

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 hosting the volunteer AARP Tax Aide Program. The AARP Tax Assistance Program is sponsored by The AARP Foundation.

Call: 541-706-6234 to be placed on the waitlist for an appointment.

Council on Aging

Council on Aging is now offering Information & Referral Services at the Bend Senior Center on Thursdays, 8:30 am - 4:30 pm, (closed 12 - 12:30 pm for lunch.) You may call (541) 678-5763 to schedule an appointment or drop into their office.

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 for \$4.00. Menu rotates each week - check for posted menu at front desk and on the bulletin board. Afterward, stay for the weekly dance from 1:00 pm until 2:30 pm with the Mem'ry Makers & Alley Cats.

FREE - Tues Afternoon at the Movies 12:45 - 2:45 pm

Join us every Tuesday as we host a free movie in the North Event Room.

April 3 **The Florida Project R**
Starring: William Dafoe & Valeria Cotto

April 10 **Darkest Hour PG -13**
Starring: Gary Oldham & Lilly James

April 17 **I, Tonya R**
Starring: Margot Robbie & Allison Janney

April 24 **The Post PG-13**
Starring: Meryl Streep & Tom Hanks

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.

4/4 **Stroke Education: It Can Happen Even to You**
Beth Weise, Stroke Educator

4/11 **Hearing Aid Technology: New Gadgets to Help you Hear Better**
Dr. Ha-Sheng Li-Korotky

4/18 **Eating for Optimal Kidney Health**
Abby Douglas
Synergy Health & Wellness

4/25 **Take Care of Your Feet**
Dave Zimmerman, Personal Trainer

bend senior center news

april 2018

Noteworthy Dates

Dance to The Notables Swing Band with Betty Berger
Sunday, April 8*
2:00 - 4:00 pm
\$5 per person
(*note date change due to Easter)

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

Mac Help
Thursday April 5
10:00 - 11:00 am

Arm Chair Travel Presentation Premier World Discovery
Thursday, April 5
11:45 am - 12:45 pm

Social Security Basics
Wednesday, April 18
4:30 - 5:30 pm

Medicare 101
Wednesday, April 18
5:30 - 6:30 pm

AARP Driver's Safety Class
Monday, April 23
9:00 am - 4:00 pm

Crafter's Co-Op
Thursday, April 26
12:30 - 4:30 pm

Larkspur Community Center Update

The Larkspur Community Center – a place that will complement Juniper Swim & Fitness Center and continue as home of the Bend Senior Center – is closer to breaking ground as design work wraps up. The project includes:



- Warmer water pool with current channel and spa
- Fitness center and indoor walk/jog track with 14 laps to a mile
- Group Exercise and Mind and Body rooms
- Lounge and café area
- New and expanded parking with entrances off of 15th and Reed Market

The nearly \$22 million project will be constructed over 12-14 months, beginning in spring 2019 and opening in summer or fall 2020. That's down the road, but we're already preparing for how to best meet community needs while this project is under construction.

Q: How will activities currently at Bend Senior Center be impacted by construction?

A: In order to minimize the disruption to the Bend Senior Center, we will have a temporary closure for 3-4 months in summer 2019 in order to accomplish tasks in a condensed timeframe. By closing the facility during the summer – typically its slowest time for programs – taxpayer funds can be used efficiently to build parking, tie-in the new building to the existing building, excavate the site, and connect utilities while not producing noise and dust disruptions to classes, events and activities.

Q: How will the needs of seniors be met during the construction closure?

A: Over the next several months, we will evaluate options to offer some programs and classes, possibly in other locations, during the temporary closure to meet needs in new ways. This is more than a year away and many details will be worked out. Upon completion you will have a vibrant place where the community comes together for wellness, enrichment, lifelong learning and play.

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



play for life

UPCOMING CULINARY CLASSES

For specific class information, see our Winter Spring Playbook

Easy “No Pressure” Pressure Cooking

Learn how to use your stove top or electric pressure cooker (Insta-Pot.) Start by learning the benefits of working with a pressure cooker, such as increased moisture retention, quicker cooking and a variety of textures, from tender meat to al dente vegetables. You'll also get an introduction to the two types of pressure cookers, stovetop and electric, and the different release types, quick and natural.

Instructor: Suzanne Landry.

Fee: \$49 ID \$59 OD

Activity: 102234

Tu: 5:00 - 7:30 pm

Session: 4/17

Writing A Cookbook

Document your family's favorite recipes for future generations and explore the options for having your family treasure printed. Successful cookbook author, Suzanne Landry, will give you the pros and cons about book publishing and cookbook marketing tips. Learn how to write and format recipes, edit, design and publish your cookbook. Bring some of your recipes and a laptop if you have one.

Instructor: Suzanne Landry

Fee: \$49 ID \$59 OD

Activity: 102233

Th: 5:00 - 7:30 pm

Session: 4/19

Make Your Own Kimchi at Home

Kimchi is a traditional fermented Korean delicacy made with vegetables, the most common being cabbage. It is a low-calorie, high fiber and nutrient-packed side dish and the health benefits of kimchi like other fermented foods has been well-documented. We will learn to make Napa cabbage kimchi and other recipes. Instructor: Jessica Carleton

Fee: \$49 ID \$59 OD

Activity: 102222

Th: 5:30 - 7:30 pm

Session: 4/26

Technology for Seniors

How Do I Use the Internet?

Learn best practices for browsing the internet safely and learn to detect scammers. You'll learn how to use search engines, choose a web browser, how to transfer files/picture/videos, and explore any questions you may have.

Instructor: Ryan Doherty

Fee: \$19 ID \$23 OD

Tu: 6:00 - 7:30 pm

Session: 4/3

iPad Essentials

This course is designed for those who want to “start from the beginning.” From customizing the screen to internet, email, texting, adding apps, Siri and more. We will cover everything you need to know to get you up and running on your iPad. Instructor: Robyn Lyman

Fee: \$49 ID \$59 OD

Tu: 10:00 am - 12:00 pm

Session: 4/3 - 17

Deciding on a Device

Learn how to find the device that's best suited for you as we compare Android and IOS devices, and where to find the best prices. We will get you started on your new device, learn about updates and teach you to connect your device to the internet, printers, car stereos and smart watches.

Bring your questions! Instructor: Ryan Doherty

Fee: \$19 ID \$23 OD

Tu: 6:00 - 7:30 pm

Session: 4/10

Smart Device Essentials

Everything you need to learn to safely use any smart phone and tablet. Learn initial set-up, how to personalize your device, check voicemail and set up e-mail. You'll learn to use messaging apps, your calendar, the internet and how to use your device as an e-reader. Instructor: Ryan Doherty

Fee: \$19 ID \$23 OD

Tu: 6:00 - 7:30 pm

Session: 4/17

Android Devices

Learn the ins-and-outs of using an Android device. Learn how to take, send and manage your pictures. Master all of your phones features, such as messaging, checking voicemail's, video chat, maps, and updates. Bring questions! Instructor: Ryan Doherty

Fee: \$19 ID \$23 OD

Tu: 6:00 - 7:30 pm

Session: 4/24

Presented in Partnership with Central Oregon OSU Master Gardeners

Garden Smarts:

Beating the Aches & Pains

Have you found that it's harder to garden now? Is getting up and down to weed and plant difficult or impossible? Learn about modifications and adaptations from a retired physical therapist/master gardener that you can make to garden smarter, safer and more efficiently. This includes adapting tools, methods to minimize your effort, basic posture, lifting techniques and using creativity to accomplish gardening goals. Presentation will include examples of solutions to common disabilities that gardeners face as they age.

Fee: \$10 ID \$12 OD

Activity: 102200

Sa: 9:30 - 11:00 am

Session: 4/7

Water-wise Gardening Basics

Did you know that Central Oregon receives only 3 to 6 inches of natural precipitation during the growing season? Also, in recent years we have been seeing a pattern of drought. These facts make it important that gardeners become good stewards of the region and use water-wise practices in their landscapes. This class introduces the concepts of water-wise gardening including planning and design, efficient irrigation, soil, use of turf, plant selection, mulching and garden maintenance.

Fee: \$10 ID \$12 OD

Activity: 102201

Sa: 9:30 - 11:00 am

Session: 5/19

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



let's dance.

The Notables Swing Band

Sunday, April 8* (note date change)

2:00 - 4:00 pm

\$5 per person

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 34,000 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