



WEEKLY SOCIAL ACTIVITY SCHEDULE

Monday:

11:00 am - 3:00 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 [CURRENTLY ON HOLD]

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:

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

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.*

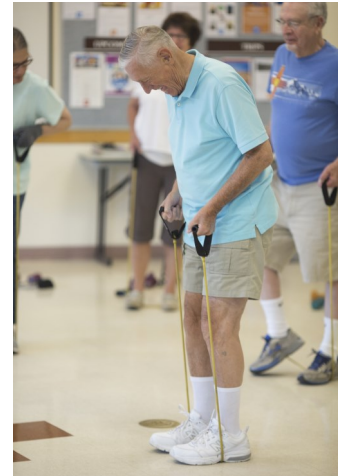
FREE

FEBRUARY 2025

Feb 4: Stay Active, Stay Healthy!

Dr. Dale Ellwein, chiropractor, author, lecturer & wellness lifestyle expert

Join us for an empowering health talk about how to maintain flexibility, strength and vitality as you age. Dr. Ellwein will share simple, effective stretches for every fitness level and tips for reducing falls and staying active and independent. Don't miss this opportunity to learn how small changes can make a big difference in your golden years.



Feb 11: The Art and Magic of Listening: Simple Skills to Build and Deepen Relationships and Community

Mark Montgomery, Bend Community Healing

In the last few years the news has been full of reports on an "epidemic of loneliness in the U.S.," especially among Americans over 50. This presentation will look at some of the factors that contribute to that "epidemic" and will present a handful of simple skills that can make connecting with others and deepening our relationships and sense of community both easy and fun. Around 50% of the presentation will be learning. The other 50% will be a chance to practice skills, ask questions, and discuss your experiences.



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www.bendparksandrec.org

Questions? Call (541) 706-6235

lunch and learn

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



FEBRUARY 2025 (continued)

Feb 18: Unraveling the Growth, Evolution and Disappearance of the Snow Creek Irrigation Company

Bob Timmer, Archaeological Society of Central Oregon (ASCO)

Central Oregon hosts several archaeological sites that are helping craft a new story of the peopling of the Americas. Learn about one of ASCO's recent stewardship projects, a collaboration with the Bureau of Land Management to document long-abandoned homesteads dating back to the late 1800s in the Tumalo & Plainview areas by searching old newspapers stories, deed records, water right filings and old maps, combined with new LiDAR imagery.



Feb 25: Hospice 101 – Myths & Facts

MaLeesa Madsen, Hospice Liaison, and staff from Bristol Hospice

The idea of hospice can feel scary, but it doesn't need to! Join staffers from a local hospice program to learn what hospice care actually involves and how it can benefit people going through life-limiting illnesses or medical challenges. Discussion will cover clinical, social, financial and even spiritual aspects of hospice care and address widely held misconceptions about the practice. Arm yourself with knowledge so that you can support loved ones now and/or advocate for yourself in the future.

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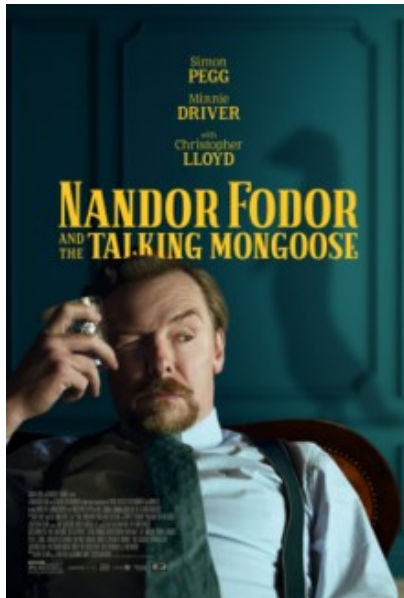
play for life

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



February 5

Nandor Fodor and the Talking Mongoose (2023)

Starring: Simon Pegg, Minnie Driver, Christopher Lloyd

Rated PG-13, Run time: 1h 36m

Join us for this wildly entertaining adventure based on a (possibly) true tale set in 1935 London. When famed paranormal psychologist Dr. Nandor Fodor (Pegg) investigates a family's claims of a talking animal, he uncovers a mysterious web of hidden motives. Soon, everyone becomes a suspect in Dr. Fodor's relentless pursuit of the truth.

February 12

Roman Holiday (1953)

Starring: Gregory Peck and Audrey Hepburn

Rated G, Run time: 1h 53m

Audrey Hepburn's portrayal of a modern-day princess, rebelling against the royal obligations, who explores Rome on her own. This romantic comedy ranks as one of the most enjoyable films of all times.



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

february movies

(continued)



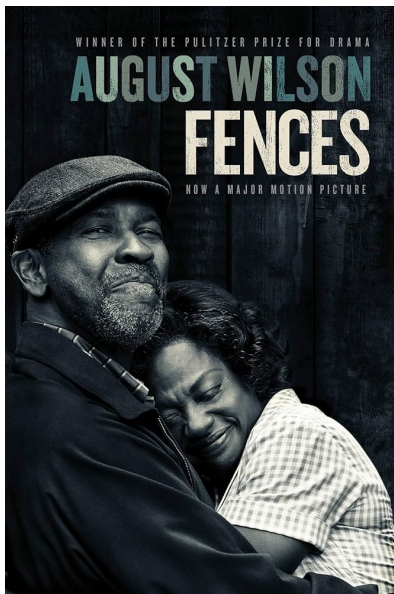
February 19

The Order (2024)

Starring: Jude Law, Nicholas Hoult, Tye Sheridan

Rated R, Run time: 1h 55m

A string of violent robberies in the Pacific Northwest leads veteran FBI agent Terry Husk (Law) into a white supremacist plot to overthrow the federal government.



February 26

Fences (2016)

Starring: Denzel Washington and Viola Davis
Rated PG-13, Run time: 2h 13m

Set in 1950s Pittsburgh, the film adaptation of August Wilson's Pulitzer Prize-winning play takes a passionate look at former baseball player Troy Maxson (Washington) as he fights to provide for those he loves in a world that threatens to push him down.



play for life



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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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**

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

For more information, visit
www.bendparksandrec.org
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THE LIBRARY BOOK CLUB

AT
LARKSPUR
Community
Center



The Backyard Bird Chronicles

Written and
illustrated by

Amy Tan



Foreword by
David Allen
Sibley



Bend

Larkspur Cmty Ctr
1600 SE Reed Mkt Rd
Wed, February 19
• 10:00 am



DESCHUTES PUBLIC
LIBRARY

Whip Up Some Winter Goodness

Cooking & Baking Classes Winter 2025

REGISTRATION
NOW OPEN!

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

- ◆ **Bellissimo Biscotti (102216)** Sa 1/11, 2-4pm
- ◆ **Easy Soups & Stews (102226)** Fri 1/17, 5-7:30pm
- ◆ **Plant-Based Vegetarian Cooking for Families (102208)** - Sa 1/24, 2-4:30pm
- ◆ **French Cooking Together (102334)** - Fri 2/14, 5-7:30pm - *Valentine's Day!*
- ◆ **Building Flavor From Scratch (102206)** - Tu 3/4, 5-7:30pm
- ◆ **Fabulous French Bread and Other Loaves We Love (102245)** - Sa 3/15, 1-3:30pm

Register at-
www.bendparksandrec.org
Questions? Call (541) 388-1133

play for life


Bend Park &
Recreation
DISTRICT



Make Some Music

music classes for adults

WINTER 2025 🎵🎵

Beginner Ukulele: Strum & Play (102102)

Tuesdays 1/21–2/11
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.

Guitar Performance Workshop: Open Mic Ready (102109)

Tuesdays 2/18–3/11
5:00 - 6:00 pm

Get ready to take your first step towards performing! This course is for those who want to learn a song and perform at an open mic event. We'll work together to choose a song, practice guitar techniques and build your performance confidence. In the final class, we'll attend an open mic, where you'll get to share your music in a supportive environment.

Beginner Guitar: Play Your Favorite Song (102108)

Tuesdays 1/21–2/11
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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