



Fall Activity Guide 2015

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Contact Us

Coffield Community Center
Sisters Park & Recreation District
1750 W. McKinney Butte Rd.
Sisters, Oregon 97759
Office: 541-549-2091
Fax: 541-549-0997
www.sistersrecreation.com
Facebook: facebook.com/sistersrecreation

Office Hours

9:00am-5:00pm, M-F



From The Executive Director:

June 30th marked the end of a great fiscal year for the Sisters Park and Recreation District. Our program coordinators Kelly, Rob and Shannon, have created many fantastic new activities, and continued to improve our existing programs. Our receptionist Wendy, has streamlined our front desk operations and gives a warm, friendly greeting to anyone entering SPRD. In the back of the office, our finance coordinator Kris, has been working hard this last year keeping us all in line. She has been making sure every expense has a receipt, every revenue gets coded correctly, and has been working with families in need of scholarship and financial assistance options.

The Sisters Shootout Basketball Tournaments and the Sisters Annual Lacrosse Invitational once again drew thousands of people to Sisters. Through innovative marketing we were able to double the size of our Great Northwest cross country running camp, drawing participants from as far east as Burns and as far West as Newport.

One setback we faced these past few months, which I attribute to our low tax rate, was a reduction in personnel. However, our hardworking staff has ensured our customers are experiencing the same great level of service. Most people would never realize that SPRD operates on a tax rate that is less than a third of what many similar parks and recreation districts receive. This is because our innovative Board of Directors, and our passionate staff continually find a way to get the job done. Also this last year individual community members contributed over \$18,000 in donations to help SPRD continue our work for the citizens of Sisters Country. Many of these donations were directed towards scholarships to help children from low income families. Also SPRD received generous grants from organizations totaling over \$30,000.

The future of SPRD is still far from certain. To move forward we need a two-way communication process to enable us to serve you better. We need the community to work together with us in support of our mission, just as we did when the district was founded as SOAR 20 years ago. We cannot do this without you!

A handwritten signature in black ink, appearing to read "Liam Hughes".

Liam Hughes
Executive Director

District Staff



Liam Hughes
Executive Director
liam@sistersrecreation.com



Kris Harwell
Finance Manager
kris@sistersrecreation.com



Rob Meeter
MS Athletics
Community Schools
rob@sistersrecreation.com



Kelly Crowther
Program Coordinator
kellyc@sistersrecreation.com



Shannon Rackowski
Adult Programs Coordinator
shannon@sistersrecreation.com



Wendy Rullman
Front Desk
sprd@sistersrecreation.com

Mission Statement

The mission of SPRD is to sustain a viable, fiscally responsible organization that serves Sisters County with recreation and cultural enrichment opportunities.

Vision Statement

We envision a full service parks and recreation district with facilities and programs to meet the needs of constituents of all ages. A high level of community participation leads to demonstrably better health and a stronger sense of well-being. Parks and recreation activities are served by a nimble and experienced organization able to adjust quickly to the needs of the community and external influences.

SPRD BOARD OF DIRECTORS

A special **thank you** to our Board of Directors for their hard work, direction and service to this district. Their commitment and dedication has created a strong and sustainable future for the Sisters Park & Recreation District.

Board Chair: **Jeff Campbell**

Board Treasurer: **Peggy Tehan**

Board Member: **Erin Borla**

Board Member: **Andrew Gorayeb**

Board Member: **Darren Lane**

District Information

Scholarship Application

It is the goal of the District to make activities available to all youth no matter what their ability to pay. We understand that some families may not be able to afford the full cost of a program. Therefore, we offer scholarships to families who qualify for assistance. Qualification for scholarships is based on the USDA free and reduced lunch policies. Families are required to fill out our application and upon approval we will contact you to let you know about your scholarship award.

The Board of Directors of Sisters Park & Recreation District has adopted the following policies on scholarship awards:

Applicants shall provide a proof of income which establishes them qualified for free and reduced lunch according to the USDA lunch program.

1. A limit of 50% of total cost of program will be awarded unless special circumstances apply.
2. A limit of 2 scholarships per family per season will be established.
3. A limit of \$500 per household per year unless special circumstances apply, or if the child is registered into an ongoing program such as pre-school, which the District may choose to scholarship for the entire school year.
4. No adult scholarships are available by the District at this time.

We understand that sometimes there are extenuating circumstances and our policies may not meet the needs of your family, we therefore can in some cases make decisions that are outside of our normal policy to accommodate your family's need. These requests are handled on a case by case basis and decided by the Executive Director of the District.

Program Registration Information

Please register for programs early to avoid programs from being cancelled due to lack of participation. All SPRD programs require a minimum number of participants in order to run a program. There are four ways to register:

Online Registration: we have a new online registration program to make your registration easier. The program is called Rec Trac. Set up a family account by going to sistersrecreation.com and you'll be ready to register at any time.

By Phone: call us at 541-549-2091 to register using your credit card. Payment is due at the time of registration.

Fax: you may fax registration forms to 541-549-0997. Include your credit card information. Payment is due at the time of registration. Please call us to confirm that we have received your fax.

In Person:

The Coffield Community Center
Mailing Address: P.O. Box 2215
1750 W. McKinney Butte Road
Sisters, Oregon 97759
Office Hours: 9:00am-5:00pm
Phone: 541-549-2091
Fax: 541-549-0997

Out of District Fee Policy

Residents who live outside of the SPRD boundaries are encouraged to participate in all programs. However, since out of district residents do not pay property taxes to support SPRD, they will be charged an additional fee:

One day programs = \$5 Out of District Fee

Two or more day programs = \$10 Out of District Fee

If you need help determining if you live outside of the District please call us at 541-549-2091

Credits and Refunds

If your plans change and you cannot attend a program, please notify us as soon as possible. Refunds and credits are readily granted for:

- Programs that we cancel for lack of registration.
- 100% refund is given if you notify us 5 business days in advance / working days
- 50% refund is given if you notify us 3-4 business days in advance / working days

No credits or refunds will be issued when we are notified 2 business days or less from the start of the program.

Program fees are not refunded or pro-rated for participants who miss portions of programs.

Sisters Community Preschool



Valerie Selig
sprdgrasshopper@gmail.com



Carissa Gascon
sprdmusic@gmail.com



Ashley Nordell



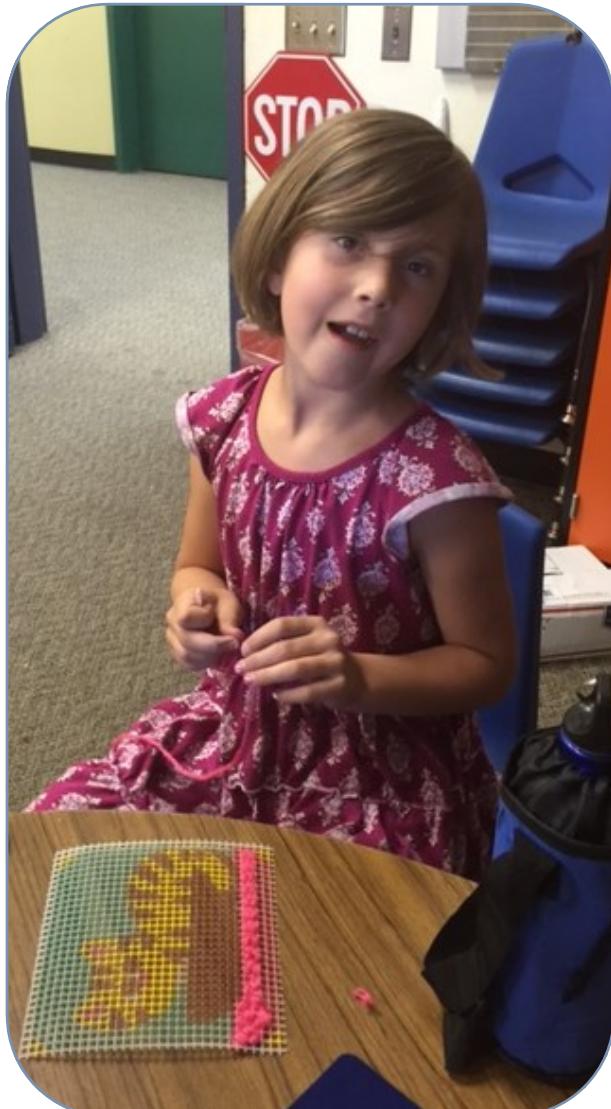
Janelle Meeter



Krista Palmer

Ages 3-5

Program includes outdoor and natural discovery, adventure, art, music, and literacy preparation. Children will enjoy quality classes with certified instructors. Space is limited. We have two preschool classrooms with a maximum of 40 students per day. A one-time \$250 deposit and \$75 supply fee is required per school year. 2015-2016 Preschool begins August 31. Instructors: Valerie Selig, Carissa Gascon, Janelle Meeter, Krista Palmer, & Ashley Nordell.



Preschool Options:

M-F | 8:00am-Noon | SPRD | \$295
4 days/wk | 8:00am-Noon | SPRD | \$240
3 days/wk | 8:00am-Noon | SPRD | \$190

Preschool With After Care Options:

M-F | 8:00am-5:30pm | SPRD | \$590
4 days/wk | 8:00am-5:30pm | SPRD | \$480
3 days/wk | 8:00am-5:30pm | SPRD | \$380

**prices are subjected to change*



Community Schools Initiative in Sisters

"Community and Schools working together for the success of all students and families."

After School Programs

Elementary Scheduling

Grades K-4

- 2:45-3:00 pm Outside Play
- 3:00-3:15 pm Afternoon Snack
- 3:15-4:00 pm Homework/Tutoring
- 4:00-5:15 pm Enrichment Programs

Enrichment Programming

Mondays: Computers

Tuesdays: Science Lab

Wednesdays: Legos

Thursdays: Arts and Crafts

Fridays: Friday Fun Day at SES

 No Homework on Fridays.

Elementary programs begin on Tuesday, September 1. Parents pick-up from SES on Monday-Friday. Scholarships are available on a need basis. Pre-registration in all programs is required. \$8 per day/\$40 per week.

M-Th | 2:45 - 4:00 pm | SES | Free |

M-F | 2:45-5:15 pm | SES | \$8 per day/\$40 per week

Middle School Scheduling

Grades 5-8

3:00-4:00 pm Homework/Tutoring
(T/Th in SMS Library)

3:15-4:30 pm Enrichment Programs TBA

4:30 pm Parent Pick-up at SMS

M-TH | 3:00-4:30 pm | SMS



The Community Schools Initiative (SCS) in Sisters is a partnership between the Sisters School District, SPRD, and other community organizations. Together we work to improve student academic achievement, strengthen families, and build a healthier community. We achieve this by ensuring that all students have what they need for success including healthy food, homework and tutoring help, and quality enrichment programming in the after-school hours.

Community Schools homework and enrichment programs run after school Monday through Thursday. There are no programs on Friday for Middle School. An enrichment program is run on Fridays for the Elementary School (no homework Fridays).

SCS Staff for 2015-2016 Academic Year:

Community Schools Coordinator: Rob Meeter

Elementary Site Manager: Imogen Rex

Special Thanks

A SPECIAL THANK YOU TO ALL OUR SPRING YOUTH SPORT COACHES!

Without your help and support, we would not be able to offer such fun and successful sports programs.

Jim Anderson	Andrew Loscutoff
Josie Aylor	Julianne Meeter
Randon Beech	Katelyn Meeter
Kent Boles	Janelle Meeter
Devon Calvin	Rob Meeter
John Connolly	Josh Nordell
Kelly Crowther	Paul Patton
Zoe Falk	Julie Patton
Porter Ford	Brandon Pollard
Wyatt Gladden	Howie Pruitt
Lane Gladden	Coach Q
Isaiah Glatz	Shey Quandt
Tracy Glatz	Shannon Rackowski
Andrew Gorayeb	Taylor Schneider
Kris Harwell	Bryn Singleton
Rob Harwell	Cris Smoot
Luke Hull	Gitta Storch
Jillian Jeppsen	Tom Swinford
Jeff Larsen	Tiffany Tisdel
Treasure Lewis	Mikaela Trott
Ryan Long	Jay Wilkins

WE WANT YOU!

Currently seeking youth soccer and football coaches. Youth coaches can enroll one of their children into the sport they are coaching free of charge. Contact SPRD for more information



Tuesday Night Dinners

with

The Open Door

in October

Enjoy dinners on Tuesday nights in October & 10% of the proceeds benefit SPRD's senior programs.

Activity Camps

Adventure Camp

Ages 5-10

322400

Dates: June 22 - August 14

Location: SES

Offerings:

\$145 Full-Week | M-F| 7:30 - 5:30 |

\$105/\$140 |Any 3-4 Days w/in a week | 7:30 - 5:30 |

\$50 Mini Camp | M-W | 9:30 - 12:00 |

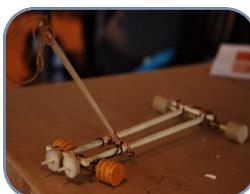
\$40 Drop-In | Any Full Day | 7:30 - 5:30 |

Week 7 Games Mazes

Dates: August 3 - 7

Games, Mazes, & Puzzles

Week, will have the kids playing as well as building.



Candy catapults, making chocolate bowls, homemade geo-board mazes, and chain reaction activities. Thursday kids will spend the day at Sun Mountain Fun Center bowling and playing mini-golf. On Friday, we'll swim at the Redmond Aquatic center.

Week 8 - Music, Theater, Art

Date: August 10 - 14

Paint in the park, use beads to make some keepsake possessions, and a



Gak relay are all on the bucket list. On Thursday, kids will hike up Black Butte with disposable cameras to take photos along the way. Friday we are going to end with a celebration – BBQ hot dogs and hamburgers, head to the City Spray pad, and use the slip and slide for the last day of camp.



Overnight Backpacking Trip

Ages: 10 -11 & 12-14

Explore the great outdoors this summer with an overnight backpacking trip! Led by Sisters Middle School Counselor Brook Jackson, this trip will take kids on an overnight expedition to sleep under the stars and camp in the wilderness during the hot summer months of August. Ages 10-11 camp for one night and ages 12-14 camp for 2 nights. Must provide own gear.

Aug 1-2 | Sat 8:00 - Sun 4:00 | 10-11yrs | \$95 |

Aug 7-9 | Fri 8:00 - Sun 4:00| 12-14yrs | \$105 |



Coach/Instruct

Do you have a skill or activity you would like to share and teach to Sisters' youths? Activities like Overnight Backpacking are run by passionate individuals who want to see a particular skill or activity brought to our community. Instructors are paid based on the amount of enrollment they receive and SPRD can aid in marketing your program to help get higher numbers. Contact us if you want to start a new activity in Sisters.

Youth / Middle School Sports

Youth Volleyball

Grades 3-5

Join your friends for a great volleyball season through the Bend Parks and Recreation District Volleyball League. This program emphasizes skill development, maximum participation, sportsmanship, teamwork and fun. Practice during the week with Saturday games.

Grades 3-5 **320600**

Required Skill Assessment: Sat. September 12

Oct-Dec | Day/Time TBA | SES | \$100 ID, \$110 OD |



MS Volleyball

Middle school volleyball is loads of fun. Play central Oregon teams during the fall with practices and competitive games during the week.

Grade 6-8 **320602**

Aug 31-Oct | M-TH | 3:00-5:00pm | SMS | \$120

MS Girls Weight Training

Geared toward young ladies from 6 - 8 grades, proper body form, technique, breathing, safety, and gym etiquette is covered. Instructor Shannon Rackowski teaches the girls through a combination of hands on training with a written and practice exams to test their knowledge on strength training. No class Oct. 14 (conferences).

Oct 5 - Oct 26 | M & W | 3:30 - 4:30 | SMS | \$35

MS Cross Country

Grades 6-8 **323200**

Sisters Middle School and SPRD partner together for middle school cross country. Season starts the first day of school and runs into October.

Aug 31-Oct | M-F | 3:00-5:00pm | SMS | \$120

MS Tackle Football

Grades 7-8 **320102**

Sisters Middle School and SPRD partner together for middle school football. Season starts the first day of school and runs into October. Please keep a lookout for more details on our website and our Facebook page regarding gear handout day.

Aug 31-Oct | M-F | 3:00-5:00pm | SMS | \$120



Fall Mt. Biking Club

Grades 5-8

Coach Loscutoff is building off of a successful spring mountain biking session and following up with a fall session of mountain biking. Take to the Peterson Ridge trails around Sisters and gain confidence riding.

Sept 9 - Oct 28 | W | 4:00 - 5:00 | \$80 |



OUTLAWS TOGETHER



Sisters School District Athletic Mission

To Teach, Compete with Honor and Dignity, Serve Community, and Pursue Excellence

Philosophy

Welcome to SHS Outlaws athletics! Our athletic program is proud to be part of our excellent offerings of co-curricular opportunities at Sisters High School. We purposefully categorize Sisters athletics as “co-curricular” not “extra-curricular” because our goal as a coaching staff is to be an integral part of the teaching mission of our school. Our coaches believe that their work is an extension of the classroom. Besides learning the “X’s and O’s” of sport specific drills, our student athletes will develop lifelong values of teamwork, leadership, dedication, sportsmanship, goal setting, maintaining composure, developing a hard work ethic, balancing busy schedules, living a healthy lifestyle, poise, and becoming men and women for others.

Beyond wins and losses, the primary goal of our athletic department is to provide a program that clearly demonstrates that athletics is a positive and energizing means to advance the physical, emotional, spiritual, intellectual, and moral development of our student-athletes. Simply put, our coaches strive to “coach for character”.

Important Dates:

- SHS Athletic Office open for Fall Sports registration: **August 10-14**
- Fall Sports Preseason Meeting: **Stay Tuned for Dates and Times**. Come meet the coaches and find out about our programs.
- First official day for fall sports practices: **August 17**

SHS Athletic website:

<http://www.sisters.k12.or.us/education/staff/staff.php?sectiondetailid=1979&>



Photos by:

Outlawsphotography.net

Fall High School Sports



Boys Soccer

Aug 17 | SHS | \$150



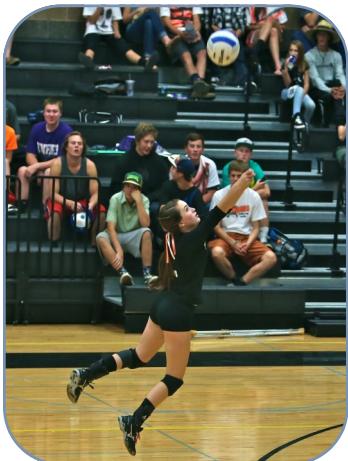
Girls Soccer

Aug 17 | SHS | \$150



Cross Country

Aug 17 | SHS | \$150



Volleyball

Aug 17 | SHS | \$150



Football

Aug 17 | SHS | \$150



Cheerleading

Aug 17 | SHS | \$150

Adult Recreation

Stretch & Flex

541601

Are you feeling stiff in your joints? Have you lost your flexibility? How is your balance? This class will assist you in all of these areas and more. We use chairs, never go down on the floor, and we use different apparatus to help tone, condition, and strengthen your body. This 30 minute class is filled with great fun, music, and laughter so come join us! Instructor: Shannon Rackowski

T/TH | 10:00-10:30am | SPRD | \$40 ID | \$45 OD or \$5 drop in

Step Aerobics

234161

Step Aerobics is a low impact cardio class which utilizes 4, 6, 8, and 10 inch steps, providing a rhythmic level of intensity. Weights, dowels, and other types of apparatus are used to create a higher intensity level if so desired. SPECIAL INTRODUCTION for **FREE CLASSES** call SPRD for DETAILS! Instructor Shannon Rackowski.

Sep. 16 - Nov. 4 | 5:30 – 6:15 pm | SPRD | \$48/8 classes | \$7 Drop-In

Pickleball Beginner Instruction

Have you been wanting to try out this fantastic sport that involves you in a sporting community that is active, low-key, and fun? Pickleball is the best way to get started! Instruction for beginners is available to get you introduced to the sport and the fantastic personalities involved with pickleball.

First Sunday of Month | Nov. 1 | 1:00 - 2:00 | SES Gym | \$2

Pickleball

441608

Pickleball is sweeping the nation and Sisters! Join like-minded pickleball players that come from all over Sisters Country - Sage Meadow, Black Butte Ranch, Sunriver, & Eagle Crest- for these ongoing pickleball games that are held every Sunday. Regular play begins at 2:00 pm.

Sundays | Nov. 1 | 2:00 - 4:00pm | SES Gym | \$4 Drop-In | \$30 for 10 Days |

Tribal Grace

141617

This dance form is ever changing, so be ready to see hints of pop, jazz, ballet, hip hop, flamenco, and much more. This method will have slow moves that will help stretch and improve flexibility and fluidity. The cardio mix medium which incorporates faster paced moves will give you a full body work-out. Drop-In to this ongoing class and check it out. Instructor Shey Quandt

Mondays | 11:00-12:00pm | \$60 for 8 classes | \$10 Drop-In



Hula Workshop

341621

Learn the art, language, and spirit of Hawaiian Dancing. Shannon Mokuahi Rackowski, a native Hawaiian from Oahu, has been dancing since she was 5 years old. Shannon started a halau (school) in Newport Oregon 25 years ago, and now she wants to share her love of dancing here in Sisters. Bring a lunch for a 30 min break.

Oct. 31 | Sat | 10:30-2:30pm | SPRD | \$44 ID, \$54 OD

Hula Sessions

Follow-up practice from our first Hula Workshop. Eight sessions offered the 2nd Saturday of each month from March 14 through November 14

Ongoing Through Nov 14 | Sat | 10:00– 11:00 am | SPRD | \$12.00 Drop In | Prorated Options Available |

Adult Recreation/Enrichment

Martial Arts

We invite you to learn the timeless Art of Tradition, promote discipline through fitness, self defense, and self confidence. Discover what the world of Mixed Martial Arts (Taekwondo, Kickboxing, Aikido, and Jiu Jitsu) can do for you! Instructor Charles Quandt better known as "Coach Q" comes with a long list of Martial Arts experience, black belts, sports coaching and instruction.

| T/TH | 4:45 - 6:00 | SPRD | \$75 ID \$85 OD / 6 Weeks |



Contractor/Volunteer Opportunities!

Use your time, talent, and ideas to make a difference at Sisters Park and Recreation District. As a volunteer or contractor you can share your knowledge and skills with our seniors, youths, and some of the many events that we sponsor and partnership with. We are looking for individuals who love to teach, share, and give to others. Come help your center be all that you want it to be and support your community.

I don't want to miss any classes at SPRD,
how will I know what's coming up?

- Our Website: www.sistersrecreation.com
- Read the Nugget Newspaper; advertisement every Wednesday
- Look for Flyers posted around town



141618



Zumba Fitness and Toning

Ages 13 and up

Join Patty for a fun-filled hour of total body workout using a spicy, upbeat mixture of Latin and International music such as the merengue, salsa, cumbia, and mambo as well as other styles including hip-hop and belly dancing. Zumba is a cardio class that combines easy to follow dance moves and fitness elements. Students will learn how to use lightweight, maraca-like toning sticks to enhance rhythm and tone all their targeted zones. You are guaranteed to have fun and burn calories! Just let loose and feel the music. No prior dance experience is necessary. Punch cards available.

Additional classes to be added as needed.



T/TH | 8:30-9:30am | SPRD | \$6 drop-in

Zumba Gold

Ages 13 and up

Zumba Gold is a dance fitness workout designed for the beginner exerciser and the active older adult. This class is 60 minutes long and it is done at a much lower intensity than a regular Zumba class. The same zesty Latin music and dance steps like the Merengue, Salsa, Cha Cha, and Cumbia are used. It is just as fun as the regular Zumba class! The routines are easy to follow and you are guaranteed to have fun and get fit. Come try a class... You will get hooked! Licensed Zumba Instructor: Patty Silva

M/W | 9:30-10:30am | SPRD | \$6 drop-in |



Adult Recreation

Matter of Balance

441603

Do you have a fear of falling? Have you stopped activities that once brought you joy? Are you making excuses to family members and friends about staying at home? The first step towards a healthier attitude about falling is to understand one's own beliefs or biases. This community workshop will teach practical coping strategies to reduce the fear of falling. This workshop will be held for 8 weeks, every Wed. for 2 hours. This is an evidence-based program taught by Shannon Rackowski, certified instructor.

Sept 16 – Nov 3 | W | 1:00 – 3:00 pm | SPRD | \$10.00 ID, \$20 OD

Walk With Ease

441602

This Arthritis Foundation Program is a self-management educational program. Walking is the central activity , but participants will benefit from stretching exercises, and motivational strategies. Classes will meet 3 days a week for 75 minutes. Join Shannon Rackowski, certified evidence-based instructor for this program on Healthy Aging.

Sept 14 – Oct 21 | M-T-W | 8:45 - 10:00 AM | SPRD | \$10 ID, \$20 OD



Adult Ukulele

341612.02

E Komo Mai, come join the fun and learn some fundamental skills to get you playing quickly. We'll focus on learning to read and play chords along with different strumming techniques and even a little fingerpicking. With just a few basic chords you can play along with others or accompany yourself on a multitude of songs. No musical experience is needed. If you don't have a ukulele, one can be provided. Taught by Peggy Tehan.

Oct.13 - Nov. 19 | W | 6:00-7:30pm | SPRD | \$60 ID, \$70 OD



Beginning Guitar

141611

Come learn basic guitar skills while developing a foundational understanding of music of music theory. Sisters musician Brent Alan will help beginners to play songs, in addition to strumming, and basic finger picking. Anyone can learn to play, and this class is a perfect first step!

Sept 24 – Nov 19 | TH | 6 – 7:30 pm | SAW | \$130 ID, \$140 OD

Adult Program Sponsorships

Are you looking to help others in your community? SPRD is looking for those business, companies, individuals, and organizations that can help those in need. Many of our SAGE (Senior Activities Gatherings and Experiences) Adults are on fixed incomes, and we at SPRD are reaching out to those that might be willing to enrich the quality of their lives by sponsoring excursions, gatherings, and any assistance with their needs.

Adult Recreation

Health Talks

Join SPRD and some of our local doctors, physical therapists, health professionals, and fitness specialist in a 45 min. discussion with questions and answers on staying healthy and fit. These talks will be scheduled every 4 months with different professionals speaking about their specialty field. These talks are a free community service brought to you by SPRD. Talks are held at alternating locations of SPRD and Sisters Community Church.

Sept 22 | T | 11:15 - 12:00 pm | Sisters Community Church | Lane Tandy of All American Hearing

Feb 9, 2016 | T | 11:15 – 12:00 pm | Sisters Community Church | Kim Hapke of Naturepathic Medicine Sisters

Emergency Preparedness for Adults

141621

Are you ready for any emergencies be it natural or man made? Join SPRD and the American Red Cross for classes on preparedness for you and your family. This is a community service and FREE of charge. You must register in advance. Adults can be joined by their high school kids.

Oct 7 | W | 6 – 7 pm | SPRD | FREE



Winter Indoor Walking

SPRD is bringing back a community service Free of charge for Winter Indoor Walking. In partnership with Sisters School District and Sisters Park & Recreation District, Sisters Middle School will once again open its doors from 3:30 – 5:30 pm Monday – Friday from December 2015 – March 2016. Rules of participation do apply: No Alcohol or Tobacco. Food and Water allowed. No Running. Do not block open doors, and stay on designated walking areas. Maps available at SPRD or SMS.

Sept 14 – May 31 | 3:30 – 5:30 pm | M – F | SMS |

SAGE

Senior Activities, Gatherings & Experiences

Wednesdays 1:00-4:00pm @ SPRD

We currently have a group that plays Mexican Train Dominos. Newcomers are invited to learn it or to start other games (Pinochle, Mahjong, Gin Rummy, Scrabble). There is a walking group weekdays meeting at 3:30 at the Sisters Middle School.



SPRD Sage Excursions

SPRD will be arranging excursions for our SAGE (Senior Activities, Gathering & Experiences) year round. Space for these excursions are limited to 14, so get your reservations and payment in early. If you are interested please call or e-mail Shannon Rackowski, Adult Programs Coordinator at SPRD 541-549-2091 or shannon@sistersrecreation.com

1.) D & D Ranch | Terrebonne | Aug. 20, 2015 |

2.) Oregon Gardens | Silverton | Oct. 1, 2015 |

3.) Excursions set for 2016



Hawaiian Luau



This event is known by locals as *the* summer event to attend! Hula dancers, Kalua pig, and music combine to make a great community event at the Village Green.

**August 13 | Thursday | 6:30 - 8:30PM | RSVP |
\$10/adult | \$4/youth | \$14/\$8 at the door |**

Community Dinner & Bingo Night



SPRD provides the meal by obtaining generous donations from various Sisters businesses including Ray's, Three Creeks, & Los Agaves. Join in on the entertainment by buying a bingo ticket where proceeds benefit the SHS Athletic Department.

October 12 | Monday | 6:30 - 8:30 PM | \$4 |

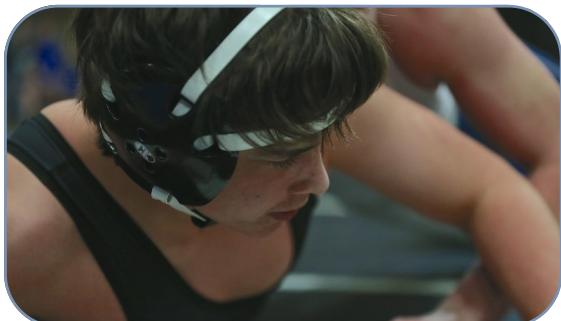
The poster features a red header with the text "THE OPEN DOOR" in white, with "THE" in a small speech bubble above "OPEN DOOR". A black curly line connects "OPEN" and "DOOR". Below the header, it says "WINE AND ART". The main text area is white with a black border. It reads: "Tuesday Night Dinners with The Open Door in October". Below this, in a smaller font, it says: "Enjoy dinners on Tuesday nights in October and 10% of the proceeds benefit SPRD's senior programs."

Upcoming Sports



Basketball

Whether it's our Sisters Basketball league for the young ones or 7/8 grade basketball, be sure to check in with SPRD in our winter guide to get the latest plan for basketball in Sisters this year.



Wrestling

Middle School wrestling for 6 - 8 grades is where the younger Outlaws learn the fundamental techniques necessary to succeed in high school. The season starts in January for this sport.



Nordic Skiing

Join the Nordic skiing program afterschool during the week for ski practices. First time skiers to veteran middle school skiers are welcome to learn how to classic ski where evening alpenglow sunsets are a regular at practice.



Hoodoo Night Skiing

While snow has been an issue these past two years, we are supremely confident the weather patterns are changing and we'll get snow for night skiing and riding at Hoodoo this winter. A hallmark of winter life in Sisters, don't miss out on this program.

Outdoor Recreation

Sisters Skate Park

"Our dream was to build a skate park, which would help to create a better community. We wanted to create a place with a sense of security and ownership, where people of all ages throughout our community can gather and enjoy the popular sport of skateboarding."

- Preston Ferris, Scott Everson, Timothy Wonderly, Davidson Small, Daniel O'Neal



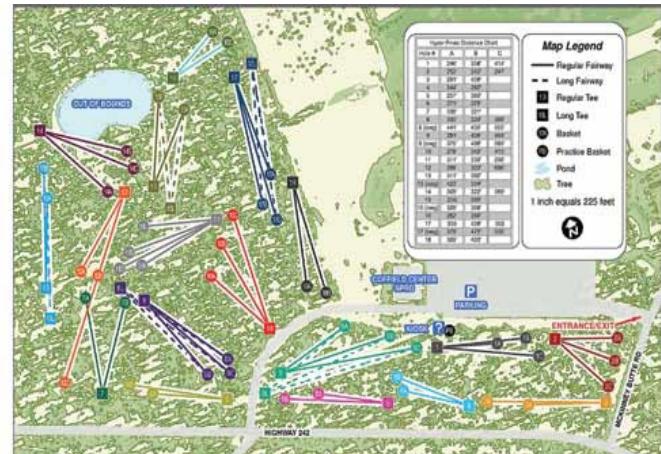
SKATE PARK RULES

1. THIS PARK IS NOT SUPERVISED. USE AT YOUR OWN RISK.
2. HELMETS ARE REQUIRED FOR RIDERS UNDER 16 PURSUANT TO ORS 815.052.
3. KNEE PADS, ELBOW PADS & WRIST GUARDS ARE HIGHLY RECOMMENDED.
4. PARK SURFACES ARE SLIPPERY WHEN WET.
5. PARK CLOSED FROM DUSK TO DAWN.
6. NO SMOKING, DRUGS OR ALCOHOL ALLOWED ON THE PREMISES.
7. PLEASE HELP KEEP THIS PARK SAFE AND CLEAN.
8. NO BICYCLES ALLOWED ON PARK

Hyzer Pines Disc Golf Course

The Hyzer Pines Disk Golf Course is a volunteer committee of Sisters Park & Recreation District.

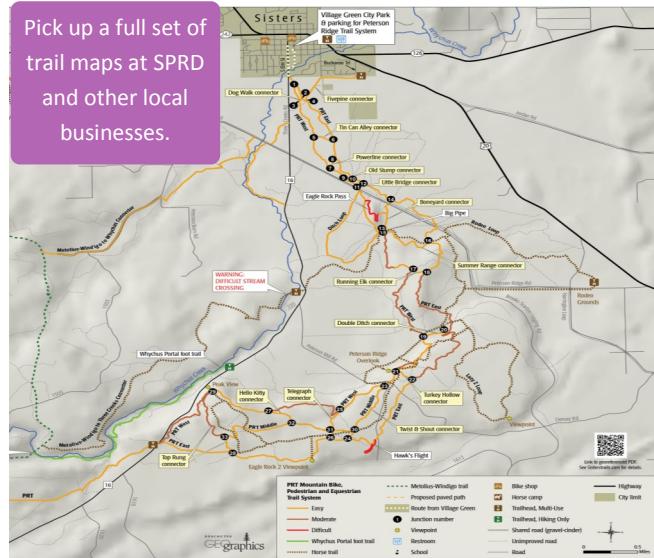
Open to players from sunrise to sunset. Check out discs and get a map of the course at SPRD.



Sisters Trails Alliance

Our vision is to create an outstanding trail system that helps make the Sisters area a great place to live—safely connecting us to each other and our remarkable natural surroundings.

Pick up a full set of trail maps at SPRD and other local businesses.



For more information or to become a Friend of the Sisters Trails Alliance please visit us at:

www.sisterstrails.com



Donors/Partners

donors

Thank you to our donors and partners, who make our important work possible.

& partners

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	Shibui Spa
	Sisters Coffee Company
	Sisters Folk Festival
	Sisters Log Furniture
	Sisters Motor Lodge
	Sisters Outdoor Quilt Show
	Sisters Rental
	Sisters Rodeo Association
	Sisters Science Club
	Snow Cap Mini Storage
	Step & Spine
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	Stitchin' Post
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	The Gallery Restaurant
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	Tom and Linda Hespe

A SPECIAL
THANK YOU
 TO OUR
 COMMUNITY
 PARTNERS AND
 COMMITTEES:

Outlaw Basketball Club
Outlaw Volleyball Club
The Farmers Market
Sisters Skatepark Alliance
Hyer Pines Disc Golf
Sisters Community Schools Initiative
Sisters Little League
Sisters School District
City of Sisters
Sisters Chamber of Commerce
Family Access Network
Circle of Friends



August

Aug 1

Overnight Backpack Trip

Aug 3

Adventure Week 7: Games, Puzzles, & Mazes

UK Soccer Camp

Aug 10

Adventure Week 8: Music, Theater, Art

Aug 13

Hawaiian Luau

Enjoy Hawaiian cuisine and entertainment starting at 6:00pm at the Village Green Park. Featuring Hawaiian Kalua Pig, Hula dancers, and music. This night has become a centerpiece of summer culture in Sisters.

HS Fall Sports Night

Aug 14

Youth Tackle Football Registration Deadline

Aug 15

6th Grade Volleyball Skill Assessment

Aug 17

Fall High School Sports Begin

Aug 20

Sage Excursion: D & D Ranch

Aug 22

Pre-K - 4th Grade Soccer Registration Deadline

Flag Football Registration Deadline

Aug 31

First Day Youth & Middle School Fall Sports



September

Sept 12

First Sisters Soccer League Games

Flag Football Tournament

3rd - 5th Grade Volleyball Skill Assessment

Sept 14

Indoor Walking at SMS Begins

Sept 16

Step Aerobics Begins

Matter of Balance Begins

Health Talks: Hearing Screening with Lane Tandy

Sept 24

Beginning Guitar



October

Oct 1

Sage Excursion: Oregon Gardens

Oct 5

Weight Training - MS Girls

Oct 7

Emergency Preparedness for Adults

Oct 12

Community Dinner/HS Bingo Night

Oct 14

Winter Guide Release

Oct 31

Hula Workshop

Last Day Youth Soccer and Football



November

Nov 2

7-8 Grade Boys Basketball

Nov 12

HS Winter Sports Night

Nov 23

SSD Thanksgiving Break Begins



December

Dec 1

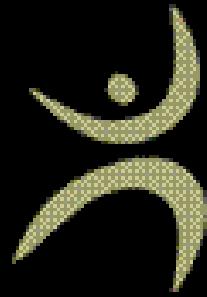
7-8 Grade Girls Basketball

Outlaw Volleyball Club

December 19

SSD Winter Break Begins





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