

A photograph of a skier in a red jacket and white pants standing on a snowy slope. The skier has their arms raised in a celebratory or triumphant pose, holding ski poles. The background shows a snowy mountain landscape with other skiers and a fence in the distance.

WINTER ACTIVITY GUIDE 2015-16

Director's Letter

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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](https://facebook.com/Sistersrecreation)

Office Hours

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

Stay Tuned In!

- Our Website: www.sistersrecreation.com
- Read the Nugget Newspaper; advertisement every Wednesday
- Look for Flyers posted around town
- Sign-up for our email newsletter
- Like Us on Facebook

From The Executive Director:

Instead of making references to the leaves turning, or the chill beginning to blow on the wind, I decided to make the focus of this letter youth sports. Providing youth sports activities is one of the primary functions of SPRD, and it is something I have been passionate about for a long time.

I believe that youth sports teach fantastic character traits that are often not attained through other avenues anymore. The biggest thing I believe people take away from youth sports is the realization that hard work pays off. Kids that put in the extra effort to go home and practice their jump shot and their dribbling get better. Then, during their basketball game on Saturday, they score more points and make less turnovers, which objectively rewards their hard work. The kids that invest the time and effort get better are able to elevate themselves above their peers. This carries over to school and work in a huge way. I believe this is a major factor why statistically athletes get better grades in school than non-athletes, and often go on to lead more esteemed careers. They learn that their effort is directly tied to their own success.

One of the other major reasons athletes experience more success in school and life is mentorship. Young athletes are exposed to additional mentors and role models. This is becoming increasingly important in today's society, where seemingly more and more kids grow up in less than ideal family situations. In sports everyone arrives at practice, puts on exactly the same jersey, and is given an equal chance to prove themselves as anyone else. In sports it doesn't matter if you turn up in a Ferrari or on a bike, you are judged not on the clothes you wear, but on how many goals you score, touchdowns you throw, or assists you make. In this regard sports is one of the great social equalizers, crossing race, culture, and socioeconomic class.

If you have any questions about our programs, or have program ideas that you would like to see that we do not currently offer, please come in and talk with our knowledgeable staff members.



Liam Hughes Executive Director

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.

Deadline is 2 weeks prior to any given programs start date. Expect a response from us by 1 week prior to program starting. Applications received after this deadline will be considered based upon space availability.

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

SPRD Staff



Liam Hughes
Executive Director
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Kris Harwell
Finance Coordinator
kris@sistersrecreation.com



Rob Meeter
MS Athletics
Community Schools
rob@sistersrecreation.com



Kelly Crowther
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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 Country 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**

Vice Chair: **Darren Lane**

Board Treasurer: **Peggy Tehan**

Board Member: **Erin Borla**

Board Member: **Andrew Gorayeb**

Sisters Community Preschool



Valerie Selig
sprdgrasshopper@gmail.com



Carissa Gascon
sprdmusic@gmail.com



Ashley Nordell



Janelle Meeter



Caroline Molesworth

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. The 2015-2016 Preschool begins August 31 and will accept registrations as space allows. Instructors: Valerie Selig, Carissa Gascon, Janelle Meeter, Ashley Nordell, & Caroline Molesworth.



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*

Dragonfly Classroom

Ages 4-5

Children who will be entering Kindergarten in September 2016 are eligible for the Dragonfly Class.

Teacher: Carissa Gascon

Grasshopper Classroom

Ages 3-4

Children who are 3 years old are eligible for the Grasshopper Class.

Teacher: Valerie Selig

After School Programs

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.

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 Club on Fridays).

SCS Staff for 2015-2016 Academic Year:

Community Schools Coordinator: Rob Meeter

Elementary Site Manager: Imogen Rex

Community Dinners

Our community dinners provide for a great opportunity to socialize with your neighbors and meet new people. You also get to enjoy a great meal at an unbeatable price. Join the SHS athletic department afterwards for Bingo to support SHS athletics!

Meals only

\$2

5:30-6:30

October 12

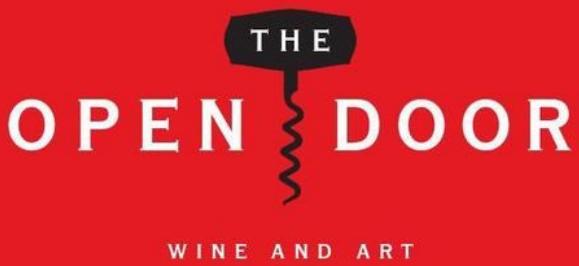
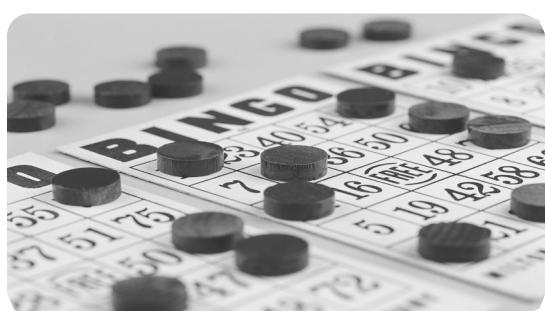
January 11

April 25

After the Community Dinners
stick around for

Bingo Night!

6:30-8:30



Tuesday Meals

with

The Open Door

in October

Enjoy meals on Tuesdays at the Open Door in October and 10% of the proceeds benefit SPRD's senior programs.

Youth Sports



SPRD Youth Basketball

Ages K-6

SPRD's youth recreational basketball program is a great opportunity to meet new friends, gain experience, learn new skills and elevate your game.

Tiny Tikes Kindergarten

Nov - Dec | Day/Time TBA | SES | \$50 |

Grades 1-2 120201

Skill Assessment/Deadline: Saturday, December 5 & December 12 9:00 AM

Jan-Feb | Day TBA | Time TBA | SES | \$65 ID, \$75 OD

Grades 3-4

Skill Assessment/Deadline: Saturday, December 5 & December 12 10:30 AM

Jan-Feb | Day TBA | Time TBA | SES | \$75 ID, \$80 OD

Register with SPRD

541-549-2091

Grades 5-6

Girls: Register with Redmond Area Park and Recreation

Deadline: Sunday, December 13

Contact: RAPRD at (541) 526-1847

Boys: October 4 Deadline with RAPRD; COBO available Jan.

WE WANT YOU!

Volunteers and Coaches are always needed and welcome. If you would like to volunteer or become a coach, please contact the SPRD office: 541-549-2091.

Sisters Little League—Baseball and Softball

America's Past-Time

Ages 4-14

Baseball—Child must be age 4 as of April 30, 2016

Softball—Child must be age 4 as of December 31, 2015

League Age Calculator Visit: http://www.littleleague.org/leagueofficers/determine_league_age/league_age_calculator.htm

Important Dates:

- Team announcement night mid March (date tba)
- Player assessments for baseball players aged 8-12 will be Saturday, March 5 and Saturday March 12 at the Sisters Community Church baseball field.
- Regular season begins in April and ends in mid June, All-Stars will follow (league will notify)

For questions , please contact SLL President Kyle Fischer, president@sisterslittleleague.org or SLL Player Agent Darcy Davis, playeragent@sisterslittleleague.org. For more information and contact information, please visit our website, www.sisterslittleleague.org, or find us on Facebook.

Early Registration at SPRD: Fees* Jan 2-Feb 29

With early signup: FREE preseason Baseball/Softball skills camp (\$60 value) to be held at Bend Fieldhouse.

T-ball (4-6 years old) \$75

Minor B Coach Pitch (6-8 year olds) \$75

Minor A Player Pitch (8-11 year olds) \$95

Minor Girls Softball (8-11 year olds) \$95

Major Boys & Girls (10-12 year olds) \$95

Junior Girls Softball (13-14 year olds) \$115

Intermediate (50/70) Boys (12-13 year olds) \$115

***Family Cap of \$230; Scholarships Available**

Registration after February 29, 2016 add \$10

*****DEADLINE: MARCH 16, 2016*****

All divisions subject to change due to player availability



MS Basketball

Grades 7-8 120203

Sisters Middle School age students have the opportunity to play on our girls 7th and 8th grade basketball teams. The teams will play other Central Oregon opponents such as Redmond, Crook County, Madras, and Culver. Practices and games occur during the week.

Girls 7th-8th

Jan-Feb | M-F | 3:30-5:30 | SMS | \$120

Boys 7th-8th

Nov-Dec | M-F | 3:30 - 5:30 | SMS | \$120

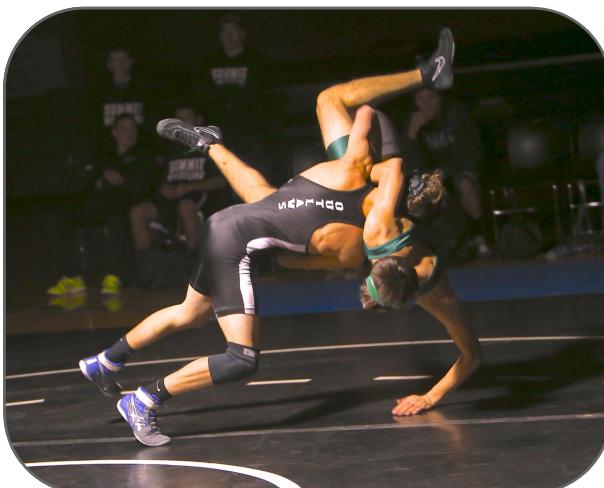


MS Wrestling

Grades 6-8 120400

This program focuses on age appropriate wrestling techniques and fundamentals. The team will participate in 6-8 meets.

Jan-Feb | M-F | 3:30-5:30pm | SMS | \$120



MS Nordic Skiing

Grades 5-8

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.

Jan 5 - Feb 25 | T/H | 3:15 -6:00 | Hoodoo |

\$150 (\$220 with gear rental)



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 appositive 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:

Winter Sports

- Mandatory preseason parent/player meeting: Thursday, November 12, 2015 beginning at 5:00pm at SHS
- Great opportunity to get registered and meet your coach.
- First day of Winter practices Monday, November 16, 2015

SHS Athletic website:

http://shs.sisters.k12.or.us/pages/Sisters_HS/Athletics





Winter Sports



November-February



Girls Basketball
Casey Pallister



Boys Basketball
Rand Runco



Wrestling
John Downs



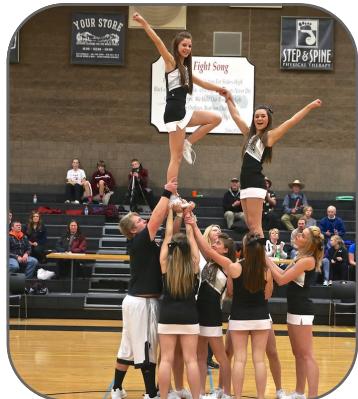
Alpine Ski Team
Greg Ausman



Swimming
Brittany Morioka



Nordic Ski Team
Kelly Crowther



Cheer
Gabrielle Griffy

Hoodoo Program

Hoodoo Night Skiing

MS Lesson Package 12100

Grades: 5-8

Parent Meeting: Wednesday, December 16 at 6:30pm
in SHS Lecture/Drama room

Registration Deadline: December 16

Season: January 8 – February 19

Day/Time: Friday 4:15PM – 9:00PM

Location: Meet at SPRD, ski at Hoodoo

Pricing:

\$275 – 7 lift tickets for program, transportation, equipment rental, 7 nights of lessons and chaperones

\$460 – season pass purchase, transportation, equipment rental, 7 nights of lessons and chaperones

Current Season Pass Holder: \$195 – transportation, equipment rental, 7 nights of lessons and chaperones



***All middle school students are required to take lessons their first year in the program and graduate from the lessons program before they are able to sign-up for Independent Skiing.**

Independent Skiing 131000

Grades: 6-12

Parent Meeting: Wednesday, December 16 at 6:30pm in SHS Lecture/Drama room

Registration Deadline: December 16

Season: January 8 – February 19

Day/Time: Friday 4:15PM – 9:00PM

Location: Meet at SPRD, ski at Hoodoo

Pricing:

\$185 - 7 lift tickets for program, transportation, equipment rental, and chaperones

\$365 - season pass purchase, transportation, equipment rental, and chaperones

Current Season Pass Holders - \$100 - transportation, equipment rental, and chaperones

-Add \$95 to Independent Skiing pricing for lessons

***Grades 9-12 (high school) are allowed to ski independently without taking lessons. If you are in grades 5-8, and have not completed the lesson program, you must sign up for lessons. If you have completed lessons and are in grades 6-8, you can ski independently.**



Club Ball/Tournament

COBO Boys – November-February

Central Oregon Basketball. We will be offering teams for grades 5-8 this year. COBO is a Central Oregon Basketball program that allows 5-8 grade players to play at a high level of competition against from teams across Central Oregon. Teams will have tryouts the first week of November and it will coincide with school basketball for the 7 and 8 grade teams. Players in 7/8 Grade MUST be registered in school basketball in order to participate in COBO.

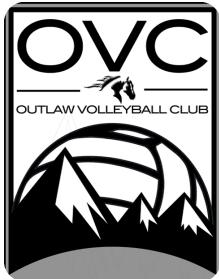


COBO Girls— December-February

We will have a 5/6 team with tryouts the first week of November. More info to follow on the 7/8 team. COBO is a central Oregon Basketball program that allows 5-8 grade players to play at a high level of competition. Players in 7/8 Grade MUST be registered in school basketball in order to participate in COBO.

OVC – December-March

The mission of the Outlaw Volleyball Club is to create an environment where young athletes can develop into positive, forward-thinking players who have the tools to excel in volleyball and in life. This is achieved by providing the opportunity for each athlete to receive high quality instruction in skills development, team strategy, sportsmanship, and healthy competition. Visit outlawsvolleyball-club.com for more information.



Teams offered for 10U, 12U, 14U, and 16U. Price: TBA
Tournaments begin in January and run through mid March.

Outlaws Lacrosse

We're in the process of rebuilding the Outlaws Lacrosse website. Stay tuned for further updates as the season approaches.

Sisters Shootout Series 2016

Shootout Tournament #1

Presidents Weekend
January 16 -17



Shootout Tournament #2

Martin Luther King Weekend
February 13 - 14

A special THANKYOU to all our fall youth sport coaches!

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

Michael	Jillian Jeppsen	Jeff Staudenmaier
Alyanon	Tristan Kaczmarek	Gitta Storch
Jim Anderson	Josie Keyes	Malachy Sundstrom
Josie Aylor	Dude Aylor	Tom Swinford
Vito Bartollota	Ernie Larrabee	Tiffany Tisdel
Eric Beckwith	Jeff Larsen	Brad Tisdel
Randon Beech	Treasure Lewis	David Tolle
Debbie Blaser	Winter Lewis	Mikaela Trott
Kent Boles	Ryan Long	Seth Wilkie
Jaden Bostel	Tricia Louvar	
Jeremy Boller	Mark Maboll	
Nat Dachtler	Chris Mayes	
Shawn Diez	Ken Merrill	
Trevin Duey	Casey Moore	
Haley Ellis	Rachelle Myhre	
Kyle Fischer	Tim Ogilvie	
Spencer Freedland	Casey Pallister	
Brooke Frutos	Paul Patton	
Randy Gardner	Julie Patton	
Jackie Garrett	Brandon Pollard	
Vince Grace	Lucie Pronold	
Mark Greaney	Erik Pronold	
Whitney Hanson	Coach Q (Charles Quandt)	
Kris Harwell	Imogen Rex	
Suzy Hayes	Melissa Robertson	
Luke Hull	Taylor Schneider	
	Patty Silva	
	Sammy Silva	

Adult Recreation

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 |

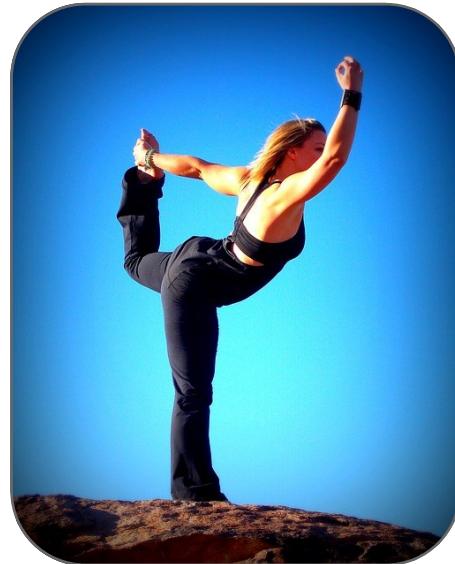


Yoga for Your Active Soul

441601

For that all around active person-the busy bee! A shortened, yet balanced practice tailored to your daily needs & flexible enough to fit into your day! Join Brittany Simonis – RYT-200 (registered yoga teacher) for this new and creative yoga class.

Jan 4 – Feb 22 | M | 11:30 – 12:15 | SPRD | \$50 ID, \$55 OD



Martial Arts

141618

We invite you to learn the timeless Art of Tradition, promote discipline through fitness, self defense, and self confidence. Instructor Charles Quandt better known as "Coach Q" comes with many years of Martial Arts experience, sports coaching and instruction.



Sat | Oct | 9:00 - 10:00 | SPRD | \$75 ID \$85 OD / 6 Weeks |



14

Sisters Park & Recreation District

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 - April 24| 2:00 - 4:00pm | SES Gym | \$6 Drop-In | \$40 for 10 Days |



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 | \$3

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
- Sign-up for our email newsletter
-  Like Us On **facebook**

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.

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



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



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.

Oct 5 - Nov 11 | M-T-W | 8:45 - 10:00 AM | SPRD | \$10 ID, \$20 OD

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 it's 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.

Dec 1 - Mar 31 | 3:30 – 5:30 pm | M – F | SMS |



SPRD Sage Excursions

SPRD will be arranging excursions for our SAGE Group (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

Warm Springs Casino | Warm Springs | Dec. 1 2015 | lunch at Casino

Sun Mt. Fun Center | Bend | Feb. 18, 2016 | lunch at Center

Bendistillery | Tumalo | April 21, 2016 | lunch in Tumalo

Wizard Fall Fish Hatchery | Camp Sherman | June 16, 2016 | lunch at Kokanee Cafe

SAGE

Senior Activities, Gatherings & Experiences

We have group games such as Mexican Train Dominoes, Scrabble, Mahjong or start a Pinochle or Gin Rummy group. Come play Table Tennis, also known as Ping Pong, or create a series of new games for your group

**Women's Wednesdays 1:00-4:00pm @ SPRD
Men's Table Tennis Thursday 1:00 - 4:00pm @ SPRD**

Computer Basics

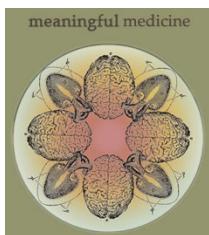
If you haven't quite gotten the knack for computers yet, this introductory class is the perfect starting point for you. David Huni, owner and operator of a local computer repair business, In Person, will be teaching the class and focusing on Internet, word processing, and navigating around a desktop.

Jan - Feb | Day/Time TBA | Location TBA | Price TBA |

Adult Recreation

Health Talks

Join SPRD and some of our local doctors, physical therapists, health professionals, and fitness specialists 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.



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

Health Talks scheduled through Feb 2017 call SPRD for additional information.

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.15 - Nov. 19 | Th | 6:00-7:30pm | SPRD | \$60 ID, \$70 OD



Holiday Desserts With Angelena

Oh how we love desserts! How would you like to learn to prepare a handful of desserts that are harmless, guilt-free and satisfying? Join Angelena Bosco, certified raw food chef and author for a one of a kind experience in Holiday Dessert Preparation. Carob vs. Cacao vs. Chocolate? Alternative sweeteners demystified (agave, stevia, maple syrup, and dried fruits). Sweets for children – no tantrums or withdrawals. Come join us!

Nov 7 | Sat | 10 – 11:30 | SPRD | \$25 ID, \$35 OD



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.

Oct 7 - Nov 18| W | 1:00 – 3:00 pm | SPRD |

\$10.00 ID, \$20 OD

Community

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

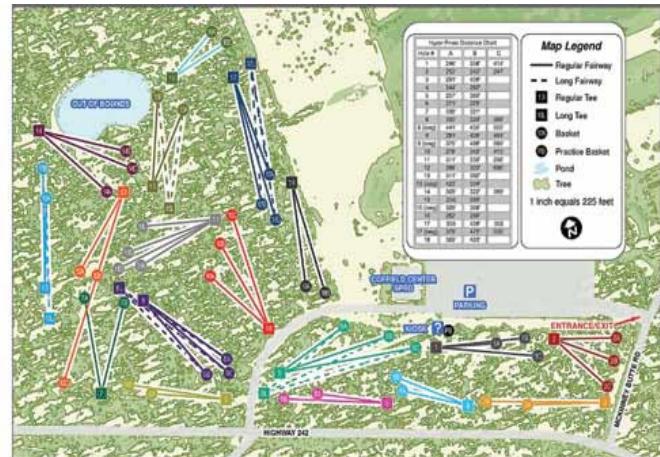


SPRD SISTERS Park & Recreation District	
SKATE PARK RULES	
1. THIS PARK IS NOT SUPERVISED.	USE AT YOUR OWN RISK.
2. HELMETS ARE REQUIRED FOR RIDERS UNDER 16 PURSUANT TO ORS 815.052.	
3. KNEE PADS, ELBOW PADS & WRIST GUARDS ARE HIGHLY RECOMMENDED.	
4. PARK SURFACES ARE SLIPPERY WHEN WET.	
5. PARK CLOSED 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	

Hyer Pines Disc Golf

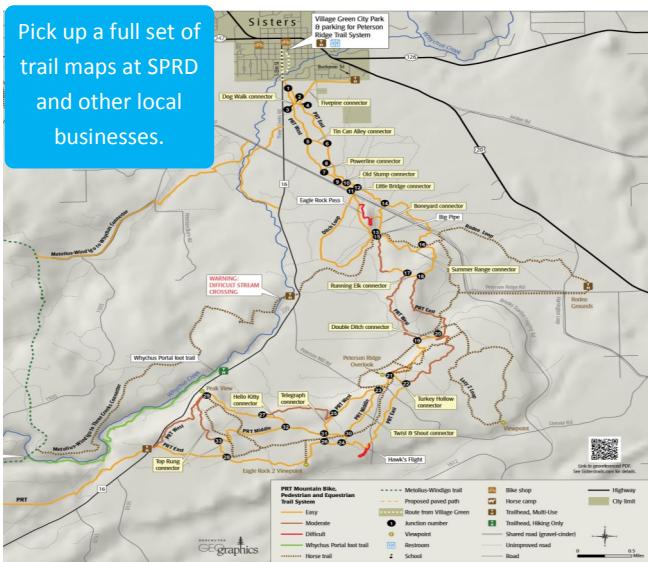
The Hyer Pines Disk Golf Course is a volunteer committee of Sisters Park & Recreation District.

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.



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

www.sisterstrails.com



donors

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

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Chris and Erin Borla	Jubitz Family Foundation	Sisters Folk Festival	
Chris Mayes	Kara Calmettes	Sisters Log Furniture	
City of Sisters	Kathie and Dick Helser	Sisters Motor Lodge	
Clear Water Gallery	Ken Serkownek	Sisters Outdoor Quilt Show	
Cow Creek Umpqua Indian Foundation	Kids in the Game	Sisters Rental	
Craig and Renee May	Kiwanis Club of Sisters	Sisters Rodeo Association	
Dave and Lynda Sullivan	Kris Calvin & May Fan	Sisters Science Club	
Deschutes Children's Foundation	Lake Creek Lodge	Snow Cap Mini Storage	
Deschutes County	Les and Lori Cooper	Step & Spine	
Dick and Bea Hess	Liquid Stone Design	Steven and Patti Janego	
Dick's Sporting Goods	Los Agaves	Stitchin' Post	
Don and Shannon Pollard	Majorie Turner	Tate and Aimee Metcalf	
Dr. Bonnie Malone	Marie Fuchs	Terri LeDoux	
Dr. Greg Everson	Marti Dale	The Episcopal Church of the Transfiguration	
Duncan and Cynthia Campbell	Mitch Deaderick	The Gallery Restaurant	
Dyer Construction	Martolli's Pizza	The Paper Place	
Eagle Crest	Mary Ellen Kollodge	Three Creeks Brewery	
Edward Jones	Meredith McKittrick	Timothy and Lori Larson	
Essentials Spa	Metamorphosis Salon & Spa		
	Michael Depp and Rose		
	Mickey and Bill Duehren		
	Mike and Jan Morgan		
	National Forest Foundation		

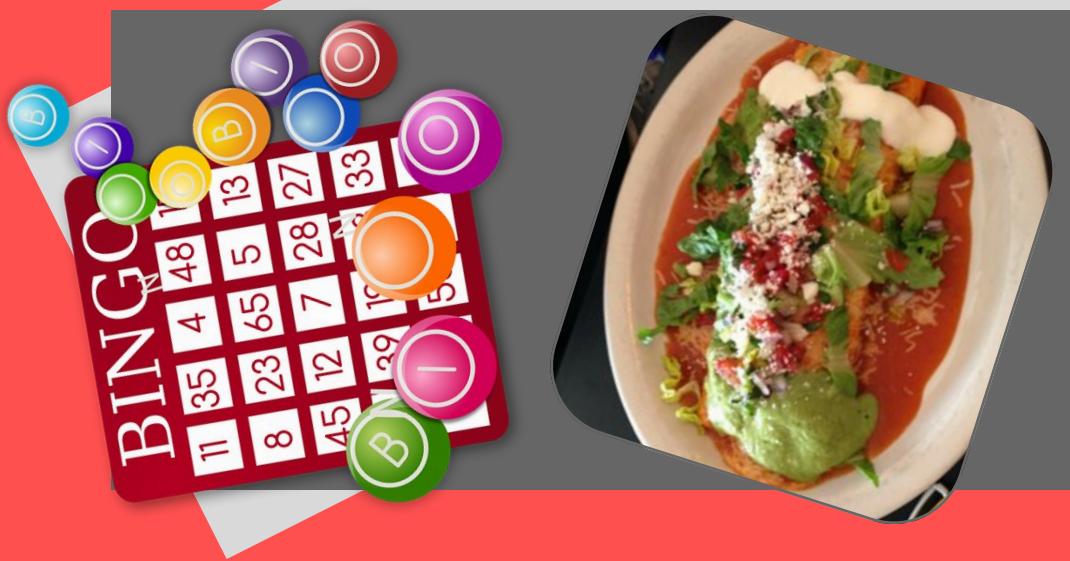
THANK YOU

TO OUR
COMMUNITY
PARTNERS AND
COMMITTEES:

- Outlaw Basketball Club
- Outlaw Volleyball Club
- Outlaw Lacrosse 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

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Zumba M-F p. 14	Stretch & Flex T/H p.16	SAGE Women's Wednesdays p.16	1 SAGE Men's Table Tennis Thursdays p.16	2	3 Martial Arts p. 13
4	5	6	7	8	9 No School - In-service	10 Martial Arts p.13
11	12 Community Dinner & Bingo p. 7	13	14	15 Adult Ukulele Begins p.17	16 No School - SSD Conferences	17 Flag Football Jamboree @ Prineville Martial Arts p. 13
18	19	20	21	22	23	24 Happy Girls Run Martial Arts p.13
25	26	27	28	29	30	31 Hula Workshop p.15 Martial Arts p. 13



Join Sisters High Athletics and SPRD for
Bingo and Community Dinner hosted by
Los Agaves!

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Pickleball Ongoing p. 15	2 MS Boys Basketball Begins	3	4	5	6	7 Desserts w/ Angelene p. 17
8	9	10	11 No School - Veteran's Day	12 SHS Winter Sports Night P.10	13	14 Hula Session p. 15
					19	20 No School
			17	18	21	
			16 SHS Winter Sports Begin p.10			
			24	25	26	27
						28
29	30					



November is the perfect time to start thinking about desserts and Angelene is making them! Come try your hand at making some delicious treats this month.

December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Zumba M-F p.14	1 Stretch & Flex T/H p. 16	2 SAGE Women's Wednesdays p.16	3 SAGE Men's Table Tennis Thursdays p.16	4	5 Y. Basketball Skill Asmnt. & Regstrn. Deadlin. p. 8	
6	7	8	9	10	11	12 Youth Basketball Skill Asmnt. p. 8
13	14	15	16	17	18	19
			Hoodoo Parent Meeting SHS Lecture Rm. 6:30 PM P.12			
20	21	22	23	24	25	26
		SSD Winter Break Begins				
27	28	29	30	31		



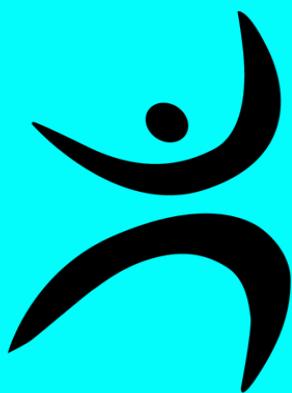
Winter Break is almost here! Don't forget to set your winter up for success by getting to the basketball skill assessments and getting signed up for Hoodoo Friday Night Skiing!

January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Yoga Begins p. 14 Girls MS Basket- ball Begins p. 9	5 MS Nordic Skiing Begins	6	7	8 Hoodoo Night Skiing Begins	9 First Youth Basketball Games
10	11 Community Dinner and Bingo p. 7	12	13	14	15	16 Shootout 1
17	18 Shootout 1	19	20	21	22	23
24	25	26	27	28	29	30
31						



Winter Sports are now beginning with the Shootout Basketball Tournament hitting Sisters in January and February. Have fun with your winter activities and keep you're eyes peeled for our next guide!



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