

ANNOUNCEMENTS

Kids' Performance Class

Starshine and Sisters Farmers Market are teaming up to host a 1-hour performance workshop for kids ages 4-18 on Sunday, June 16 from 11:30 a.m. to 12:30 p.m. Kids will create a mini-performance to be presented at the Sisters Sunday Showcase Talent Show at 1 p.m. To register call 541-645-0688 or go to starshine-theater.com.

Healthy Living for Your Brain and Body

Join the Alzheimer's Association to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help incorporate these recommendations into a plan for healthy aging. Thursday, June 13 from 12:30 to 2 p.m. at Sisters Library. Call 800-272-3900 for more info or to register.

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.

Tai Chi/Balance Sessions

Free 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 every Thursday from 11-11:30 a.m. (except holidays) at the SPRD Fitness Room next to Sisters High School. Open to all ages. For info: 541-549-6221.

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.

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.

THIS WEEK'S Highlights

Thursday, June 6
River Rat Social Group
5 p.m. at Three Creeks Brewing

Monday, June 10
CPR/AED Class
9 a.m. at Sisters Fire Station

Tuesday, June 11
First Aid Class
9 a.m. at Sisters Fire Station

River Rat Social Group

Calling all River Rats: Join us at Three Creeks Brewing on Thursday, June 6 at 5 p.m. to talk rafting, rivers, paddling, and all other river-running adventures. Casual conversation, no "club" stuff, no volunteers needed. Contact Kathy Campbell, 541-912-0750.

OSU Alumni Join the Rodeo Parade

Show your OSU spirit by marching with fellow Beavers in the Sisters Rodeo parade on Saturday, June 8. The parade starts at 9:30 a.m. in downtown Sisters and participants will meet at 8:30 at a location TBD. For more information, contact Steve at 503-449-0438 or rudy6@hotmail.com.

Lions Club Yard Sale

In late July the Three Sisters Lions Club will be hosting a yard sale to raise funds for senior scholarships, sight & hearing testing and more local projects. Donations are being accepted to make this event a success from May 18 through July 14. Drop-off location is on Hwy 242 next to Les Schwab on Saturdays from 9 a.m. to 3 p.m. and Sundays from 11 a.m. to 3 p.m. Call Deri at 541-419-1279 for more information.

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.

CPR/AED and First Aid Class

The next CPR/AED class is scheduled for Monday, June 10 at 9 a.m. The First Aid module is on Tuesday, June 11 at 9 a.m. The cost is \$30 which covers both modules, a workbook and completion card. Register by Wednesday, June 5. To register, go on-line to sistersfire.com and select the CPR tab, or stop by and register at the Sisters Fire station during business hours (8 to 5). Pick up the student workbook at the station after you register. If you have questions, call Gail Butler at 541-595-5712.

City Of Sisters Community Grants Program Accepting Applications

The City of Sisters is seeking to award grants to non-profit community groups and other entities that meet the grant criteria for the 2019-20 fiscal year. The City will award up to a total of \$20,000 in grants for Sisters community projects. Interested organizations should submit a Community Grant application, which is available on our website: www.ci.sisters.or.us or at City Hall, and letter of interest by Friday, July 19, 2019, attention Kerry Prosser, City Recorder. For information contact Kerry Prosser at 541-323-5213 or kprosser@ci.sisters.or.us.

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.

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 for more information.

Parkinson's Support Group

The second Tuesday of each month, Sisters Parkinson's Support Group meets at The Lodge from 2 to 3:30 p.m. All are welcome to learn, share, and receive support. For more information contact Carol at 541-668-6599.

DLT Walk & Hike Series

Deschutes Land Trust volunteer naturalists lead free walks and hikes in small groups. Upcoming walks include: Fox Walk + Owl Eyes nature walk for kids in Indian Ford Meadow Preserve on Saturday, June 8 from 9 to 11:30 a.m.; and Kids' Bird Walk in the Camp Polk Meadow Preserve on Sunday, June 9 from 9 to 11 a.m. Online registration is required at deschuteslandtrust.org/hikes. Info: 541-330-0017.

Go Fish Group

Go Fish will meet on Monday, June 17 at Sisters Community Church at 7 p.m. The speaker will be Brett Hodgson, the Deschutes District Fish Biologist based out of Bend. He has been in that capacity for eleven years and is responsible for managing the fish populations in the upper Deschutes River basin. He will update us on the management of the fisheries in the Deschutes, Crooked, and Whychus Creeks. For information call 541-771-2211.

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.

Thich Nhat Hahn Sangha Meditation Group

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

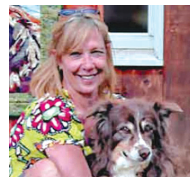
PET OF THE WEEK

Humane Society of Central Oregon
541-382-3537



Meet TILLY! She is a 2-year-old coonhound looking for her forever home. Tilly has been very friendly with staff, knows some basic commands and loves toys. She also has that distinct hound dog bark, so if you are unfamiliar with this breed then we recommend doing some research. Come down to HSCO today for an introduction!

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SISTERS HOMELAND REALTY
ALI MAYEA, Principal Broker/Owner
541-480-9658 • 541-588-6007

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. Info: 541-771-3258

Announce Your Celebrations!

Birth, engagement, wedding and milestone anniversary notices from the Sisters community may run at no charge on this Announcements page. Color photos included! All submissions are subject to editing for space. Email lisa@nuggetnews.com or drop off at 442 E. Main Ave. Deadline is noon on Monday to include in Wednesday's paper.

Sisters Library JUNE EVENTS

Gaining a Cosmic Perspective

Explore the wonders of the universe with Dr. Scott Fisher from the University of Oregon Dept. of Physics. This adult program will be held at the Sisters Library on Friday, June 14 at noon. No registration required. Info: 541-312-1032.

Reading Blast-Off

Rocket into summer with a story & crafts on Saturday, June 15 at 10:30 a.m. Kids ages 0-11 can sign up for summer reading to receive a free book! No registration required. Call 541-617-7078 for info.

Family Fun Story Time

Family Fun Story Time for kids of all ages takes place at the Sisters Library on Thursdays, June 20 and 27 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.

Space Camp

Protect our planet from aliens with some amusing play and scientific exploration for kids ages 6-11. Space Camp is Wednesday, June 26 at 10:30 at Sisters Library. No registration required. Call 541-617-7078 for info.

The Library Book Club

Read and discuss "The Huntress" by Kate Quinn with other thoughtful readers at the Sisters Library on Wednesday, June 26, from 5:30 to 6:30 p.m. No registration required. Call 541-617-7078 for more info.

Interstellar Mixed Media Workshop

Blast off with this space-themed mixed media workshop with paper-cut artist Carly Garzon Vargas. Saturday, June 29 at 10:30 a.m. at the Sisters Library for ages 12-17. Call 541-617-7078 for more info.

Universe of Crafts

All ages are welcome to join this journey around the world and into space through stories and crafts at 2 p.m. on Saturday, June 29 at Sisters Library. 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 | sistersnaz@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