

### 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 5 - 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 online 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.

**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 for free movie in the North Event Room. Bring your love of drama, comedy and adventure as needed!

**Feb 6 Goodbye Christopher Robin PG**

Starring: Domhall Gleeson & Margot Robbie

**Feb 13 American Made R**

Starring: Tom Cruise & Sarah Wright Olsen

**Feb 20 Get Out R**

Starring: Daniel Kaluuya & Allison Williams

**Feb 27 Marshall PG 13**

Starring: Chadwick Boseman, Josh Gad & Kate Hudson

### 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.

**2/7 Exploring Riley Ranch Nature Reserve: Bend's Newest Park**

Jeff Amaral, BPRD Natural Resources

**2/14 Integrity at the Deschutes County Sheriff's Office: News Accounts & Public Perception**

Michael Thornton, Deschutes County Sheriff's Citizen's Advisory Panel

**2/21 Bend Opera**

Jason Stein, Executive Director

**2/28 Making the Most Out of Your Medicare**

Janay Haas, Former Older American's Legal Services Developer

# bend senior center news

february 2018

## NOTEWORTHY DATES

**Dance to The Notables Swing Band with Betty Berger**

Sunday, February 4  
2:00 - 4:00 pm  
\$5 per person

**Hearing Clinic**  
Thursday, February 1  
10:00 - 11:30 am

**Arm Chair Travel**  
Premier World Discovery  
Tuesday, February 6  
11:45 am - 12:45 pm

**Mac Help**  
Thursday, February 8  
12:00 - 1:00 pm

**President's Day**  
Monday, February 19  
Senior Center Open Regular Hours  
7:30 am - 7:00 pm

**Digital Download Help**  
Deschutes Public Library  
Thursday, February 22  
10:00 - 11:00 am

**Crafter's Co-Op**  
Thursday, February 22  
12:30 - 5:30 pm

**AARP Driver's Safety Class**  
Monday, February 26  
9:00 am - 4:00 pm

## Cold & Flu Season Precautions

More than likely, you've heard that this year's cold and flu season is one of the worst we have had in years. To make things worse, older adults and those with compromised immune systems are especially susceptible.

Bend Senior Center staff wants you to know that we are working very hard to reduce the chance of you catching a cold or the flu while you are here. By working together with our patrons, we can help minimize the transmission of cold and flu germs.

**Here is what we are doing at the facility to reduce the spread of colds and the flu:**

- Installed hand sanitizer dispensers in all rooms.
- Provide hand sanitizer in program areas.
- Janitorial staff daily disinfects hard surfaces throughout the building; such as hand rails, door knobs, counters, tables, etc.
- Bathrooms are cleaned and disinfected each evening.
- Facility staff daily disinfects hand weights, bars, balls, bands, handles on equipment, etc.
- Fitness equipment/machines are disinfected daily.
- Yoga mats and floor mats are disinfected weekly.

**To help yourself stay healthy, here's how you can help reduce the spread of colds and flu:**

- First and foremost, stay home if you are ill.
- Cover your mouth when you cough.
- Wash your hands thoroughly and use hand sanitizer.
- If you haven't already, get a flu shot. Talk to your doctor for advice.
- Use the disinfectant wipes provided in fitness areas to wipe down your equipment before and after use.

Thank you for your efforts in helping our community stay healthy and thriving through this challenging cold and flu season.

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



play for life

## COOKING & BAKING

### 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: \$49 ID \$59 OD Activity: 102238  
Th: 5:30 - 7:30 pm Session: 2/8

### Fun With Puff Pastry

Want to learn some new tricks with frozen puff pastry just in time for Valentine's Day? Come join the fun by learning how to use frozen puff pastry to make brie cheese appetizer; crispy cheese twists; cinnamon palmiers; strawberry napoleons; apple baked dumplings and more. Bring your apron and containers to take home goodies. Instructor: Marsha Palmer

Fee: \$49 ID \$59 OD Activity: 102240  
Tu: 4:00 - 7:00 pm Session: 2/13

### 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 fresh-out-of-the-oven pretzels and dipping sauces. Better not miss this one! Instructor: Jessica Carleton

Fee: \$49 ID \$59 OD Activity: 102241  
Tu: 5:30 - 7:30 pm Session: 2/27

### Winter Warming Vegetables

We'll prepare some hearty, warming winter vegetable dishes from hearty greens and winter squash dishes to root vegetables. Create delicious dishes using classic winter staples: Herbed Roasted Vegetables in Philo; Beet and Tangerine Salad with Feta; Brussels Sprouts and Spuds Casserole; Cheesy Kale Chips; Three Sisters Squash Stew and more! Instructor: Suzanne Landry

Fee: \$49 ID \$59 OD Activity: 102230  
Th: 5:00 - 7:30 pm Session: 2/15

## Five Ferments To Make at Home

Throughout history, cultures have relied on fermenting practices for long-term food preservation and healthy nutrition. Discover how to make five simple, delicious and health-promoting



fermentations. This hands-on class will nourish you from the inside out! Please bring two jam jars to take your own concoctions home. Instructor: Layla McGlone

Fee: \$39 ID \$47 OD Activity: 102286  
M: 5:30 - 7:30 pm Session: 2/12



### Acrylic Workshop Series

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

#### BLACK BUTTE AT DAWN

Fee: \$15 ID \$18 OD Activity: 102409  
Th: 1:00 - 3:30 pm Session: 2/15

### ARM CHAIR TRAVEL PRESENTATION

Tuesday, February 6, 11:45 am - 12:45 pm

Come hear about the 2018 Premier World Discovery Trips that the Bend Senior Center is offering.

**Historic South: Charleston, Savannah & St. Augustine** - May 6, 2018

**Philadelphia, the Poconos & the Brandywine Valley** - September 16, 2018

**Scenic Switzerland** - September 18, 2018

**Iceland Explorer** - September 19, 2018

**Munich's Oktoberfest & Danube River Cruise** - October 2, 2018

## iPhone Help for Seniors

This series of classes will allow you to customize your learning experience as you seek to become a more effective iPhone user. Take one or all of the classes. Instructor: Robyn Lyman.

Fee: \$19 ID \$23 OD / per session

### IPHONE: SETUP & CUSTOMIZATION

Got a new iPhone or don't know where to start? This is the first step when learning the iPhone. We will start off with the basics then move onto personalizing the phone to your liking.

Th: 10:00 - 11:30 am Session: 2/8 Activity: 102551

### IPHONE: APPS & ITUNES STORE

Get the most out of your iPhone by discovering new and powerful apps to make everyday life better and easier. We will also look at iTunes store for music, movies, ringtones and more.

Th: 10:00 - 11:30 am Session: 2/15 Activity: 102552

### IPHONE: INTERNET & MAIL

Explore at Apple's in house web browser, Safari, and how to navigate, bookmark, print and more. We will then look at the email app and learn how to add additional accounts and how to customize it.

Th: 10:00 - 11:30 am Session: 2/22 Activity: 102553

### 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, February 4 ~ 2:00- 4:00 pm  
\$5 per person

### Medicare Informational Meetings

#### The ABC & D's of Medicare

Thursday, February 1 4:30 - 5:30 pm  
Join us for an informational Q & A session about Medicare.

#### Social Security Basics

Wednesday, February 21, 4:30 - 5:30 pm  
Eligible for Social Security soon? Come learn about the many options available to make the choices that are right for you!

#### Medicare 101

Wednesday, February 21, 4:30 - 5:30 pm  
If you are new to Medicare or will be enrolling in the near future, this program will provide the basic knowledge needed to understand Medicare.

## 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