

bend senior center news

june 2017

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

Central Oregon Council on Aging Administrative (COCOA) Offices
373 NE Greenwood Ave., 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

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. Presented in partnership with Pacific Source Medicare Health Plans.

June 7 Nutrition for Maintaining Bone Health
Claire Kacena, DC

June 14 Mindfulness & Meditation
Heather Krantz, MD

June 21 Medical Cannabis
Laurel James, RN-BC, CCRN

June 28 What a Plastic Surgeon Does... Really
Adam R. Angeles, MD

Souper Tuesdays Lunch

Join us each 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!



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!

June 6 A Dog's Purpose (PG)
Starring: Britt Robertson, John Ortiz & Dennis Quaid

June 13 Sing! (PG)
Starring: Reese Witherspoon & Matthew McConaughey

June 20 The Great Wall (PG-13)
Starring: Matt Damon & William Dafoe

June 27 Patriots Day (R)
Starring: Mark Wahlberg & Kevin Bacon

Come Lunch with Us!

Thursday Lunch Social

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

Noteworthy Dates

ABCs & Ds of Medicare
Thursday, June 1
4:30-5:30 pm

NEW CLASS!
Yoga for Mindfulness
T/Th 3:15-4:15 pm

Dance to The Notables Swing Band with Betty Berger
Sunday, June 11
2:00-4:00 pm
\$5 per person

Social Security Basics & Medicare 101
If you are close to retirement age or new to Social Security make plans to attend this Q & A.
Wednesday, June 14
4:30-5:15 pm
5:30-6:15 pm Medicare 101

Crafter's Co-Op
Thursday, June 22
12:30-3:30 pm
Bring your craft project!

AARP Driver's Safety Class
Monday, June 12 & 26
9:00 am - 4:00 pm

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

If You Love Your Dog...Leave 'em



Every year, hundreds of pets die from heat exhaustion because they are left in parked vehicles. The temperature inside your vehicle can rise to almost 20° F in just 10 minutes. In 60 minutes, the temperature in your vehicle can be more than 40 degrees higher than the outside

temperature. Even on a 70-degree day, that's 110 degrees inside your vehicle! Your vehicle can quickly reach a temperature that puts your pet at risk of serious illness and even death, even on a day that doesn't seem hot to you. Studies have shown that cracking the windows has very little effect on the temperature rise inside the vehicle. This is definitely a situation where "love 'em and leave 'em" is a good thing. Please leave your pets at home when you can... They'll be safe and happily waiting for you to come home. According to the Bend Police Department, it is not unlawful to leave your pet in the car until it presents a hazard to the animals physical health or well-being. If you absolutely have to leave your pet in the car; provide water, park in the shade and leave the windows down.

What to do if you see a animal in a hot car?

- Take down the car's make, model and license plate number.
- Note the breed of the animal.
- Note what is happening to the animal - Why are you reporting? Is the animal unresponsive, lethargic, vomiting? Panting is not a sign of heat exhaustion. That's how a dog cools itself.
- Call non-emergency dispatch to report (541) 693-6911.



play for life

UPCOMING SUMMER CLASSES

*For specific class information,
see our Summer Playbook*

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
Activity: 202133 M: 6:10 - 7:10 pm
Sessions: 6/5 - 26

Social & Club Dancing

This class is for beginners and those wanting to refresh their skills. Whether you prefer Salsa club dancing, crazy Jitterbug or smokin' hot Tango this class will show you all the smooth moves of partner dancing so you look and 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
Activity: 202140 M: 7:15 - 8:15 pm
Sessions: 6/5 - 26 FoxTrot

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 as you try out the new face of square dancing. If you danced before, you may recognize the calls, but today's style includes many different kinds of music, like rock, modern country and jazz. No previous dance experience required, just a willingness to learn and have fun.

Fee: \$39 ID \$47 OD / session
Program: 202150 T/Th: 6:00 - 8:00 pm
Sessions: 6/13 - 22

Make a Vertical Succulent Garden

Learn to make a vertical succulent garden to create colorful, textural living tapestries. Succulents are a natural choice for vertical gardens because they grow slowly and have low water requirements. Come make a beautiful outdoor masterpiece. Instructor: Rae Aldrich .



Fee: \$49 ID \$61 OD Activity: 202200
Tu: 3:00 - 5:00 pm Session: 6/27

Pot 'O Daisies Acrylic Workshop

Wow! Learn the basics of acrylic painting in just a day. All skill levels are welcome as we focus on the techniques of color, lighting, composition, texture and layering. Take home a finished, ready-to-frame painting featuring a summer flower. Take one or both classes! \$20 supply fee due at beginning of each class. Instructor: Carol Picknell

Fee: \$24 ID \$29 OD / session Activity: 202406
Th: 1:00 - 3:30 pm Session: 6/8

Intro to Chinese Brush Painting

Learn the basics of traditional Chinese brush painting. Learn how the simple strokes of a paint brush can capture a single object or an entire scene. \$15 supply fee due to instructor at class. Instructor: Michelle Oberg.

Fee: \$24 ID \$29 OD / session Activity: 202405
Th: 1:00 - 3:30 pm Session: 6/15

Flowers in Watercolor

Join local flower painter, Jennifer Ware-Kempcke, to paint sunflowers and irises in this guided lesson in watercolor painting. She will teach layering, composition and color choice. At the end of the session, you will have produced two small completed paintings of summer flowers. This class is designed for a painter with some watercolor experience. Supply list available at registration.

Fee: \$24 ID \$29 OD / session Activity: 202402
Th: 1:00 - 4:00 pm Session: 6/29

Learn to Knit

Learn the basic of knitting: how to hold a pair of needles, work a knit stitch, cast-on and bind-off stitches. Compare different needles and learn how to choose the one for you and your yarn. Make a cotton wash cloth using the knit stitch, and if time permits, learn the purl stitch. Cotton yarn supplied. Instructor: Kristina Romer

Fee: \$29 ID \$35 OD / session Activity: 202470
W: 9:30 - 11:30 am Session: 6/14 - 21

Loom Knitting

Learn how to put the yarn on and take it off the loom (cast on, 'bind off') and to make the knit stitch to make a basic hat.



In the second class you will learn how to make a "hemmed" cuff for a hat. To finish up, you will learn to make straight panels of knit, either on a rectangle or round loom, which can make scarves, bags and afghans. This is a great class for beginners. Instructor: Kristina Romer.

Fee: \$39 ID \$47 OD / session Activity: 202471
Th: 9:30 - 11:30 am Session: 6/22 - 29

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.

Weekend Brunches

Crowd-pleasing, company-loving brunch ideas for anytime of the year. Make ahead some of these dishes so you can kick back and enjoy your summer entertaining with the family. Instructor: Suzanne Landry

Fee: \$49 ID \$59 OD / session
Activity: 202227
Th: 5:00 - 7:30 pm Sessions: 6/29



Let's dance. The Notables Swing Band

Sunday, June 11
2:00 - 4:00 pm \$5 per person
Come dance to jazz standards
of the 30's and 40's.

Health Clinics

Blood Pressure Checks
First & third Wednesdays
9:30 - 10:30 am

Feet Retreat
First four Wednesdays each month
9:00 am - 3:00 pm
Call (541) 788-4785 for an appointment

Medicare Information Session
Question & answer session about Medicare
First Thursday 4:30 - 5:30 pm

**Alzheimer's/Dementia
Caregiver Support Group Meeting**
3rd Thursday of the month
5:00 - 6:00 pm
Call (541) 948-7214 for more info

Social Security Basics & Medicare 101
Getting ready to retire or are you new to
Social Security? Q & A session on the
3rd Wednesday of the month
4:30-5:30 pm.