



WEEKLY SOCIAL ACTIVITY SCHEDULE

Monday:

10:30 am - 2:00 pm Social Bridge
 12:00 - 6:00 pm Pool/Billiards
 12:30 - 3:30 pm Mexican Train

Tuesday:

9:00 am - 10:30 am Super Tuesday Brunch (2nd Tues)*
 9:00 am - 12:00 pm Pool/Billiards
 10:30 am - 2:30 pm High Desert Rug Hookers
 12:00 - 1:30 pm Lunch & Learn (Sep through May)
 12:00 - 4:00 pm Mah Jongg Players
 1:00 - 3:00 pm Knitters Social
 1:00 - 5:00 pm Larkspur Stitchers

Wednesday:

10:00 - 11:00 am ABC&Ds of Medicare (4th Wed)
 9:30 - 10:30 am Blood Pressure Checks (1st Wed)*
 10:00 - 11:00 am Library Book Club (3rd Wed)*
 10:00 - 11:30 am Tech Troubleshooting (3rd Wed)*
 12:00 - 6:00 pm Pool/Billiards
 1:00 - 3:30 pm Wednesday at the Movies*
 2:00 - 4:00 pm Yesterday's Tunes — **IT'S BACK!!!!**

Thursday:

9:00 am - 12:00 pm Pool/Billiards
 8:30 am - 3:00 pm AARP Smart Driver Course (4th Thurs)*
 12:00 - 4:00 pm Mah Jongg Players

Friday:

10:30 am - 2:00 pm Social Bridge
 12:30 - 3:30 pm Pinochle
 12:00 - 6:00 pm Pool/Billiards
 1:00 - 3:00 pm Textile Arts Mixer

THINGS TO KNOW

- Schedule is subject to change.
- All games are played for fun. Absolutely NOT money is to be exchanged.
- Use your monthly full access pass, social pass or pay a daily drop-in fee.
- Starred items (*) do not require a facility pass or drop-in fee.

Larkspur Community Center
 "Home of the Bend Senior Center"
 1600 SE Reed Market Road
 541-388-1133



play for life



TICKETS
NOW ON
SALE!

St. Patrick's Day dinner & dance

Larkspur Community Center, 1600 SE Reed Market Rd, Bend

Come dance with us & enjoy a traditional Irish buffet dinner prepared by the chef at Whispering Winds Retirement, featuring corned beef and cabbage and all the "fixin's." Live music by the Notables Swing Band.

**Friday, March 14
6:00 - 9:00 p.m.**

Tickets on sale at reception desk or online at register.bendparksandrec.org or via QR code:



For more information, visit
bendparksandrec.org/events
or call 541-389-7275

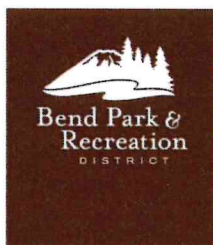
Tickets available now!

\$15.00 pre-sale

\$20.00 at the door, if available

Dinner served: 6:00 - 7:00 p.m.

Dancing: 7:00 - 9:00 p.m.



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wednesday afternoon at the movies

FREE

Meet us every Wednesday at 1:00 pm in the
Multipurpose Room for a **FREE** movie!

1:00
pm



March 5

Gladiator II (2024)

Starring: Paul Mescal, Pedro Pascal, Denzel Washington

Rated R, Run time: 2h 27m

Years after the death of Maximus, Lucius is forced into the Colosseum after his home is conquered by tyrannical twin Roman Emperors. With the future of the Empire at stake, he must find strength and honor to return the glory of Rome to its people.

March 12

Waking Ned Devine (1999)

Starring: Ian Bannen, David Kelly, Fionnula Flanagan

Rated PG, Run time: 1h 31m

A winning lottery ticket transforms the lives of the inhabitants of a rural Irish village.



For more information call 541.388.1133
Larkspur Community Center — home of the Bend Senior Center

march movies

(continued)



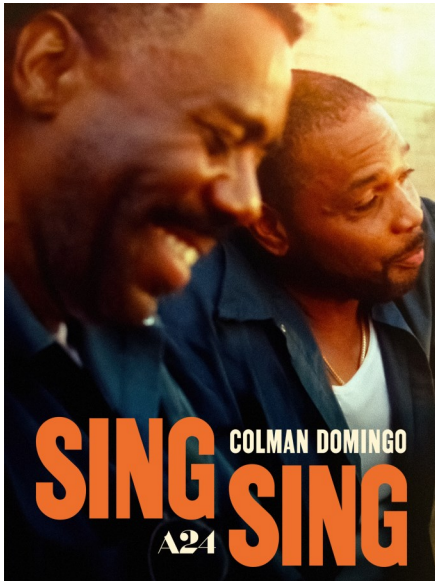
March 19

Conclave (2024)

Starring: Ralph Fiennes, Stanley Tucci, John Lithgow

Rated PG, Run time: 2h

When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the center of a web of conspiracies and intrigue that could shake the very foundation of the Catholic Church.



March 26

Sing Sing (2024)

Starring: Colman Domingo, Clarence Maclin, Sean San José, Paul Raci

Rated R, Run time: 1h 46m

A stirring true story of resilience, Divine G is imprisoned at Sing Sing for a crime he didn't commit. Joined by a wary outsider, he finds purpose staging an original comedy with a theatre group of other incarcerated men.



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lunch and learn

Tuesdays • 12:00 - 1:30 pm
Bend Senior Center
1600 SE Reed Market Road • 541.706.1133

Co-presented with [PacificSource](#)

FREE

The Power at the End of Our Forks

In honor of **National Nutrition Month**, VegNet Bend takes you on deep dive into ***You Are What You Eat***, a Netflix docuseries that follows four sets of identical twins through an 8-week nutrition study designed to explore how certain foods impact the body.

Each week we will screen one episode of the docuseries, followed by group discussion or Q&A with local nutrition experts. Attendees will also have an opportunity to sample various plant-based dishes, from soups and salads to protein-focused mains and delicious desserts. Bring your curiosity, your questions and your appetite!



March Schedule

Mar 4:

Nature v. Nurture

Episode 1 (44m) • small group discussions

Mar 11:

The Six Pillars of Health

Episode 2 (45m) • talk with physician Dr. Matt Mullane MD, MPH

Mar 18:

The Connection Between Diet and Mental Health

Episode 3 (49m) • talk with mental health counselor Sarah Mullane MS, QMHP

Mar 25:

The Way Forward

Episode 4 (60m) • group reflection and discussion

Attendance at all four sessions is optimal, but not required.



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Yesterday's Tunes

A listening journey back to the "good old days" with music from the 40's through the 80's

IT'S BACK!

**Wednesdays
2:00 - 4:00 pm**

**Bend Senior Center
1600 SE Reed Market Rd**

**With DJ Tim Ream
of Senior Moments**



**REQUESTS
ENCOURAGED!**



Come spend the afternoon revisiting the songs and commercials you grew up listening to on the radio! Reminisce about special memories and moments in time. Drop by for just a few tunes or stay the whole time. We'll have coffee and puzzles available, and plenty of floor space for spontaneous dancing.

For more information, visit
www.bendparksandrec.org
Questions? Call (541) 388-1133



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Travel the World

**Come learn about upcoming travel opportunities
with Premier World Discovery**

2025 destinations:

Highlights of Scandinavia • Mackinac Island, the Grand Hotel & Niagara Falls
Utah's Mighty National Parks • Cape Cod & the Islands
Music Cities Holiday in the American South

2026 destinations:

Colors of Majestic Morocco • Nashville, Smoky Mountains and Bluegrass
Arizona Spring Training • Highlights of Italy and the Amalfi Coast
England, Scotland Wales • San Antonio Holiday
West Virginia Rails and Williamsburg

Tuesday, March 11 from 4:00-5:00 pm

This presentation is free. Absolutely no commitment required.

For more information call
Larkspur Community Center -
Home of the Bend Senior Center
(541) 388-1133



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Springtime in the Kitchen

Adult Cooking & Baking Classes Spring 2025

Come join us for a fun, intimate experience in the kitchen at Larkspur Community Center!

- ◆ **Pizza With a Partner (102311)** Sa 4/12, 2:30-4:30pm
- ◆ **Easy Casserole Dinners (102317)** Th 5/1, 5-7:30pm
- ◆ **Fabulous French Bread and Other Loaves We Love (102245)** - Sa 3/15, 1-3pm *or* Sa 5/10, 2:30-4:30pm
- ◆ **Learn to Make Goat Cheese (102308)** - Sa 5/17, 2:30-4:30pm
- ◆ **Cooking With Fresh Herbs and Spices (102315)** - Th 5/22, 5-7:30pm
- ◆ **Plant-based Meals from Around the World (102318)** - Sa 6/14, 3-5:30pm

REGISTRATION
NOW OPEN!

Register at bendparksandrec.org

Questions? Call (541) 388-1133

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Open Up to new experiences

REGISTRATION
NOW OPEN



Improvisation Through Storytelling, Movement & Song

Program: 102321
Fee: \$49 ID \$58.80 OD
Monday 5-7 pm
Session: 4/14/25

Step into the playful world of improvisation and wake up your imagination! Participants will pair up to explore a dynamic scenario, expressing yourselves through storytelling, movement and even song. Perfect for those seeking to expand their creativity while connecting with others and creating moments of surprise, connection and fun.

Spring Awakening: A Journey Into Mindfulness & Nature

Program: 102320
Fee: \$49 ID \$58.80 OD
Friday 10 am-12 pm
Session: 5/02/25

Welcome the season of renewal with this immersive experience designed to connect participants with the energy of spring. Enjoy a metta meditation followed by a guided nature walk to connect with the Earth's natural energy. Then create a nature collage or mandala to bring home. Perfect for those seeking mindfulness, creativity and a deeper connection to the natural world.

Threads of Joy: A Collaborative Art Installation



Program: 102332
Fee: \$59 ID \$70.80 OD
Saturday 1-3 pm
Session: 5/31/25

Journey into your cherished memories through the creation of a large-scale collaborative art installation. Express your "Happiest Memory" through drawings, colors and words on individual canvases or fabric squares that will then be integrated into a collective "memory quilt" displayed at Larkspur Community Center. Join us for this unique opportunity to honor your memories and contribute to a shared legacy that will inspire for years to come!



Instructor Genesis Ilada is a certified art therapy practitioner, life coach, visual artist and poet. She facilitates art and wellness programs for both youth and adults that foster creativity, mindfulness and joyful engagement.




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Register at bendparksandrec.org

Questions? Call (541) 388-1133

Make Some Music

music classes for adults

SPRING 2025 

Ukulele Basics: Strum & Play

(102102-2)

Tuesdays 4/8–4/29
6:15–7:15 pm

This course will get you playing one of the most fun and accessible instruments around - the ukulele! Learn the fundamentals, from tuning and simple chords to strumming techniques. You'll be playing your favorite songs in no time as we keep the pace relaxed and fun, with plenty of guidance and hands-on practice.

Ukulele Adventures: Strumming Into New Songs (102104)

Tuesdays 5/6–5/27
6:15 - 7:15 pm

Ready to take your ukulele skills to the next level? In this interactive class, you'll build on the basics and explore new chords, strumming patterns, and techniques that bring your favorite tunes to life. Gain confidence in transitioning between chords, develop a richer sound and learn to jam with others. By course end, you'll have a few crowd-pleasing songs ready to play and the skills to progress on your own. Prior ukulele experience, such as completing Ukulele Basics: Strum & Play, is recommended.

Beginner Guitar: Play Your Favorite Song (102108-2)

Tuesdays 4/8–4/29
5:00 - 6:00 pm

Learn the basics of guitar while you focus on a personal goal - playing your favorite song! We'll cover essential skills like tuning, strumming and simple chords, while keeping things relaxed and enjoyable. Come ready to learn, connect with others and discover the joy of making music!

The fee for each four-week course is \$69 (in district) or \$82.80 (out of district).

DID YOU KNOW?

We can help connect you with local resources to rent or purchase an instrument at a discount.

Meet our new music instructor, Marc Proctor!

Marc is passionate about supporting folks in Central Oregon to find their full potential. In addition to teaching and playing music, Marc has worked in varied industries in Central Oregon over the past several decades including real estate, product distribution, human resources, regional sales and firefighting.

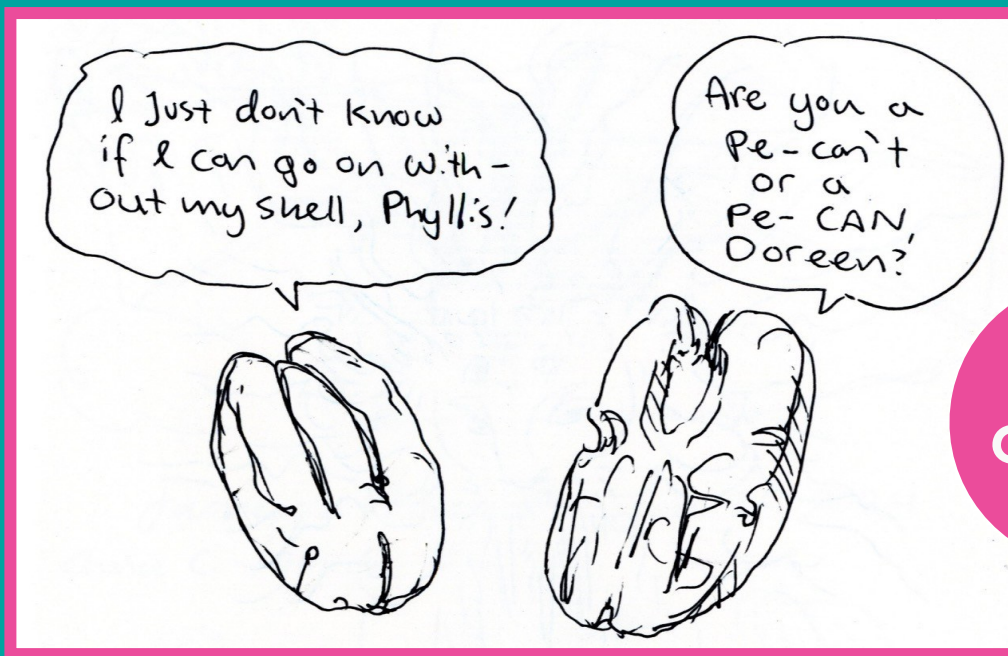


Register at bendparksandrec.org

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**NEW
CLASS!**

Cartooning For All

Learn the art of cartooning and how it can positively impact mental wellness through self-awareness, humor and mindfulness. You'll practice finding the funny side of things, indulging in silly puns and relieving tension through cathartic sketching. Materials provided, but personal sketchbooks welcomed. No previous drawing experience necessary.

Ages: 16-99
Fee: \$59 ID \$70.80 OD
Sessions: Tu 3/11, 5-6:30pm (102118-01)
Th 5/14, 5-6:30pm (102118-02)



Instructor Grace Ogawa is a writer, illustrator and cartoonist with an ardent love of all things fantastic. She also works as a life-guard, swim instructor and Facility Shift Lead for BPRD. She has written ten novels, produced three webcomics, and her art has been displayed in shows from California to Berlin. Her official website is goldeenogawa.com.

For more information, visit
bendparksandrec.org
Questions? Call (541) 388-1133



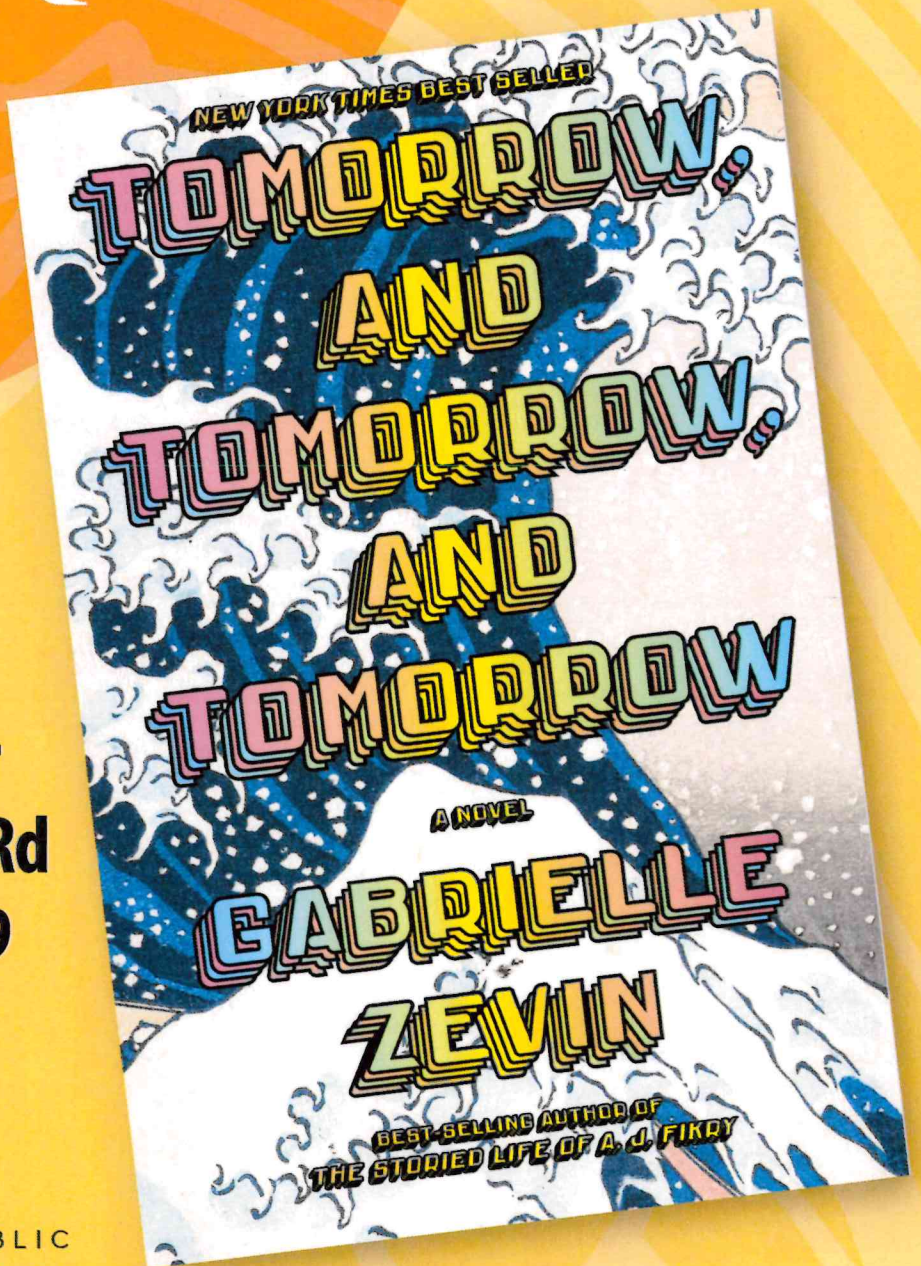
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THE LIBRARY BOOK CLUB

AT
LARKSPUR
Community
Center

Bend

Larkspur Cmty Ctr
1600 SE Reed Mkt Rd
Wednesday, Mar 19
• 10:00 am



DESCHUTES PUBLIC
LIBRARY



FREE

Technology Troubleshooting

In Partnership with the **Deschutes Public Library**

Trying to organize your photos or add a new app to your home screen? Having trouble turning up the volume on your calls? Join us for free advice and technology support. Bring your smart phone, laptop, tablet, or watch in and we'll help you troubleshoot. Sessions available on a first come first served basis for up to 20 minutes per person.

Bend Senior Center Lobby

**Every Third Wednesday
10:00 - 11:30 am**

January 15
February 19
March 19
April 16
May 21
June 18

For more information, visit
www.bendparksandrec.org
Questions? Call (541) 388-1133



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Super Tuesday Brunch

Second Tuesdays

9:00-10:30 am

Multi-purpose Room

Suggested Donation \$3.00 per person

Join us for a delicious brunch on the second Tuesday of every month in the Bend Senior Center at Larkspur Community Center. All proceeds benefit Bend Park & Recreation Foundation's scholarship program.

Join the fun!

January 14

February 11

March 11

April 8

May 13

June 10–

no brunch, but join us for our annual health fair with free lunch!

For more information call
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