

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|--|--|--|
| | | | | 7:35 Stretch & Strength 7:45 Strength, Tone & Mightier Bone 8:45 Better Balance Circuit 9:00 Zumba Gold 9:30 Strength & Condition 10:00 Hearing Clinic 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 Yoga Flow 4:30 ABCs & Ds of Medicare 5:30 Total Body Barre 6:00 More Bridge | 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 | 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge |
| 4 2:00-4:00 pm The Notables Swing Band Dance \$5 per person | 5 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 With Your Child: French Macarons 4:30 Pilates Mat 4:30 Yoga Flow 4:30 Zumba 101 4:45 Beg Guitar I 5:30 Total Body Barre 6:00 Beg Guitar II 6:10 Jitterbug | 6 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 10:15 Walk with Ease- 10:15 Yoga Fundamentals 11:30 Seated Yoga 11:45 SOUPER Tuesday 12:00 Mahjong Players 12:45 Afternoon Movie - <i>Goodbye Christopher Robin</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Cardio Dance Fusion | 7 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 11:30 Strength, Tone & Mightier Bone 12:00 Lunch & Learn: Explore Riley Ranch Nature Reserve 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 | 8 7:35 Stretch & Strength 7:45 Strength, Tone & Mightier Bone 8:45 Better Balance Circuit 9:00 Zumba Gold 9:30 Strength & Condition 10:00 iPhone: Set up 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 Yoga Flow 5:30 Desserts to Impress 5:30 Total Body Barre 6:00 More Bridge | 9 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 | 10 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 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 10:00 Zumba Gold 10:15 Move to Music 10:15 Functional Fitness 11:00 Out to Lunch Bunch 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 Yoga Flow 4:30 Zumba 101 4:45 Beg Guitar I 5:30 Five Key Ferments 5:30 Total Body Barre 6:00 Beg Guitar II 6:10 Jitterbug | 13 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 10:15 Walk with Ease- 10:15 Yoga Fundamentals 11:30 Seated Yoga 11:45 SOUPER Tuesday 12:00 Mahjong Players 12:45 Afternoon Movie - <i>American Made</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:00 Fun with Puff Pastry 4:30 Yoga Flow 5:30 Cardio Dance Fusion | 14 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 12:00 Lunch & Learn: Deschutes County Sheriff's Office 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 | 15 7:35 Stretch & Strength 7:45 Strength, Tone & Mightier Bone 8:45 Better Balance Circuit 9:00 Zumba Gold 9:30 Strength & Condition 10 iPhone: App Store/iTunes 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 Acrylics: Black Butte at Dawn 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:00 Alzheimer's Support Group 5:00 Winter Warming Vegetables 5:30 Total Body Barre 6:00 More Bridge | 16 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 | 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 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 Yoga Flow 4:30 Zumba 101 5:30 Total Body Barre 7:15 Jitterbug | 20 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>Get Out</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Cardio Dance Fusion | 21 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 12:00 Lunch & Learn: Bend Opera 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 4:30 Social Security Basics 4:45 Beg Ukulele I 5:30 Yoga 101 5:30 Medicare 101 6:00 Beg Ukulele II | 22 7:35 Stretch & Strength 7:45 Strength, Tone & Mightier Bone 8:45 Better Balance Circuit 9:00 Zumba Gold 9:30 Strength & Condition 10 iPhone: Safari & Mail 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 12:30 Crafters Co-op 1:00 Afternoon Dance 3:15 Yoga for Mindfulness 4:00 With Your Child: Paint Night 4:30 Yoga Flow 5:30 Total Body Barre 6:00 More Bridge | 23 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 | 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 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 Yoga Flow 4:30 Zumba 101 5:30 Total Body Barre 7:15 Jitterbug | 27 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>Marshall</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Handmade Pretzels 5:30 Cardio Dance Fusion | 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 & Mightier Bone 12:00 Lunch & Learn: Getting the Most Out of Your Medicare 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 | <div style="border: 2px solid purple; 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> | | |
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