

# ANNOUNCEMENTS

## Dementia Conversations

Tuesday, January 22 from 1:30 to 3 p.m. the Alzheimer's Association will hold a program at the Sisters Library to provide tips for starting conversations with family about changing behavior that could be signs of dementia. Topics include going to the doctor for diagnosis, deciding when to stop driving and making plans for future care. To register call 800-272-3900 or go to alz.org/oregon.

## Career Funds Available

Applications are available for the Sisters Kiwanis Career Opportunity Fund to help adult residents of Sisters establish an occupational path. Pick up forms at the Kiwanis House, corner of Oak and Main, 9 a.m. to 2 p.m. Thursdays, and during regular hours from the Sisters Habitat for Humanity office. For additional information, please call 541-410-2870.

## Information for Seniors

Council on Aging of Central Oregon now has a staff member available at Sisters Community Church the 1st and 3rd Tuesday of each month from 10 a.m. to 2 p.m. They are ready to provide information & assistance in meeting needs on a wide range of free services, specific to aging adults in Sisters Country. Questions? Call 541-678-5483, Mon.-Fri.

## Tai Chi/Balance Sessions

Tai Chi/Balance Classes based on the CDC "Steady" Program to reduce injuries and falls in our community are being sponsored by Sisters Drug. Taught by Shannon Rackowski, classes are now offered every Thursday from 11-11:30 a.m. (except holidays and December 27.) Due to the popularity of the classes, they have been moved to SPRD Fitness Room at 1750 W. McKinney Butte Rd. in Sisters. For info: 541-549-6221.

## Mom-to-Mom Meeting

Moms are invited to get connected with other moms for support and fun! First Tuesday of each month, from 6:30 to 8:30 p.m. at the Hangar at Sisters Community Church. Also meeting the third Tuesday of each month 10 a.m. to noon in the Fireside Room at Sisters Community Church. Childcare available in morning session — RSVP if needed. For information call 970-744-0959.

## Black Butte Ranch RFPD December Meeting

The Black Butte RFPD is cancelling its regularly scheduled board meeting on the fourth Thursday for the month of December. Call 541-595-2288 for info.

## Call to Artists for Library Annual Art Exhibit

The Sisters Library Annual Art Exhibit, sponsored by the Friends of the Sisters Library (FOSL) is happening, January 9 through February 22. All Sisters Country artists who want to participate are invited to submit work. The submission date is Saturday, January 5, from 10 a.m. to 4 p.m. in the library's Community Room. Due to limited space, just two pieces of wall-hung art, and five pieces of other art forms such as jewelry, ceramics, or sculpture, may be submitted. Invitations may be downloaded from the website sistersfol.com, or are available at the library's information desk. People's Choice Awards will be announced at a reception on Friday, January 25, from 6 to 7:30 p.m. For more information, please call Zeta at 541-549-6157.

## Senior Luncheons & More

Adults age 60 and older are invited to join the Council on Aging Senior Luncheon, served every Tuesday at Sisters Community Church. Coffee and various fun activities begin at 11 a.m. with lunch served at noon. Bingo is played after lunch until 2:30 p.m. For information call 541-480-1843.

## Sponsor an Impoverished Child from Uganda

Hope Africa International, based in Sisters, has many children awaiting sponsorship! For more information go to hopeafricankids.org or call Katie at 541-719-8727.

## Hunter's Education Class

For a hunter's education class beginning Tuesday, February 5, register online at odfw.com (hunting-resources-education). It runs two nights per week for three weeks, plus a required field day. For information call Rick Cole at 541-420-6934 or Dave Jones at 541-863-0955.

## AARP Driver's Safety

AARP's Driver Safety Course, a classroom refresher for motorists 50 and older, will be offered on Tuesday, February 19 from 9 a.m. to 4 p.m. at Sisters Community Church. There will be a one-hour lunch break. Call 541-390-6075 to register. Cost is \$15 for AARP members and \$20 for non-members.

## Health Insurance Counsel for Seniors

The Council on Aging of Central Oregon will offer free Senior Health Insurance Benefits Association (SHIBA) counseling sessions during the upcoming 2019 Medicare enrollment period, which runs from October 15 through December 7, 2018. Adults aged 65 and up can schedule appointments with an English- or Spanish-speaking certified volunteer counselor. Call 541-678-5483, x211 to leave a message and receive more information.

## Donate Antiques & Jewelry

Sisters Kiwanis takes donations of antiques & vintage jewelry throughout the year for its annual Antique & Collectibles Sale, held on Saturday every Memorial Day weekend. Your donation is tax-deductible! For more information call Learth at 541-410-2890; to arrange for pickup of large items, please call Pam at 541-719-1049 or Roger at 541-430-7395. You may also drop off small items at Essentials at 492 E. Main Ave.

## Free Pet Food

Budget tight this month, but you still need pet food for your dog or cat? Stop by the Furry Friends pet food bank. We have all sorts of pet supplies, too. Open Tuesdays and Thursdays, from 11 a.m. to 2 p.m. Located in the Sisters Art Works building, Ste. 109, 204 W. Adams Ave. For more information call 541-797-4023.

## Free Meditation Group

All are welcome to a free meditation group meeting on Mondays at 5:30 p.m. or Tuesdays at 4 p.m. at 420 N. Tamarack St. Wear comfortable clothing; no experience necessary. For more information please email dawnsong03@gmail.com or text only (no voice calls) to Dawn at 541-207-7266.

## Parkinson's Support Group

The second Tuesday of each month, Sisters Parkinson's Support Group meets at Sisters Community Church from 1 to 2:30 p.m. (following the Senior Luncheon). All are welcome to learn, share, and receive support. For more info contact Lenetta at 907-687-8101 or Carol at 541-668-6599.

## Healthy Living Information for Seniors

Seniors and caregivers are invited to drop by the SAGE room at SPRD on the second Monday of every month from 1 to 3 p.m. to meet local service providers and gather free information about aging in place from foot care to end-of-life planning. Call Diane Goble at 541-588-0081 for information.

## PET OF THE WEEK

Humane Society of Central Oregon  
541-382-3537



**BABYBEL** is a 2-year-old domestic shorthair kitty staying with us at HSCO until she can find her forever home. This sweet girl can be independent at times but also appreciates some love and affection. She needs a family who can give her space when she needs it, as well as head scratches when she asks for them. Although she is young, Babybel prefers older company and requires a home without young children.

SPONSORED BY

**Francois' Workshop**  
541-549-0605 541-815-0624



## BIRTH ANNOUNCEMENT

### AYLA GRAE LOUNSBURY

Derek and Tania Lounsbury are pleased to announce the birth of their daughter, Ayla Grae Lounsbury. She arrived on December 13, 2018 at 5:56 a.m., weighing 8 lbs. 4 oz., 20" in length. Her proud grandparents are Trudy Lounsbury of Sisters, and Mr. & Mrs. Lynn Lounsbury of Sisters.



## SISTERS AREA CHURCHES

**Shepherd of the Hills Lutheran Church (ELCA)**  
386 N. Fir Street • 541-549-5831  
10 a.m. Sunday Worship  
shepherdofthehillslutheranchurch.com

**Sisters Community Church (Nondenominational)**  
1300 W. McKenzie Hwy. • 541-549-1201  
10 a.m. Sunday Worship (with signing)  
sisterschurch.com | info@sisterschurch.com

**St. Edward the Martyr Roman Catholic Church**  
123 Trinity Way • 541-549-9391  
5:30 p.m. Saturday Vigil Mass  
9 a.m. Sunday Mass  
8 a.m. Monday-Friday Mass

**Calvary Chapel (Nondenominational)**  
484 W. Washington St., Ste. C & D • 541-588-6288  
10 a.m. Sunday Worship

**New Hope Christian Center (Assembly of God)**  
222 Trinity Way • 503-910-9069  
10:30 a.m. Sunday Worship

**Chapel in the Pines**  
Camp Sherman • 541-549-9971  
10 a.m. Sunday Worship

**The Episcopal Church of the Transfiguration**  
68825 Brooks Camp Road • 541-549-7087  
8:30 a.m. Ecumenical Sunday Worship (Sunday school, childcare)  
10:15 a.m. Episcopal Sunday Worship (Sunday school, childcare)

**Sisters Church of the Nazarene**  
67130 Harrington Loop Road • 541-389-8960 | sistersnaz.org  
10:45 a.m. Sunday Worship | 2sistersnaz@gmail.com

**Westside Sisters**  
442 Trinity Way • 541-549-4184 | westsidesisters.org  
9 a.m. and 10:45 a.m. Sunday Worship

**Vast Church (Nondenominational)**  
1700 W. McKinney Butte (Sisters High School) • 541-719-0587  
9:37 a.m. Sunday Worship | vastchurch.com

**Seventh-Day Adventist Church**  
386 N. Fir Street • 541-595-6770, 541-306-8303  
11 a.m. Saturday Worship

**The Church of Jesus Christ of Latter-Day Saints**  
68885 Trinity Way • Branch President, 541-420-5670;  
10 a.m. Sunday Sacrament Meeting

**Baha'i Faith Meetings**  
Devotional Gatherings, Study Classes and Discussion Groups. Call for location and times • 541-549-6586