

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

Get to Know Your iPhone Series:

Instructor: Robyn Lyman, Apple Certified Support Professional

iPhone: Safari & Mail

M: 6:00 - 7:30 pm
Session: 10/2

iPhone: Contacts & Calendar

M: 6:00 - 7:30 pm
Session: 10/9

iPhone: Camera & Photos

M: 6:00 - 7:30 pm
Session: 10/16

iPhone: Maps, Messenger & Siri

M: 6:00 - 7:30 pm
Session: 10/23

Premier World Discovery Armchair Travel Informational Meeting

Thursday, October 12
11:45 - 12:45 pm

Come learn about the great travel options for 2018. Our travel representative will cover program particulars and answer your questions.

Come Lunch with Us!

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!

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 & 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!

Oct. 3 Wonder Woman PG-13

Starring: Gal Gadot & Chris Pine

Oct. 10 The Hero R

Starring: Sam Elliot & Laura Prepon

Oct. 17 The Big Sick R

Starring: Kumail Nanjiani, Ray Romano & Zoe Kazan

Oct. 24 The Circle PG-13

Starring: Tom Hanks & Emma Watson

Oct. 31 Hocus Pocus PG

Starring: Bette Midler, Sarah Jessica Parker & Kathy Najimy



bend senior center news

october 2017

Noteworthy Dates

Dance to The Notables Swing Band with Betty Berger
Sunday, October 1
2:00-4:00 pm
\$5 per person

Fall Kickoff Free Fitness Classes
October 8 - 11
at both JSFC & BSC
See schedule for selected classes

Columbia Gorge Sternwheeler Day Trip
Wednesday, October 11
Only a few Tickets left!

Ear / Hearing Care Consultation
Thursday, October 12
10:00 - 11:30 am
Free

AARP Driver's Safety Class
Monday, October 23
9:00 am - 4:00 pm

Crafter's Co-Op
Thursday, October 26
12:30-3:30 pm
Bring your craft project!

Fall Kickoff, October 8 - 14 FREE Fitness Classes & Fun at the Bend Senior Center and JSFC

Want to try out a new class at the Bend Senior Center? Come on down and take advantage of our selected free classes during our Fall Kickoff. Check out the Juniper Swim & Fitness Schedule online or pick up a schedule at the front desk. Come and have fun!

CARDIO				
Mon	Oct 9	4:30-5:30 pm	Zumba 101	Challey
Tues	Oct 10	5:30-6:30 pm	Bliss Dance Workout	Emily
Wed	Oct 11	4:30-5:30 pm	Zumba	Challey
MIND & BODY				
Mon	Oct 9	4:30-5:30 pm	Pilates Mat	Judi
Mon	Oct 9	4:30-5:30 pm	Hatha Yoga	Erin
Mon	Oct 9	5:30-6:30 pm	Barre Body Workout	Rae
Tues	Oct 10	4:30-5:30 pm	Yoga Flow	Erin
Wed	Oct 11	4:30-5:30 pm	Pilates Mat	Judi
Wed	Oct 11	5:30-5:30 pm	Yoga 101	Staff
Thurs	Oct 12	4:30-5:30 pm	Hatha Yoga	Erin
Thurs	Oct 12	5:30-6:30 pm	Barre Body Workout	Rae

Medicare Informational / Sales Meetings

It is fall and time for Medicare Open Enrollment. Are you thinking of changing Medicare Plans. You may attend any of the following meetings for more information.

Wednesday 10/18 2:00 - 3:00 pm Providence
Tuesday 10/24 10:00 - 11:00 am Humana
Wednesday 10/25 9:30 - 11:00 am PacificSource

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



play for life

UPCOMING FALL CLASSES

For specific class information,
see our Summer Playbook

Handmade Pretzels

Do you love those soft, hot, fresh pretzels, but think you can only get them at the ball game? Learn how to make them, and enjoy them fresh out of the oven. We will also make a couple of different dipping sauces. Better not miss this one! Instructor: Jessica Carleton.

Fee: \$39 ID \$47 OD / session
Tu: 5:30 - 7:30 pm Session: 10/3

Pot Stickers: Traditional Chinese Dumplings

Learn to make pot stickers also known in China as dumplings. Class covers a traditional recipe for filling, rolling the dough, forming and steaming the dumpling. This Northern China staple is a primary food in the "culture that created dumplings." Instructor: Jingshi Lin.

Fee: \$39 ID \$47 OD / session
Th: 5:00 - 7:00 pm Session: 10/12

Artisan Pizza

Mama Mia, that is-a-good-a pizza pie! Here is your chance to learn the secret behind flavorful pizza dough and creating a crispy crust in a conventional oven. Mix your own pizza dough by hand and craft your own personal artisan pizza. Instructor: Brenda Chilcott

Fee: \$49 ID \$59 OD / session
Th: 5:00 - 7:00 pm Session: 10/19

Bacon Jam

Go crazy for Bacon Jam - A bacon lover's dream. Use it on everything from toast and pancakes to soups and sandwiches. Great for gift baskets. Instructor: Jessica Carleton.

Fee: \$39 ID \$47 OD / session
Tu: 5:30 - 7:30 pm Session: 10/24

Holiday Side Dishes: Easy & Delicious

Enjoy your holiday more with no fuss. Learn some easy, make-ahead holiday side dishes from wonderful fall vegetables that highlight the autumn harvest. From menu ideas and clever new approaches to presentation your guests will think you were a slave to the kitchen as they savor each bite. Instructor: Suzanne Landry

Fee: \$49 ID \$59 OD / session
Th: 5:00 - 7:30 pm Session: 10/26

PROGRAM HIGHLIGHTS

Fall Into a New YOU Detox!

A gentle fall detox plan that will support your body transition from the light eats of summer into heavier winter foods. You will receive a meal plan, grocery list, meal prep instructions and lifestyle best practices. Learn from a holistic life coach and walk away with an empowering guide to healthy living. Includes special access to a one-week online course. Instructor: Layla McGlone

Fee: \$35 ID \$42 OD / session
M: 5:30 - 7:30 pm Session: 10/9

Holiday Chocolates & Sweets to Wow!

Calling all sweet tooth's and chocolate lovers! Come learn how you can serve up dazzling treats for your holiday displays that are nutrient packed without all the added refined sugars and additives. You will sample a variety of raw chocolates, cookies a few drinks that you will wow all of your guests throughout the holiday season! You will receive a collection of recipes, cooking instructions and a sweets swag bag to take home. Instructor: Layla McGlone

Fee: \$35 ID \$42 OD / session
M: 5:30 - 7:00 pm Session: 10/23

Desserts to Impress

Learn to make two of the easiest, most elegant desserts ever. Molten lava cake takes about 7 minutes to prep and 7 minutes to cook, and you'll end up looking like an accomplished pastry chef. Crème brulee has to be made ahead of time so it can be chilled and pulled out at dinner's end. Break out your torch and really wow your guests. Instructor: Jessica Carleton.

Fee: \$39 ID \$47 OD / session
Tu: 5:30 - 7:30 pm Session: 10/17

With Your Child: Mini-Pumpkin Halloween Arrangement

Ages: 5 & up. Wow your family and friends, as you and your child create your own mini-pumpkin Halloween arrangement. This workshop covers all the tips and tricks of the trade to make a beautiful and fun one-of-a-kind Halloween centerpiece. Fee includes class supplies and a take home arrangement. Fee includes child and adult. Instructor: Rae Aldrich.

Fee: \$49 ID \$59 OD / session
Tu: 4:30 - 6:30 pm Session: 10/17

The Ugly Winter Beer Hat

If you don't have the time to make the Ugly Christmas Sweater... then the Ugly Winter Beer Hat might be for you or your loved one! Learn how to interchange designs as we work strand and twisted colors, use charts, single and double decrease stitches. Circular needle skills with knit and purl stitches needed. Instructor: Kristina Romer

Fee: \$59 ID \$71 OD / session
Th: 9:30 - 11:30 am Session: 10/5

ANDROID DEVICE HELP

Internet 101

Learn best practices for browsing the internet safely and learn to detect scammers. You'll learn how to use search engines, choose a web browser, to transfer files/picture/videos, and explore any questions you may have. Instructor: Ryan Doherty
Fee: \$19 ID \$23 OD / session
Tu: 6:00 - 7:30 pm Session: 10/3

Deciding On A Device

Learn how to find the device that's best suited for you as we compare Android and IOS devices, and where to find the best prices. We will get you started on your new device, learn about updates and teach you to connect your device to the internet, printers and more. Bring questions! Instructor: Ryan Doherty
Fee: \$19 ID \$23 OD / session
Tu: 6:00 - 7:30 pm Session: 10/10

Smart Device Essentials

Everything you need to learn to safely use any smart phone and tablet. Learn initial set-up, how to personalize your device, check voicemail and set up e-mail. You'll learn to use messaging apps, your calendar & the internet. Instructor: Ryan Doherty
Fee: \$19 ID \$23 OD
Tu: 6:00 - 7:30 pm Session: 10/17

Android Devices

Learn how to use your android device. Learn how to take, send and manage your pictures. Master all of your phones features, such as messaging, checking voicemails, video chat, maps, and updates. Bring questions! Instructor: Ryan Doherty
Fee: \$19 ID \$23 OD / session
Tu: 6:00 - 7:30 pm Session: 10/24

Fitness passes through health plans?

It's possible you are eligible to receive no-cost or low-cost fitness passes through your health plan. For details, stop by the front desk the next time you visit. One-in-five people 65 and older is eligible for a fitness benefit included in selected Medicare health plans. Please contact your health insurance carrier to see if you are eligible. The Bend Senior Center is proud to partner with the following health benefit providers:

Silver & Fit
Silver Sneakers
AARP Medicare Supplement Insurance Plan



let's dance.

The Notables Swing Band

Sunday, October 1 ~ 2:00- 4:00 pm
\$5 per person

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.

10/4 **Birds & Mammals of Central Oregon**
by Kevin Smith, Wildlife Photographer

10/11 **Tips for Re-tooling for a Successful Retirement**
by Michael Hurley, Financial Advisor

10/18 **How Do You Run a National Park Without Computers?**
by Michael Thornton, Retired NPS

10/25 **Images of America: Deschutes National Forest**
by Les Joslin, Author & Retired Forester

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

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

Ear/Hearing Care & Consultations
Provided by licensed audiologist
1st Thursday in October
10:00 - 11:30 am ~ Drop in