


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

January 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|---|--|--|
| | <p>1</p> <p>Senior Center Closed in Observance of New Year's Day</p>  | <p>2</p> <p>7:35 Stretch & Strength 7:45 Cardio Dance Fusion 8:30 Qigong-Silk Reeling 8:45 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>All Saints</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Bliss Dance Workout</p> | <p>3</p> <p>7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 9:30 Blood Pressure 10:00 Beg Line Dance 10:00 Zumba Gold 11:30 Strength, Tone & Mightier Bone 12:30 Duplicate Bridge 12:45 Group Circuit Trg 1:30 Stretch & Relax 2:00 8/24 Movement Tai Chi 4:30 Pilates Mat 4:30 Zumba 5:30 Yoga 101</p> | <p>4</p> <p>7:35 Stretch & Strength 7:45 Strength, Tone & Mightier Bone 8:45 Better Balance Circuit 9:00 Zumba Gold 9:30 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 3:15 Yoga for Mindfulness 4:30 Hatha Yoga 5:30 Total Body Barre 5:30 Nia</p> | <p>5</p> <p>7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Indoor Cardio Walk 10:00 Beginning Barre 10:00 Beg. Line Dance II 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch & Relax 12:30 Pinochle</p> | <p>6</p> <p>9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge</p> |
| <p>7</p> <p>2:00-4:00 pm The Notables Swing Band Dance \$5 per person</p> | <p>8</p> <p>7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Better Balance Circuit 10:00 Zumba Gold 10:15 Move to Music 10:15 Functional Fitness 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Mexican Train 12:45 Group Circuit Trg 1:00 BSC Book Group 2:00 8 Movement Tai Chi 4:10 Guided Meditation 4:30 Pilates Mat 4:30 Hatha Yoga 4:30 Zumba 101 4:45 Beg Guitar I 5:30 Total Body Barre 6:00 Beg Guitar II</p> | <p>9</p> <p>7:35 Stretch & Strength 7:45 Cardio Dance Fusion 8:30 Qigong-Silk Reeling 8:45 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>Home Again</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Bliss Dance Workout</p> | <p>10</p> <p>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 Zumba Gold 10:00 BSC Book Group II 11:30 Strength, Tone & Mightier Bone 12:30 Duplicate Bridge 12:45 Group Circuit Trg 1:30 Stretch & Relax 2:00 8/24 Movement Tai Chi 4:30 Pilates Mat 4:30 Zumba 4:45 Beg Ukulele I 5:30 Yoga 101 6:00 Beg Ukulele II</p> | <p>11</p> <p>7:35 Stretch & Strength 7:45 Strength, Tone & Mightier Bone 8:45 Better Balance Circuit 9:00 Zumba Gold 9:30 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 3:15 Yoga for Mindfulness 4:30 Hatha Yoga 5:30 Total Body Barre 5:30 Nia</p> | <p>12</p> <p>7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Indoor Cardio Walk 10:00 Canasta 10:00 Beginning Barre 10:00 Beg. Line Dance II 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch & Relax 12:30 Pinochle</p> | <p>13</p> <p>9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge</p> |
| <p>14</p> | <p>15</p> <p>7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Better Balance Circuit 10:00 Zumba Gold 10:15 Move to Music 10:15 Functional Fitness 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Mexican Train 12:45 Group Circuit Trg 2:00 8 Movement Tai Chi 4:10 Guided Meditation 4:30 Pilates Mat 4:30 Hatha Yoga 4:30 Zumba 101 5:30 Total Body Barre</p> | <p>16</p> <p>7:35 Stretch & Strength 7:45 Cardio Dance Fusion 8:30 Qigong-Silk Reeling 8:45 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 Mountain Between Us</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Bliss Dance Workout</p> | <p>17</p> <p>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 & Mightier Bone 12:30 Duplicate Bridge 12:45 Group Circuit Trg 1:30 Stretch & Relax 2:00 8/24 Movement Tai Chi 4:30 Pilates Mat 4:30 Zumba 4:45 Beg Ukulele I 5:30 Yoga 101 6:00 Beg Ukulele II</p> | <p>18</p> <p>7:35 Stretch & Strength 7:45 Strength, Tone & Mightier Bone 8:45 Better Balance Circuit 9:00 Zumba Gold 9:30 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 3:15 Yoga for Mindfulness 4:30 Hatha Yoga 5:00 Alzheimer's Support Group 5:30 Total Body Barre 5:30 Nia</p> | <p>19</p> <p>7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Indoor Cardio Walk 10:00 Beginning Barre 10:00 Beg. Line Dance II 10:00 Canasta 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch & Relax 12:30 Pinochle</p> | <p>20</p> <p>9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge</p> |
| <p>21</p> | <p>22</p> <p>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 Driver's Safety 10:00 Zumba Gold 10:15 Move to Music 10:15 Functional Fitness 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Mexican Train 12:45 Group Circuit Trg 2:00 8 Movement Tai Chi 4:10 Guided Meditation 4:30 Pilates Mat 4:30 Hatha Yoga 4:30 Zumba 101 5:30 Total Body Barre 5:30 Have a Healthy Micro- Biome: Gut Health 6:10 CW Line Dance 7:15 Jitterbug</p> | <p>23</p> <p>7:35 Stretch & Strength 7:45 Cardio Dance Fusion 8:30 Qigong-Silk Reeling 8:45 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>Victoria & Abdul</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Bliss Dance Workout</p> | <p>24</p> <p>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 & Mightier Bone 12:30 Duplicate Bridge 12:45 Group Circuit Trg 1:30 Stretch & Relax 2:00 8/24 Movement Tai Chi 4:30 Pilates Mat 4:30 Zumba 4:45 Beg Ukulele I 5:00 Knife Skills & Kitchen Shortcuts 5:30 Yoga 101 6:00 Beg Ukulele II</p> | <p>25</p> <p>7:35 Stretch & Strength 7:45 Strength, Tone & Mightier Bone 8:45 Better Balance Circuit 9:00 Zumba Gold 9:30 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 3:15 Yoga for Mindfulness 4:30 Hatha Yoga 5:00 Homemade Ravioli 5:30 Total Body Barre 5:30 Nia</p> | <p>26</p> <p>7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Indoor Cardio Walk 10:00 Beginning Barre 10:00 Beg. Line Dance II 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch & Relax 12:30 Pinochle</p> | <p>27</p> <p>9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge</p> |
| <p>28</p> | <p>29</p> <p>7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Better Balance Circuit 10:00 Zumba Gold 10:15 Move to Music 10:15 Functional Fitness 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Mexican Train 12:45 Group Circuit Trg 2:00 8 Movement Tai Chi 4:10 Guided Meditation 4:30 Pilates Mat 4:30 Hatha Yoga 4:30 Zumba 101 5:30 Total Body Barre 6:10 CW Line Dance 7:15 Jitterbug</p> | <p>30</p> <p>7:35 Stretch & Strength 7:45 Cardio Dance Fusion 8:30 Qigong-Silk Reeling 8:45 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>Dunkirk</i> 1:00 Knitters Social 3:00 Growing Bulbs in Glass 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:00 mmm Homemade Soup 5:30 Bliss Dance Workout</p> | <p>31</p> | <div style="border: 2px solid blue; padding: 10px;"> <p>Bend Senior Center Staff</p> <p>Center Manager: Sue Glenn</p> <p>Program Coordinator: Brenda Chilcott</p> <p>Customer Service: Teri Wegner Becky Condon</p> <p>Receptionists: Sue Wack, Jill Kidder, Misty Wells, Katie Culbertson, Jordan Robeson, Gina Hersh</p> <p>Facility Supervisors: Mark Cain, Chris Lahay, Chloe Knievel, Knut Renton</p> </div> | | |