

Bend Senior Center

1600 SE Reed Market Road
Bend, OR 97702 • 541-388-1133
www.bendparksandrec.org

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bend Senior Center Staff Center Manager: Sue Glenn Program Coordinator: Brenda Chilcott Customer Service: Teri Wegner Receptionists: Mary Brooks Sue Wack Becky Condon Facility Supervisors: Mark Cain Chris Lahay, Mike Cleavenger				7:35 Stretch & Strength 1 8:45 Better Balance Circuit 9:00 Zumba Gold 9:00 Strength & Condition 10:15 Move to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:30 Seated Yoga 12:00 Mahjong 12:00 COCOA Lunch Social 1:00 Afternoon Dance 2:30 Adult Coloring 3:15 Yoga for Mindfulness 4:30 Hatha Yoga 4:30 ABCs & Ds of Medicare 5:30 Barre Body	7:35 Stretch & Strength 2 8-10 Fit. Ctr. Orientation 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Beginning Barre 10 Beginning Line Dance II 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch & Relax 12:45 Pinochle 2:00 Fitness Center Workout	9:00 Strength & Conditioning 3 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge
4 9:00 am-7:00 pm Fort Rock Natural Area & The Cowboy Dinner Tree	5 7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Better Balance Circuit 9:00 Zumba Gold 10:15 Move to Music 10:15 Functional Fitness 11:30 Strength, Tone & Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Mexican Train 12:45 Pers. Circuit Trg 1:00 BSC Book Group 2:00 8 Movement Tai Chi 4:00 Pilates Mat 4:30 Hatha Yoga 4:45 Beginning Guitar I 5:30 Total Body Barre 6:00 Beginning Guitar II 6:10 Country Western Dance 7:15 Fox Trot	6 7:35 Stretch & Strength 8:00 Cardio Ball 9:05 Cardio Ball 9:00 Strength & Cond. 9:35 24 Movement Tai Chi 10:00 HD Rug Hookers 10:15 Walk with Ease- 10:15 Yoga Fundamentals 11:30 Seated Yoga 11:45 SOUPER Tuesday 12:00 Mahjong Players 12:45 Afternoon Movie - <i>A Dog's Purpose</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Bliss Dance Workout	7 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 9:30 Blood Pressures 10:00 Beg Line Dance 10:00 Stand Tall Don't Fall 10:00 Zumba Gold 11:30 Strength, Tone & Bone 12:00 Lunch & Learn <i>Nutrition for Bone Health</i> 12:30 Duplicate Bridge 12:45 Pers. Circuit Trg 12:45 Stretch & Relax 2:00 Fitness Center Workout 2:00 8/24 Movement Tai Chi 4:00 Pilates Mat 4:30 Zumba 5:30 Ukulele I 6:45 Ukulele II	8 7:35 Stretch & Strength 8:45 Better Balance Circuit 9:00 Zumba Gold 9:00 Strength & Condition 10:15 Move to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:30 Seated Yoga 12:00 Mahjong 12:00 COCOA Lunch Social 1:00 Afternoon Dance 1:00 Pot o' Daisies Acrylic 2:30 Adult Coloring 3:15 Yoga for Mindfulness 4:30 Hatha Yoga 5:30 Total Body Barre	9 7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Beginning Barre 10 Beginning Line Dance II 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch & Relax 12:45 Pinochle 2:00 Fitness Center Workout	10 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:00 Let's Roll Sushi 11:30 Social Bridge
11	12 7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Better Balance Circuit 9:00 AARP Drivers Safety 10:00 Zumba Gold 10:15 Move to Music 10:15 Functional Fitness 11:00 Out to Lunch Bunch 11:30 Strength, Tone & Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Mexican Train 12:45 Pers. Circuit Trg 2:00 8 Movement Tai Chi 4:00 Pilates Mat 4:30 Hatha Yoga 4:30 With Your Child: Macs 4:45 Beginning Guitar I 5:30 Total Body Barre 6:00 Beginning Guitar II 6:10 Country Western Dance 7:15 Fox Trot	13 7:35 Stretch & Strength 8:00 Cardio Ball 9:05 Cardio Ball 9:00 Strength & Cond. 9:35 24 Movement Tai Chi 10:00 HD Rug Hookers 10:15 Walk with Ease- 10:15 Yoga Fundamentals 11:30 Seated Yoga 11:45 SOUPER Tuesday 12:00 Mahjong Players 12:45 Afternoon Movie - <i>Sing!</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Bliss Dance Workout 6:00 Square Dance Sampler	14 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 9:30 Learn to Knit 10:00 Beg Line Dance 10:00 Stand Tall Don't Fall 10:00 Zumba Gold 11:30 Strength, Tone & Bone 12:00 Lunch & Learn <i>Mindfulness & Meditation</i> 12:30 Duplicate Bridge 12:45 Pers. Circuit Trg 12:45 Stretch & Relax 2:00 Fitness Center Workout 2:00 8/24 Movement Tai Chi 4:00 Pilates Mat 4:30 Zumba 5:30 Ukulele I 6:45 Ukulele II	15 7:35 Stretch & Strength 8:45 Better Balance Circuit 9:00 Zumba Gold 9:00 Strength & Condition 10:15 Move to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:30 Seated Yoga 12:00 Mahjong 12:00 COCOA Lunch Social 1:00 Afternoon Dance 1:00 Intro to Chinese Brush Painting 2:30 Adult Coloring 3:15 Yoga for Mindfulness 4:30 Hatha Yoga 4:30 With Your Child: Macs 5:30 Total Body Barre 6:00 Square Dance Sampler	16 7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Beginning Barre 10 Beginning Line Dance II 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch & Relax 12:45 Pinochle 2:00 Fitness Center Workout	17 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge
18	19 7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Better Balance Circuit 9:00 Zumba Gold 10:15 Move to Music 10:15 Functional Fitness 11:30 Strength, Tone & Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Mexican Train 12:45 Pers. Circuit Trg 1:00 Bend Round About Tour 2:00 8 Movement Tai Chi 4:00 Pilates Mat 4:30 Hatha Yoga 4:30 With Your Child: Macs 4:45 Beginning Guitar I 5:30 Total Body Barre 6:00 Beginning Guitar II 6:10 Country Western Dance 7:15 Fox Trot	20 7:35 Stretch & Strength 8:00 Cardio Ball 9:05 Cardio Ball 9:00 Strength & Cond. 9:35 24 Movement Tai Chi 10:00 HD Rug Hookers 10:15 Walk with Ease- 10:15 Yoga Fundamentals 11:30 Seated Yoga 11:45 SOUPER Tuesday 12:00 Mahjong Players 12:45 Afternoon Movie - <i>The Great Wall</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Bliss Dance Workout 6:00 Square Dance Sampler	21 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 9:30 Blood Pressures 10:00 Beg Line Dance 10:00 Stand Tall Don't Fall 10:00 Zumba Gold 11:30 Strength, Tone & Bone 12:00 Lunch & Learn <i>Medical Cannabis</i> 12:30 Duplicate Bridge 12:45 Pers. Circuit Trg 12:45 Stretch & Relax 2:00 Fitness Center Workout 2:00 8/24 Movement Tai Chi 4:00 Pilates Mat 4:30 Zumba 4:30 Social Security Basics 5:30 Ukulele I 5:30 Medicare 101 6:45 Ukulele II	22 7:35 Stretch & Strength 8:45 Better Balance Circuit 9:00 Zumba Gold 9:00 Strength & Condition 9:30 Loom Knitting 10:15 Move to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:30 Seated Yoga 12:00 Mahjong 12:00 COCOA Lunch Social 1:00 Afternoon Dance 2:30 Adult Coloring 3:15 Yoga for Mindfulness 4:30 Hatha Yoga 5:00 Alzheimers Support Group 5:30 Total Body Barre 6:00 Square Dance Sampler	23 7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Beginning Barre 10 Beginning Line Dance II 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch & Relax 12:45 Pinochle 2:00 Fitness Center Workout	24 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge
25	26 7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Better Balance Circuit 9:00 AARP Drivers Safety 10:00 Zumba Gold 10:15 Move to Music 10:15 Functional Fitness 11:30 Strength, Tone & Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Mexican Train 12:45 Pers. Circuit Trg 2:00 8 Movement Tai Chi 4:00 Pilates Mat 4:30 Hatha Yoga 4:45 Beginning Guitar I 5:30 Total Body Barre 6:00 Beginning Guitar II 6:10 Country Western Dance 7:15 Fox Trot	27 7:35 Stretch & Strength 8:00 Cardio Ball 9:05 Cardio Ball 9:00 Strength & Cond. 9:35 24 Movement Tai Chi 10:00 HD Rug Hookers 10:15 Walk with Ease- 10:15 Yoga Fundamentals 11:30 Seated Yoga 11:45 SOUPER Tuesday 12:00 Mahjong Players 12:45 Afternoon Movie - <i>Patriots Day</i> 1:00 Knitters Social 3:00 Make a Vertical Succulent Garden 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Bliss Dance Workout	28 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 10:00 Beg Line Dance 10:00 Stand Tall Don't Fall 10:00 Zumba Gold 11:30 Strength, Tone & Bone 12:00 Lunch & Learn: <i>What a Plastic Surgeon Does... Really</i> 12:30 Duplicate Bridge 12:45 Pers. Circuit Trg 12:45 Stretch & Relax 2:00 Fitness Center Workout 2:00 8/24 Movement Tai Chi 4:00 Pilates Mat 4:30 Zumba 5:30 Ukulele I 6:45 Ukulele II	29 7:35 Stretch & Strength 8:45 Better Balance Circuit 9:00 Zumba Gold 9:00 Strength & Condition 10:15 Move to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:30 Seated Yoga 12:00 Mahjong 12:00 COCOA Lunch Social 1:00 Afternoon Dance 1:00 Flowers in Watercolor 2:30 Adult Coloring 3:15 Yoga for Mindfulness 4:30 Hatha Yoga 5:00 Weekend Brunches 5:30 Total Body Barre	30 7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Beginning Barre 10 Beginning Line Dance II 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch & Relax 12:45 Pinochle 2:00 Fitness Center Workout	9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge