

YOW HIGHLIGHTS - June

tillamookcountyhealthmatters.org



What's Happening...

- 6/6 – Trigger Point Release class, Graceful Waves Chiropractic, Wheeler, 5:30 pm
- 6/8 -- Parkinson's Disease and Life Transitions, Oregon Forestry Dept., 5005 3rd St., Tillamook, 10:30 am - 3 pm, NW Senior and Disability Services, 503-815-2062
- 6/9 – SOS Tillamook “Navigating difficult conversations with your loved one”, Tillamook Senior Center, Noon
- 6/9 – Manzanita Farmers Market Opens, 5 - 8 pm
- 6/12 – Toddler 2 Teens: Emotional Intelligence – Building Children’s well being/development, Tillamook Library; TWO SESSIONS – Morning 10 am – Noon; Evening 6 – 8 pm
- 6/17 – Tillamook Farmers Market Opens 9 am - 2 pm
- 6/17 – Yappy Days, Pacific City goes to the dogs
- 6/17 - Art Accelerated Open Mic, Yo-Time, Tillamook, 6:30 pm
- 6/18 - Pacific City Farmers Market Opens
- 6/20 - “Resilience” movie screening, NCRD, 6:30-8:30 pm
- 6/24 – YMCA Milk Run , 8 am; Dairy Parade, 11 am
- 6/24 - North County Recreation District/NCRD 20th Anniversary 11 am – 2 pm (program at 12:15 pm)
- 6/25 – FACT Family Day at Goodspeed Park, for families raising a child with a disability, friends, neighbors - All are welcome Noon to 2 pm, factoregon.org
- 6/27 - Doc Talk, Ruben Franco-Garcia, PA-C, Meniscus Injuries, Tillamook Main Library, 6-7 pm

Living Well - CLASSES

Registration is required for most classes. Scholarships may be available for class fees. Visit the YOW website Classes page or contact partner organization for details.

- 6/24 Mental Health First Aid for Veterans, 8 am – 5 pm at Tillamook PUD, Tillamook Family Counseling, Mary Ann Dearborn, 503-842-8201
- 6/20 – 21 ASIST – Applied Suicide Intervention Training 9 am – 4:30 pm, NKN School District Board Room (\$45.00) DeAnna Pearl, SOS Tillamook/TFCC, 503-842-8201 ext. 270



tillamookyearofwellness@gmail.com • 503-842-3900x4010
Year of Wellness - PO Box 489, Tillamook OR 97141



6/27 Birding at Ecola Creek Forest Reserve, 7 - 9 am

Events are FREE unless otherwise noted. Events are SUBJECT TO CHANGE.

JUNE: Safety Month

Free & fun safety-related events across Tillamook County!

SAT
10
JUNE

Emergency Preparedness Fair (South County)

Saturday, June 10, 2017 • 10 am to Noon

Neskowin Fire Station 84 – Hwy. 101 in Neskowin

Learn how to prepare for an emergency. Info on water filters, communications, go-bags, solar eclipse safety, raffle prize, and more!

SAT
17
JUNE

Solar Eclipse Safety Activity

Saturday, June 17, 2017 • 9 am to 2 pm

Tillamook Farmers' Market – 2nd & Laurel in Tillamook

Stop by the Rinehart Clinic table and make your own personal projector to safely view the Total Solar Eclipse August 21. Register for a raffle prize!

SAT
24
JUNE

Preparedness Info Fair (North County)

Saturday, June 24 • 10 am to Noon

Nehalem – Public Works Community Room

(35900 8th Street - 1/2 block south of Hwy. 101)

Learn about wayfinding during an emergency evacuation, preparing physically, storing prescription medicines, and more.

Brought to you by:

RINEHART Clinic & Pharmacy

230 Rowe Street - Wheeler, OR - 1-800-368-5182



Moving Well

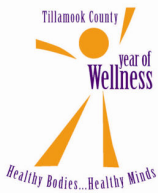


EXPLORE NATURE - FREE - Register at explorenaturetillamookcoast.com

- 6/3 Nestucca River Paddle – 9 am – 11 am
- 6/8 World Ocean's Day Hike, Neah-Kah-Nie Mtn. 10 am - 1:30 pm
- 6/17 Botts Marsh Rail Walk, Wheeler, 10 – 11 am
- 6/24 Earth-Friendly Gardening , Alder Creek Farm 10 am- Noon
- 6/24 Nedonna Marsh Walk, North Rockaway, 10 am – Noon
- NCLC On the Land Summer Outings**
Registration is required for these FREE events at nclctrust.org
- 6/16 Plant Hike in Rainforest Reserve, Noon -4 pm
- 6/20 Arcadia Old Growth Grove, 10 am - Noon
- 6/24 Circle Creek from Headland to Floodplain, 11 am to 1 pm
- 6/27 Birding at Ecola Creek Forest Reserve, 7 - 9 am



NORTH COAST
LAND CONSERVANCY



More YOW Highlights - June

tillamookcountyhealthmatters.org

OSU Extension - Summer Classes

CANNING CLASSES:

Pre-registration is required; Cost for each class is \$15 if registered Thursday prior to class; \$20 for day before class. Includes publications, supplies & jar of home-canned goodies.

All classes will be held at the OSU Extension Service Meeting Room, 4506 Third Street, Tillamook.

To register go to <http://bit.ly/TillamookSummerCanning>.

Canning Fruits, Fruit Pie Fillings, Jams & Jellies, June 10, 1 – 4 pm
Canning Fish, Meat, Poultry & Vegetables, July 15, 1 – 5 pm
Canning Pickles, Tomatoes & Salsa, August 19, 1 – 4 pm

ART ACCELERATED - Paint Tillamook in Color!

Mixed media workshops for young artists to explore color, new materials and improve art skills.

Mondays & Wednesdays

9 - 11 am - Grades K-3; 1 - 4 pm - Grades 4 and up

Session I - Watercolors, Oil Pastels & Surprise Materials (June 19, 21, 26, 28)

Session II - Mixed Media (July 3, 5, 10, 12)

Session III - Acrylics & Drawing (July 17, 19, 24, 26, 31 & August 2)

Cost: \$45.00/session

MORE Youth Summer Camps.

Pre-registration is required.

To register call 503-842-2433 or go to <http://bit.ly/Tillamook4-H>



Tillamook County GRUB CLUBS

FREE Lunches for kids 1-18

Locations throughout Tillamook County

Join us for a free lunch every weekday!

¡Entre semana y únete a nosotros para un almuerzo gratis!

TILLAMOOK

June 12 — August 4

St. John's United Church of Christ
602 Laurel Avenue
11:30 am to 12:30 pm

June 12 - August 18

United Methodist Church
3808 12th Street
12 - 12:45 pm

Pine Street Apartments
403 Pine Street
12 - 12:15 pm

Champion Apartments
4317 Brookfield Avenue
11:30 - 11:45 am

YMCA Summer Camp Program
610 Stillwell Avenue
11:30 — 11:45 am

Tillamook Library
1716 3rd Street
11:15 - 11:45 am

BAY CITY, GARIBALDI, ROCKAWAY BEACH

June 14th—August 25th
Noon - 12:30 pm

Bay City Skate Park
4th and A Street
Rainy days only

United Methodist Church
5695 D Street (Downstairs in church meeting room)

Garibaldi Community Hall
6th & Acacia Ave.

Rockaway Beach City Park
N. Coral Street

GRUB CLUB NORTH

June 19th—September 1st
Noon - 12:30 pm

North County Recreation District
36115 9th Street

SUMMER YOUTH PROGRAMS:

YMCA, Tillamook, 503-842-9622, tillamookymca.org

NCRD, Nehalem, 503-368-7008, ncrd.org



Help & Hope

Just a Phone Call

Community Resources

Tillamook (24 hr) Crisis Line

800-962-2851 or 503-842-8201

Lines for Life - 877-968-8491 - TEXT 836869 teen2teen

Suicide Prevention Lifeline - 800-273-8255

Alcohol/Substance Abuse - 800-973-4357

Smokefree OR 1-800-QUIT-NOW (784-8669)

Oregon Problem Gambling: 877-695-4648

Treatment is Free www.1877MYlimit.org

Tillamook County Womens Resource Center

800-992-1679 or 503-842-9486

CARE - Emergency/Homeless Services - 503-842-5261

LGBTQ Help Line/Trevor Project - 866-488-7386

Military Helpline - 888-457-4838

Northwest Senior/Disabilities-Adult Protective Services

800-846-9165

Nonemergency Sheriff Dept. - 503-815-1911



tillamookyearofwellness@gmail.com • 503-842-3900x4010
Year of Wellness - PO Box 489, Tillamook OR 97141

