

### BEND SENIOR CENTER HOURS:

Monday - Thursday  
7:30 am - 7:00 pm

Friday  
7:30 am - 4:00 pm

Saturday  
9:00 am - 3:00 pm

Sunday Closed

Fitness room open during hours listed above

### COMMUNITY RESOURCES

Council on Aging of Central Oregon (COCOA)  
Administrative Offices  
373 NE Greenwood Bend, OR 97701  
(541) 678-5483

Meals on Wheels Office located at the Bend Senior Center  
(541) 604-5763

SHIBA Senior Health Insurance Benefits Assistance available through COCOA  
Call for appt. at (541) 678-5483

Have your next meeting or event at the Bend Senior Center.

Room rentals available.

Call for details: (541) 388-1133

## Brown Bag - FREE Lunch & Learn Series

Wednesdays • 12:00 - 1:00 PM

Presented in partnership with Pacific Source Medicare Health Plans. Feed your body and your mind as local experts share their knowledge about issues important to you. Bring your lunch; dessert and coffee are on us.

### 5/3 Secrets of Self-Healing from the World of Chinese Medicine

Mark Montgomery, Bend Healing Arts

### 5/10 Ospreys of Central Oregon

Patti Van Vlack, Nature Enthusiast

### 6/7 Nutrition for Maintaining Bone Health

Claire Kacena, DC

## Free Shred Day for Seniors

Thank you to SecureShred of Bend Garbage & Recycling for providing Free Shredding Services on Wednesday, May 3. Secure collection of your documents will be accepted from 8:00 am until 12:00 pm or until the bins are full.

Please only "1" bankers box of documents per person.

## Come Lunch with Us!

### Souper Tuesday Lunch

Join us every Tuesday at 11:45 am for a "souper lunch" and other goodies. Lunch is just \$3.50 per person. All ages are welcome. Enjoy something different each week!



### Thursday Lunch Social

Central Oregon Council on Aging and the Bend Senior Center team up to provide a social lunch every Thursday 12:00 - 12:30 pm. Afterward, stay for the weekly dance at 1:00 - 2:30 pm with the Mem'ry Makers and the Alley Cats. Menu rotates each week - check for posted menu at front desk and on the bulletin board.

## FREE

### Tuesday Afternoon at the Movies 12:45 - 2:45 pm

Join us every Tuesday as we host a free movie in the North Event Room.

Bring your love of drama, comedy and adventure as needed!

### 5/2 Loving (PG-13)

Starring: Joel Edgerton & Ruth Negga

### 5/9 Lion (PG 13)

Starring: Nicole Kidman, Dev Patel & Rooney Mara

### 5/16 Hidden Figures (PG)

Starring: Viola Davis & Kevin Costner

### 5/23 Jackie (R)

Starring: Natalie Portman & Peter Sarsgaard

### 5/30 La La Land (PG-13)

Starring: Ryan Gosling & Emma Stone

# bend senior center news

may 2017

## Noteworthy Dates

Stroke Awareness Day  
Tuesday, May 2  
11:30 am - 1:30 pm

Free Shredding Day for Seniors  
Wednesday, May 3  
8:00 am - 12:00 pm

Dance to The Notables Swing Band  
Sunday, May 7  
2:00 - 4:00 pm  
\$5 per person

AARP Driver's Safety Class  
Monday, May 8 & 22  
9:00 am - 4:00 pm

Safety Outreach  
Wednesday, May 10  
9:00 - 11:30 am

Crafter's Co-op  
Thursday, May 25  
12:30 - 5:30 pm

Senior Center Closed  
May 29 in observance of Memorial Day

Senior Health & Fitness Day  
Wednesday, May 31  
8:30 am - 11:30 am

BEND SENIOR CENTER  
Bend Park & Recreation District Facility  
1600 SE Reed Mkt Rd.  
p: (541) 388-1133 bendparksandrec.org

## May is Older Americans Month Celebrate with the Bend Senior Center

### Stroke Awareness Day

Tuesday, May 2

11:30 am Lunch  
12:00 pm Speaker  
12:30 - 1:30 pm Resource Fair

Local caregivers, organizations and businesses will provide resources to those at risk and their families. Stroke coordinators from St. Charles Medical Center Bend will provide education, blood pressure screening, blood sugar checks and stroke risk assessments. Special guest speaker will be

Dr. Steven Goins. Local senior service providers will have informational tables set up with valuable information.



## Senior Health & Fitness Day

Wednesday, May 31

8:30 am - 11:30 pm

Join over 100,000 older adults throughout the U.S. today as we celebrate the 24th annual National Senior Health & Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. Join us for special activities, massages and treats in the lobby.



play for life

**UPCOMING  
SPRING CLASSES**

*For specific class information, see our  
Winter Spring Playbook*

**Social & Club Dancing**

Bend Senior Center class is for beginners and those wanting to refresh their skills. Whether your preference is Salsa club dancing, crazy Jitterbug or smokin' hot Tango this class will show you all the smooth moves of partner dancing so you feel confident on the dance floor. Make new friends! Learn new steps! No partner needed and absolute beginners are always welcome. Instructor: Barry Jost.

Fee: \$49 ID \$59 OD / session

M: 7:15 - 8:15 pm

Sessions: 5/1 - 22 Salsa      6/5 - 26 Fox Trot

**Today's Square Dance Sampler**

Square dancing is often described as friendship set to music. Meet new friends, burn some calories and have a great time. If you danced before, you may recognize the calls, but today's style incorporates many different kinds of music including rock, modern country and jazz. No previous dance experience required, just a willingness to learn and have fun.

Fee: \$39 ID \$47 OD / session

T/Th: 6:00 - 8:00 pm

Sessions: 5/9 - 18      6/13 - 22

**Country Western Line Dancing**

Get on the dance floor with all of your friends! Learn a new line dance combination each week. Try out some of the popular boot scootin' dances like American Kids, Good Times and the Tush Push. No previous dance experience required. Instructor: Barry Jost.

Fee: \$49 ID \$59 OD / session

M: 6:10 - 7:10 pm

Sessions: 5/1 - 22      6/5 - 26

**Coming Soon!**

**Paper Crafting Workshop**

Instructor: Elvie Blanchard.

Fee: \$39 ID \$47 OD / session

Th: 1:00 - 4:00 pm

Session: 6/1

**Out & About Day Trips  
City of Bend Water Filtration  
Facility Tour**

Nature has given Bend residents a precious, high-quality supply of cold, clear water. Learn where Bend's water supply comes from and its sustainable approach to water management, from source to distribution.

Transportation included.

Fee: \$15 ID \$18 OD / session

**Th: 12:45- 4:00 pm      Session: 5/4**

**Fort Rock Natural Area &  
Cowboy Dinner Tree**

Spend a day exploring the Fort Rock Natural Area and the Fort Rock Valley Homestead Museum. Finish the day at the historic Cowboy Dinner Tree, one of the area's biggest tourist attractions. Fee includes transportation, interpretation, museum fee and dinner.

Fee: \$89 ID \$107 OD / session

**Su: 9:00 am - 7:00 pm      Session: 6/4**

**Ukulele and Guitar Lessons**

Have you always wanted to learn how to play a musical instrument? Join us for our beginning ukulele and guitar group lessons. Guitar and Ukulele classes have room for you! Class is 4 weeks. Check out the schedule for each month. Fee: \$40 ID \$48 OD

Beginning Guitar I    Mondays, 4:45 - 5:45 pm

Beginning Guitar II   Mondays, 6:00 - 7:00 pm

Beginning Ukulele I    Wednesdays, 5:30 - 6:30 pm

Beginning Ukulele II   Wednesdays, 6:45 - 7:45 pm

**Older Americans Month Activities**

**May 2 - 11:30 -1:30 pm    Stroke Awareness Day**

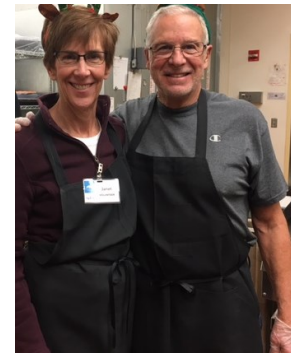
**May 3 - 8:30 - 12:00 pm    Senior Shredding Day**

**May 7 - 2:00 - 4:00 pm    Notables Swing Dance**

**May 10 - 9:00 - 11:30 am    Safety Outreach Day**

**May 31 - 8:30 - 11:30 am    National Senior  
Health & Fitness Day**

**Volunteer with  
Bend Park  
& Recreation District!**



Volunteers are needed to support adult fitness programs held at the Bend Senior Center, Juniper Swim & Fitness Center and with youth recreation programs held at various locations. Youth programs include art, science, cooking, theater, adventure and sports opportunities.

Volunteers provide assistance to staff with all of these programs and

interact with participants. Application is required and to keep programs safe, a criminal history background check is processed for all volunteers age 18 and over. Training and on-going staff support is provided.

For more information, visit [www.bendparksandrec.org/volunteers](http://www.bendparksandrec.org/volunteers) or contact Kim Johnson, BPRD Volunteer Coordinator at 541-706-6127.

**Great News for AARP  
Medicare Supplement Members**

In addition to Silver & Fit and Silver Sneakers programs, the Bend Senior Center is now participating in the Healthy Contributions program for AARP Medicare Supplement United Healthcare members. Please contact your insurance company and sign up to receive your discounted Bend Senior Center monthly pass.

**Silver & Fit® & Silver Sneakers®**



The Bend Senior Center is proud to be a Silver & Fit and now a Silver Sneakers Facility. These programs provide eligible members with no-cost or low-cost fitness memberships through arrangements with certain health care plans. They are designed to help seniors achieve better health through regular exercise and health education. Contact your Medicare Advantage Health Plan to see if you qualify.

**let's dance.**

**The Notables Swing Band**

**Sunday, May 7, 2:00 - 4:00 pm**

**\$5 per person**

**Come dance to jazz standards of the 30's and 40's.**

**LOOKING AHEAD:**

**Coffee Talks at BSC  
with  
Recreation Manager Sue Glenn**

Stop by and say hello and check in on the progress of the Larkspur Center Design. See the latest floor plan and tune in to hear about the guiding principles.

<b>Tuesday</b>	<b>May 2</b>	<b>11:30 pm - 1:30 pm</b>
<b>Wednesday</b>	<b>May 10</b>	<b>9:00 am - 11:00 am</b>
<b>Monday</b>	<b>May 15</b>	<b>9:45 am - 11:45 am</b>
<b>Thursday</b>	<b>May 25</b>	<b>11:30 am - 1:00 pm</b>
<b>Wednesday</b>	<b>May 31</b>	<b>8:30 am - 11:30 am</b>

**Health Clinics**

**Blood Pressure Checks**

**First & third Wednesdays 9:30 - 10:30 am**

**Feet Retreat**

**Every Wednesdays each month  
9:00 am - 3:00 pm Call (541) 788-4785  
for an appointment**

**Social Security 101 & Medicare Information Session**

**Question & answer session about  
Social Security and Medicare  
Third Wednesdays 4:30 - 5:15 pm & 5:30 - 6:15 pm**

**ABC's & Ds of Medicare**

**First Thursdays 4:30 - 5:30 pm**

**Alzheimer's/Dementia Caregiver  
Support Group Meeting**

**3rd Thursdays 5:00 - 6:00 pm  
Call (541) 948-7214 for more information**