

Bend Senior Center

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

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 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 3:30 Guided Meditation 4:30 With Your Child Hand Pies 4:30 Pilates Mat 4:30 Yoga Flow 4:30 Zumba 101 4:45 Beg Guitar I 5:35 Barre Body 6:00 Beg Guitar II 6:10 Co. Western Line Dance 7:15 Night Club Two Step	2 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 iPad Essentials 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 Florida Project</i> 1:00 Knitters Social 2:45 Strong & Supple Feet 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:00 Easy Pressure No Pressure Cooking 5:35 Cardio Dance Fusion 6:00 How Do I Use the Internet?	3 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 iPad Essentials 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>Darkest Hour</i> 1:00 Knitters Social 1 BSC Volunteer Appreciation 2:45 Strong & Supple Feet 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:00 DIY: Sugar Scrubs & Salts 5:35 Cardio Dance Fusion 6:00 Deciding on a Device	4 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 9:30 Blood Pressures 10:00 Stand Tall Don't Fall 10:00 Beg Line Dance 10:00 Zumba Gold 11:30 Strength, Tone & Mightier Bone 12:00 Lunch & Learn: <i>Stroke Education</i> 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	5 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 Mac Help 10:15 Move to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:45 Arm Chair Travel- Premier World Discovery 11:30 Seated Yoga 12:00 Mahjong 12:00 COCOA Lunch Social 1:00 Afternoon Dance 1:00 Acrylics Workshop: Bunny Madness 3:15 Yoga for Mindfulness 4:30 Yoga Flow 4:30 ABCs & Ds of Medicare 5:35 Barre Body	6 7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:30 24 Tai Chi 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	7 9:00 Strength & Conditioning 9:15 Zumba Gold 9:30 Garden Smarts-Beating the Aches & Pains 10:30 Yoga Pilates 11:30 Social Bridge
8 2:00-4:00 pm The Notables Swing Band Dance \$5 per person	9 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 3:30 Guided Meditation 4:30 Pilates Mat 4:30 Yoga Flow 4:30 Zumba 101 4:45 Beg Guitar I 5:35 Barre Body 6:00 Beg Guitar II 6:10 Co. Western Line Dance 7:15 Night Club Two Step	10 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 iPad Essentials 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>Darkest Hour</i> 1:00 Knitters Social 1 BSC Volunteer Appreciation 2:45 Strong & Supple Feet 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:00 DIY: Sugar Scrubs & Salts 5:35 Cardio Dance Fusion 6:00 Deciding on a Device	11 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 10:00 Stand Tall Don't Fall 10:00 Beg Line Dance 10:00 Zumba Gold 10:00 BSC Book Group II 11:30 Strength, Tone & Mightier Bone 12:00 Lunch & Learn: <i>New Hearing Aid Technology</i> 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	12 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 Yoga Flow 5:00 Reverse Mortgage Workshop 5:35 Barre Body	13 7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:30 24 Tai Chi 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Indoor Cardio Walk 10:00 Beginning Barre 10:00 Beg. Line Dance II 10:30 Providence Medicare 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch & Relax 12:30 Pinochle	14 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge	
15	16 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 3:30 Guided Meditation 4:30 Pilates Mat 4:30 Yoga Flow 4:30 Zumba 101 4:45 Beg Guitar I 5:35 Barre Body 6:00 Beg Guitar II 6:10 Co. Western Line Dance 7:15 Salsa	17 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 iPad Essentials 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>I, Tonya</i> 1:00 Knitters Social 2:45 Strong & Supple Feet 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:00 Easy "No Pressure" Pressure Cooking 5:35 Cardio Dance Fusion 6:00 Smart Device Essentials	18 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 9:30 Blood Pressures 9:30 PacificSource Medicare 10:00 Stand Tall Don't Fall 10:00 Beg Line Dance 10:00 Zumba Gold 11:30 Strength, Tone & Bone 12:00 Lunch & Learn: <i>Eating for Optimal Kidney Health</i> 12:30 Duplicate Bridge 12:45 Group Circuit Trg 1:30 Stretch & Relax 2:00 8/24 Movement Tai Chi 2:00 Providence Medicare 4:30 Pilates Mat 4:30 Zumba 4:30 Social Security Basics 4:45 Beg Ukulele I 5:30 Yoga 101 6:00 Beg Ukulele II	19 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 Yoga Flow 5:00 Reverse Mortgage Workshop 5:00 Writing a Cookbook 5:00 Alzheimer's Support Grp 5:35 Barre Body	20 7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:30 24 Tai Chi 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Indoor Cardio Walk 10:00 Beginning Barre 10:00 Beg. Line Dance II 10:30 Providence Medicare 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch & Relax 12:30 Pinochle	21 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge	
22 8:00 am- 7:00pm Portland Chinese & Japanese Garden Tour	23 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 3:30 Guided Meditation 4:30 Pilates Mat 4:30 Yoga Flow 4:30 Zumba 101 4:30 Intro to French Macarons 4:45 Beg Guitar I 5:35 Barre Body 6:00 Beg Guitar II 6:10 Co. Western Line Dance 7:15 Salsa	24 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>The Post</i> 1:00 Knitters Social 2:45 Strong & Supple Feet 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:35 Cardio Dance Fusion 6:00 Android Devices	25 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 10:00 Stand Tall Don't Fall 10:00 Beg Line Dance 10:00 Zumba Gold 11:30 Strength, Tone & Mightier Bone 12:00 Lunch & Learn: <i>Take Care of Your Feet</i> 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	26 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 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 5:00 Make Your Own Kimchi 5:35 Barre Body	27 7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:30 24 Tai Chi 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	28 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge	
29	30 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 3:30 Guided Meditation 4:30 Pilates Mat 4:30 Yoga Flow 4:30 Zumba 101 4:45 Beg Guitar I 5:35 Barre Body 6:00 Beg Guitar II 6:10 Co. Western Line Dance 7:15 Salsa						

Bend Senior Center Staff

Center Manager: Sue Glenn

Program Coordinator: Brenda Chilcott

Customer Service: Teri Wegner
Becky Condon

Receptionists: Sue Wack, Jill Kidder, Misty Wells,
Katie Culbertson, Jordan Robeson,

Facility Supervisors: Mark Cain, Chris Lahay,
Chloe Knievel, Knut Renton