

**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



February 1 - April 17

The Bend Senior Center is once again hosting the all volunteer AARP Tax Aide Program for 2018. We will be using a new on-line scheduling service for appointments.

The AARP Tax Assistance Program is sponsored by The AARP Foundation.

There are three different ways to schedule an appointment for tax assistance **beginning Monday, January 29, 10:00 am.**

**ONLINE:** Go online to <https://bprd.simplybook.me>.

Select the time and day of your appointment. Easy to use and available 24/7.

**IN PERSON:** To schedule an appointment in person, come to the Bend Senior Center, Monday - Friday from 10:00 am to 2:00 pm.

**BY PHONE:** Call (541) 706-6234

Monday - Friday from 10:00 am to 2:00 pm and leave a voice message. A volunteer will call you back within 48 hours to schedule your appointment.

Sorry, no walk-in tax preparation appointments.

**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.

**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.

**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!**

- Jan 2 All Saints PG 13**  
Starring: John Corbett & Patrick Read Johnson
- Jan 9 Home Again PG 13**  
Starring: Reese Witherspoon, Michael Sheen & Candace Bergen
- Jan 16 The Mountain Between Us**  
Starring: Idris Elba & Kate Winslet
- Jan 23 Victoria & Abdul PG 13**  
Starring: Judi Dench & Ali Fazal
- Jan 30 Dunkirk PG 13**  
Starring: Fionn Whitehead, Damien Bonnard & Aneurin Barnard



**bend senior center news**

Jan 2018

**Winter Kick Off Week January 8-12**

Take advantage of BSC's free class promotion week to try a new class. Have fun and kick off the New Year with our drop in fitness program.

**Noteworthy Dates**

**Dance to The Notables Swing Band with Betty Berger**  
Sunday, January 7  
2:00-4:00 pm  
\$5 per person

**Winter Kick Off Selected Free Classes**  
January 8-12  
(see schedule for info)

**Martin Luther King, Jr. Day**  
Monday, Jan. 15  
Senior Center open Regular Hours  
7:30 am - 7:00 pm

**AARP Driver's Safety Class**  
Monday, January 22  
9:00 am - 4:00 pm

**Crafter's Co-Op**  
Thursday, January 25  
12:30-4:30 pm

**AARP Tax Aide**  
Appointment desk opens  
January 29-April 18  
541-706-6232

Day	Date	Time	Event	Instructor/Location
<b>CARDIO</b>				
M	Jan 8	4:30-5:30 pm	Zumba 101	Challey/Bend Senior Center
T	Jan 9	5:30-6:30 pm	Bliss Dance Workout	Emily/Bend Senior Center
W	Jan 10	4:30-5:30 pm	Zumba	Challey/Bend Senior Center
TH	Jan 11	5:30-6:30 pm	Nia Dance	Martha/Bend Senior Center
<b>MIND &amp; BODY</b>				
M	Jan 8	4:30-5:30 pm	Pilates Mat	Judi/Bend Senior Center
M	Jan 8	4:30-5:30 pm	Hatha Yoga	Laura D./Bend Senior Center
M	Jan 8	5:30-6:30 pm	Barre Total Body	Rae/Bend Senior Center
T	Jan 9	8:30-9:30 am	Qigong	Chris M./Bend Senior Center
T	Jan 9	9:35 -10:35 am	Tai Chi 24 Movement	Dave Z./Bend Senior Center
T	Jan 9	4:30-5:30 pm	Yoga Flow	Erin/Bend Senior Center
W	Jan 10	4:30-5:30 pm	Pilates Mat	Judi/Bend Senior Center
W	Jan 10	5:30-6:30 pm	Yoga 101	Janessa/Bend Senior Center
TH	Jan 11	4:30-5:30 pm	Hatha Yoga	Erin/Bend Senior Center
TH	Jan 11	5:30-6:30 pm	Barre Total Body	Rae/Bend Senior Center
F	Jan 12	8:30-9:30 am	Tai Chi 24 Movement	Dave Z./Bend Senior Center
<b>STRENGTH &amp; CONDITIONING</b>				
M	Jan 8	8:00-10:00 am	Fitness Center Orientation	BSC Fitness Center
M	Jan 8	12:45-1:45 pm	Group Circuit Training	Staff/Bend Senior Center
W	Jan 10	12:45-1:45 pm	Group Circuit Training	Judi/Bend Senior Center
TH	Jan 11	7:45-8:45 am	Strength Tone & Mightier Bone	Janessa/Bend Senior Center
F	Jan 12	8:00-10:00 am	Fitness Center Orientation	BSC Fitness Center

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



*play for life*

## UPCOMING WINTER CLASSES

*For specific class information,  
see our Winter SpringPlaybook*

### Knife Skills & Kitchen Shortcuts

Learn fundamental kitchen knife skills, professional tricks of the trade and enjoy tasty recipes. Learn the right knives for different foods, knife quality and how to sharpen and use them like a pro. Practice cutting techniques on easy matchstick carrots as we prepare delicious, simple vegetable dishes. Bring your best large vegetable knife and a cutting board. Instructor: Suzanne Landry Fee: \$49 ID \$59 OD  
W: 5:00-7:00 pm Session: 1/24

### Homemade Ravioli

Yes, you can make fresh ravioli at home! We'll walk you step-by-step through ravioli making—from rolling and cutting dough to filling and cooking. Enjoy working alongside other students learning to transform seasonal ingredients into some of the best fillings you've ever tasted. Plus, we'll show you how to prepare an amazing sauce to complement your homemade ravioli. Bring containers to take items home. Instructor: Jesica Carleton  
TH: 5:00-8:00 pm Session: 1/25  
Fee: \$39 ID \$47 OD

### Mmm... Homemade Soup

There's nothing quite as comforting as hearty soups when it's cold. Learn to make healthy soups to freeze and store. We will make mushroom barley, vegetable, split pea, butternut squash, tomato basil soups and cheddar crackers. Bring your aprons and freezer containers. Instructor: Marsha Palmer  
Fee: \$49 ID \$59 OD  
Tu: 5:00 - 7:30 pm Session: 1/30

### Have A Healthy Micro-biome: Gut Health

So much of your total wellness stems from your gut health - your mood, sleep patterns, hormone balance and energy levels. Discover the best way to foster quality gut health through simple nutrition and lifestyle practices and build a healthy micro-biome in your gut. Instructor: Layla McGlone. Fee: \$35 ID \$42 OD  
M: 5:30 - 7:30 pm Session: 1/22

## Adult Music Classes

### Beginning Ukulele I

Join the growing group of friendly folks who are having a great time playing the ukulele. Learn basic chords, progressions and strumming patterns. You'll even play popular songs at the first class. No experience? No problem! Ukuleles are available to rent from the instructor. Baritone Ukuleles will not be covered in this class.

Instructor: Carl Ventis.

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

W: 4:45 - 5:45 pm Sessions: 1/10 – 31

### Beginning Ukulele II

Now you are ready to learn more about your amazing ukulele! We will take you beyond beginning ukulele and emphasize new strumming and picking techniques while learning to play more advanced chords. Soon you'll play the songs you love. You are going to enjoy this class as you expand your skills! Instructor: Carl Ventis.

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

W: 6:00 - 7:00 pm Sessions: 1/10 – 31

### Beginning Guitar I

Learn the basics of acoustic guitar playing. Topics will include rhythm technique, chords, playing with others and a little music theory. We will ensure individual attention, a fun learning environment and plenty of opportunity to address questions. Students will need to bring their own acoustic guitar. Instructor: Carl Ventis.

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

M: 4:45 - 5:45 pm Sessions: 1/8 – 29

### Beginning Guitar II

In Beginner Guitar we learned basic chords, basic strumming and very basic songs. In Beginner II Guitar we will expand our knowledge base and learn how to use different strum patterns. We will also incorporate picking and simple bar chords to expand our chord and song knowledge, along with a little music theory. This is a Fun Class that will improve your skills and make you a more confident guitar player. Instructor: Carl Ventis.

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

M: 6:00 - 7:00 pm

Sessions: 1/8 – 29

### Stand Tall - Don't Fall

As we age, a loss of balance can lead to fear of falling and often results in a decrease in quality of life. This multi-faceted, safe program builds new skills to maintain balance and helps to provide the confidence to remain active. Class is limited to 30 and taught by certified Arthritis instructors. Prerequisite: ability to stand unassisted for 15-20 minutes.

Fee: \$40 ID \$48 OD

W: 10:00 - 11:00 am Session: 1/17 - 3/14



### Growing Flower Bulbs in Glass

Growing bulbs indoors lets you enjoy the colors and fragrance of spring when it's still months away. Come join us and learn one of the easiest ways to make a lovely indoor display. Learn which bulbs need to be chilled and which ones do not. All supplies included. Instructor: Rae Aldrich

Fee: \$39 ID \$47 OD

Tu: 3:00 - 5:00 pm Session: 1/30

### Acrylic Workshop Series: Sparkling Candle

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. Take one or all four of the classes! \$20 supply fee due to instructor at beginning of each class. Instructor: Carol Picknell

Fee: \$15 ID \$18 OD Th: 1:00 Session: 1/11

### 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



AARP Medicare Supplement Insurance Plans

## Let's dance.

### The Notables Swing Band

Sunday, January 7 ~ 2:00- 4:00 pm

\$5 per person

2:00 - 4:00 pm \$5 per person

## LOOKING AHEAD:

### Larkspur Center Update

BPRD Planning Department staff have been out and about at Bend Senior Center events and have enjoyed talking to folks about the Bend Senior Center expansion project.

Designed to be a gathering place for all, this newly expanded facility will include approximately 40,000 square feet of additional space and offer a multitude of recreation opportunities to enhance lifelong fitness, learning and enrichment. The project is currently in design and program refinement phase. Learn more at [www.bendparksandrec.org](http://www.bendparksandrec.org) under the "Current Projects" tab.

## 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 February

10:00-11:30 am ~ Drop in