

ANNOUNCEMENTS

Free Medicare 101 Class

Futurity First will host a free Medicare 101 Workshop on Tuesday, October 8 from 4:30 to 5:30 p.m. at Sisters Library. Instructors will explain Medicare Parts A and B, and explore options with Medicare Advantage Plans and Medicare Supplements. Participants will also learn how prescription drug plans work, how to get help with the cost of prescription drugs and how Medicare works with the VA. Info: 541-973-2100, x9.

River Rats at Three Creeks

Calling all "River Rats" to Three Creeks Brewing on Thursday, October 3 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.

Painting Exhibit at Black Butte Ranch

An exhibit of Barbara Cella's landscape paintings of Central Oregon lakes and waterways, including international award-winning paintings, is on display at Black Butte Ranch Lodge through the month of October. Call 925-878-9723 for more information.

Art in the Library

Members of the Central Oregon Spinners & Weavers Guild will hold their annual fiber exhibit of handspun and handwoven art at the Sisters Library from October 1 to 29. Demonstrations will be included on Saturday, October 12. For information call 541-312-1070.

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.

World's Children Speaker

Sisters nonprofit World's Children is offering a speaker for your club, church group or classroom. Topics include street children in developing countries; child trafficking; and child marriage. Each talk is given with a PowerPoint presentation that explains why these issues exist in developing countries and what can be done about them. For more information call 541-904-0789 or email info@worldschildren.org.

Sisters Newcomers Club

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

THIS WEEK'S Highlights

Thursday, October 3

River Rats

5 p.m. at Three Creeks Brewing

Thursday, October 3

Heart of Oregon Youth Build

5 p.m. at 68797 George Cyrus Rd.

Saturday, October 5

Sisters Garden Club

9:30 a.m. at Sisters City Hall

Tuesday, October 8

Free Medicare 101 Class

4:30 p.m. at Sisters Library

Heart of Oregon Youth Build Opportunity

Heart of Oregon YouthBuild is currently recruiting for the fall cohort. The final Information Session is Thursday, October 3, starting at 5 p.m. Location is at the YouthBuild location outside of Sisters at 68797 George Cyrus Rd. Young people can also complete an application to the YouthBuild program online at <https://heartoforegon.org/programs/youthbuild.html>. Please have young person bring a government-issued ID, birth certificate, and Social Security card. Call 541-526-1380 for info.

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.

Sisters Speak Life Cancer Support Group

This cancer support group meets the second and fourth Wednesday of every month at Suttle Tea in their back room from 10 to 11:30 a.m. Caregivers as well as patients and family members are welcome to join in. Please contact Suzi Steele at 503-819-1723 for more information.

Silent Echo Kids Improv

Kids grades 2 to 8 are invited to join Silent Echo Theater Company for a series of classes and performances on October 1, 15 and 29. Details and registration information are available at silentechotheatercompany.org

Volunteer for Parks Board

The City of Sisters is accepting applications for a volunteer position on the City Parks Advisory Board for a 3-yr. term. Applicants must live within the Sisters School District boundary. The Board advises the Council on matters pertaining to the acquisition, development, maintenance and preservation of public parks, trails & open spaces, meeting every first Wednesday at 4 p.m. Applications are at www.ci.sisters.or.us or at Sisters City Hall at 520 E. Cascade Ave. Applications will be accepted until 5 p.m. Friday, October 25. For info contact Patrick Davenport at 541-323-5219 or at pdavenport@ci.sisters.or.us.

Sisters Garden Club

The next meeting of the Sisters Garden Club is at 9:30 a.m. on Saturday, October 5 at Sisters City Hall. Planning will take place for speakers, events and club elections for 2020 All are welcome! For more information call 541-549-6390 or go to sistersgardenclub.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 at 541-588-0081 for information.

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.

Support for Caregivers

A free support group for those who provide care in any capacity meets at The Lodge in Sisters at 10:30 a.m. the third Tuesday of each month. Call 541-771-3258 for additional information.

Parkinson's Support Group

The second Tuesday of each month, Sisters Parkinson's Support Group meets at The Lodge in Sisters 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.

City of Sisters Housing Policy Advisory Positions

The City of Sisters is accepting applications for 2 positions on the Housing Policy Advisory Board (HPAB). The Board advises the Planning Commission and City Council regarding policies related to increasing appropriate levels of affordable housing within the city limits. A 3-year position requires a background in real estate and in-city residency; a 1-year position requires familiarity or beneficiary of affordable housing and in-city residency. Apply online at www.ci.sisters.or.us by 5 p.m. on Friday, October 4. For more information call Patrick at 541-323-5219 or email pdavenport@ci.sisters.or.us.

CPR/AED and First Aid Class

The next CPR/AED/First Aid class is scheduled for Saturday, October 12 at 8:30 a.m. The cost is \$30, which covers both the CPR and First Aid modules, a workbook and completion card. Register by Tuesday, October 8. 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 Beverly Halcon at 818-674-7686.

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.

Panoramic Access Special Road District Board Term

Letters of interest are being solicited for a 3-year volunteer position on the PASRD board of commissioners. Applicants must reside within the road district and be a registered voter. Send letters to: panoramicroads@gmail.com or to PASRD, POB 1226, Sisters, OR 97759. Info: call 541-549-1150.

Crafters Wanted

Share your creativity! Quality-oriented crafters are being sought as consigners for the 44th Annual Snowflake Boutique (November 1 & 2). Jury will be Saturday, October 5 at 9:30 a.m. at Highland Baptist Church, Redmond. Info at www.snowflakeboutique.org or call Jan, 541-350-4888 or Randi, 541-788-4452 or Tina, 541-447-1640.

Furry Friends Blue Bag Fundraiser

Collecting bottles and cans for Furry Friends is now easier than ever. Pick up the plastic blue bags at our office or from the basket on The Nugget porch. Fill the bag with your returnable bottles and cans and Furry Friends gets the funds. For more information pick up a flyer at your next drop-off or 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.

PET OF THE WEEK

Humane Society of Central Oregon
541-382-3537



Meet LUTHER, a handsome Siamese cat! This gorgeous kitty prefers the company of humans and other cats and becomes very affectionate and playful with the people he knows. Luther is a true gentleman and will kindly let you know when he is feeling like he is ready for a little alone time. If you are looking for a dapper feline with a great personality then Luther is the cat for you!

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

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
6 p.m. Worship the 3rd Tuesday of each month

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