## E N T S C

## **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-

#### **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 "Steadi" 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-

## **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, Januay 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 hopeafricakids. 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 nonmembers.

#### **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 Englishor 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 taxdeductible! For more information call Leart 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-

#### **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 \$\rightarrow\$ 541-815-0624



#### **CPR and First Aid Class**

Sisters-Camp Sherman RFPD will offer the AHA "Heartsaver" CPR/ AED class on Friday, Januay 11 at 9 a.m. and the First Aid module on Saturday, January 12 at 9 a.m. at the Sisters Fire Hall. The cost is \$30 which includes both modules, a student workbook and completion card. Register no later than Tuesday, January 8: online at sistersfire.com (CPR tab) or at the Sisters Fire Hall weekdays, 8 a.m. to 5 p.m. Pick up the student workbook at the station after you register. For more information call 541-595-

## Sisters Library JANUARY EVENTŠ

### **Lego Block Party**

Children of all ages will have the opportunity to be creative by building whatever they want to build with the trunk locker full of LEGOs the library provides. Friday, January 4 at 2 p.m. at Sisters Library. Info: 541-617-7078.

### **Animal Adventures**

Live animals, stories, crafts with High Desert Museum for kids ages 3 to 5. It's 30-45 minutes of adventure! Limited to 30 children and their caregivers. Sisters Library on Tuesdays, January 8 and 22 at 11:30 a.m. Info: 541-312-

### Russian Politics in the 21st Century

Explore the transformation of Russia under Putin in this talk by Sarah L. Henderson, associate professor of Political Science in the School of Public Policy at Oregon State University. Wednesday, January 9 at noon at Sisters Library. No registration required. Info: 541-312-1032.

## **Family Fun Story Time**

Family Fun Story Time for kids ages birth through 5 takes place at the Sisters Library on Thursdays, January 10, 17, 24 and 31 from 10:30 to 11 a.m., with songs, rhymes and crafts, all designed to grow young readers. Caregivers must attend. Info: 541-617-7078.

## **Mixed Media Winter Art Workshop**

This workshop is presented by local artist Carly Garzon Vargas. Saturday, January 19 at 10 a.m. Ages 12 to 17. Experiment with collage, paper and paint to create a piece of original art to take home. Bring in your own photos, clippings, or other meaningful material to add to your art. Info: 541-617-7078.

## The Library Book Club

Read and discuss "TransAtlantic" by Colum McCann with other thoughtful readers at the Sisters Library on Wednesday, January 23, from 5:30 to 6:30 p.m. Info: 541-617-7078.

## **Music in Public Places**

Enjoy a performance courtesy of Central Oregon Symphony on Saturday, January 26 at 2 p.m. at the Sisters Library. No registration required. Info: 541-312-1032

## on December 13, 2018 at 5:56 a.m., weighing 8 lbs. 4 oz., 20" in length. Her proud grandparents

BIRTH ANNOUNCEMENT

Derek and Tania Lounsbury are pleased to announce the birth of their daughter, Ayla Grae Lounsbury. She arrived are Trudy Lounsbury of Sisters, and Mr. & Mrs. Lynn Lounsbury of Sisters.



## TERS AREA CH

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. • 541-549-120 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