potatoes, Green Beans & Rolls** **Chocolate Cobbler** **Soup: Potato**
January 20, 2026 **Sponsor: Phil & Barb Turrell** **Spaghetti, Broccoli** **& Garlic Bread** **White Cake w/White Frosting** **Salad: Chicken Caesar**	**January 22, 2026** **Sponsor: Black Tornado Exchange** **Potato Sausage Casserole, Garden Salad** **& Rolls** **Peach Crisp** **Soup: Chicken Noodle**
January 27, 2026 **Sponsor: Law Office of John Lamborn** **Sponsor: Ron Schirm** **Shepherd's Pie, Mixed Veggies** **& Rolls** **Chocolate Cake** **Salad: Taco**	**January 29, 2026** **Sponsor: Oster Professional Group** **Roast Beef, Garlic Potatoes,** **Cauliflower & Rolls** **Blondies** **Soup: Mushroom**

Menu subject to change

February 2026

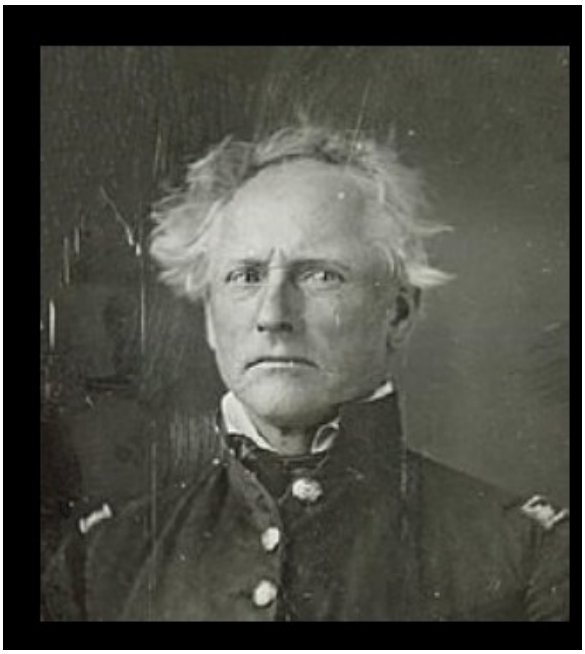
February 3, 2026	February 5, 2026
Sponsor: Christian Church Thrift Shop	Sponsor: Claudio & Maria Iturriaga
Sponsor: Anonymous	
Pepperoni Pizza Bake & Salad Rice Krispies Treats Salad: Chef	Swiss Steak, Mashed Potatoes, Roasted Broccoli & Rolls Pumpkin Crunch Bars Soup: Minestrone
February 10, 2026	**February 12, 2026**
Sponsor: Black Tornado Exchange	Sponsor: Robert & Jan Oswald
Sponsor: City of Burns	
Ham & Cheese Lasagna, Mixed Veggies & Garlic Bread Lemon Bars Salad: Crispy Chicken	Valentine's Day Meal Chicken Parmesan, Asparagus & Garlic Rolls Red Velvet Cake Soup: French Onion
February 17, 2026	**February 19, 2026**
Sponsor: Ken & Polly Post	Sponsor: A Parts Store
Tacos w/ Fixings, Beans & Corn Cinnamon Chocolate Cake Salad: Cobb	Meatloaf, Mashed Potatoes, Veggies & Rolls Peach Cobbler Soup: Chili & Corn Bread
February 24, 2026	**February 26, 2026**
Sponsor: Dusty Threads & Thrift Inc.	Sponsor: Ed Staub & Sons
	Brunch
Sweet & Sour Meatballs w/ Rice & Broccoli Brookies Salad: Chicken Asian	Biscuits & Gravy, Scrambled Eggs & Fruit Salad Coffee Cake Soup: Veggie Beef
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

February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 **National Freedom Day**	**2** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**3** 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.	**4** Miracle Ear Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8a.m.– 4p.m. Food Bank 10a.m.-1p.m.	**5** **Feast of St. Agatha** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m– 6 p.m.	**6**	**7**
8	**9** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**10** 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.	**11** Miracle Ear Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8a.m.– 4p.m. Food Bank 10a.m.-1p.m.	**12** **Feast of Saint Vartan** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m– 6 p.m.	**13**	**14** **Lui-Ngai-Ni Festival**
15 **Maha Shivaratri** Fiddlers 11a.m.-5p.m.	**16** **Presidents' Day CLOSED**	**17** 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.	**18** **Ash Wednesday** Miracle Ear Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8a.m.– 4p.m. Food Bank 10a.m.-1p.m.	**19** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m– 6 p.m.	**20**	**21**
22	**23** **National Day Brunei** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30a.m.	**24** 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.	**25** Miracle Ear Preorder Grab & Go Meals 541-413-2280 AARP Taxes 8a.m.– 4p.m. Food Bank 10a.m.-1p.m.	**26** Tai Chi 9:30a.m. Intro to Tai Chi 10:30a.m. Senior Meals 11:30a.m.-1p.m. Bingo 2:30-4p.m. Food Bank 4p.m– 6 p.m.	**27**	**28**

Steens Mountain



The man with the bad hair day in the photo is Enoch Steen. Yes, THAT Steen. Born in Kentucky in 1800, raised on the Missouri frontier, he was a woodsman, hunter, surveyor, and soldier. He explored areas unknown to white settlers in present day Oklahoma, New Mexico and Oregon and held commands in New York and present-day Washington, Arizona and Colorado.

Steens and his Calvary outfit were in Central Oregon when they received word that Captain Andrew Smith and his survey party were attacked by Native Americans north of Harney Lake. Steen and his group came to their aid. While in what is now Harney County, Steen explored areas of the Donner and Blitzen River and skirmished with a band of Paiutes.

Steens Mountain was first known to the area settlers as Snow Mountain, because…well, it had snow on it. After Steens and his men crossed the mountain in pursuit of the Paiutes, it became known as Steens Mountain—no info as to who instituted the change.

Steens was given command of Fort Walla Walla when the Civil War broke out. Though raised as a southerner, he served the Union army. His son Alexander Early Steen was a Brigadier General for the Confederacy, which could have made family reunions awkward had he survived.

After retiring from the Army, Steens returned to Missouri where he died in 1880. It's nice when landmarks are named for you if the spelling is correct. Steens Mountain, Oregon (incorrect grammar) and Steen's Butte, Colorado are named for him, but so were Steins Pillar in Central Oregon and Steins Mountain, Steins Creek and Steins (now a ghost town)--all in New Mexico. Somewhere someone incorrectly wrote his name and the rest is history.

Source: https://www.harneyswcd.org/more-about-harney-county

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

January 2026
Tuesday, 6th
Thursday, 15th
Tuesday, 20th
Thursday, 29th
February 2026
Tuesday, 3rd
Thursday, 12th
Tuesday, 17th
Thursday, 26th
March 2026
Tuesday, 3rd
Thursday, 12th
Tuesday, 17th
Thursday, 26th
Tuesday, 31st

*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!!

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

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

NEW HOURS
Food Bank Hours:
Wednesdays
10 a.m.-1 p.m.
Thursdays
4 p.m.– 6 p.m.

NEW HOURS
Fresh Alliance
Mondays
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

CLOSED

New Year's Day– January 1st

Martin Luther King Jr. Day– January 19th

Presidents' Day– February 16th