Serving our community
since 1973

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

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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.

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

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

Bingo:
Thursdays 2:30 p.m.

Miracle Ear:
Wednesdays by appointments only
Call 541-330-5503

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

Medicare help:
Open Enrollment
Oct 15th– Dec 7th
Mondays & Thursdays
9 a.m.-12 p.m.

CLOSED
Veterans Day
November 11th

Thanksgiving Day
November 26th

Christmas Eve
December 24th

Senior Moments

November/December 2026

Cold Weather Safety for Older Adults

Older adults have a higher chance of being affected by cold weather. Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold, which can turn into a dangerous health issue quickly.
Hazards of cold weather include falls on wintry surfaces; injury caused by freezing (frostbite); and hypothermia, a medical emergency that occurs when your body temperature gets too low. Being informed and taking certain actions can help lessen risks during the colder months.

Medical conditions and cold weather

Older adults are more likely to have certain chronic medical conditions that make it harder to stay warm:
Diabetes can prevent blood from flowing normally to provide warmth.
Thyroid problems can affect the body's ability to maintain a normal body temperature.
Parkinson's disease and arthritis can make it challenging to put on more clothes, use a blanket, or get out of the cold.
Memory problems can cause a person to forget to take precautions for staying weather-safe, such as wearing appropriate attire.
Some medications can affect body heat, too. These include prescription medications and those bought over the counter, such as some cold medicines. Ask your doctor if medications you take may affect body heat and what you can do.
Frostbite is injury to the skin caused by exposure to temperatures below freezing. Having poor blood circulation, which is common in older adults, and not wearing appropriate cold-weather clothing, can increase the risk of frostbite.
Frostbite can lead to a loss of feeling and color in the affected areas, often the hands, feet, nose, and ears. If you notice redness or pain in any skin area, this may be a sign that frostbite is beginning. Protect any exposed skin and get out of the cold as quickly as possible to prevent it from getting worse.

What is hypothermia?

Hypothermia occurs when the body's core temperature drops below 95°F. It is often caused by exposure to cold temperatures and can lead to serious health problems, such as arrythmia (irregular heartbeat), heart failure, and damage to the kidneys or liver. Hypothermia can also occur at cool temperatures (above 40°F) if you become chilled from rain, sweat, or being in cold water.
Hypothermia affects the brain and makes it difficult to think clearly, so people may not realize what is happening and that they need help. It's important to be aware of warning signs and early symptoms, including:

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering or shaking
- Slowed or slurred speech
- Feeling sleepy, angry, or confused

Continued on page 2

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ADRC
Aging and Disability Resource Connection of OREGON

If the exposure to cold continues, later symptoms of hypothermia can include stiff and jerky arm and leg movements, slow heartbeat or breathing, loss of consciousness, and eventually, death.
Hypothermia is a medical emergency. If someone is showing signs of hypothermia, call 911 right away. Try to move the person to a warmer place, offer them a warm drink, and wrap them in dry blankets, towels, or coats.

Preventing unsafe exposure to cold outdoors
Here are some tips for keeping warm when the temperature drops outside:

- Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature try to stay inside or in a warm place.
- If you must go out on windy, cold, or damp days, don't stay outside for long.
- Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
- Keep warm blankets and extra cold-weather clothing in your car.
- Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand- and foot-warming products.
- Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Change out of damp or wet clothes as soon as you can.

Avoiding falls in cold weather

- To help reduce the risk of falls in icy and snowy weather during the winter months, it's important to ensure that surfaces are as dry and safe as possible.
- Keep outside walkways clear of snow and ice with an ice melt product or sand.
- Avoid shoveling snow yourself when possible. In addition to the risk of falling, there is a risk of heart attack for older adults while shoveling snow.
- Use railings to help avoid slipping on icy stairs and walkways.
- Wear nonskid, rubber-soled, low-heeled footwear.
- If possible, stay inside when the weather is bad. Consider using services that deliver prescriptions, groceries, and other necessities so you don't need to go out.

Staying warm indoors
About 20% of injuries related to exposure to cold occur in the home. Here are some tips to help keep warm:

- Set your heat to at least 68°F. Even mildly cool homes with temperatures from 60 to 65°F can lead to hypothermia in older adults.
- Place a rolled towel in front of doors to keep out drafts.
- Keep your blinds and curtains closed, and if you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days, even if you are staying inside. Wear socks and slippers and make use of throw blankets.
- When you go to sleep, use extra covers. Wear long underwear under your pajamas and consider wearing a head covering.
- Make sure you eat enough food to maintain your weight — some body fat is necessary for staying warm.
- Avoid or limit alcohol intake. Alcoholic drinks can make you lose body heat.
- Ask someone to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

You may be tempted to warm your room with a portable space heater, but some space heaters are fire hazards or can increase the risk of carbon monoxide poisoning.

Source: https://www.nia.nih.gov/health/safety/cold-weather-safety-older-adults

Fixed Route for Bend/Redmond

November 2026
Tuesday, 3rd
Thursday, 12th
Tuesday, 17th

December, 2026
Tuesday, 1st
Thursday 10th
Tuesday, 15th
Tuesday, 29th

January 2027
Thursday, 7th
Tuesday, 12th
Thursday 21st
Tuesday, 26th

*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.

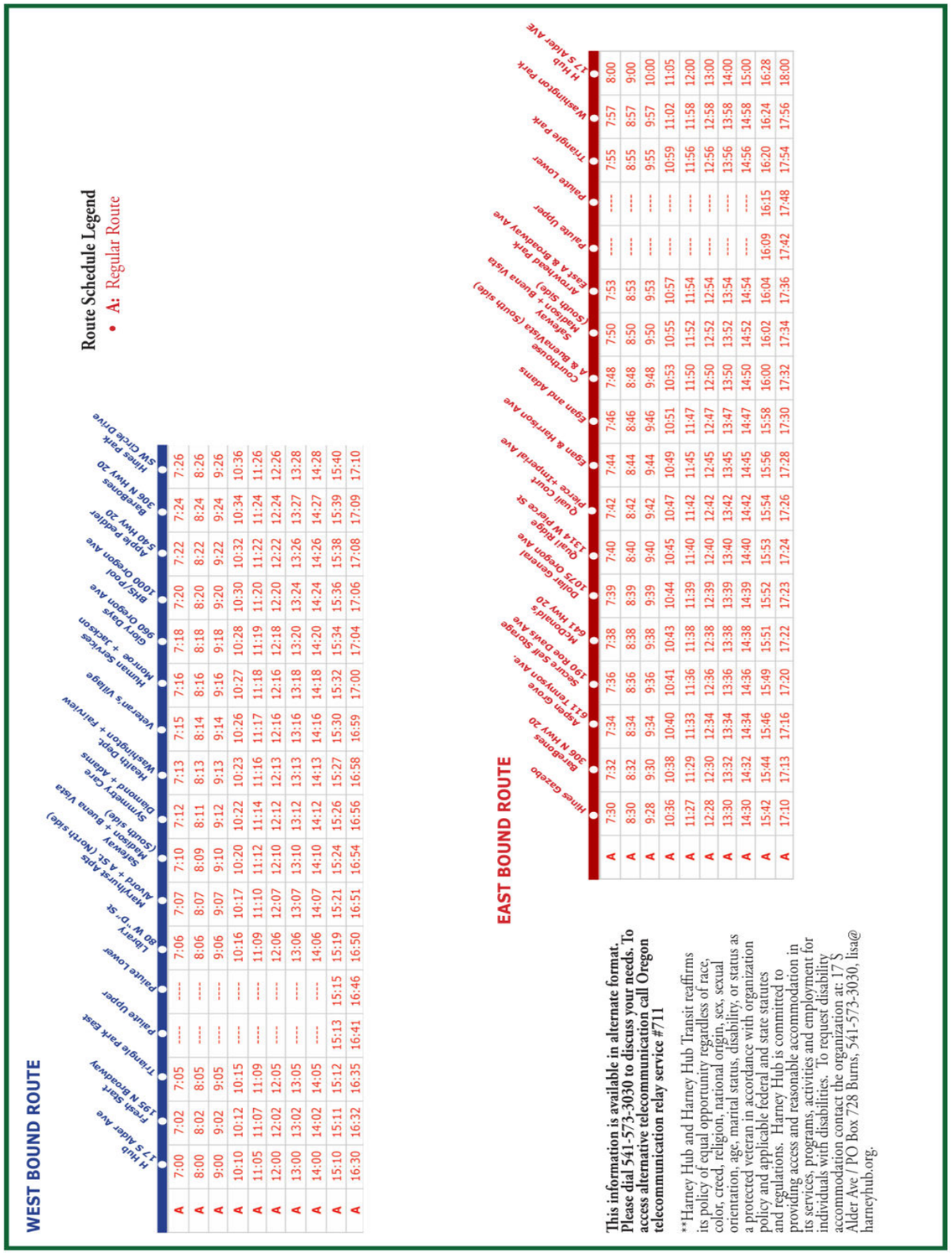
To facilitate scheduling, please call as soon as you know you will need a ride. A week or more in advance is not too soon to schedule your ride.

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.

SHIBA Senior Health Insurance Benefits Assistance


Route Schedule Legend
A: Regular Route
WEST BOUND ROUTE
H Hub
175 Alder Ave
Fresh Start
195 N Broadway
Triangle Park East
Pauline Upper
Pauline Lower
Library
80 W "O" St
Henriksen Apts
NWord + 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
Burgbones
306 N Hwy 20
Hines Park
SW Circle Drive
EAST BOUND ROUTE
Hines Gazebo
Burgbones
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 & Buena Vista (South side)
Safeway
Madison + Buena Vista
(South Side)
Arrowhead Park
East A & Broadway Ave
Pauline Upper
Pauline Lower
Triangle Park
Washington Park
H Hub
175 Alder Ave

| | | |

November 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	**2** Preorder Grab & Go Meals 541-413-2280 Medicare Open Enrollment 9 a.m.-12 p.m. Fresh Alliance 10 a.m.-10:30 a.m.	**3** Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Medicare Open Enrollment 9 a.m.-12 p.m. Senior Meals 11:30 a.m.-1 p.m.	**4** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank	**5** Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Senior Meals 11:30 a.m.-1 p.m. Bingo 2:30 p.m. -4 p.m. Food Bank 4 p.m.– 6 p.m.	**6**	**7**
8 Diwali	**9** Preorder Grab & Go Meals 541-413-2280 Medicare Open Enrollment 9 a.m.-12 p.m. Fresh Alliance 10 a.m.-10:30 a.m.	**10** USMC Day Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Medicare Open Enrollment 9 a.m.-12 p.m. Senior Meals 11:30 a.m.-1 p.m.	**11** CLOSED Veterans Day	**12** Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Senior Meals 11:30 a.m.-1 p.m. Bingo 2:30 p.m. -4 p.m. Food Bank 4 p.m.– 6 p.m.	**13**	**14**
15 National Bible Week	**16** Preorder Grab & Go Meals 541-413-2280 Medicare Open Enrollment 9 a.m.-12 p.m. Fresh Alliance 10 a.m.-10:30 a.m.	**17** Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Medicare Open Enrollment 9 a.m.-12 p.m. Senior Meals 11:30 a.m.-1 p.m.	**18** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10 a.m.-1 p.m.	**19** Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Senior Meals 11:30 a.m.-1 p.m. Bingo 2:30 p.m.-4 p.m. Food Bank 4 p.m.– 6 p.m.	**20**	**21**
22 Christ the King Feast	**23** Preorder Grab & Go Meals 541-413-2280 Medicare Open Enrollment 9 a.m.-12 p.m. Fresh Alliance 10 a.m.-10:30 a.m.	**24** Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Medicare Open Enrollment 9a.m.-12 p.m. Senior Meals 11:30 a.m.-1 p.m.	**25** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10 a.m.-1 p.m.	**26** CLOSED Thanksgiving Day	**27**	**28** Native American Heritage Day
29 First Sunday of Advent	**30** Preorder Grab & Go Meals 541-413-2280 Medicare Open Enrollment 9 a.m.-12 p.m. Fresh Alliance 10 a.m.-10:30 a.m.					

Stronger Every Move

Regular physical activity is one of the most important steps adults can take to improve their health. Staying active offers a wide range of benefits, from better fitness, stronger muscles, and improved brain health to lowering the risk of serious conditions like heart disease, stroke, diabetes, cancer, obesity, and osteoporosis. Physical activity also helps manage weight, blood pressure, and cholesterol. While immediate benefits include reduced anxiety, better sleep, clearer thinking, and improved blood sugar control, long-term benefits extend to stronger heart and lung function, reduced depression, stable blood pressure, and slower progression of chronic disease. It is recommended that adults get at least 150 minutes of moderate-intensity activity each week—such as 30 minutes a day, 5 days a week. Adults also need 2 days of muscle-strengthening activity weekly. Resistance-band exercises are simple, effective ways to add muscle-strengthening activities into a routine and boost mobility.

Resistance-Band Exercises

Before starting any exercise program, check with your doctor, especially if you have health conditions or concerns. Also, listen to your body, start slow, and build up strength over time. Always warm up before exercising, and aim for doing three to five sets of eight to fifteen repetitions for each exercise. To increase resistance, shorten the band that you use. If any exercise causes sharp pain or doesn't work for your body because of an injury, skip it or modify it for safety.

Tai Chi Exercises

Tai chi is often described as "meditation in motion," but it might well be called *"medication* in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions - for example, "white crane spreads its wings" - or martial arts moves, such as "box both ears." As you move, you breathe deeply and naturally, focusing your attention - as in some kinds of meditation - on your bodily sensations.

Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery. A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age. An adjunct therapy is one that's used together with primary medical treatments, either to address a disease itself or its primary symptoms, or, more generally, to improve a patient's functioning and quality of life.

Sources: https://www.aces.edu/blog/topics/for-you/stronger-every-move-resistance-band-exercises/
https://www.health.harvard.edu/exercise-and-fitness/the-health-benefits-of-tai-chi

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

Aging in Place: Winter Tips for Older Adults

As people enjoy the winter holiday season, it is important to be aware of how cold weather affects health, especially for older adults. As people age, their bodies become less able to sense and respond to temperature changes. This can turn into serious health problems quickly when chronic conditions are present (e.g., diabetes, thyroid problems, and memory problems).. Lower temperatures, unexpected accidents, and winter infections still pose risks for older adults. The following is an overview of how winter weather can impact health and what people can do to stay safe and well.

How Cold Weather Impacts Older Adults

Older adults are especially vulnerable to winter conditions for biological, physical, and socioemotional reasons. Common winter-related health concerns include the following:

Heart attack and stroke. About three quarters of older adults live with cardiovascular disease, and cold weather makes cardiovascular conditions even worse. Low temperatures tighten blood vessels, which forces the heart to work harder and raises blood pressure. Reduced physical or outdoor activity in winter also worsen cardiovascular conditions.

Lung problems. Respiratory health issues are common for older adults, which can be aggravated in winter. Cold and dry air can trigger tightness in airways, making breathing more difficult. Staying indoors more often during winter also means more exposure to dust, mold, and germs, which increases the risk of respiratory infections.

Hypothermia. Older adults produce and retain body heat less efficiently. They may also not feel cold as acutely, increasing the risk of dangerously low body temperatures. Hypothermia can occur even in mildly cold conditions.

Fall accidents. The risk of falling increases sharply in winter. This is a primary cause of serious injuries in older adults, whose recovery often takes longer than other age groups. Cold temperatures can stiffen muscles and joints, making balance more difficult. Also, snow, ice, and black ice greatly increase the risk of slipping and falling.

Depression and loneliness. Older adults are more likely to experience seasonal depression. During winter, they often spend less time outside and may have fewer opportunities to join social or physical activities, which can lead to feelings of isolation. Shorter days and reduced sunlight can also disrupt the body's internal clock and affect hormone levels that regulate mood, making winter a more challenging time emotionally.

Winter Safety Tips

Keep your home warm

- Set the thermostat to a comfortable temperature (68 to 74 degrees F).
- Seal drafts, use safe space heaters, and wear layers indoors.
- Open curtains during the day and sit near windows to enjoy sunlight and warmth.

Stay indoors but stay active

- Regular movement helps maintain balance, strength, and overall health.
- Even light activity can reduce the risk of falls.
- Try stretching exercises, indoor workouts, and mall walking.

Enjoy fresh air

- Open windows occasionally to let fresh air circulate and reduce indoor pollutants.

Practice good hygiene

- Wash your hands often to prevent winter viruses.

Eat well

- A healthy diet supports body heat, strength, and mood.
- Choose whole grains, vegetables, fruits, and proteins.
- Consider foods that are rich in vitamin D or consume vitamin D supplements to help compensate for reduced sunlight.
- Stay hydrated with water, herbal teas, or warm broths.

Stay connected

- Social connections support emotional, cognitive, and physical health.
- Use video calls like Zoom or FaceTime to stay in touch with loved ones.
- Join online social groups, hobby clubs, or virtual community programs.
- Ask neighbors or friends to schedule regular phone calls or visits to maintain a routine and a sense of connection.
- Participate in local community events or programs offered by nearby senior centers or local organizations.

Source: https://www.aces.edu/blog/topics/home-family/aging-in-place-winter-tips-for-older-adults/

November 2026

November 3, 2026	November 5, 2026
Sponsor: Christian Church Thrift Shop	Sponsor: IMO Dick Tabor
Sponsor: American Legion Auxiliary Unit 63	
Chicken Alfredo, Broccoli & Garlic Rolls Blondies Salad: Crispy Chicken	Cottage Pie, Rolls & Fruit White Cake w/White Frosting Soup: Ham and Bean
November 10, 2026	**November 12, 2026**
Sponsor: The Roundhouse Foundation	Sponsor: Pioneer Presbyterian Women's Association
Veterans Meals Roast Beef, Mashed Potatoes & Gravy, Corn & Garlic Bread Berry Crisp Salad: BLT	Spaghetti, Mixed Veggies & Garlic Rolls Yellow Cake with Frosting Soup: Loaded Potato
November 17, 2026	**November 19, 2026**
Sponsor: Phil & Barb Turrell	Sponsor: Ken & Polly Post
Tacos w/ Fixings, Beans & Spanish Rice Junk Yard Salad Salad: Asian Chicken	Thanksgiving Meal Turkey, Stuffing, Yams, Green Bean Casserole, Mashed Potatoes & Rolls Pumpkin Crunch Bars Soup: Turkey Noodle
November 24, 2026	**November 26, 2026**
Sponsor: Dusty Threads & Thrift Inc.	
Reuben Bake, Fried Potatoes & Mixed Veggies Berry Dump Cake Salad: Taco	CLOSED For Thanksgiving
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 2026

December 1, 2026	December 3, 2026
Sponsor: Dorothy Dulaney	Sponsor: Law Office of John Lamborn
	Sponsor: Anonymous
Pork Roast w/Gravy, Roasted Potatoes, Green Beans & Rolls Cookie Bars Salad: Chef	Meatloaf w/Gravy, Mashed Potatoes Mixed Veggies & Fresh Bread Chocolate Cake Soup: Cheeseburger
December 8, 2026	**December 10, 2026**
Sponsor: Zelley	Sponsor: IMO Laberta Thompson
Sponsor: Campbell	
Sloppy Joes, French Fries & Pea Salad Éclair Cake Salad: Grilled Chicken	Baked Chicken w/Gravy, Rice & Mixed Veggies Rice Krispy Treats Soup: Cheesy Broccoli
December 15, 2026	**December 17, 2026**
Sponsor: Kathleen Hall	Sponsor: Dusty Threads & Thrift Inc.
Cowboy Spaghetti, Mixed Veggies, & Garlic Bread Brookies Salad: Italian	Christmas Meal Roast Beef, Baked Potato Asparagus & Garlic Rolls Cheesecake w/ Topping Soup: Taco
December 22, 2026	**December 24, 2026**
Sponsor: Anonymous	
Sponsor: Anonymous	
Sweet & Sour Pork Meatballs w/Rice & Broccoli White Cake w/ Frosting Salad: Crispy Chicken	CLOSED Christmas Eve
December 29, 2026	**December 31, 2026**
Sponsor: Ken & Polly Post	Sponsor: Imo Ross Gruenwald
Enchilada Bake, Beans & Street Corn Churro Bars Salad: Taco	Breakfast Burritos & hash browns Coffee Cake Soup: Sausage Potato Soup

Menu subject to change

December 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Medicare Open Enrollment 9 a.m.-12 p.m. Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Senior Meals 11:30 a.m.-1 p.m.	2 Asom Divas Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10 a.m.-1 p.m.	3 Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Senior Meals 11:30 a.m.-1 p.m. Bingo 2:30 p.m.-4 p.m. Food Bank 4 p.m.– 6 p.m.	4 Unduvap Full Moon Poya Day	5
6 St. Nicholas Day	7 Pearl Harbor Day of Remembrance Preorder Grab & Go Meals 541-413-2280 Medicare Open Enrollment 9 a.m.-12 p.m. Fresh Alliance 10 a.m.-10:30 a.m.	8 Bodhi Day Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Senior Meals 11:30 a.m.-1 p.m.	9 Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10 a.m.-1 p.m.	10 Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Senior Meals 11:30 a.m.-1 p.m. Bingo 2:30 p.m.-4 p.m. Food Bank 4 p.m.– 6 p.m.	11	12
13 U.S. National Guard Birthday	14 Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10 a.m.-10:30 a.m.	15 Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Senior Meals 11:30 a.m.-1 p.m.	16 Las Posadas Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10 a.m.-1 p.m.	17 Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Senior Meals 11:30 a.m.-1 p.m. Bingo 2:30 p.m.-4 p.m. Food Bank 4 p.m.– 6 p.m.	18	19
20	21 December Solstice Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10 a.m.-10:30 a.m.	22 Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Senior Meals 11:30 a.m.-1 p.m.	23 Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10 a.m.-1 p.m.	24 CLOSED Christmas Eve	25 Christmas Day	26
27	28 Holy Innocents Day Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10 a.m.-10:30 a.m.	29 Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Senior Meals 11:30 a.m.-1 p.m.	30 Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10 a.m.-1 p.m.	31 Tai Chi 9:30 a.m. Intro to Tai Chi 10:30 a.m. Senior Meals 11:30 a.m.-1 p.m. Bingo 2:30 p.m.-4 p.m. Food Bank 4 p.m.– 6 p.m.		