

ANNOUNCEMENTS

Stars Over Sisters Party

Learn about the night skies! Stargazers are invited to gather at the SPRD building on Saturday, July 27 at 9 p.m. for a free presentation and slide show. If weather then permits, plan on heading out to the SHS sports fields to observe the night sky through powerful telescopes. For more information please call 541-549-8846.

Health & Wellness Day

What saps your mental and physical energy? What brings vitality and energy? Join naturopath Kim Hapke, ND, for talks on the Songbird Stage at the Sisters Farmers Market on Sunday, July 28 from 11 a.m. to 2 p.m. at Fir Street Park. At 1 p.m., all ages are invited to "Eat a Rainbow" with Seed to Table. Outdoor yoga at 11:30 a.m. with Tara Seymour. Free. Details at sistersfarmersmarket.com or 503-997-0301.

Vintage Cookery Game

How did cooking work in the old days? Come take your guess, learn something new, & maybe win a little prize. Presented by Three Sisters Historical Society on Sunday, July 28 from 11 a.m. to 2 p.m. at Fir Street Park. Free. Details at sistersfarmersmarket.com or 503-706-0387.

Please Help Furry Friends

Furry Friends Foundation (FFF) has grown, and the assistance is reaching more families than ever. FFF needs your support and your donations to operate. FFF sponsors FREE spay/neuter surgeries and FREE vaccinations. Let's help reduce the unwanted pet population, and keep pets at home and out of shelters. Donate online at www.furryfriendsfoundation.org or call 541-797-4023.

Country Fair and Art Show

The Country Fair & Art Show includes an art show and sale, silent auctions, music, food, homemade marionberry cobbler, games, bouncy house, animals, cake walks, face painting, country store, book sale and more. Free admission! All proceeds are donated to local community support agencies. Art show/artists' reception is Friday, August 9 from 5 p.m. to 8 p.m.; art show and country fair on Saturday, August 10 from 10 a.m. to 3 p.m. Held at the Episcopal Church of the Transfiguration at the corner of Hwy 242 and Brooks Camp Road. For information call 541-549-7087.

THIS WEEK'S Highlights

- Friday, July 26**
Starshine Kids Performance
11 a.m. at Fir Street Park
- Saturday, July 27**
Hoodoo Challenge Run
8 a.m. at Hoodoo Parking Lot
- Saturday, July 27**
Friends of Metolius Walk
10 a.m. in Camp Sherman
- Saturday, July 27**
Stars Over Sisters Party
9 p.m. at SPRD
- Sunday, July 28**
Health & Wellness Day
11 a.m. at Fir Street Park
- Sunday, July 28**
Vintage Cookery Game
11 a.m. at Fir Street Park
- Monday, July 29**
Matter of Balance Class Starts
1 to 3 p.m. at Sisters Fire Station
- Tuesday, July 30**
Debate Watch Party
4:30 p.m. at Sisters Library

Matter of Balance Fall Prevention class

This evidence-based workshop teaches practical coping strategies to reduce the fear of falling and exercises to reduce one's risk of falling. Classes start on Monday, July 29 and run for eight weeks (no class on Labor Day). Shannon Rackowski is the instructor. The cost of the class is \$10 for 8 sessions and will be held on Mondays from 1 to 3 p.m. at the Sisters Fire Community Hall, 301 S. Elm St. Contact Shannon to register at 541-272-0529 or shanrack@gmail.com.

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 info call 541-480-1843.

Friends of Metolius Walk

Saturday, July 27 from 10 a.m. to noon, enjoy a free interpretive walk along the Metolius River with Susan Prince. Observe the unique riparian habitat of the Metolius and learn about recent changes to enhance habitat for fish and native plants. Children are welcome, but please, no dogs. Meet near the Camp Sherman Bridge fish viewing platform. For more information please call 415-233-3243.

Starshine Kids Performance

Enjoy a delightful original play performed by kids ages 4-8 on the Songbird Stage at Fir Street Park on Friday, July 26 at 11 a.m. For more information call 541-645-0688.

Debate Watch Party

Indivisible Sisters will present a second Debate Watch Party for the Democratic Party Presidential Debates on Tuesday, July 30 at the Sisters Public Library. 4:30 to 5 p.m. social time; debate is 5 to 7 p.m. Munchies provided! Note: The debates run two nights, July 30 and 31 on <http://www.msnbc.com>. For more information call 541-400-8312.

Starshine Kids Performance

Enjoy a delightful original play performed by kids ages 8-13 on the Songbird Stage at Fir Street Park on Friday, August 2 at 3 p.m. For more information call 541-645-0688.

Free Astronomy Lecture

Sisters Astronomy Club and Sisters Park & Recreation District present a public lecture by Professor Shane Larson of Northwestern University: "Feeling Small in a Big Cosmos." Dr. Larson will talk about how our understanding of the universe has expanded with time, and how we came to understand our place in it. There is no charge to attend and this presentation is suitable for all ages. Saturday, August 10, from 2 to 3 p.m. in the Sisters Library meeting room. For more information contact Jim Hammond, djhammond@oldshoepress.com, 541-617-1086.

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 info contact Carol at 541-668-6599.

Hoodoo Challenge Run

The fourth annual Run to the Top 5K and half marathon is Saturday, July 27. The half marathon starts at 8 a.m. and the 5K starts at 9 a.m. There are new routes for both races, beginning at the parking area, following scenic trails and finishing at the top of Hoodoo! After-race party at the Hoodoo Lodge. Sign up online at tinyurl.com/ToTheTop2019 by Thursday, July 25. Proceeds benefit Sisters Kiwanis. Info: 541-647-7586.

Parkinson's Benefit Hike

Join Hiking Sisters & Mistery on August 10 on a hike to raise awareness of Parkinson's disease's impact on women and to benefit Parkinson's Resources of Oregon. The hike will be to Moraine Lake on the South Sister. Register and donate at www.parkinsonsresources.donordrive.com/index.cfm. Info: 630-564-2624.

Sisters Newcomers Club

A Newcomers' Club specific to Sisters-area new residents is starting up! Call Karee at 541-719-0050.

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.

Sisters Library COMING EVENTS

The Library Book Club

Read and discuss "French Exit" by Patrick deWitt with other thoughtful readers at the Sisters Library on Wednesday, July 24, from 5:30 to 6:30 p.m. No registration required. Call 541-617-7078 for more info.

The Beginning & End of the Universe

Dr. Wendi Wampler, Assistant Professor of Physics & Engineering at COCC, will introduce Big Bang Theory events and evidence, then outline possible fates of our universe at the Sisters Library on Friday, July 26 at noon. No registration required. Call 541-312-1063 for more info.

eBook Downloads

Learn how to download eBooks and audio books from the library's collection on Tuesday, July 30 at 10 a.m. at Fika Sisters Coffeehouse. No registration required. Call 541-617-7078 for more information.

CarFit Event

AARP and Sisters-Camp Sherman Fire District are sponsoring a CarFit event for drivers on Saturday, August 10 from 1 to 4 p.m. at the Sisters-Camp Sherman Fire Station. Find out how the fit of your vehicle affects your driving. Trained technicians will make individual adjustments to find the best person-to-vehicle fit. These adjustments will help you benefit from your vehicle's safety features by helping you feel more comfortable and in better control behind the wheel. Event is by appointment only. To schedule an appointment contact Sharon at 541-390-6075.

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.

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.

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



SKY is a 5-year-old Labrador retriever/Siberian husky who cannot wait to start a new life with his forever family! Sky is kind and eager to please, but he has been a bit timid since arriving. He is hoping to find a family that is willing to help him gain more confidence over time. If you think this is the dog for you, then come meet him at the HSCO today!

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INTERNATIONAL REALTY

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

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)

Chapel in the Pines

Camp Sherman • 541-549-9971
10 a.m. Sunday Worship

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