

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 volunteer AARP Tax Aide Program for 2018. We are 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.

CALL: Dial 541-706-6234 to schedule an appointment.

ONLINE: Go online to www.bendseniorcenter.org and click on the AARP Tax Program learn more. Click on online registration.

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

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!

- Mar 6 Wonder PG**
Starring: Julia Roberts, Jacob Tremblay & Owen Wilson
- Mar 13 All Saints PG**
Starring: John Corbett, Barry Corbin & Cara Buono
- Mar 20 Only the Brave PG-13**
Starring: Josh Brolin, Miles Teller & Jeff Bridges
- Mar 27 Three Billboards Outside Ebbing, Missouri R**
Starring: Woody Harrelson, Frances McDormand & Sam Rockwell

Brown Bag - FREE Lunch & Learn Series Wednesdays • 12:00 - 1:00 PM

Presented in partnership with Pacific Source Medicare Health Plans. Local experts share their knowledge about issues important to you. Bring your lunch; dessert and coffee are on us.

- 3/7 Bend's Sister City, Condega, Nicaragua**
Rick & Sandy Negus & Kathie Eckman
- 3/14 Healing Reins: Healing with Horses**
Polly Cohen, Executive Director
- 4/4 Stroke Education - It Can Happen to You!**
Beth Weise, St Charles Stroke Educator

bend senior center news

march 2018

Noteworthy Dates

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

ABCs & Ds of Medicare
Thursday, March 1
4:30 - 5:30 pm

Mac Help
Thursday March 8
12:00 - 1:00 pm

Social Security Basics
Wednesday, March 21
4:30 - 5:30 pm

Medicare 101
Wednesday, March 21
5:30 - 6:30 pm

St. Patrick's Day Dinner Dance
Friday, March 16
6:00 - 9:00 pm
Advance Tickets \$12

Crafter's Co-Op
Thursday, March 22
12:30 - 4:30 pm

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



St. Patrick's Dinner & Dance

Friday, March 16, 6:00 - 9:00 pm

Dinner Served: 6:00 pm | Dancing: 7:00 - 9:00 pm

Join us for a spring celebration with a dance to live music from the Notables Swing Band and an elegant buffet dinner prepared by Executive Chef Josiah from Whispering Winds Retirement. Tickets are \$12 per person. Advance sales are available at the Bend Senior Center. A limited number of tickets will be available at the door at \$20 per person.

The menu will feature a traditional Irish theme of Corned Beef and Cabbage with all of the "fixin's." Ticket sales are limited, so get your ticket today. Everyone is a little Irish one time a year!

Strong & Supple Feet

Create strong and supple feet! Certified Personal Trainer, Dave Zimmerman will coach you on a series of exercises targeted to strengthen feet, ankles and legs, helping in avoiding injury. The first class will be 60 minutes. Fee: \$40 ID \$48 OD per session. Tu: 2:45 - 3:30 pm
Session: 3/20 - 4/10

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



play for life

UPCOMING CLASSES

For specific class information, see our Winter Spring Playbook

Cooking 101

Are you interested in learning to cook? Are you tired of eating take out? Join other beginners in this fun, hands-on class and prepare an easy meal while learning basic cooking techniques. We will prepare an appetizer, main course, salad, vegetable, and dessert. Recipes will be provided. Bring containers for leftovers.

Fee: \$49 ID \$59 OD

Activity: 102225

Sa: 10:00 am - 1:00 pm

Session: 3/3

Bacon Jam

If you like bacon, you will go crazy for Bacon Jam. Use it on everything from pancakes, to soups and sandwiches. It's a bacon lover's dream-come-true and makes a great holiday gift.

Fee: \$49 ID \$59 OD

Activity: 102223

Tu: 5:30 - 7:30 pm

Session: 3/20

Smart, Delicious Cooking for One

Easy, simple, shopping and cooking tips to make cooking for one fun! Turn one entrée into three and stretch your food budget and time! Learn to turn ground turkey into three different freezable meals: chicken breasts into stir-fry, parmesan and fajitas. Lots of recipe ideas to turn one meal into many.

Fee: \$49 ID \$59 OD

Activity: 102226

Th: 5:00 - 7:30 pm

Session: 3/22

Art Quilt Retreat: UFOs & Fabric Fusing

Fiber artist, Cindy Heath, leads our first ever Art Quilter's Retreat. Bring your own UFO

(UnFinished Object) or join us in an exercise in creative expression using layering and fusing techniques to create your own piece.

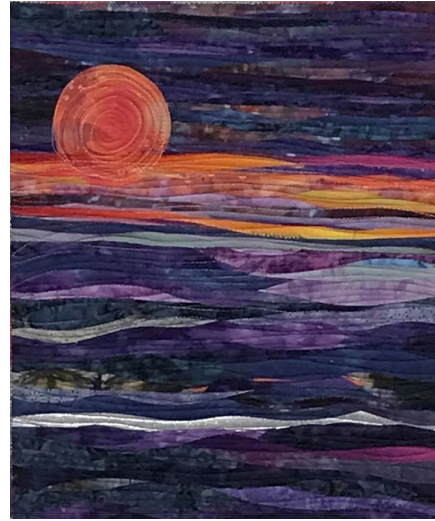
Minimal supplies are needed and there is no pattern, so your wall hanging will be unique and individual to you. Join other quilters, receive feedback, advice, learn new techniques and spread out on your own table. Snacks, lunch and a 15-minute chair massage provided on Saturday.

Fee: \$89 ID \$107 OD

Activity: 102486

F: 5:00 - 8:30 pm and Sa: 9:00 am - 4:30 pm

Session: 3/23 - 24



DIY: Simple Step-by-Step Upholstery



DIY upholstery, a simple technique that will have you re-covering chairs, benches, headboards and even box springs, requires only one tool - the staple gun. The method is similar to

wrapping a present and the results are more professional-looking than you can imagine. We will work together on a class project to learn simple upholstery techniques to get you started and on your way to becoming a proficient DIY'er.

Fee: \$59 ID \$71 OD

Activity: 102457

Th: 12:30 - 3:30 pm

Session: 3/29

iPhone Classes

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

iPhone: Contacts & Calendars

Th: 10:00 - 11:30 am Session: 3/1

iPhone: Camera & Photos

Th: 10:00 - 11:30 am Session: 3/8

iPhone: Texting, Maps & Siri

Th: 10:00 - 11:30 am Session: 3/15

Anti-Inflammatory Lifestyle

Do you or your loved one suffer from chronic pain? Often associated with inflammation, chronic pain can keep sufferers from living their life as they would like. Learn how a few simple shifts in nutrition and lifestyle can help with inflammation! We will cover the basics of the anti-inflammatory diet, providing you with recipes, food samples and best lifestyle practices. Discover simple daily actions that can help keep you in motion.

Instructor: Layla McGlone.

Fee: \$35 ID \$42 OD

Activity: 102212

M: 5:30 - 7:30 pm

Session: 3/12

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, March 4 ~ 2:00 - 4:00 pm

\$5 per person

2:00 - 4:00 pm

LOOKING AHEAD:

Larkspur Center Update

BPRD Planning & Development staff have been out and about at the Bend Senior Center 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 the design and program refinement phase. Learn more at 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 March

10:00-11:30 am ~ Drop in