

ANNOUNCEMENTS

Camp Eagle Cap Haircuts

Margie Figueras is holding a hairdressing event once a month to help benefit Camp Eagle Cap, which is dedicated to children in our area under extreme adverse circumstances.

Hairdressing appointments are available every fourth Friday at Renaissance Salon by donation only to Camp Eagle Cap. This month's event is on Friday, March 29. Call 503-980-8581 for more information or to make an appointment.

Age-Friendly Sisters Country Activity

An invitation is extended to youth and others to participate in a planning program at SPRD on Wednesday, March 20 at 6 p.m. This is in preparation for a program to be presented on June 1, 2019 at Sisters High School. Conceived by Claudia Bisso Fetzer, Ph.D., the purpose is to promote the benefits of connecting youth with older others in activities they select and do together. They can then choose to share with the community in the program in June the product or benefits of their activity. For more information call 541-719-1276.

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.

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 information, please call 541-410-2870.

CPR/AED and First Aid Class

The next CPR/AED class is scheduled for Saturday, April 13 at 9 a.m. The First Aid module is on Sunday, April 14 at 9 a.m.

The cost is \$30, which covers both modules, a workbook and completion card. Register by Tuesday, April 9th. To register, go online to sistersfire.com and select the CPR tab, or stop by and register at the Sisters Fire

station during business hours (8 a.m. to 5 p.m.). Pick up the student workbook at the station after you register. If you have questions, call Gail Butler at 541-595-5712.

Free Spay & Neuter

It's as easy as 1-2-3. Stop by the Furry Friends Foundation (FFF) office to fill out a simple form, call to make your appointment at Bend Spay & Neuter, transport your pet. FFF also sponsors vaccinations and chipping. Located in the Sisters Art Works building, 204 W. Adams Ave., Suite 109. For information call 541-797-4023.

Dementia Caregivers Group

A free support group for caregivers of those suffering with Alzheimer's or other forms of dementia takes place the first Tuesday of each month from noon to 1:30 p.m. at Sisters City Hall. Sponsored by the Alzheimer's Association, meetings provide emotional, educational, and social support. Call 800-272-3900 or go to alz.org/oregon.

Organ Donor Awareness

A new nonprofit is in the planning stages to educate the community on the importance of organ donation. Fundraisers and events will be discussed. If interested in taking part, please call Fifi Bailey at 541-419-2204.

Support for Caregivers

A free support group for those who provide care in any capacity meets at Shepherd of the Hills Lutheran Church, 386 N. Fir St. at 10:30 a.m. the third Tuesday of each month. Call 541-771-3258 for additional information.

Red Cross Blood Donation

The American Red Cross is urging new and current donors to roll up a sleeve to help sustain a sufficient blood supply. Eligible donors of all blood types — especially Type O — are urged to give blood now to help ensure a supply for hospital patients this spring. There are many opportunities to donate blood in Deschutes County, but the Sisters event will be held on Friday, April 5 from 11:30 a.m. to 5:30 p.m. at the Sisters Fire Station Community Room at 301 S. Elm St. For more information call Christine Welch at 909-859-7570.

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.

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 Karen at 541-480-1412; 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.

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.

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.

Sisters Community Garden

The Sisters Community Garden has raised-bed garden plots available for the 2019 gardening season. Application materials and information are available on the Garden's website, SistersCommunityGarden.org. For additional information, call 541-549-8664.

Women Making a Difference

All women of Sisters are invited to a morning with Nicky Merritt, Executive Director of Circle of Friends on Saturday, March 23 from 10 to 11:30 a.m. Nicky has worked for non-profits in Central Oregon since 2011, addressing trauma, resiliency and generational poverty in at-risk children and families as well as children living in foster care. The event is being held in the Fireside Room at Sisters Community Church. Call 503-559-5245 for more information.

Thich Nhat Hahn Sangha Meditation Group

Weekly on Wednesdays at 4 p.m. at 737 E. Black Butte Ave. For more information please email Kathyn at Katindahood2@gmail.com.

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



Meet SEAMUS! A sweet 1-year-old kitty who is looking for his forever home here in Central Oregon! Seamus came to the shelter when his previous owner could no longer care for him. Seamus is a little shy here at the shelter, but once he warms up to you he loves receiving all the love you have to offer!

SPONSORED BY



Sisters Library COMING EVENTS

Family Fun Story Time

Family Fun Story Time for kids of all ages takes place at the Sisters Library on Thursdays, March 21 and 28 and April 4, 11, 18 and 25 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.

The Library Book Club

Read and discuss "Rocket Men: The Daring Odyssey of Apollo 8 and the Astronauts Who Made Man's First Journey to the Moon" by Robert Kurson with other thoughtful readers at the Sisters Library on Wednesday, March 27, from 5:30 to 6:30 p.m. Info: 541-617-7078.

Gmail Management

Learn to get the most out of Gmail on Friday, March 29 at 10 a.m. at Sisters Library. Registration is required, along with familiarity with computers and internet. Call 541-312-1066.

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 Tuesday, April 2 at 11:30 a.m. Info: 541-312-1072.

Breaking Barriers: Women's Achievements in the Era of Apollo 8

Dr. Jamie Bufalino, an instructor at the University of Oregon, will explore how women in the 1960s contributed to NASA in this presentation at the Sisters library on Saturday, April 6 at 11 a.m. No registration required. Call 541-312-1032 for more information.

Meet Astronaut and Author Jim Wetherbee

Astronaut Jim Wetherbee, commander of 5 space missions, will share stories of Apollo 8 at the Sisters Library on Wednesday, April 10 at 3 p.m. No registration required. Call 541-312-1032 for more information.

Magnetic Poetry Kit

Create your own collection of magnetic words at the Sisters Library on Thursday, April 11 at 4 p.m. Gather words and stick them on magnetic tape to create your own poetry kit to take home. Supplies provided. Ages 12 to 17. No registration required. Call 541-617-7078 for more info.

Open Computer Labs

From 2 to 3:30 p.m. on Tuesday, April 16, a free open lab is offered at the Sisters Library. Practice skills, receive help with technical tasks, and have your questions answered. For more info call 541-617-7078.

Tween Poetry Camp

Celebrate National Poetry month with art and musical poems at the Sisters Library on Tuesday, April 16 at 4 p.m. Listen to music and view art to inspire your poetry! Ages 10 to 17. No registration required. Call 541-617-7078 for more info.

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 • 541-550-0750
5 p.m. Praise and Prayer Service

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
452 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