

# 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.*

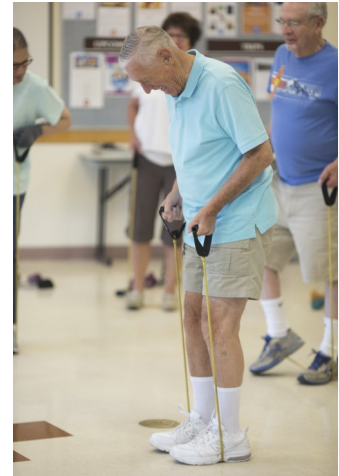
FREE

## 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.



play for life



Larkspur Community Center  
Home of the Bend Senior Center  
[www.bendparksandrec.org](http://www.bendparksandrec.org)

Questions? Call (541) 706-6235

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## **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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