



# WEEKLY SOCIAL ACTIVITY SCHEDULE

## Monday:

10:30 am - 2:00 pm Social Bridge  
12:00 - 6:00 pm Pool/Billiards  
12:30- 4:00 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

## 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 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

# 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**

**APRIL 2025**

## **Apr 1: Wildfire Safety in Central Oregon**

**Melissa Steele, Fire Inspector with Bend Fire & Rescue and Zara Hickman, Natural Resources and Trails Manager for BPRD**

Given recent news of megafires from Western Canada to Southern California, wildfire preparedness has never been more critical. Join us for an important conversation about how to stay safe here in Central Oregon. This event will cover current preventative measures and action plans developed by the City of Bend and Bend Parks and Rec, as well as what steps you can take as a resident to protect yourself, your family, and your property in the event of a wildfire. Don't miss this opportunity to be proactive and ready for a potential fire outbreak.



## **Apr 8: Creating Your Estate Plan**

**Kenny Hadden, Financial Advisor and Matthew Matrisciano, Estate Attorney**

In honor of National Financial Literacy Month, this presentation will provide an overview of estate planning so you can determine what next steps are appropriate for your individual situation. Topics include: what to consider when creating a will, the benefits of trusts in estate planning, how to help reduce taxes on estates and how insurance can help protect your family.

## **Apr 15: The Challenges of Mediation: Confrontation - Frustration - Resolution**

**Charlie Young, Mediator & Instructor**

Learn from an expert about the process of mediation, how it's employed within the Deschutes County Circuit Court, and the ways in which mediation skills can foster healthier interactions in an increasingly polarized world. Charlie will share real-life stories of mediation success (and failure!) from his years of experience both inside and outside of the justice system.



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## APRIL 2024 (continued)

### Apr 22: **Discovering Your Past**

Clark Pederson, Bend Genealogical Society

Ever consider researching your family tree or wonder how best to share your story with your descendants? Join us for an exciting presentation about the work of the Bend Genealogical Society from its President, Clark Pederson, and discover how you can get started learning more about your past. Come with the names of your parents, their birth dates and where you lived in 1950 and following the meeting volunteers will locate you in the 1950 census and print you a copy!



### Apr 29: **Aging in Your Own Home: Tips and Resources to Stay Independent Longer**

Lauren Lebien, Hospice of Redmond and Andy Mosman, Right at Home

Are you wanting to live in your own home as long as possible? What might that look like when you start to need a little more assistance? What about when you start to need a lot more assistance? Learn about affordable tips for medication management, resources for mobility challenges, home care options and when hospice might be recommended, so that you can stay ahead of the curve and live your best life.

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Questions? Call (541) 706-6235



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# wednesday afternoon at the movies

FREE

Join us every Wednesday at 1:00 pm for a  
**FREE** movie in the Multi-purpose Room

**APRIL 2025**

**April 2**

**Flow (2024)**

from director Gints Zilbalodis

Rated PG, Run time: 1h 25m

From the boundless imagination of filmmaker Gints Zilbalodis comes this thrilling animated spectacle, a wondrous journey through realms natural and mystical. A courageous cat teams up with a capybara, a lemur, a bird, and a dog in search of dry land after their home is devastated by a great flood. Together they must rely on trust, courage, and wits to survive the perils of a newly aquatic planet. Academy Award winner for Best Animated Feature.



**April 9**

**The Comeback Trail (2020)**

Starring: Robert De Niro, Tommy Lee Jones,  
Morgan Freeman

Rated R, Run time: 1h 48m

In debt to the mob, greedy film producer Max Barber decides to produce a dangerous new film, all for the sake of killing his lead actor so that he can rake in the insurance money. But when he casts washed up movie star Duke Montana as the lead, Max never expects the depressed old drunk to be revitalized by being in front of the camera again.

1 pm

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Bend Park &  
Recreation  
DISTRICT

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Home of the Bend Senior Center  
For more information call 541.388.1133



# april movies (continued)

FREE

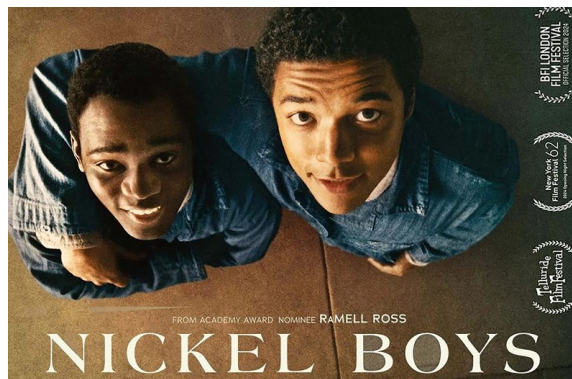
**April 16**

## **Nickel Boys (2024)**

Starring: Ethan Herisse, Brandon Wilson, Aunjanue Ellis-Taylor

Rated PG-13, Run Time: 2h 20m

Nickel Boys follows two Black teens who are wards of a juvenile reformatory. Their profound friendship offers transformation and awakens hope. Academy Award nominee for Best Picture.



**April 23**

## **Every Little Thing (2025)**

Documentary with Terry Masear

Rated PG, Run time: 1h 33m

Author and wildlife rehabber Terry Masear has an ambitious goal: to save every injured hummingbird in Los Angeles. But the path to survival is fraught with danger. This heart-expanding Sundance hit introduces audiences to Terry's diminutive patients through breathtaking slow-motion photography and emotional storytelling, making each bird memorable, mighty and heroic.



**April 30**

## **A Real Pain (2024)**

Starring: Jesse Eisenberg, Kieran Culkin

Rated R, Run time: 1h 30m

Mismatched cousins David and Benji reunite for a tour through Poland to honor their beloved grandmother. The adventure takes a turn when the odd couple's old tensions resurface against the backdrop of their family history. Nominated for two Academy Awards.



1 pm

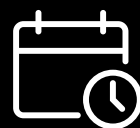
Bend Park &  
Recreation  
DISTRICT

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# Mini-McGINTY CONFERENCE

on Alzheimer's, aging & brain health



**Tuesday, May 6, 2025**  
12-4 p.m.



**Bend Senior Center**  
1600 SE Reed Market Rd  
Bend, OR 97702

## Take charge of your brain health.

Reserve your seat at the Mini-McGinty Conference in Bend. This no-cost educational event features the latest in Alzheimer's research, practices for maintaining brain health at all ages, and learning about community resources. *Seating is limited, lunch provided.*



**Scan here to register!**

### **Presentation topics include:**

- Latest in Alzheimer's and dementia research
- 10 Warning Signs of Alzheimer's
- Brain health education
- Community resource panel discussion

### **HOW TO REGISTER:**

- Scan QR code above
- Call our 24/7 Helpline (800.272.3900)
- Find your event at [alz.org/CRF](https://alz.org/CRF)

**Presented in  
collaboration with  
community partners**





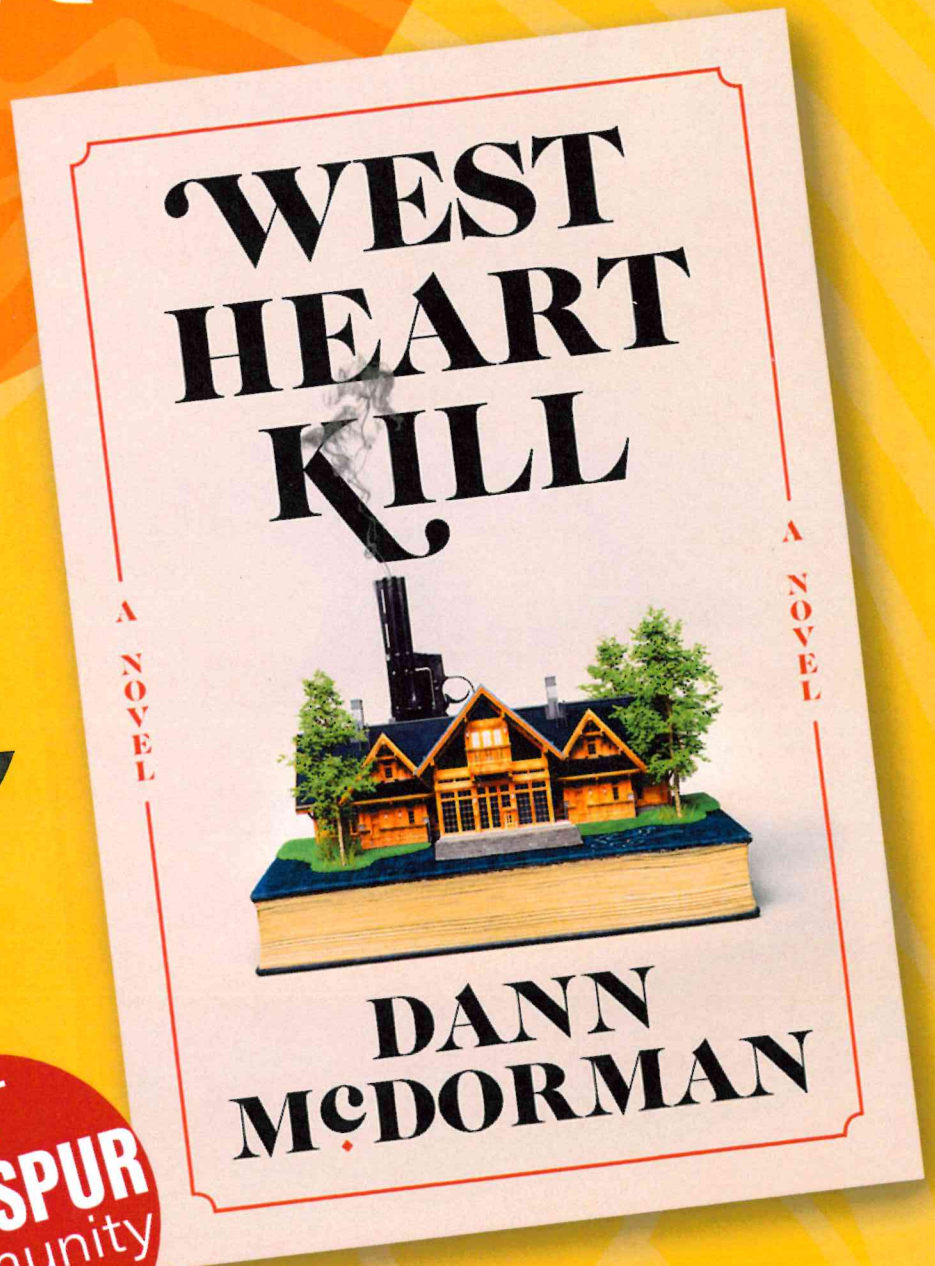
# THE LIBRARY BOOK CLUB

  
DESCHUTES  
PUBLIC  
LIBRARY

**Wednesday,  
April 16  
10:00 am**

**Bend**

**AT**  
**LARKSPUR**  
Community  
Center







# Age With Vitality

NEW!

## Age With Vitality Through Slow, Mindful Yoga

Program: 102313  
Fee: \$49.00 ID /  
\$58.80 OD  
Date: Sunday, 4/6  
Time: 2-4 pm

Just like your muscles and your heart, your nervous system needs to train, and slow, mindful yoga practice can be an excellent way to accomplish this training. Learn the science behind these practices' connection to overall health and well-being and why time spent practicing this way can be important like other exercise or self-care. Yoga Alliance CEU's available.

## Age With Vitality Through Ayurveda

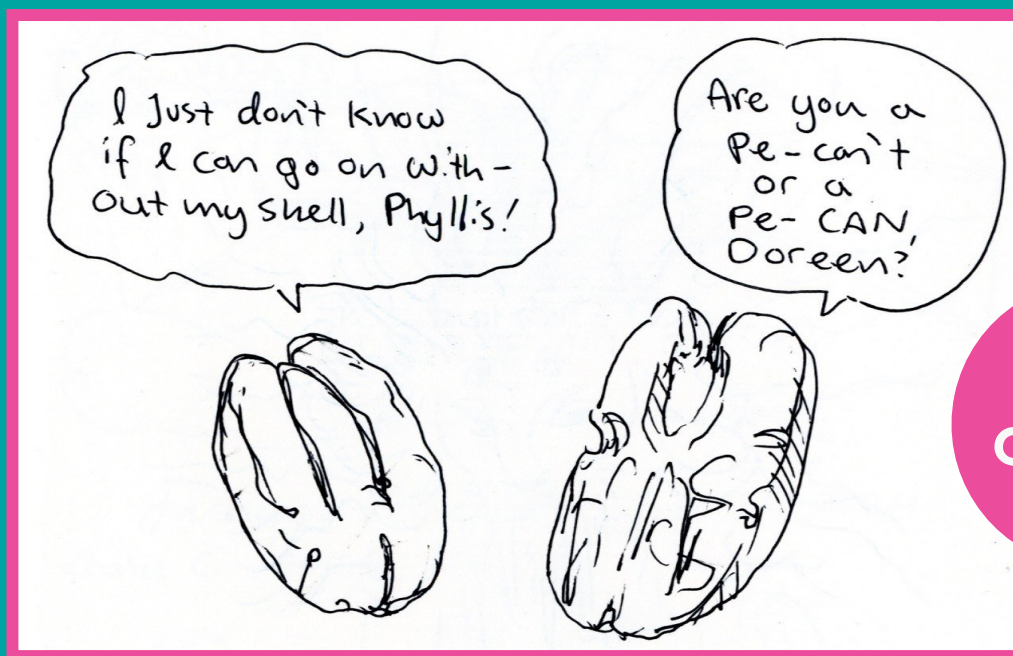
Program: 102312  
Fee: \$49.00 ID /  
\$58.80 OD  
Date: Sunday, 5/4  
Time: 2-4 pm

Practiced by 80 percent of India's population and more than 3,000 years old, Ayurveda is a whole-body system of medicine in India and other countries. This workshop will outline the foundational principles of this ancient system of health care that emphasizes cultivating balance through traditional, common-sense, lifestyle-based practices that aim for robust health and longevity. Try some easy-to-replicate Ayurvedic snacks and learn how to align routine, diet and self-care with nature's rhythms and your unique constitution.

For more information, visit  
[bendparksandrec.org](http://bendparksandrec.org)  
Questions? Call (541) 388-1133



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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:** \$49 ID \$78.80 OD

**Session:** W 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](http://goldeenogawa.com).

For more information, visit  
[bendparksandrec.org](http://bendparksandrec.org)  
Questions? Call (541) 388-1133



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# awaken your creativity

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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# 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](https://bendparksandrec.org)

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