



WEEKLY SOCIAL ACTIVITY SCHEDULE

Monday:

11:00 am - 3:00 pm Social Bridge

12:00 - 6:00 pm Pool/Billiards

1:00 - 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 Stitches

Wednesday:

10:00 - 11:00 am ABC&Ds of Medicare (4th Wed)—*except Dec and Jan*

10:00 - 11:00 am Library Book Club (3rd Wed)*

10:00 - 11:30 am Tech Troubleshooting (3rd Wed)*

10:30 - 11:30 am Blood Pressure Checks (1st & 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 - *new time!*

Thursday:

9:00 am - 12:00 pm Pool/Billiards

8:30 am - 3:00 pm AARP Smart Driver Course (4th Thurs)*
—*except Dec*

12:00 - 4:00 pm Mah Jongg Players

Friday:

11:00 am - 3:00 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. No 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

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



December 4

Late Bloomers (2024)

Starring: Karen Gillan, Margaret Sophie Stein, Jermaine Fowler, Kevin Nealon

Rated 16+, Run time: 1h 32m

After drunkenly breaking her hip, 28-year-old Louise meets a cranky, elderly Polish woman in the hospital. Despite her reluctance, she takes on a job as her caregiver. Neither likes it, but both need to confront the fact that it's time to grow up sometime.

December 11

GoldenEye (1995)

Starring: Pierce Brosnan, Sean Bean, Izabella Scorupco

Rated PG-13, Run time: 2h 4m

Bond is thrown right into the action before the title song with an eye-opening cliff dive onto a plane. Sporting his signature debonair attitude and pricey gadgets, Bond investigates the destruction of a Russian satellite base.



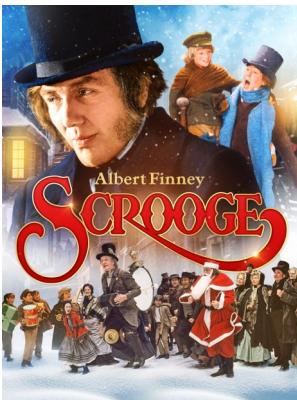
December 18

Scrooge (1970)

Starring: Albert Finney, Alec Guinness, Edith Evans

Rated G, Run time: 1h 54m

A musical retelling of Charles Dickens' classic novel about an old bitter miser taken on a journey of self-redemption, courtesy of several mysterious Christmas apparitions.



The Bend Senior Center will be closed on Wednesday 12/25 and Wednesday 1/1. Happy Holidays!

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

lunch and learn

Tuesdays • 12:00 - 1:30 pm
Co-presented with PacificSource

local experts share their knowledge
about topics important to you

*Bring a brown bag lunch; dessert
and coffee are on us. This series
is free and open to the public.*

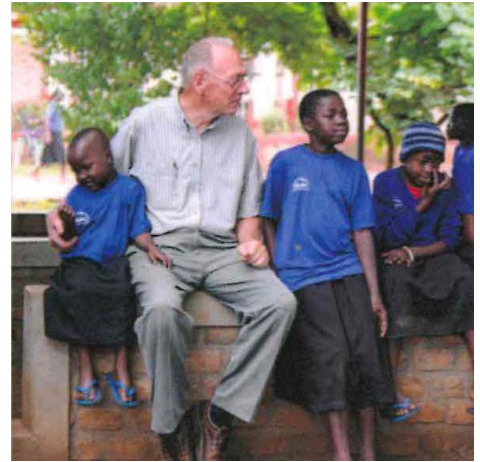
FREE

DECEMBER 2024

Dec 3: Journey to Northern Uganda

With Bob Higgins, founder of PATH Ministries

Come hear tales of Bob and his late wife Carol, who spent 14 years living and working as missionaries in Uganda. At an age when most are aiming for retirement, they dedicated themselves to training church leaders, providing clean water, running a mobile health clinic and eventually building and running a home for orphaned children. Over the years, their encounters with unfamiliar food, language, customs and world views stretched them well beyond their comfort zone. The retelling of this spiritual and entrepreneurial adventure is not to be missed!



Dec 10: The Healing Power of Grief

With Helen S. Condon, BA.Ed, CLC



The holiday season can be a particularly challenging time for anyone experiencing grief. It can also be challenging for those with a friend or loved one who is grieving. But did you know that grief itself can actually be the healer of our pain? Learn how to access the power within us that allows us to process the multitude of emotions that come with experiencing a significant loss in our lives. We'll discuss the purpose of grief and how it manifests in the body, the process of mourning our losses and practical ideas for how to deal with negative emotions. Grief is inevitable; suffering is optional.

Our Lunch & Learn series will resume on January 14. Happy Holidays!

play for life



Larkspur Community Center
Home of the Bend Senior Center
www.bendparksandrec.org

Questions? Call (541) 706-6235



Holiday Hangout

at the Bend Senior Center

FREE!

Come with a friend or make new ones!

Monday, Dec. 23 | 1:00- 3:00 p.m.

Larkspur Community Center, 1600 SE Reed Market Rd, Bend

❖ **Arts & Crafts**

❖ **Music**

❖ **Treats**

❖ **Therapy Dog
Snuggle Time**

❖ **Name that Tune Bingo**

❖ **Mix & Mingle Bingo**

❖ **Cookie Decorating**

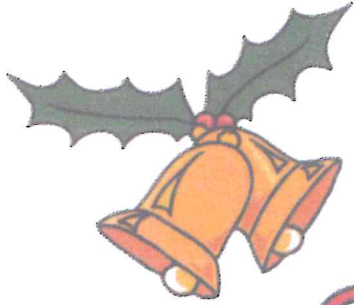
❖ **Holiday Sweater
Contest**

For more information, visit
bendparksandrec.org
or call (541) 388-1133



play for life

A Holiday Concert



with the

CASCADE HORIZON BAND

Thursday December 12

2:00

Larkspur Senior Center

*Join us for a performance of
holiday favorites.*



Free admission
cascadehorizonband.org



Super Tuesday Brunch

Last one
of 2024!

Tuesday, December 10

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's Multi-purpose Room at Larkspur Community Center. All proceeds benefit the Bend Park & Recreation Foundation Scholarship program.

Food provided by **Whispering Winds Retirement**

For more information call
Larkspur Community Center
Home of the Bend Senior Center
(541) 388.1133



play for life



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**

July 17
August 21
September 18
October 16
November 20
December 18

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



play for life

Yesterday's Tunes

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

new time!

**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



play for life

THE LIBRARY BOOK CLUB

AT
LARKSPUR
Community
Center

Bend

Larkspur Cmty Ctr
1600 SE Reed Mkt Rd
Wed, January 15
• 10:00 am



DESCHUTES PUBLIC
LIBRARY

Now Is Not the Time to Panic

"A tender, moving novel
by an author who understands
how truly bizarre ordinary life is."
—RON CHARLES,
Washington Post

A NOVEL

Kevin Wilson

NEW YORK TIMES bestselling author of
Nothing to See Here