

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

JANUARY 2025



Jan 14: New Year, New You

With BPRD fitness leads Alli Jorgensen, Caroyln Creedican & Kaye Kulaszewicz-House

Start the year off right with advice on how to set SMART (specific, measurable, achievable, relevant and time-bound) fitness goals based on the plethora of classes and resources available at Juniper & Larkspur fitness centers. Learn the differences between each of our yoga offerings, which aquatics class might be best for a specific injury, or what movement class to try next to kick things up a notch. We will also address what you can do at home to extend the benefits of your workouts. Whether you are a complete newbie or have been a die-hard regular for years, this session is for you.

Jan 21: The Puzzle of Consciousness

With Russell Hopper, OLLI-UO member & retired science educator

For millennia, philosophers and scientists have been trying to unlock the secrets of the mind with only limited success—until now. Today, with modern technologies, including the best in neuroscience, medical imaging, and recent advances in artificial intelligence, we are making more progress than ever before. Join us for a facilitated discussion following a 30-minute lecture by Dr. Thad Polk from the University of Michigan on this fascinating topic.



Jan 28: The Role of Museums in Today's World

With Martha Campbell, Community Engagement Coordinator at the High Desert Museum

Learn about some of the current research on museums and their importance to communities, and get an inside look at some of the valuable work that the High Desert Museum is doing to support our vibrant Central Oregon community through outreach and partnership.

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

Questions? Call (541) 706-6235



play for life