

SPRD kick-starts spring with classes

• The Central Oregon Master Gardeners Association teaches a series of free two-hour vegetable gardening classes throughout the region in the spring. Sisters Park & Recreation District will host this class on Saturday, April 29, from 10 a.m. to noon.

These classes cover not only the basics of vegetable gardening, but also a great deal of information that is specific to Central Oregon, such as how to be successful in this challenging climate and what varieties of different vegetables do best in Central Oregon.

In connection with this

class, a 24-page book on vegetable gardening in Central Oregon will also be given out.

“Class size is limited,” said Shannon Rackowski, adult/senior programs coordinator for SPRD, “so call us for a seat in the class, 541-549-2091!”

• Sisters Park & Recreation District will present Sarah Wilder, NTP, owner of Healthy Healed You, and her new program RESTART.

RESTART is a five-week program that is a simple and powerful way to give your body a vacation from processing toxins like sugar. The program has a three-week

sugar detox built into it, which focuses on how to use real food to boost your energy and cut sugar and carb cravings.

Some benefits are weight loss, boosted immune system, and decreased anxiety.

“Sarah’s mission is to support and inspire her community to have a nourishing and positive relationship with food,” said Rackowski.

The RESTART classes will be offered at SPRD on Saturdays, beginning May 20, from 10 to 11:30 a.m., continuing for five weeks. Call SPRD for more information at 541-549-2091.

Sisters to host national prayer breakfast

For the fifth year, Sisters will mark the National Day of Prayer with a breakfast at the Sisters Community Church auditorium on Thursday, May 4, from 7 to 8:45 a.m. Doors open at 6:45 a.m. and a continental breakfast will be served.

The event is sponsored by Sisters Christian Academy in order to “gather the community in remembrance and affirmation of who we are as ‘one nation, under God.’”

The guest speaker is Brett Miller, founder of the Sisters-based nonprofit Warfighter Outfitters. Miller, serving with G Troop, 82nd Cavalry, Oregon National Guard, was wounded on August 11, 2005, on a road between Kirkuk and

Mosul in northern Iraq. An improvised explosive device — a surface-laid 155 mm round — exploded six feet off the door of his gun truck. The blast blew out his eardrums and left him with serious head trauma. The retina in his right eye detached, and the head injury caused nerve damage to his left leg.

The incident left him with a 100-percent disabled rating; deaf in his right ear, with a permanently disabled left leg and serious short-term memory loss. Perhaps most dangerous

to his ongoing health was post-traumatic stress disorder.

His road to healing was long and winding. He was helped along the way by the Wounded Warrior Project, and now he’s paying that help forward through Warfighter Outfitters, which works to bring veterans together on fishing and hunting trips and service-oriented “engagement missions” on public lands.

Sponsorships and table hosting is available. Contact Peter Storton at 541-480-9605 or peterstorton@gmail.com.

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THE OLD STONE

— Friday, April 28 —
Head For The Hills
8:00 doors 9:00 show
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Talented musicians with a fresh spin on bluegrass!

— Saturday, May 20 —
Lloyd Jones
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Sisters MOVIE HOUSE

STARTS FRIDAY
FRI., APR. 28 – THURS., MAY 4

The Circle (PG-13)
Fri, 4:30, 7:15
Sat-Sun 2:00, 4:30, 7:15
Mon-Thurs 4:30, 7:15

Gifted (PG-13)
Fri 4:00, 6:30
Sat-Sun 1:30, 4:00, 6:30
Mon-Thurs 4:00, 6:30

The Zookeeper's Wife (PG-13)
Fri 4:15, 7:00
Sat-Sun 1:45, 4:15, 7:00
Mon-Thurs 4:15, 7:00

I Am Not Your Negro (PG-13)
Fri 7:30; Sat-Sun 2:30, 7:30
Mon 7:30; Tues 4:15
Wed-Thurs 7:30

Going in Style (PG-13)
Fri-Mon 4:45
Wed-Thurs 4:45

Royal Opera: Madama Butterfly (NR)
Tues 6:30

Movie times and titles are subject to change. Visit website or call for latest information.

WWW.SISTERSMOVIEHOUSE.COM
541-549-8800

The Belfry

April 27 / Th / 7:30 PM
April 28 / Fri / 7:30 PM
April 29 / Sat / 3 & 7:30 PM

Silent Echo Theater Company
“Now You’re Talking...”
7 One-Act Plays.
7 Premieres. 7 Predicaments

May 12 / Fri / 7 PM
My Own Two Hands Community Arts Celebration
Community art projects and free concert! Visit SistersFolk.org for details.

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SISTERS ENTERTAINMENT • EVENTS

Wed. ~ April 26

Sisters Saloon Texas Hold 'Em Tournament 7 p.m. Every Wednesday! For more information call 541-549-7427 or go to sistersaloon.net.

Hardtails Bar & Grill Karaoke Night! 9 p.m. Every Wednesday, no cover! For more information call 541-549-6114 or go to hardtailsoregon.com.

Thurs. ~ April 27

The Belfry “Now You’re Talking...” One-Act Plays 7:30 p.m. Presented by Silent Echo Theater Co. Tickets at bendticket.com are \$12 adults, \$10 students & seniors 65 & older (cash-only at the door: \$15 and \$12). 541-719-8779.

Sisters Saloon Karaoke Night! 9 p.m. Every Thursday, no cover! Call 541-549-7427 or go online to sistersaloon.net.

Brand 33 at Aspen Lakes Welcome Reception for the Central Oregon Shootout 6 p.m. For more information call Aspen Lakes Golf Course at 541-549-4653.

Friday ~ April 28

Hardtails Bar & Grill Karaoke Night! 9 p.m. Every Friday, no cover! 541-549-6114 or go to hardtailsoregon.com.

The Belfry “Now You’re Talking...” One-Act Plays 7:30 p.m. Presented by Silent Echo Theater Co. Tickets at bendticket.com are \$12 adults, \$10 students & seniors 65 & older (cash-only at the door: \$15 and \$12). 541-719-8779.

Raven Makes Gallery Artist’s Reception & Demo with Sculptor Cliff Fragua 4 to 7 p.m. For information call 541-719-1182 or go online to ravenmakesgallery.com.

Twigs Artist’s Reception with Linda Goering 4 to 7 p.m. Info, call 541-549-6061.

Downtown Sisters 4th Friday Art Stroll 4 to 7 p.m. Galleries & shops feature live entertainment & refreshments! sistersartsassociation.org.

Aspen Lakes, Black Butte Ranch & Eagle Crest Central Oregon Shootout Golf Tourney The 15th annual event! For info call 541-549-4653 or go to aspenlakes.com.

Saturday ~ April 29

Suttle Tea Live Music with Rhonda Funk & Friends 2 to 4 p.m. No cover for original country music! Info: 541-549-8077 or go to suttletea.com.

Sisters Saloon Live Music with the Riley’s Range Benders 8 to 11 p.m. No cover for blues & rock! Call 541-549-7427 or go to sistersaloon.net.

Raven Makes Gallery Artist’s Reception & Demo with Sculptor Cliff Fragua 1 to 3 p.m. For information call 541-719-1182 or go online to ravenmakesgallery.com.

Cork Cellars Live Music with Brian Odell & Fiddler Bob 7 to 9 p.m. No cover! For info call 541-549-2675 or go to corkcellarswinebistro.com.

Hardtails Bar & Grill Karaoke Night! 9 p.m. Every Saturday, no cover! For more information call 541-549-6114 or go to hardtailsoregon.com.

Listings are free to advertisers. Submit by 5 p.m. Fridays to teresa@nuggetnews.com

The Belfry “Now You’re Talking...” One-Act Plays

3 p.m. and 7:30 p.m. Presented by Silent Echo Theater Co. Tickets at bendticket.com: \$12 adults, \$10 students & seniors 65 & older (cash-only at the door: \$15/\$12). 541-719-8779.

Aspen Lakes, Black Butte Ranch & Eagle Crest Central Oregon Shootout Golf Tourney

The 15th annual event! For info call 541-549-4653 or go to aspenlakes.com.

Sunday ~ April 30

Episcopal Church of the Transfiguration Bend Camerata: “The Rocky Road to Dublin” 3 p.m. Songs & stories from an Irish House Concert. \$15 at eventbrite.com or the door. Info: 440-409-9079.

Raven Makes Gallery Artist’s Reception & Demo with Sculptor Cliff Fragua

11 a.m. to 4 p.m. For info call 541-719-1182 or go online to ravenmakesgallery.com.

Aspen Lakes, Black Butte Ranch & Eagle Crest courses Central Oregon Shootout Golf Tourney

For information call 541-549-4653 or go to aspenlakes.com.

Tuesday ~ May 2

Sisters Movie House Screening of a Live Performance of “Madama Butterfly”

6 p.m. Recorded live from the Royal Opera House. Part of the “Spring into Culture” series. Tickets are \$15 at sistersmoviehouse.com or by calling 541-549-8833.

Wed. ~ May 3

Hardtails Bar & Grill Karaoke Night!

9 p.m. Every Wednesday, no cover! For info call 541-549-6114 or go online to hardtailsoregon.com.

Sisters Saloon Texas Hold 'Em Tournament

7 p.m. Every Wednesday! For info call 541-549-7427 or go online to sistersaloon.net.

Thursday ~ May 4

Sisters Saloon Karaoke Night!

9 p.m. Every Thursday, no cover! For additional info call 541-549-7427 or go online to sistersaloon.net.

Friday ~ May 5

Isla Rio at FivePine Live Music with Rhonda Funk

Call for time and additional details, 541-549-4752.

Hardtails Bar & Grill Karaoke Night!

9 p.m. Every Friday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com.

Saturday ~ May 6

Sisters Saloon Live Music with the Moon Mountain Ramblers

7 p.m. No cover! For additional information call 541-549-7427 or go online to sistersaloon.net.

Cork Cellars Live Music with Mixed Nuts (Joe Leonardi, Ed Fitzjarrell & Fiddler Bob Baker)

7 to 9 p.m. No cover! For info call 541-549-2675 or go to online to corkcellarswinebistro.com.

Hardtails Bar & Grill Karaoke Night!

9 p.m. Every Saturday, no cover! For additional information call 541-549-6114 or go online to hardtailsoregon.com.