

Local practitioners to host virtual health event

The weekend of May 16-17 will be packed with online workouts, inspiring panels, happy hours, guided meditations, foam rolling clinics and more. Healthy at Home 2020 will be led by favorite fitness and wellness influencers in Sisters.

Every month, Sweat PNW hosts a special event to raise funds for a community member or family who is in need of financial assistance. This month, Sweat PNW has joined forces with several other fitness professionals, physical therapists, psychiatrists, nutritionists and more in the community to provide a virtual wellness weekend for the community.

Loryn Cummins, LPC, will be leading a 30-minute connection integration activity. Cindy Tintle of Sisters Athletic Club, Ashlee Francis and Meghann Harty of Sweat PNW, Kari Anton and Cindy Miskowiec of Life.Love.Yoga. and Courtney Echterkamp of Beloved Bod will be leading home workouts. Audrey Tehan will be discussing home gardens and Laurie Francis will be demonstrating which

essential oils you can use to help your garden thrive. Ann Griffin will run a foam rolling clinic.

There will be therapists and psychiatrists leading participants through guided meditations and teaching how to cultivate a centered presence.

“These are just a few of the knowledgeable individuals in this community who have offered to produce a live online feed of their talents for others to do in the comfort of their own homes,” said organizer Ashlee Francis.

“This event is donation-based and you can attend as many or as few of the live video workshops as you like. All donations will go to the Sisters Food Bank and can be made out to the food bank directly or to Sweat PNW so we can keep a running tab of how much money was collected.”

For more information, email Ashlee Francis at hello@sweatpnw.com. The schedule of events can be found at www.sweatpnw.com. Sign up directly through the Sweat PNW website for each event or follow the Facebook page Healthy at Home 2020 to receive event updates.

HEALTHY AT HOME SCHEDULE (subject to change):

SATURDAY, MAY 16

- 8:15 a.m. Lower Body Workout with Ashlee Francis, Sweat PNW. Sweat PNW is a low-impact, high-intensity bodyweight class. This class will be a Pilates-based workout focusing on the lower body.
- 9:45 a.m. COVID Resilience with Audry Van Houweling, PMHNP-BC, She Soars Psychiatry, LLC. Understanding the complex emotional impacts of Covid, cultivating resilience and learning how we can advocate for one another during this challenging time.
- 11 a.m. Living Your Best Life: By Design with Kelly Davis Martin, Achieve Wellness. Kelly Davis Martin, a local expert in behavior change, hosts an hour-long class on how to design your best life. Learn more about your growth edge and how to start taking action (rather than waiting for a “perfect” plan).
- 12:30 p.m. Leg Shak’n Soul Lift’n Barre with Meghann Harty, Sweat PNW. Health & wellness coach Meghann Harty leads a 60-minute full body low impact.
- 2 p.m. Essential Oils in the Garden with Laurie Francis, DoTerra Oils. Working in your garden using essential oils and other natural ingredients to keep the bugs at bay and your garden thriving.
- 3:30 p.m. Home Healthy Movement Session with Cindy Tintle, Sisters Athletic Club. Use props you can find right in your own kitchen to add on to your workout in a creative in challenging way.
- 5 p.m. Breathing to Unwind with Ashlee Francis, Sweat PNW. Learn how to release stress and tension with breathwork.
- 7 p.m. Strength Training Workout: Deirdra Kelliher, Mountain Peak Fitness. A 60-minute workout involving strength and balance training. Circuit training class with high reps and short breaks in between sets to create a cardio-based workout routine.

SUNDAY, MAY 17

- 8:30 a.m. Working Out with Your Kids with Ashlee Francis, Sweat PNW. A bodyweight-based workout teaching you how to be silly and have fun with your kids.
- 9:30 a.m. Creating Security and Connection Within with Loryn Cummins, MS, LPC Intern. Focus will be on creating security and connection with yourself and those in your home during a time of change and uncertainty. Content is applicable to everyone, and will be especially helpful for those who are caretakers at home or professionally.
- 10:30 a.m. Tight Cowboys with Kari Sims Anthon, Life.Love.Yoga. All postures are done on the floor. Appropriate for everyone.
- 12:30 p.m. Pre-Workout Nutrition with Courtney Echterkamp, Beloved Bod. Learn what foods can be used to give you the amount of energy you need without over-filling you.
- 3 p.m. Above with Cindy Miskowiec, Life.Love.Yoga. Fusion of ballet, pilates, yoga and strength training in each workout.
- 5 p.m. Foam Rolling Clinic with Ann Griffin, BigFoot Wellness.
- 7 p.m. Cultivating a Centered Presence with Meghann Harty, Unbridled Courage. A 45-minute workshop on cultivating a centered and peaceful life – from the inside out.

CHECK FACEBOOK PAGE AND SWEATPNW.COM FOR UP-TO-DATE SCHEDULE.

\$10 Lunch Specials TO GO!

- 11:30 AM-3:30 PM all week **541-549-3594**
- 1 **Chicken Tortilla Soup**
Originally of Merida, Yucatan. Fried tortilla slices, shredded chicken, avocado slices, melted cheese, cilantro, onions and lime on the side. (Add rice \$1)
 - 2 **Tijuana Taco Salad Bowl**
Crispy fried flour tortilla bowl topped with beans, choice of chicken, ground beef, or pork, lettuce, tomato, cheese, sour cream, guacamole, and mild salsa.
 - 3 **Enchilada/Taco Combo**
A cheese and onion enchilada and a ground beef taco. Served with rice, beans, and sour cream.
 - 4 **Spinach Enchilada**
A tortilla filled with fresh spinach sauteed with green onions and tomatoes in a garlic butter creamy sauce. Topped with a green sauce, Jack cheese, sour cream, green onions and red diced peppers. Includes rice and black beans.
 - 5 **Colorado Burrito**
Flour tortilla stuffed with chunks of beef cooked in a tasty red sauce. Topped with Colorado sauce & melted cheese. Served with rice, refried beans, and sour cream.
 - 6 **Expreso Burrito**
A flour tortilla filled with choice of chicken, shredded beef or ground beef, rice & beans. Topped with sauce, guacamole, lettuce, tomato & cotija cheese.
 - 7 **Two Enchiladas Verdes**
A combination of two enchiladas filled with chicken. Topped with green tomatillo sauce and cheese. Served with refried beans, rice and sour cream.
 - 8 **Macho Burrito**
A flour tortilla rolled and filled with pork carnitas, rice, and beans. Topped with melted Jack cheese, sour cream, lettuce and a chipotle cream sauce.
 - 9 **Pollo Rancho**
Strips of chicken breast cooked with green peppers, onions, zucchini, mushrooms. Served over a bed of rice, topped with melted Jack cheese. Served with tortillas.
 - 10 **Chile Verde**
Chunks of pork slow cooked in light green tomatillo sauce made with peppers, onion, and spices. Served with tortillas.

RANCHO VIEJO

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TAKE-OUT & DELIVERY

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Every day 8 am-2 pm • 121 W. Main Ave., Sisters

- Breakfast Bagel** Toasty Bagel with cream cheese, mustard, tomato and our egg/spinach/cheese patty..... **\$6.50**
- Breakfast Burrito** Whole-wheat wrap with our roasted potato/black bean hash, savory scrambled eggs, cheese and salsa..... **\$7.50**
- Vegan Cinnamon Rolls** **\$4.25**
- Signature Scones** (Marionberry, Blueberry, Peach) **\$3.75**
- Spinach Mushroom Quiche** (Gluten-free) **\$7.00**
- Enchilada Plate with Salad** (Gluten-free) **\$12.00**
- Toffee & Lemon Bars, Brownies, Carrot Cake..** **\$4.00**
- Fruit Smoothies** (choice of alt. milks or orange juice).. **\$6.00**

Famous Bagel Sandwich, Veggie or Turkey!

Homemade Soups, Salads GF/Vegan, and lots more!

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TAKE-OUT & DELIVERY: 541-549-7427

Sun.-Thurs. 11 a.m.-8 p.m., Fri.-Sat. 11 a.m.-9 p.m.

★ ★ ★ **FAMILY MEALS ARE FUN!** ★ ★ ★

BBQ Family Meal \$16/person (minimum 4 people)
Includes house-smoked ribs and chicken, salad, roasted vegetables, choice of starch (homemade potato crisps, fries, sweet potato fries, or mashed potatoes), and dessert.

Burger Family Meal \$13/person (minimum 4 people)
Includes Saloon Burgers made from all-natural locally raised, grass-finished beef, salad, roasted vegetables, choice of starch (homemade potato crisps, fries, sweet potato fries, or mashed potatoes), and dessert.

Soups and Saloon Chili

Soup of the day and our award-winning chili made fresh from scratch to stock your fridge! Available by the cup, bowl, and now also by the quart and gallon!

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SISTERS TAKE-OUT MENU GUIDE