

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 2px solid green; padding: 5px;"> <p><b>Bend Senior Center Staff</b></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,</p> <p>Facility Supervisors: Mark Cain, Chris Lahay, Chloe Knievel, Knut Renton</p> </div>						
<p>4</p> <p>2:00-4:00 pm The Notables Swing Band Dance \$5 per person</p>	<p>7:35 Stretch &amp; 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 &amp; Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Mexican Train 12:45 Group Circuit Trg 12:30 Bend Makers: Holm Toffee 1:00 BSC Book Group 2:00 8 Movement Tai Chi 3:30 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 Barre Body 6:00 Beg Guitar II 6:10 Co. Western Line Dance 7:15 Night Club Two Step</p>	<p>5</p> <p>7:35 Stretch &amp; Strength 7:45 Cardio Dance Fusion 8:30 Qigong-Silk Reeling 8:45 Cardio Ball 9:00 Strength &amp; 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>Wonder</i> 1:00 Humana Medicare Meeting 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Cardio Dance Fusion</p>	<p>6</p> <p>7:35 Stretch &amp; 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 &amp; Mightier Bone 12:00 Lunch &amp; Learn: <i>Bend's Sister City Condega, Nicaragua</i> 12:30 Duplicate Bridge 12:45 Group Circuit Trg 1:30 Stretch &amp; 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</p>	<p>7</p> <p>7:35 Stretch &amp; Strength 7:45 Strength, Tone &amp; Mightier Bone 8:45 Better Balance Circuit 9:00 Zumba Gold 9:30 Strength &amp; Condition 10:00 iPhone: Cameras &amp; Photos 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 Chinese Brush Painting 1:00 Afternoon Dance 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:00 Long Term Care Workshop- Will Dennis 5:30 Barre Body 6:00 More Bridge</p>	<p>8</p> <p>7:35 Stretch &amp; 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 &amp; Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch &amp; Relax 12:30 Pinochle</p>	<p>9:00 Strength &amp; Conditioning 9:15 Zumba Gold 10:00 Cooking 101 10:30 Yoga Pilates 11:30 Social Bridge</p>
<p>11</p>	<p>7:35 Stretch &amp; 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 &amp; 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 5:30 Anti-Inflammatory Lifestyle 5:30 Barre Body 6:00 Beg Guitar II 6:10 Co. Western Line Dance 7:15 Night Club Two Step</p>	<p>12</p> <p>7:35 Stretch &amp; Strength 7:45 Cardio Dance Fusion 8:30 Qigong-Silk Reeling 8:45 Cardio Ball 9:00 Strength &amp; 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>All Saints</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Cardio Dance Fusion</p>	<p>13</p> <p>7:35 Stretch &amp; 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 10:00 BSC Book Group II 11:30 Strength, Tone &amp; Mightier Bone 12:00 Lunch &amp; Learn: <i>Healing Reins-Healing with Horses</i> 12:30 Duplicate Bridge 12:45 Group Circuit Trg 1:30 Stretch &amp; 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</p>	<p>14</p> <p>7:35 Stretch &amp; Strength 7:45 Strength, Tone &amp; Mightier Bone 8:45 Better Balance Circuit 9:00 Zumba Gold 9:30 Strength &amp; Condition 10 iPhone: Texting &amp; Maps 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 Acrylics: Daffodils 1:00 Afternoon Dance 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:00 Fused Glass Workshop 5:30 Barre Body</p>	<p>15</p> <p>7:35 Stretch &amp; 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 &amp; Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch &amp; Relax 12:30 Pinochle <b>6:00-9:00 pm</b> <b>St Patrick's Day</b> <b>Dinner Dance</b> Advance Ticket Sales \$12 per person</p> 	<p>9:00 Strength &amp; Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge</p>
<p>18</p>	<p>7:35 Stretch &amp; 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 &amp; Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Bend Makers: Natural Edge 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 5:30 Barre Body 6:00 Beg Guitar II 6:10 Co. Western Line Dance 7:15 Night Club Two Step</p>	<p>19</p> <p>7:35 Stretch &amp; Strength 7:45 Cardio Dance Fusion 8:30 Qigong-Silk Reeling 8:45 Cardio Ball 9:00 Strength &amp; 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>Only the Brave</i> 1:00 Knitters Social 2:45 Strong &amp; Supple Feet 3:00 Make Your Own Spring Flowering Basket 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Cardio Dance Fusion 5:30 Bacon Jam</p>	<p>20</p> <p>7:35 Stretch &amp; Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 9:30 Blood Pressures 10:00 Beg Line Dance 10:00 Zumba Gold 11:30 Strength, Tone &amp; Mightier Bone 12:00 Senior Care Network 12:30 Duplicate Bridge 12:45 Group Circuit Trg 1:30 Stretch &amp; Relax 2:00 Providence Medicare 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</p>	<p>21</p> <p>7:35 Stretch &amp; Strength 7:45 Strength, Tone &amp; Mightier Bone 8:45 Better Balance Circuit 9:00 Zumba Gold 9:30 Strength &amp; Condition 10 iCloud Essentials 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 4:30 Yoga Flow 5:00 Smart Delicious Cooking for One 5:30 Barre Body</p>	<p>22</p> <p>7:35 Stretch &amp; 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 &amp; Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch &amp; Relax 12:30 Pinochle 5:00 Art Quilt Retreat</p>	<p>9:00 Strength &amp; Conditioning 9:00-4:30 pm Art Quilt Retreat 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge</p>
<p>25</p>	<p>7:35 Stretch &amp; Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Better Balance Circuit 9 AARP Driver's Safety 10:00 Zumba Gold 10:15 Move to Music 10:15 Functional Fitness 11:30 Strength, Tone &amp; 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 5:30 Barre Body 6:00 Beg Guitar II 6:10 Co. Western Line Dance 7:15 Night Club Two Step</p>	<p>26</p> <p>7:35 Stretch &amp; Strength 7:45 Cardio Dance Fusion 8:30 Qigong-Silk Reeling 8:45 Cardio Ball 9:00 Strength &amp; 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>Three Billboards Outside Ebbing, Missouri</i> 1:00 Knitters Social 2:45 Strong &amp; Supple Feet 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Cardio Dance Fusion</p>	<p>27</p> <p>7:35 Stretch &amp; 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 &amp; Mightier Bone 12:30 Duplicate Bridge 12:45 Group Circuit Trg 1:30 Stretch &amp; 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</p>	<p>28</p> <p>7:35 Stretch &amp; Strength 7:45 Strength, Tone &amp; Mightier Bone 8:45 Better Balance Circuit 9:00 Zumba Gold 9:30 Strength &amp; 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 DIY: Simple Upholstery 1:00 Afternoon Dance 3:15 Yoga for Mindfulness 4:30 Yoga Flow 4:30 Stained Glass Mosaic Trivet 5:30 Barre Body</p>	<p>29</p> <p>7:35 Stretch &amp; 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 &amp; Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch &amp; Relax 12:30 Pinochle</p>	<p>9:00 Strength &amp; Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge</p>
<p>31</p>	<p>7:35 Stretch &amp; 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 &amp; 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 5:30 Barre Body 6:00 Beg Guitar II 6:10 Co. Western Line Dance 7:15 Night Club Two Step</p>	<p>32</p> <p>7:35 Stretch &amp; Strength 7:45 Cardio Dance Fusion 8:30 Qigong-Silk Reeling 8:45 Cardio Ball 9:00 Strength &amp; 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>Three Billboards Outside Ebbing, Missouri</i> 1:00 Knitters Social 2:45 Strong &amp; Supple Feet 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Cardio Dance Fusion</p>	<p>33</p> <p>7:35 Stretch &amp; 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 &amp; Mightier Bone 12:30 Duplicate Bridge 12:45 Group Circuit Trg 1:30 Stretch &amp; 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</p>	<p>34</p> <p>7:35 Stretch &amp; Strength 7:45 Strength, Tone &amp; Mightier Bone 8:45 Better Balance Circuit 9:00 Zumba Gold 9:30 Strength &amp; 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 DIY: Simple Upholstery 1:00 Afternoon Dance 3:15 Yoga for Mindfulness 4:30 Yoga Flow 4:30 Stained Glass Mosaic Trivet 5:30 Barre Body</p>	<p>35</p> <p>7:35 Stretch &amp; 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 &amp; Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch &amp; Relax 12:30 Pinochle</p>	<p>9:00 Strength &amp; Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge</p>