



WEEKLY SOCIAL ACTIVITY SCHEDULE

Monday:

10:30 am - 2:00 pm Social Bridge
 12:00 - 6:00 pm Pool/Billiards
 12:30- 4:00 pm Mexican Train

Tuesday:

9:00 am - 10:30 am Super Tuesday Brunch (2nd Tues)*
 9:00 am - 12:00 pm Pool/Billiards
 10:30 am - 2:30 pm High Desert Rug Hookers
 12:00 - 1:30 pm Lunch & Learn (Sep through May)
 12:00 - 4:00 pm Mah Jongg Players
 1:00 - 3:00 pm Knitters Social
 1:00 - 5:00 pm Larkspur Stitches

Wednesday:

10:00 - 11:00 am ABC&Ds of Medicare (4th Wed)
 9:30 - 10:30 am Blood Pressure Checks (1st Wed)*
 10:00 - 11:00 am Library Book Club (3rd Wed)*
 10:00 - 11:30 am Tech Troubleshooting (3rd Wed)*
 12:00 - 6:00 pm Pool/Billiards
 1:00 - 3:30 pm Wednesday at the Movies*
 2:00 - 4:00 pm Yesterday's Tunes

Thursday:

9:00 am - 12:00 pm Pool/Billiards
 8:30 am - 3:00 pm AARP Smart Driver Course (4th Thurs)*
 12:00 - 4:00 pm Mah Jongg Players

Friday:

10:30 am - 2:00 pm Social Bridge
 12:30 - 3:30 pm Pinochle
 12:00 - 6:00 pm Pool/Billiards
 1:00 - 3:00 pm Textile Arts Mixer

THINGS TO KNOW

- Schedule is subject to change.
- All games are played for fun. Absolutely NO money is to be exchanged.
- Use your monthly full access pass, social pass or pay a daily drop-in fee.
- Starred items (*) do not require a facility pass or drop-in fee.

Larkspur Community Center
 "Home of the Bend Senior Center"
 1600 SE Reed Market Road
 541-388-1133



play for life

wednesday afternoon at the movies

FREE

Wednesdays at 1:00 pm
Larkspur Multi-purpose Room

1:00
pm



May 7

A Complete Unknown (2024)

Starring: Timothée Chalamet, Edward Norton,
Elle Fanning, Monica Barbaro
Rated R, Run time: 2h 21m

New York, 1961. A young Bob Dylan (Timothée Chalamet) arrives with his guitar and revolutionary talent, forging relationships with music icons on his meteoric rise which culminates in a groundbreaking and controversial performance that reverberates worldwide.

May 14

Edie (2019)

Starring: Sheila Hancock, Kevin Guthrie
Rated PG-13, Run time: 1h 41m

A 83 year old Edie believes that it is never too late - packing an old camping bag, leaving her life behind and embarking on an adventure she never got to have - climbing the imposing Mount Suilven in Scotland.



For more information call 541.388.1133
Larkspur Community Center — home of the Bend Senior Center

may movies

(continued)

FREE

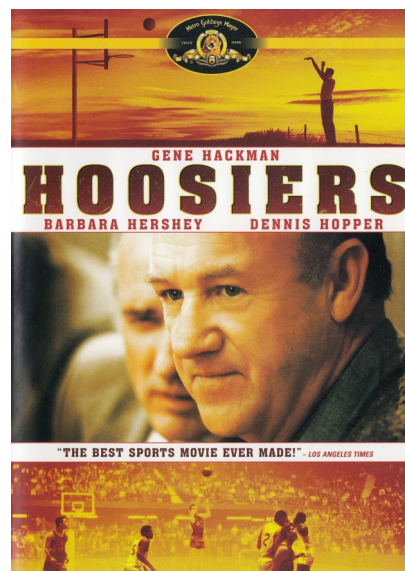
May 21

Hoosiers (1986)

Starring: Gene Hackman, Barbara Hershey, Dennis Hopper

Rated PG, Run time: 1h 50m

A basketball coach with a spotty past (Academy Award® winner Gene Hackman) leads a small-town Indiana high school team on its journey to win the state championship finals. This classic film is widely considered one of the greatest sports movies of all time.



May 28

G20 (2025)

Starring: Viola Davis, Anthony Anderson, Marsai Martin

Rated R, Run time:

When the G20 summit comes under siege, U.S. President Danielle Sutton (Academy Award® winner Viola Davis) becomes the number one target. After evading capture by the attackers, she must outsmart the enemy to protect her family, defend her country and safeguard world leaders in this action-packed thrill ride.

1:00
pm


Bend Park &
Recreation
DISTRICT

play for life

lunch and learn

Tuesdays • 12:00 - 1:30 pm
Co-presented with **PacificSource**

local experts share their knowledge
about topics important to you

*Bring a brown bag lunch; dessert
and coffee are on us. This series
is free and open to the public.*

FREE

MAY 2025

May 6: SPECIAL EVENT—12-4 p.m.

Mini-McGinty Conference on Alzheimer's, Aging & Brain Health

Alzheimer's Association, Oregon/SW Washington Chapter

This free educational event features the latest in Alzheimer's research, practices for maintaining brain health at all ages, and a community resource panel discussion. Seating is limited. Lunch provided.

To register, call 800-272-3900 or visit www.alz.org/orswwa/events/mini-mcginty-conferences.



May 13: A Town Called Bend

Vanessa Ivey, Deschutes Historical Museum

Come discover how a small hamlet, settled among the sage and pine, grew into an industrial town, a metropolis of the Deschutes Valley. Vanessa will share stories of an ever-changing community and the people who lived here before us.

play for life



**Larkspur Community Center
Home of the Bend Senior Center
bendparksandrec.org**

Questions? Call (541) 706-6235

lunch and learn

Tuesdays • 12:00 - 1:30 pm
Bend Senior Center
Co-presented with PacificSource

FREE

MAY 2025 (continued)

May 20: Celebrating and Understanding the Dogs in Our Lives

Martina Muller, Kindred Spirit Pet Care and Lisa
Smiley, VSA-CDT, Smiley's Dogs

In honor of National Pet Month and in celebration of one of our favorite companions here in Central Oregon, our presentation will explore the special bond between humans and dogs. We will delve into how dogs communicate through body language, examine their cognitive abilities, and introduce some fun interactive games you can play with dogs to enrich both their lives and yours. We invite you to bring a photo and favorite story to share about your canine companion!



May 27: Happy Legs, Happy Life

Andrew Jones, MD, Inovia Vein Specialty Centers

Join vein specialist Dr. Andrew Jones for an informative session on the importance of recognizing and preventing Deep Venous Thrombosis (DVT), commonly known as blood clots. Dr. Jones will review the common signs and symptoms of DVT, how to reduce your risk, and treatment options to maintain optimal vascular health. He'll also address venous insufficiency, including symptoms like leg pain, foot and ankle swelling and bulging veins, and how proper fitting compression socks can improve circulation and support overall leg health.



This concludes our 2024-25 Lunch & Learn series. Enjoy your summer!

The 2025-26 season will kick off in September.

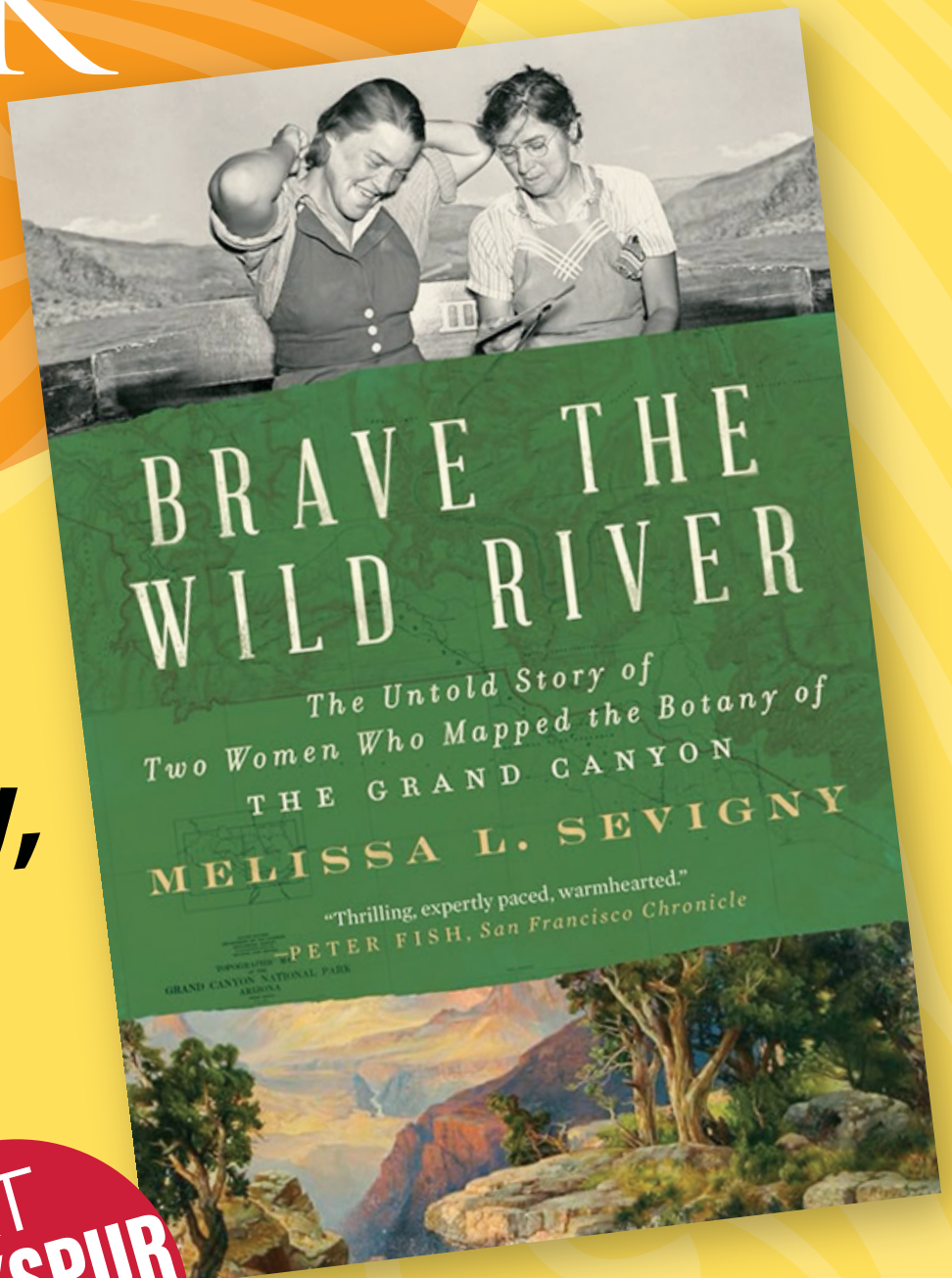
Larkspur Community Center
Home of the Bend Senior Center
www.bendparksandrec.org
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play for life

THE LIBRARY BOOK CLUB


DESCHUTES
PUBLIC
LIBRARY



**Wednesday,
May 21
10:00 am**

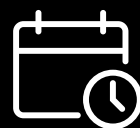
Bend

**AT
LARKSPUR**
Community
Center



Mini-McGINTY CONFERENCE

on Alzheimer's, aging & brain health



Tuesday, May 6, 2025
12-4 p.m.



Bend Senior Center
1600 SE Reed Market Rd
Bend, OR 97702

Take charge of your brain health.

Reserve your seat at the Mini-McGinty Conference in Bend. This no-cost educational event features the latest in Alzheimer's research, practices for maintaining brain health at all ages, and learning about community resources. *Seating is limited, lunch provided.*



Scan here to register!

Presentation topics include:

- Latest in Alzheimer's and dementia research
- 10 Warning Signs of Alzheimer's
- Brain health education
- Community resource panel discussion

HOW TO REGISTER:

- Scan QR code above
- Call our 24/7 Helpline (800.272.3900)
- Find your event at alz.org/CRF

**Presented in
collaboration with
community partners**





Time for a Refresher!

Learn to Play Mah Jongg—Advanced Beginner

This class is intended for those who have already completed Learn to Play Mah Jongg or for occasional players looking for a refresher class to enhance their game. Includes an official large-print American Mah Jongg reference card from the National Mah Jongg League, a \$15 value. Instructor: Sharon Walden.

Sessions: Thursdays, 5/8 - 22

Fee: \$60 ID / \$72 OD

Program: 102605



For more information, scan
code above or visit:

bendparksandrec.org

Questions? Call (541) 389-1133

play for life





awaken your creativity

REGISTRATION
NOW OPEN



Improvisation Through Storytelling, Movement & Song

Program: 102321

Fee: \$49 ID \$58.80 OD

Monday 5-7 pm

Session: 4/14/25

Step into the playful world of improvisation and wake up your imagination! Participants will pair up to explore a dynamic scenario, expressing yourselves through storytelling, movement and even song. Perfect for those seeking to expand their creativity while connecting with others and creating moments of surprise, connection and fun.

Spring Awakening: A Journey Into Mindfulness & Nature

Program: 102320

Fee: \$49 ID \$58.80 OD

Friday 10 am-12 pm

Session: 5/02/25

Welcome the season of renewal with this immersive experience designed to connect participants with the energy of spring. Enjoy a metta meditation followed by a guided nature walk to connect with the Earth's natural energy. Then create a nature collage or mandala to bring home. Perfect for those seeking mindfulness, creativity and a deeper connection to the natural world.

Threads of Joy: A Collaborative Art Installation



Program: 102332

Fee: \$59 ID \$70.80 OD

Saturday 1-3 pm

Session: 5/31/25

Journey into your cherished memories through the creation of a large-scale collaborative art installation. Express your "Happiest Memory" through drawings, colors and words on individual canvases or fabric squares that will then be integrated into a collective "memory quilt" displayed at Larkspur Community Center. Join us for this unique opportunity to honor your memories and contribute to a shared legacy that will inspire for years to come!



Instructor Genesis Ilada is a certified art therapy practitioner, life coach, visual artist and poet. She facilitates art and wellness programs for both youth and adults that foster creativity, mindfulness and joyful engagement.



play for life

Register at bendparksandrec.org

Questions? Call (541) 388-1133

Yesterday's Tunes

A listening journey back to the “good old days” with music from the 40’s through the 80’s

IT'S BACK!

**Wednesdays
2:00 - 4:00 pm**

**Bend Senior Center
1600 SE Reed Market Rd**

**With DJ Tim Ream
of Senior Moments**



**REQUESTS
ENCOURAGED!**



Come spend the afternoon revisiting the songs and commercials you grew up listening to on the radio! Reminisce about special memories and moments in time. Drop by for just a few tunes or stay the whole time. We'll have coffee and puzzles available, and plenty of floor space for spontaneous dancing.

For more information, visit
www.bendparksandrec.org
Questions? Call (541) 388-1133



play for life



Super Tuesday Brunch

Second Tuesdays

9:00-10:30 am

Multi-purpose Room

Suggested Donation \$3.00 per person

Join us for a delicious brunch on the second Tuesday of every month in the Bend Senior Center at Larkspur Community Center. All proceeds benefit Bend Park & Recreation Foundation's scholarship program.

Join the
fun!

January 14

February 11

March 11

April 8

May 13

June 10—

*no brunch, but join us
for our annual health
fair with free lunch!*

For more information call
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play for life



FREE

Technology Troubleshooting

In Partnership with the **Deschutes Public Library**

Trying to organize your photos or add a new app to your home screen? Having trouble turning up the volume on your calls? Join us for free advice and technology support. Bring your smart phone, laptop, tablet, or watch in and we'll help you troubleshoot. Sessions available on a first come first served basis for up to 20 minutes per person.

**Every Third Wednesday
10:00 - 11:30 am**

January 15
February 19
March 19
April 16
May 21
June 18

Bend Senior Center Lobby

For more information, visit
www.bendparksandrec.org
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