



Kittitas County Health Network's October Newsletter

KCHN Workgroup Meeting Reminders



KITTITAS COUNTY
Health Network



October Workgroups Meeting Reminders

Community Resource Workgroup

Thursday, October 15th online at 12pm

Zoom Link: <https://us06web.zoom.us/j/82819043854>

Any questions, please email info@healthierkittitas.org

KCHN Care Coordination Referrals



CARE COORDINATION PROGRAM



The KCHN Care Coordination Program works with healthcare and social service providers to improve the physical, social, and behavioral health of community members. Care Coordinators prioritize client voice, whole-person support, and warm hand-offs.

HOW IT WORKS

To refer someone with complex health and social needs or significant barriers to accessing services, please submit a referral through our website at **healthierkittitas.org**



Or call us directly at:
509-201-1145

Make a Referral

KCHN Care Coordination Changes

STARTING
SEPTEMBER 1ST

**KCHN CARE
COORDINATION
WILL BE BY
APPOINTMENT
ONLY.**

**Includes Hearts & Hands
Mobility Equipment and
Medical Supplies available.**

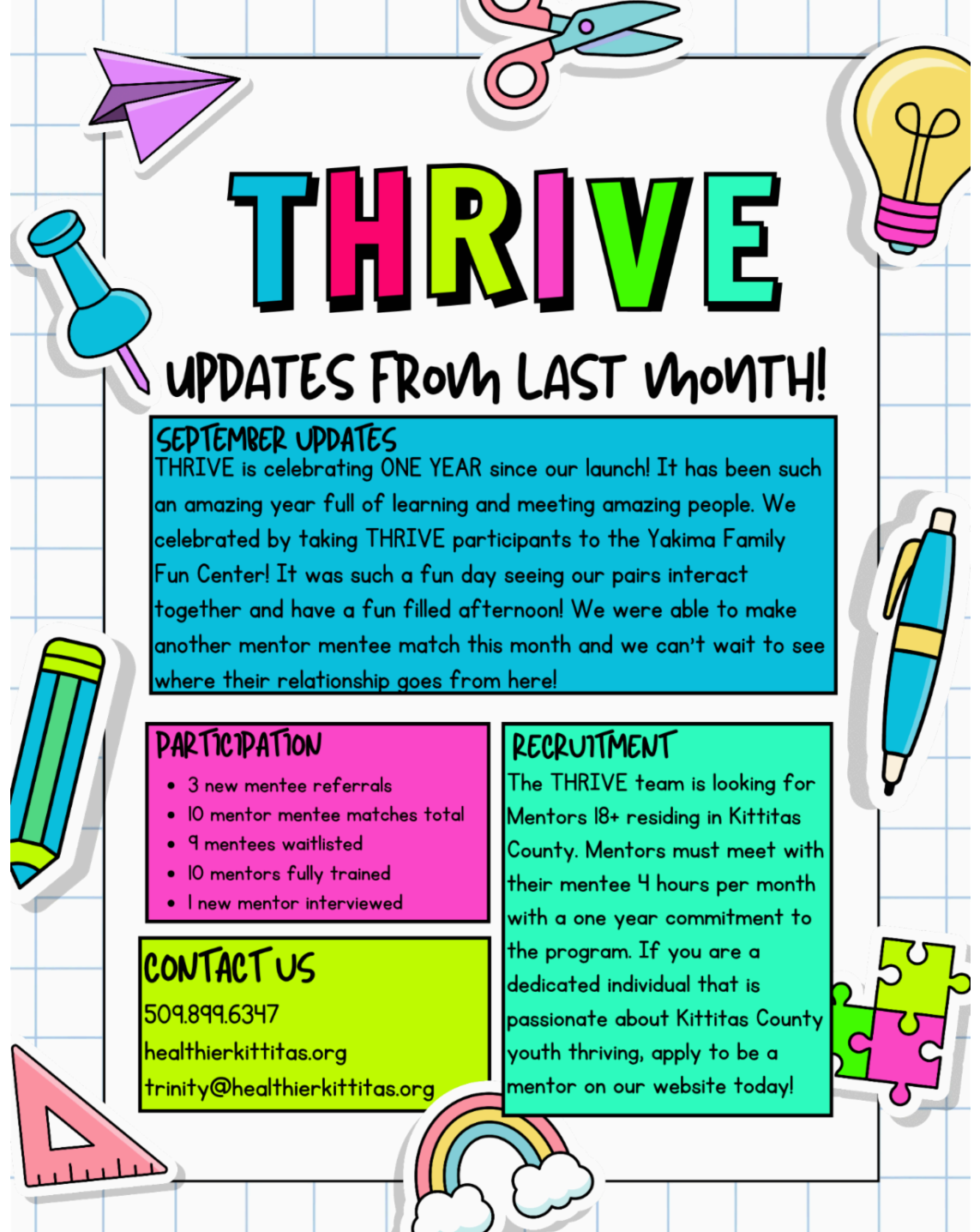
Give the KCHN Care Coordination Team
a call and leave a detailed message.

509.201.1145



KITTITAS COUNTY
Health Network

THRIVE Youth Mentoring Updates



THRIVE

UPDATES FROM LAST MONTH!

SEPTEMBER UPDATES

THRIVE is celebrating ONE YEAR since our launch! It has been such an amazing year full of learning and meeting amazing people. We celebrated by taking THRIVE participants to the Yakima Family Fun Center! It was such a fun day seeing our pairs interact together and have a fun filled afternoon! We were able to make another mentor mentee match this month and we can't wait to see where their relationship goes from here!

PARTICIPATION

- 3 new mentee referrals
- 10 mentor mentee matches total
- 9 mentees waitlisted
- 10 mentors fully trained
- 1 new mentor interviewed

RECRUITMENT

The THRIVE team is looking for Mentors 18+ residing in Kittitas County. Mentors must meet with their mentee 4 hours per month with a one year commitment to the program. If you are a dedicated individual that is passionate about Kittitas County youth thriving, apply to be a mentor on our website today!

CONTACT US

509.899.6347

healthierkittitas.org

trinity@healthierkittitas.org

ACES Training



Adverse Childhood Experiences (ACEs) are traumatic experiences in childhood that impact health and well-being. ACEs are common and affect entire communities. When we know about ACEs, we can all play a role in reducing the harmful impacts of early adversity.

By taking this FREE 90 minute training, individuals, businesses, and organizations can learn:



How ACEs impact health and behavior



How to help promote resilience



How to provide trauma-informed care



KITTITAS COUNTY
Health Network

**All are welcome! To request a training, email: info@healthierkittitas.org.
healthierkittitas.org**

Community Builders Bash Save the Date- October 8th

THE SHOP
TEEN CENTER

Adolescent
Youth
Community Builders
Program

COMMUNITY BUILDERS BENEFIT BASH

AN EVENING OF MUSIC, COMMUNITY & GIVING BACK!



THURSDAY
OCTOBER 8,
2026

5:30-8:30 PM



DRU BRU
CLE ELUM



LIVE MUSIC

Highway 903 Blues Band



SILENT AUCTION

Bid on amazing local items!



GREAT DRINKS

A portion of all drink sales benefits Community Builders.



PEER LED SUPPORT GROUPS

Youth-led. Supported by trained adults. Building strength together.



SUPPORTING LOCAL YOUTH

Building brighter futures together.

**FREE
ADMISSION!**

*Everyone
is welcome!*

**BRING YOUR FAMILY.
BRING YOUR FRIENDS.**

EVERY DOLLAR RAISED HELPS PROVIDE LIFE-CHANGING PROGRAMS FOR LOCAL YOUTH:

- ✓ Safe after-school programs
- ✓ Peer led support groups
- ✓ Teen support groups
- ✓ Leadership opportunities
- ✓ Prevention programming
- ✓ Healthy recreation & life-changing experiences

Join us for a fun evening while **MAKING A DIFFERENCE** for local youth!



theshopteencenter.com



509.899.2561



cbsyouthprograms@gmail.com

SHIBA Workshop - October 14th 10 AM

Get help with Medicare Open Enrollment!



Join us for a FREE, UNBIASED Medicare Open Enrollment presentation!

Wednesday, October 14th • 10:00 AM
Hal Holmes Community Center,
201 Ruby Street Ellensburg, WA 98926

We will be sharing the Medicare basics,
upcoming changes for **2027**,
and programs that help lower income Medicare
beneficiaries and fraud
prevention.



KITTITAS COUNTY
Health Network



OFFICE of the
INSURANCE
COMMISSIONER
WASHINGTON STATE

Kittitas County Health Network is your local SHIBA (Statewide Health Insurance Benefits Advisors) office.

www.insurance.wa.gov/shiba



Coat Drive



KITTITAS COUNTY
Health Network



COAT DRIVE

November 2nd - February 28th

We are accepting all sizes of new and gently used coats (**no** hats, gloves, scarves, etc.) to help keep our Kittitas County neighbors warm this winter.

DONATION DROP-OFF LOCATION

Kittitas County Commissioners Office
205 W. 5th Avenue Suite 108, Ellensburg
Monday-Friday 8am to 4pm

healthierkittitas.org



RECOLECCIÓN DE ABRIGOS



2 Novembre - 28 Febrero

Aceptamos de todos los tamaños de abrigos nuevos y usados (**No** aceptamos gorros, guantes, bufandas, etc.) todo debe estar en buen estado, para ayudar a mantener calientes a nuestros vecinos del condado de Kittitas.



LUGARE DE ENTREGA DE DONACIONE

Kittitas County Commissioners Office
205 W. 5th Avenue Suite 108, Ellensburg
lunes-viernes 8am to 4pm



healthierkittitas.org



Recruiting Employers!

RECOVERY - FRIENDLY JOB FAIR

**LOOKING FOR EMPLOYERS TO TABLE &
RECRUIT NEW HIRES!**

Hire qualified candidates and demonstrate
your business' support for our recovery
community.

THURSDAY OCTOBER 29TH, 2026

🕒 11am-1pm
📍 Hal Holmes
201 N. Ruby St
Ellensburg, WA 98926

Benefits:

- Recruit employees on-the-spot
- Increased employee retention



Questions?

info@healthierkittitas.org

(509) 925-5246



Recovery Friendly Job Fair - October 29th

RECOVERY - FRIENDLY JOB FAIR

GET CONNECTED WITH EMPLOYMENT!

Join us for networking
opportunities and to learn who
is hiring in Kittitas County!

THURSDAY OCTOBER 29TH, 2026

🕒 11am-1pm

📍 Hal Holmes
201 N. Ruby St
Ellensburg, WA 98926

- Talk with employers & hear from our speakers!
- Bring your resume!



Questions?

info@healthierkittitas.org

(509) 925-5246



Medication Take Back Day - October 31

KITTITAS COUNTY'S

Medication Take Back & Paper Shred DAY

**Saturday,
October 31st at CHCW****521 East Mountain View Ave****9am - 1pm**For more information
scan here*In partnership with:*
WellpointSM**Community Health
of Central Washington****Washington State
Health Care Authority****CompassDirect**
HEALTHCARE

CONDADO DE KITTITAS

Día de devolución

DE Medicamentos y destrucción de papel

SÁBADO, Octubre 31 en CHCW**521 East Mountain View Ave 9am - 1pm**

Para obtener más información
escanee aquí



En colaboración con:


WellpointSM

Community Health
of Central Washington

Washington State
Health Care Authority

**Active Aging Event - October 21**

Active Aging

Seniors

Explore the many services available to seniors and their families! Join us!

Wednesday - October 21, 2026

10 AM to 1 PM

Hal Holmes Community Center

209 N. Ruby Street, Ellensburg

Over 35 community businesses and agencies will be present to share their resources and information with you!

Refreshments!

Door Prizes!

Brought to you by the

AAC

Ellensburg's Adult Activity Center

City of
Ellensburg
Public Library
& Hal Holmes Community Center



Living Well

**FREE Senior Living
Referral Service**
Independent & Assisted Living
Memory Care & Adult Family Homes
509-607-9980

ALTC Aging &
Long Term
Care

Southeast Washington
Aging & Disability Resource Center

Alzheimer's and Dementia Support Group



deBurg
COFFEE & KITCHEN

Alzheimer's & Dementia
SUPPORT GROUP

Whether you're a caregiver, a loved one, or someone facing the journey of Alzheimer's or another form of dementia yourself, you've found a place where you are not alone.

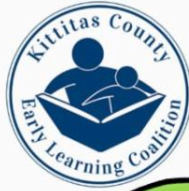
- Share experiences and stories
- Exchange helpful tips and resources
- Ask questions without fear of judgment
- Support each other emotionally and practically

We know how overwhelming, isolating, and heartbreaking this path can be—but we also know the strength that comes from connecting with others who truly understand.

Third Thursday of every month
4:00pm.
1801 N Walnut St. Ste 4 Ellensburg, WA

AVAMERE  FIELDSTONE COMMUNITIES  HIGHGATE SENIOR LIVING  REXFORD PARK

Early Learning Coalition Events



Kittitas County Early Learning Coalition

FREE Activities for Parents & Children 0-6 years

Actividades gratuitas para los padres y los hijos de 0-6 años

Older Siblings Welcome Los hermanos mayores son bienvenidos

WEDNESDAY
Miércoles

ELLENSBURG
Open Abierto
3:30-6:00
Hal Holmes
209 N Ruby

2026—2027

SEP 2

Dinosaurs
Dinosaurios



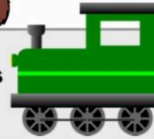
OCT 7

Forest Animals
Animales Forestales



NOV 4

Trains & Trucks
Trenes y Camiones



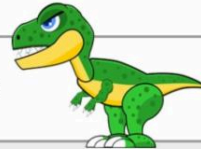
DEC 2

Jungle
Jungla



JAN 6

Dinosaurs
Dinosaurios



FEB 3

Build
Construir



MAR 3

Fish
Pez



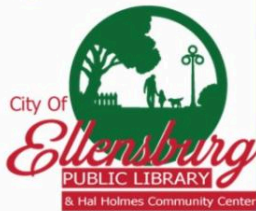
APR 7

Bugs
Insectos



MAY 5

Garden
Jardín



509-306-1740

earlylearningkittitas@gmail.com

www.kittitasearlylearningcoalition.com



Support Our Free Events

Sign up and link to

Eventos de Padre-Hijo Regístrate y enlace a

Kittitas County Early Learning Coalition

Fred Meyer Community Rewards

KCFOA Financial Assistance



New Grant Program for Kittitas County Residents!

Are you a United States veteran, age 65+ or less than 18 years old, **and** have a service or companion animal that provides mental health support? You may qualify for **up to \$300** of financial assistance for veterinary care!

Eligible services include:

- **Spays**
- **Neuters**
- **Veterinary medical treatments**

This program is designed to help qualifying residents who rely on service or companion animals for mental health support and who cannot afford to pay for veterinary care on their own.

To Apply:

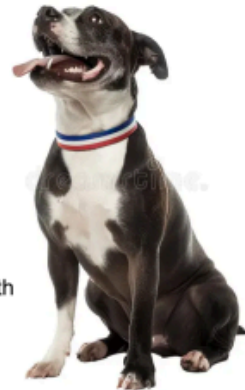
- **Eligibility:** Must be a veteran, senior (65+), or youth (17 and under) and must be unable to afford the treatment on your own
- **Amount:** Up to \$300 for veterinary expenses
- **Animals:** Must be a service or companion animal that supports mental health

Apply Today!

Visit: www.kcfoa.org

Or email kcfoa2002@gmail.com for more information

This program was made possible by a grant from the Kittitas County 1/10th of 1% Mental Health and Chemical Dependency Sales Tax Fund



Strengthening Families



STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

Get the tools, skills and strategies to build stronger families in seven sessions!



- Kick the year off with a Family & Middle School Readiness Program! Starts October 2026 at Morgan Middle School Thursdays eventings (7 weeks) at Morgan from 5:30-8pm (Specific dates to follow)
- For Youth (age 10-14) and parents/caregivers
- Free Program, Free Dinner and Free Childcare (for youth under 10 yrs old)

Highlighting skills: Manage emotions, set goals, avoid peer pressure, set limits,

Registration

Parent/Caregiver Name(s): _____

Student Name(s): _____ Home Phone: _____

Address: _____ Cell Phone: _____

_____ Email: _____

Number of children needing child care: _____ Food Allergies: _____

For additional information please contact:

Lonnie Allphin email: lonnie.allphin@esd105.org (509)929-4138

Diana Wilson email: diana.wilson@esd401.org (509)856-5988

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Brought to you by

IOWA STATE UNIVERSITY

Extension and Outreach

Ellensburg School District
ESD 105

Mobile Opioid Treatment Program in Ellensburg

Mobile Opioid Treatment Services Unit Coming to Ellensburg

Expanding Access to Lifesaving Care in Kittitas County

Why Ellensburg Needs a Mobile Opioid Treatment Services Unit:

Opioid Use Is a Growing Problem

- **Fatal overdoses are rising.** With the increase in synthetic opioids like fentanyl, the rate of fatal opioid overdoses in Kittitas County has tripled, increasing from 7.4 per 100,000 (2014–2018) to 26.2 per 100,000 (2021–2023).
- **Emergency responses are increasing.** Opioid overdose hospitalizations in 2020–2021 reached 26.1 per 100,000, higher than the Washington state average of 15.1 per 100,000¹
- In 2024 alone, the county saw 29 emergency room visits and 29 EMS responses for opioid overdoses.

Methadone Access is Limited in Kittitas County

- The three FDA-approved medications for opioid use disorder are **buprenorphine, methadone, and naltrexone**.

Buprenorphine and naltrexone are available locally in Kittitas through local treatment organizations.

- **Methadone**, however, must be administered through a certified **Opioid Treatment Program (OTP)** with **daily dosing requirements**, especially early in treatment.
- There is no OTP in Kittitas County.



The closest is Comprehensive Healthcare's OTP in **Yakima**, requiring a **one-hour drive each way**.

- Currently, about **20 Kittitas County residents** receive OTP services in Yakima.
- Research shows: **The farther someone lives from an OTP, the less likely they are to access care.**

Comprehensive Healthcare Has Proven Expertise

- ✓ Comprehensive Healthcare has provided substance use disorder treatment **since 1972**.
- ✓ Our Opioid Treatment Program has been operational **since 1973**.
- ✓ We deliver **evidence-based**, person-centered care and partner closely with local providers and communities.

What Impact Will the Mobile Opioid Treatment Services Unit Have?

NO Increase in Crime Rates

- Research demonstrates methadone clinics do not increase crime—and may actually reduce local crime⁴

Methadone Saves Lives

- Treatment with methadone reduces the risk of fatal overdose by 50–75%²
- It also reduces non-fatal overdoses by about 60%⁷

Citations:

¹Kittitas County Public Health Department. (2022). 2022 Community Health Assessment (Kittitas County Public Health Dept.). [https://www.co.kittitas.wa.us/uploads/documents/health/assessment/2022 Community Health Assessment.pdf](https://www.co.kittitas.wa.us/uploads/documents/health/assessment/2022%20Community%20Health%20Assessment.pdf)

²Laroche, M. R., Bernson, D., Land, T., Stopka, T. J., Wang, N., Xuan, Z., Bagley, S. M., et al. (2018). Medication for opioid use disorder after nonfatal opioid overdose and association with mortality: A cohort study. *Annals of Internal Medicine*, 169(3), 137–145. <https://doi.org/10.7326/M17-3107>

³Pierce, M., Bird, S. M., Hickman, M., Marsden, J., Dunn, G., Jones, A., Millar, T., et al. (2016). Impact of treatment for opioid dependence on fatal drug-related poisoning: A national cohort study in England. *BMJ*, 353, i3330. <https://doi.org/10.1136/bmj.i3330>

⁴Ramaswamy, M., Kral, A. H., Wenger, L. D., & Bluthenthal, R. N. (2021). The impact of opioid agonist treatment programs on crime: A systematic review. *Addiction*, 116(12), 3450–3463. <https://doi.org/10.1111/add.15610>

⁵Sordo, L., Barrio, G., Bravo, M. J., Indave, B. I., Degenhardt, L., Wiessing, L., Ferri, M., & Pastor-Barriuso, R. (2017). Mortality risk during and after opioid substitution treatment: Systematic review and meta-analysis of cohort studies. *BMJ*, 357, j1550. <https://doi.org/10.1136/bmj.j1550>

⁶Washington State Department of Health. (n.d.). Opioid and drug use data: Washington Tracking Network (WTN) — overdose dashboard. <https://doh.wa.gov/data-and-statistical-reports/washington-tracking-network-wtn/opioids/overdose-dashboard>

⁷White, M., Burton, R., Darke, S., Eastwood, B., Knight, J., Millar, T., & Strang, J. (2020). Fatal and non-fatal overdose among heroin users: Impact of treatment and time. *Addiction*, 115(7), 1278–1288. <https://doi.org/10.1111/add.14921>

Mobile Opioid Treatment Services Operations

Clinic Hours:

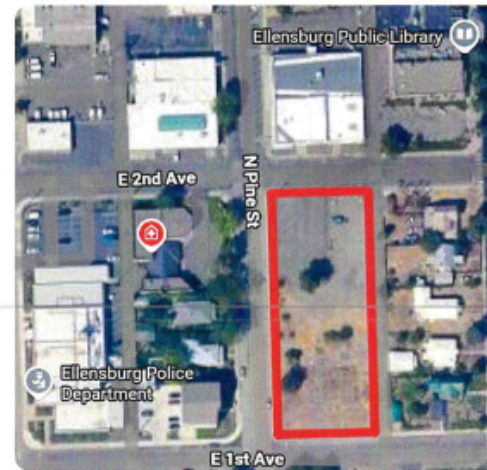
- Monday–Friday: 8:00am – 1:00pm
- Saturday: 8:00am – 10:00am
- Sunday: Closed

General Information:

- Client Capacity: Approximately 60 clients
- The unit will return to Yakima each night

Services Offered:

- Provider visits
- Counseling sessions
- Methadone and buprenorphine dosing
- Drug screening
- Referrals to community service providers



How to Get Started

Call Comprehensive Healthcare's OTP direct line at (509) 317-2622 to be connected with the Opioid Treatment Program and begin enrollment.

Comprehensive
HEALTHCARE

KEEN Outdoor Learning Programs

HOMESCHOOL PROGRAM



NATURE ACADEMY

Tuesdays | 9:00–11:30 AM | Ages 8–11

A hands-on nature immersion program where kids explore the seasons, wildlife, plants, habitats, and the incredible landscapes of the Yakima Canyon.



keen@keenetwork.org



KEEN OUTDOOR FRIDAYS

Outdoor Fridays is a hands-on outdoor learning experience designed for children who are curious about the world around them!

For ages 8-11.

FOLLOW YOUR CURIOSITY!

9am to 1pm Fridays

SIGN UP TODAY!



509-551-8807



KEEN-YCIC.ORG

HOMESCHOOL PROGRAM



KEEN TEEN ADVENTURE CLUB



One Adventure. Every Month. All Year Long.

Ready to get outside and try something new?

KEEN Adventure Club is a monthly outdoor adventure program for teens. Each month, we'll head outside for a new adventure—hiking a canyon trail, learning outdoor skills, exploring wildlife habitat, camping under the stars, discovering new places, or simply spending a day together in nature.

- ✓ Rock Climbing
- ✓ Paddle Boarding
- ✓ Hiking
- ✓ Camping
- ✓ Birdwatching
- ✓ Habitat Restoration
- ✓ River Floating
- ✓ Fishing



Contact Us
509-551-8807



Visit Our Website
keen-ycic.org



Hope University Workshops

Hope University Workshops

October
2026



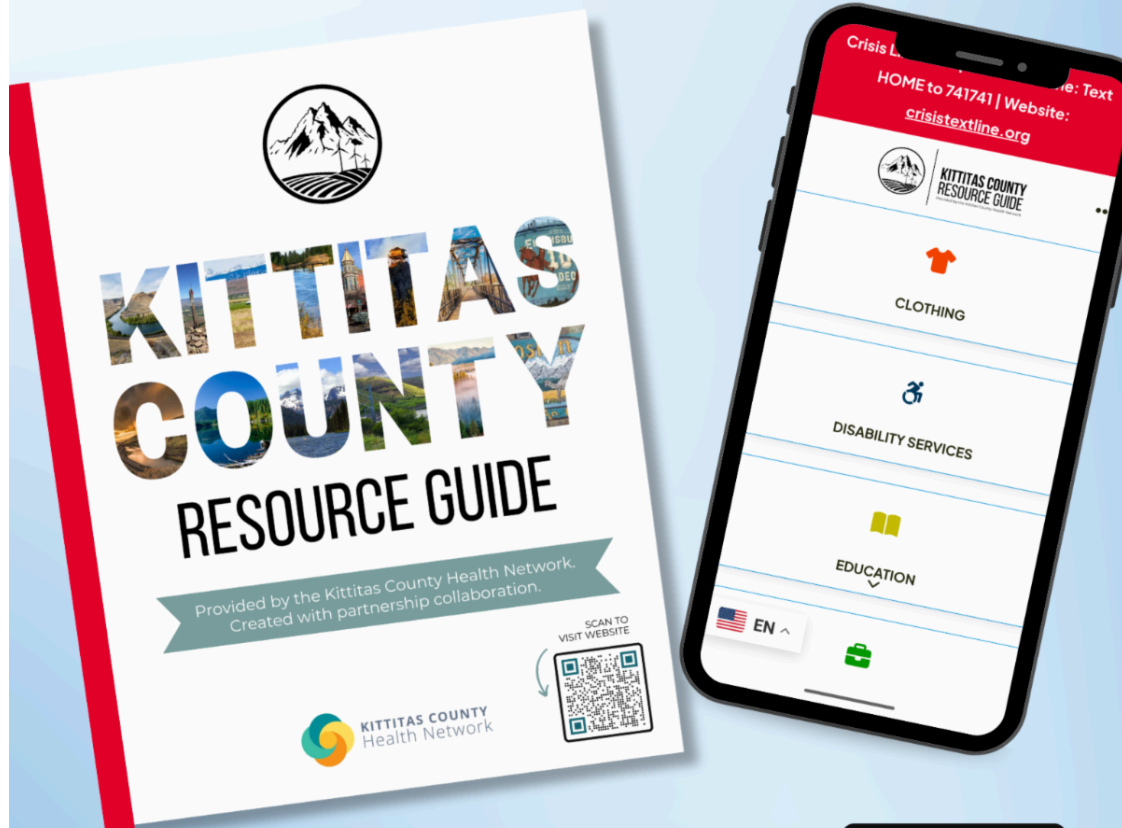
OCT 5	2-3PM	Habits for Workplace	Located at WorkSource, 1100 W University Way, Ellensburg, WA
OCT 7	2-3PM	Job Quest 101	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
OCT 12	12-1PM	Managing Your Money	Located at Peers Rising, 116 W 3rd Ave, Suite 100, Ellensburg, WA
OCT 12	2-3PM	Job Quest 101	Located at WorkSource, 1100 W University Way, Ellensburg, WA
OCT 14	2-3PM	Transit Guide	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
OCT 19	2-3PM	Managing Your Money	Located at WorkSource, 1100 W University Way, Ellensburg, WA
OCT 21	2-3PM	Rent 101	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA
OCT 22	3-4PM	Job Quest 101	Located at Peers Rising, 116 W 3rd Ave, Suite 100, Ellensburg, WA
OCT 26	2-3PM	Job Quest 101	Located at WorkSource, 1100 W University Way, Ellensburg, WA
OCT 28	2-3PM	Savvy Shopper Seminar	Located at FISH Food Bank, 804 Elmview Rd. Ellensburg, WA

Workshops are free and open to everyone. We focus on practical learning with a positive, supportive approach. Our guiding principles: meet you where you are, keep it positive, and turn knowledge into action.



Kittitas County Resource Guide

Find available resources in Kittitas County with the Kittitas County Resource Guide website. Available to download and search in multiple languages, the Kittitas County Resource Guide is your one-stop shop for all community resources.



The image displays the Kittitas County Resource Guide in two formats: a printed brochure and a mobile application. The brochure, on the left, features a circular logo with a mountain and wind turbine, the title "KITITITAS COUNTY RESOURCE GUIDE" in large, colorful letters, and a banner stating "Provided by the Kittitas County Health Network. Created with partnership collaboration." It also includes a QR code and the Kittitas County Health Network logo. The smartphone, on the right, shows the app's interface with a red header for Crisis Line information, the app title, and a list of resource categories: CLOTHING, DISABILITY SERVICES, and EDUCATION. A language selector at the bottom shows "EN" with a dropdown arrow.

Scan here to visit the Resource Guide website.



kittitascountyresources.org



Encuentra recursos disponibles en el condado de Kittitas con el web de la Guía de Recursos del Condado de Kittitas. Disponible para descargar y buscar en varios idiomas, la Guía de Recursos del Condado de Kittitas es tu centro integral para acceder a todos los recursos comunitarios.



CONDADO DE KITTITAS
GUÍA DE RECURSOS

Provisto por la Red de Salud del Condado de Kittitas. Creado en colaboración con socios.

ESCANEA PARA VISITAR EL SITIO WEB

KITTITAS COUNTY Health Network

Línea de crisis por texto
Mensaje de Texto: Envía HOME al 741741 |
Sitio web: crisistextline.org

KITTITAS COUNTY RESOURCE GUIDE

ROPA

SERVICIOS PARA DISCAPACITADOS

EDUCACIÓN

ES ^

Escanea aquí para visitar el sitio web de la Guía de Recursos.

kittitascountyresources.org

KITTITAS COUNTY Health Network

[Visit the Resource Guide Here](https://kittitascountyresources.org)

**Upper Kittitas County Senior Center
August Newsletter**



Upper Kittitas County Senior & Community Center

Serving Older Adults and the Community Since 1991



2026 OCTOBER

Fall is in full swing, and October is filled with plenty to enjoy! Join us for engaging programs, fun activities, and special events throughout the month.

CENTER ACTIVITIES

Monday

- 9:00-10:00 Exercise (Jumping Jaws)
- 10:30-11:30 Line Dancing Lessons
- 11:30-3:00 Bingo (Card selling starts at 11:30, Game starts at 1:00)

Tuesday

- 8:00-10:00 Ham Radio Breakfast
- 9:00-12:00 Bridge
- 9:30-10:30 Silver Surfers Tech Support
- 10:00-12:00 VSO drop-in (1st & 3rd)
- 1:30-2:15 Gentle Chair Yoga & Balance

Wednesday

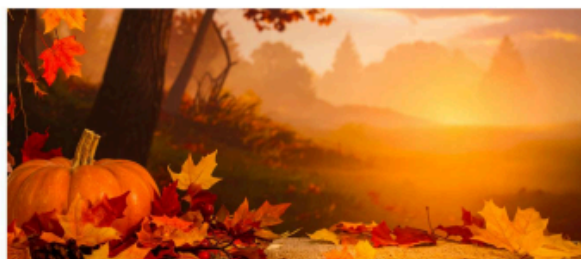
- 7:00-8:00 UKC Rotary Breakfast Meeting
- 8:30-10:30 Woodworking Club
- 9:00-10:00 Exercise (Jumping Jaws)
- 10:30-12:30 Games
- 12:00 Blood Pressure Checks
- 12:00-1:15 Kiwanis Lunch Mtg (1st & 3rd)
- 12:00-2:00 Mahjong
- 1:15-2:30 Memory Cafe (1st & 3rd)

Thursday

- 9:30-11:30 Craft Club
- 11:00 - 12:00 Healing Breath & Meditation
- 12:00-3:00 Pinochle
- 12:30-1:45 The Hearth (Grief & Transitions) (1st & 3rd)
- 2:00-3:00 Writer's Workshop

Friday

- 9:00-10:00 Exercise (Jumping Jaws)
- 1:00-2:00 Show & Tell & Treats (3rd)



October is packed with helpful programs, fun activities, and new ways to connect at the Center! Start the month with **Healthy Smiles Dental Hygiene** on **10/1** and **10/22**, enjoy our **First Friday Feature Film**, "Calendar Girls," on **10/2**, and stop by with your questions when a **Property Tax Specialist** is available on **10/7** and **10/21**.

We're also excited to introduce our **Travel Club Meet & Greet** on **10/12** at 2:00 pm. Preparing for Medicare Open Enrollment? Join us on **10/13** for **Medicare Open Enrollment Q&A**. Then, head out for some fun on our **Legends Casino Field Trip** on **10/14**. The **AARP Driver Safety Course** follows on **10/15** and **10/16**; advance registration is required.

There will be a **Medication Takeback & Shredding Event** on **10/17** from 10:00 am-2:00 pm, and on **10/20**, join us for our **Volunteer Management Conference** in partnership with **Living Water Resources**.

Finally, a heartfelt thank you to everyone who helped make our **Fundraiser Call-a-Thon** a success! See page 9 for an update. Your generosity and support help make so much possible at the Center.

EXECUTIVE DIRECTOR, UKCSC

Lori Nevin

(509) 674-7530

director@ukcseniorcenter.org

Website: <https://ukcseniorcenter.org/>

Facebook Group: <https://www.facebook.com/ukcsc.centennial.center>



LOCATION & HOURS

Visit us at **719 E 3rd St. Cle Elum, WA 98922**

Hours: Monday - Friday between 8:00 am - 2:00 pm

Meals served:

- Breakfast 8:00 am - 10:00 am
- Lunch 11:30 am - 1:00 pm

Newsletter Circulation 1,300+

READ MORE

Peers Rising

Contact us : (509) 968-5224
 info@peersrisingwa.org
 Follow us: @Peersrisingwa
 www.peersrisingwa.org

October 2026
 Office Hours Mon - Fri : 9am - 4pm
 116 W 3rd Ave, Unit 100, Ellensburg, WA 98926



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 	6 	7	8 Crochet with Purpose 5:45-7 pm	9	10
11	12 Savvy Shopper 12-1PM	13 PEERS & PUZZLES 12-1:30PM DND NIGHT 6PM-8:30PM	14	15	16 BINGO 5-7PM	17
18	19	20 <i>Feelin' Crafty</i> 12-1pm	21	22 Habits for the work place 3-4pm	23	24 509Teens Haunt The Night
25 	26	27 Reiki 11:30am-2pm	28	29	30	31 Down Town Trick-OR-Treat 3-5pm

ALL EVENTS ARE FREE, MATERIALS PROVIDED, AND HELD IN THE PEERS RISING ELLENSBURG OFFICE

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Your support and contributions will enable the Kittitas County Health Network to meet our continued goal of making Kittitas County a healthier place to live for all!



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