



# YOW HIGHLIGHTS - December

[tillamookcountyhealthmatters.org](http://tillamookcountyhealthmatters.org)



## What's Happening

- 12/2 Festival of Trees, Display Opens for Viewing, Tillamook County Pioneer Museum
- 12/2 Manzanita Farmers Market Presents Winter Market, White Clover Grange, Hwy.53, Mohler 10 am – 3 pm
- 12/3 Habitat for Humanity Building on Faith Brunch, Pacific Restaurant, Tillamook, 10 am – 2 pm
- 12/6 Health Insurance Enrollment, Rinehart Clinic at Kiawanda Community Center, Pacific City 1 – 4 pm
- 12/8 Festival of Trees Gala & Auction, Tillamook County Pioneer Museum
- 12/9 Le Cordon Bleu Presents Chef Roland Henin – cooking demo, book signing – “50 Years of Mentoring American Chefs” – Partners for Rural Innovation Building, 2-4 pm  
Tickets at [chefrolandintillamook.eventbrite.com](http://chefrolandintillamook.eventbrite.com)
- 12/13 Look Good Feel Better, FREE program for those in cancer treatment, Adventist Health TRMC, 3<sup>rd</sup> Fl. Conf. Room, Tillamook 10 am - Noon
- 12/14 Care to Chat - Join Rinehart Clinic's Licensed Clinical Social Workers for a thoughtful discussion on navigating grief and loss during the holiday season. North Tillamook Library, Manzanita, 3 - 4 pm
- 12/15 Oregon Landscapes before Europeans by Frances Stilwell, series of paintings/sketches of Oregon botanicals, Tillamook Pioneer Museum
- 12/16 Open Mic - Art Accelerated, 6:30 pm, Yo-Time

## Living Well-CLASSES

OSU Extension/Art Accelerated/Latimer Quilt & Textile Center classes: For kids - Cloverbud Art Expression, Art Expression (4th grade & up), Journaling, Mural project for Jr. High and High School, Knitting; For adults - Acrylics, Writing, Mosaics Programs starting in early January, 2018. Cost is \$45 for each program and class sizes are limited. Pre-registration is required.

YOUTH - REGISTER at <http://bit.ly/Tillamook4-H>  
ADULT - REGISTER at <http://bit.ly/TillamookFamilyHealth>

Tillamook Bay Community College - Community Ed. Classes: Register now for Winter Term classes beginning on Jan. 8 <http://tillamookbaycc.edu/admissions-registration/>  
Classes include: Nutrition; CHIP (Complete Health Improvement Program); Diabetes Self-Management; Living Well with Chronic Conditions; Beginning Guitar; Master Recycler; and the TBCC catalog includes fitness classes in South County, at the YMCA and North County at NCRD.



## Holiday Music Events

- 12/2 - 3 Dance Zone presented “The Nutcracker Remixed” Donations in support of Ramps and Rails program, Habitat for Humanity, Adventist Health and NW Senior & Disabilities partnership. Performances at 2 pm, Tillamook HS
- 12/3 Cannon Beach Chorus, Christmas Concert, Nehalem Bay United Methodist Church, 3 pm
- 12/3 Tillamook Country Christmas Concert, Tillamook United Methodist Church, 3 pm
- 12/3 Kings Herald Quartet Concert, sponsored by Adventist Health, Tillamook HS Don Whitney Auditorium, 7 – 8:30 pm
- 12/7 Folk Songs of Winter Holidays Sing-a-long South Tillamook County Library, Pacific City, 12:30 pm Hoffman Center, Manzanita, 4 pm
- 12/9 Tis the Season Holiday Concert! Columbia River Symphony along with Warrenton Grade and High School Choirs will perform holiday music for all at Liberty Theater in Astoria. Santa will be there and we hope you will too! Performance is FREE and FAMILY FRIENDLY! No tickets required. Doors open at 6:30pm.
- 12/10 Tillamook School of Dance Merry Christmas Spectacular Dance Revue & Toy Drive, Don Whitney Auditorium Tillamook High School, 2-4 pm
- 12/11 Sing-a-Long Messiah presented by the Monday Musical Club, Tillamook Seventh Day Adventist Church, 7 pm

### YOW Focus on Diabetes in 2018

**Did you know nearly 10% of Tillamook County residents have been diagnosed with Diabetes?**



There are many more people who are pre-diabetic and may not know it. YOW partners will be working together to create innovative solutions to reduce the risk of diabetes and to help people diagnosed with diabetes to be as healthy as they can be.

**Are You In?**

**Watch for more information about how you can be part of the solution.**



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