

FREE GORGE EVENTS IN SEPTEMBER & OCTOBER

- **Visit the Gorge Happiness Booth** for games & info at the following Farmers Markets: Mt Hood Town Hall 9/14; White Salmon 9/19; Odell 9/21; Stevenson 9/23; Mosier 9/24; Hood River 9/30; The Dalles 10/7; Goldendale 10/7
- ❖ Sept 30, Sat, Latino Exhibit, Open House, 11am – 4pm, Hood River Museum
- Oct 1, Sun, TD Wellness Walk, pick up trash/ build community, 1pm, Waterfront Pk
- **Oct 3, Tues, TD Happiness Group, Walk in the Park, 5pm, 200 Union**
 - Oct 3, Tues, Movies for adults, 6:30pm, TD Library
 - Oct 4, Weds, Free health checks for seniors, 7am - 9pm, Rite Aide Pharmacy, HR
 - Oct 4, Weds, Money Smart Class, 10am, 683 Rock Creek Rd, Stevenson
 - Oct 4, Weds, Lego Batman" movie, 2:15pm, Goldendale Library
 - Oct 4, Weds, Chess Club, 3 – 5pm, age 8+, WS Library
- **Oct 4, Weds, The Science of Happiness workshop, 6pm, HR Library**
 - Oct 4, Weds, Singer-songwriter Toney Rocks, 8pm, HR Library
- **Oct 5, Thurs, Keep Moving Wellness Yoga, 7am, HR waterfront near Stoked**
 - Oct 5, Thurs, Harvest Moon Walk, 6 – 8:30pm, Discovery Center, TD
- ❖ **Oct 7, Sat, Yoga in Spanish, 7am, Flow 118 3rd St, HR**
 - Oct 7, Sat, Hazardous Waste Collection, 10am- 2 pm, Mosier
 - Oct 7, Sat, Morning Pajama Party, 10 -11am, Goldendale Library
 - Oct 9, Mon, Gorge Advancement Summit, 10am-3pm, WS Library, rsvp
- **Oct 9, Mon, Gratitude Card Workshop, 6:30pm, TD Library**
 - Oct 10, Tues, Pre-School Learn & Play, 3:30pm, Klickitat Community Center, Lyle
 - Oct 10, Tues, TD Wellness Walk, pick up trash/ build community, 5pm, Skatepark
- **Oct 10, Tues, Treating Yourself Well, talk 5pm, vendors 2 – 7pm, 200 Union**
 - Oct 10, Tues, Adult coloring, 7pm, TD Library
 - Oct 11, Weds, Pre-School Learn & Play, 2:15 – 3:15pm, Goldendale Library
- **Oct 11, Weds, The Happy Dance workshop, 6pm, HR Library**
 - Oct 12, Thurs, Nutrition Support Group, 12 -1, Water's Edge, TD
 - Oct 12, Thurs, Kids Book Group, 4 – 5pm, Ages 5 - 8 with adult, WS Library
- ❖ **Oct 14, Sat, Homebuyer Education Class, 9am – 3pm, 1730 College Way, HR**
 - Oct 14, Sat, Solar Saturday, solar viewing, 11am – 4pm, Discovery Center, TD
- **Oct 14, Mindfulness Jars for Kids by Play works, 9 - 1pm, HR Farmers Market**
- **Oct 14, Family Games event, 4pm, Hood River Hobbies**
- **Oct 17, Tues, TD Happiness Group, 60 secs of eye contact, 5pm, 200 Union**
 - Oct 17, Tues, Lecture on Crazy Politics, 6pm, WS Library
 - Oct 18, Weds, National Support Your Chamber Day, 10 – 2pm, TD Chamber
- **Oct 18, Weds, Thank You Writing, Soroptimist, 12pm, HR Valley Adult Center**
 - Oct 18, Weds, Bladder Basics: Don't Make Me Laugh, 12 – 1pm, 2690 May St, HR
 - Oct 18, Weds, Chapter Book Club, 2 – 3pm, 4 -6th graders, WS Library
 - Oct 18, Weds, Art Time, 2:15 – 3:45pm, decorate a T-shirt, Goldendale Library
- **Oct 18, Weds, Silent Conversation on Happiness workshop, 6pm, HR Library**
 - Oct 19, Thurs, TD Wellness Walk and trash clean up, 5pm, Lewis/Clark Park
- ❖ **Oct 20, Fri, Dance in Pink, breast cancer awareness, 5:30-8pm, St Frances, Odell**
 - Oct 20 - 22 Hood River Word's Fair, literary fair, Columbia Center for the Arts, HR
 - Oct 20, Fri, Teen Masquerade Ball Game Night, 2017, 6:30 – 8:30pm, WS Library
 - Oct 21, Sat, Pure Yoga, 10:30am, 202 Cascade Ave. Suite H, HR
 - Oct 21, Sat, Pure Yoga, 10:30am, 102 E 2nd St., TD
 - Oct 21, Sat, Family Movie Matinee, 2 – 4pm, WS Library
 - Oct 21, Sat, Lego Build It! Kids and Tweens aged 5-12 yrs, 2:30pm, WS Library
- **Oct 24, Tues, Getting Happy With the "Others" in Your Life, workshop to understand those with strong political beliefs, 9am, 115 W. Steuben, Bingen**
- **Oct 24, Tues, TD Happiness Group, Yoga with Anna McClure, 5pm, 200 Union**
 - Oct 24, Tues, Teen Book Club, 5:30 – 6:30pm, WS Library
 - Oct 24, Tues, Chilling stories by Master storyteller, 6:30pm, Stevenson Library
 - Oct 24, Tues, End of Life Discussion, 6:30pm, TD Library
- **Oct 25, Weds, How to Integrate the Happiness habits, 6pm, HR Library**
 - Oct 26, Thurs, Personalized Adult Computer Class, 1 – 5pm, Goldendale Library
 - Oct 27, Fri, Box Car Drive-In Movie, 6 – 8pm, WS Library
- Oct 28, Sat, TD Wellness Walk and trash clean up, 9am, Columbia Cinemas
- **Oct 31, Tues, TD Happiness Group, Halloween, all day, 200 Union**

FREE WEEKLY GROUPS & CLASSES

Hood River (HR)

- **Happiness Workshops, Each Weds, 6pm, HR Library**
- Burns Training & Fitness, free classes any week in Oct
 - Arts Response to Literature Exhibition, each Weds - Sun, 11am-5pm, Columbia Center for the Arts
- ❖ Zumba, Mon & Thurs, 6:30pm, St Frances, Odell
 - Strong Women, Mon/Wed/Fri 9:30am, Mt HoodTownHall
 - Mommy Wellness, Tues, 12pm, 2690 May St
 - Grief Support Group, Tues, 3pm, Down Manor
 - HR Toastmasters, Thurs, 6:30am, happy themes in Oct
 - Hood River Library Story Time, Thurs, 10:30am
 - Persistent Pain Education, Thurs, 12pm, 2690 May St
 - Women in Black hour of silence, Fri, 12pm, Oak & 5th

The Dalles (TD)

- **Weekly Happiness Events, Tues, 5 – 6pm, 200 Union**
- ❖ Zumba, Mon/Tues/Thurs 9am, Tues/Thurs 6pm, 915 Garrison St.
 - Grief Support Group, Mon, 4 – 6pm, 1201 W. 10th St
 - Mommy Wellness, Mon, 5– 6:30 pm, Water's Edge
 - Mini-Music and movement for ages 4 and below, Tues 10:15-11am FREE on the 1st, 3rd & 5th Tues of Oct, Gorge Community Music, 410 E 2nd St
- ❖ Free English Classes, Tues, 10am – 12pm, TD Library
 - Yarnspiration, Tues, 12 - 2pm, 623 East Third St
 - Persistent Pain Education, Tues, 1pm, Water's Edge
 - Knitting Group, Weds, 6:30 – 8pm, TD Library
 - Community Walking Group, Thurs, 6pm, 1040 Webber
 - Knitting Group, Thurs, 6– 8pm, Dufur Library
 - PlayYoga (youth), Thurs, 4pm, 420 E 3rd St Ste 203a
- ❖ Yoga in Spanish, Thurs, 5:15pm, 420 E 3rd St Ste 203a
 - Saturday Tech Instruction, 10am, TD Library

White Salmon (WS)

- Yoga Samadhi, Mons & Thurs 6:30pm & Sun 9am
- Meditation with Monks of Pacific Hermitage, Tues, 6:30pm, Yoga Samadhi
- Storytime 18–36 mons, Tues & Thurs, 10:30am, Library
- Writers' Group, Tues, Oct 3 & 17th, 6:30pm, Library
- Preschool Storytime for 3-6 yrs, Weds, 10:30am, Library
- Baby Storytime 0-12 mons, Fri, 10:30am, Library
- Family Storytime 0 – 9 yrs, Sat, 10:30am, Library
- KOOBOOGA Bigfoot Series of Talks, Sat, 2pm, Library

Stevenson/ Cascade Locks (CL)

- Strong Women, Mon/Wed, 10am, CL City Hall
- Story Time, Sat, 11am, CL Library

Goldendale

- Family Storytime, Weds, 11am – 12pm, Library

- Created for Happiness Month
- ❖ Evento en español

