



# SOCIAL ACTIVITY SCHEDULE—September

Basic Fee or Pass Required

## 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  
10:00 - 11:30 am Robin's Book Club (3rd Tues.) - FULL  
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)\*  
10:00 - 11:30 am Cardinals Book Club (2nd Wed.) - FULL  
9:30 - 10:30 am Blood Pressure Checks (1st Wed)\*  
10:00 - 11:00 am Library Book Club (3rd Wed)\* - OPEN  
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  
12:00 - 6:00 pm Pool/Billiards  
12:30 - 3:30 pm Pinochle  
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.
- Scan your monthly full access pass or 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



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# Larkspur HOMECOMING DANCE!



**Sunday, October 12**

**2:00 - 4:00 p.m. | Larkspur Community Center**



Join us for BPRD's first annual Larkspur Homecoming Dance! Dust off your letterman jacket and pull out your dancing shoes for an afternoon of fun with your Larkspur "classmates." Bring your sweetheart or "go stag" - all are welcome!

**Come party like a teenager and still get home before dark!**

- Live music by The Notables
- Snacks & non-alcoholic drinks
- Contests & prizes
- Attire from your high school decade encouraged!



**\$12 per person**

Tickets available at Larkspur front desk or online via the QR code or at [register.bendparksandrec.org](http://register.bendparksandrec.org) under "Enrichment Activities" then "Special Events"

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p. 541-388-1133  
[bendparksandrec.org](http://bendparksandrec.org)



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# 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**

## SEPTEMBER 2025

### Sept 9

#### **Living Well in Retirement: Thriving Through Connection, Purpose and Wellness**

**Patty Schwab, MS-Gerontology, CMDCP and Patricia  
De Vol Nadon, Central Oregon Lead for SAGE (Senior  
Advocates for Generational Equity)**

Retirement is a new chapter filled with possibilities.  
Join us for a thoughtful discussion on how to age well  
and make the most of this time in life. We'll explore  
the importance of social connection, healthy eating,  
staying active, managing your health, setting new life  
goals, and finding meaningful purpose—so you can live  
fully and confidently every day.



### Sept 16

#### **Open New Doors with the Feldenkrais Method**

**Carie Fox, Founder of Your Body Wisdom**

Life experience can lift us up through gained wisdom,  
competence and emotional balance — or quietly hold us  
back through fear, protective habits and ingrained patterns.  
Discover how to refresh your habits and strengthen the  
connection between your mind and body through gentle,  
chair-based movements inspired by the Feldenkrais Method  
— a movement-based approach to learning designed to  
help you feel better, move better, and live more freely.

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**Questions? Call (541) 706-6235**

# lunch and learn

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

FREE

## SEPTEMBER 2025 *(continued)*

**Sept 23**

### **The Art of Falling Safely**

**Dr. Morgan Kriz, Vestibular Therapy Specialists**

Fear of falling—known as basophobia—can deeply affect everyday life, often leading to less physical activity and increased social isolation. In recognition of Falls Prevention Awareness Day (September 21), join us for an empowering session where you'll learn confidence-building techniques and practical tips on how to fall safely. Take the first step toward greater independence and peace of mind!



**Sept 30**

### **Maintaining Mental Health As We Age**

**Marianne Straumfjord MD, MBA—NAMI Central Oregon board member and retired psychiatrist**

Mental health is just as important as physical health—especially as we age. In this presentation, we'll explore how anxiety, depression, and mood disorders can uniquely affect older adults, along with effective approaches to prevention, treatment, and support. We'll also discuss how to recognize signs in yourself or a loved one, and how to move beyond the stigma to prioritize emotional well-being with confidence and compassion.

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Questions? Call (541) 389-7275



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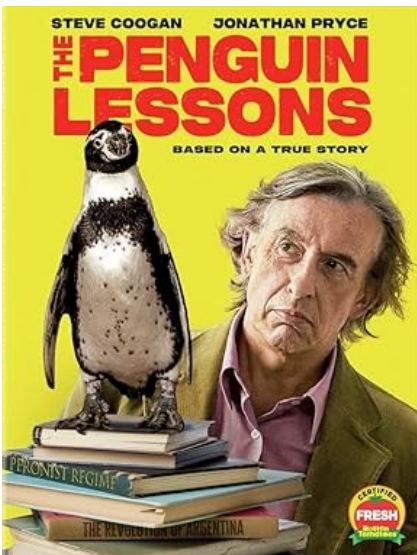


# wednesday afternoon at the movies

FREE

Wednesdays at 1:00 pm  
Larkspur Multi-purpose Room

1:00  
pm



September 3

## **The Penguin Lessons (2025)**

Starring: Steve Coogan, Jonathan Pryce  
Rated PG-13, Run time: 1h 51m

Starring Oscar nominee Steve Coogan, this poignant dramedy from director Peter Cattaneo follows an Englishman's personal and political awakening after he adopts a penguin during a cataclysmic period in Argentine history.

September 10

## **The Amateur (2025)**

Starring: Rami Malek, Rachel Brosnahan, Laurence Fishburne  
Rated PG-13, Run time: 2h 3m

In this spy thriller, Charlie Heller (Rami Malek) is a brilliant but deeply introverted CIA decoder working out of Langley. When his wife is killed in a London terrorist attack, and his supervisors refuse to act, Heller embarks on a dangerous trek, crisscrossing the globe to take down those responsible, his intelligence being his ultimate weapon.



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

# september movies (continued)

1:00  
pm

FREE

## September 17

### **Becoming Led Zeppelin (2025)**

Starring: John Bonham, John Paul Jones, Jimmy Page, Robert Plant

Rated: PG-13, Run time: 2h 1m

Powered by awe-inspiring, never-before-seen footage, performances and music, Bernard MacMahon's experiential cinematic odyssey explores Led Zeppelin's creative, musical, and personal origin story. Told in Led Zeppelin's own words, it is the first officially sanctioned film on the group.



## September 24

### **Bridget Jones: Mad About the Boy (2025)**

Starring: Renée Zellweger, Hugh Grant, Chiwetel Ejiofor

Rated R, Run time: 2h 4m

Renée Zellweger returns as her iconic rom-com heroine, Bridget Jones, as Bridget, now a widowed mother, forges a new path toward life and love.

  
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# Out To Lunch Bunch

**SIGN UP  
TODAY!**

**A fun social outing for adults 60+**



**Come get out of the house, connect with your peers and socialize over some good eats!**

Enjoy various cuisines, from ethnic to exotic to down-home cooking, all in one location. We will visit a different food cart location each month. Sign up for one outing, or all three. Transportation provided; lunch is paid on your own. Space is limited.

For more information, visit:  
[bendparksandrec.org](http://bendparksandrec.org)  
Questions? Call (541) 388-1133



**Mondays  
11:30am-1:30pm**

**September 15  
October 20  
November 17**

**\$10 ID / \$12 OD  
Activity 302531**



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# try something new

## Fall 2025—Glass Arts

REGISTRATION  
NOW OPEN!

Make your own...

- ♦ **Glass on Glass Mosaic (302431)**  
Sat, 9/20 - \$129.00 ID / \$154.80 OD
- ♦ **Stained Glass Mosaic Luminary (302418)**  
Sat, 10/11 - \$129.00 ID / \$154.80 OD
- ♦ **Stained Glass Mosaic Wreath (302443)**  
Sun, 11/16 - \$114.00 ID / \$136.80 OD
- ♦ **Fused Glass Holiday Gifts (302445)**  
Thu, 12/4 - \$79.00 ID / \$94.80 OD

All classes taught by local artist Jesica Carleton. No experience necessary; all tools and supplies provided.



Register online at: [bendparksandrec.org](https://bendparksandrec.org)  
Questions? Call (541) 388-1133.



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# Cooking & Baking Classes

## FALL 2025

REGISTRATION  
NOW OPEN!

Come join us for a fun, hands-on learning experience in the kitchen at Larkspur Community Center!

- ♦ **A Taste of France: Palmier Cookies (302112)**

Sat 9/27, 1:00-3:00pm

\$79.00 ID / \$94.80 OD

- ♦ **Simple Cheese-Making: Italian Cheeses (302220)**

Sat 10/11, 10:00am-12:00pm

\$69.00 ID / \$82.80 OD

- ♦ **Plant-Based Fall Comfort Food (302273)**

Wednesday 11/12, 5:00-7:30pm

\$89.00 ID / \$106.80 OD

- ♦ **Holiday Entertaining With Charcuterie Boards (302287)**

Wed 11/19, 5:00-7:00pm

\$84.00 ID / \$100.80 OD

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Register at [bendparksandrec.org](https://bendparksandrec.org)  
Questions? Call (541) 388-1133



# Intergenerational fun!

*Delve into creative projects together with your child or grandchild in our "With A Child" art classes*

REGISTER  
TODAY!

## With A Child: Fun With Fused Glass

Make a fused glass piece of art together using different shapes and color pieces that are then kiln-fired.

**Program: #302438**

**Fee: \$79 ID / \$94.80 OD**  
per pair

Suncatchers - Th 9/18 from 5:30 -7:00 pm

Halloween Fun - Th 10/16 from 5:30 -7:00pm

Snow Globes -Sa 11/15 from 9:30-11:00 am

Holiday Ornaments - Fr 12/12 -from 5:00-6:30 pm

## With A Child: Paint Together

Create a dual-canvas acrylic painting together based on a theme and design provided by your teacher.

**Program: #302438**

**Fee: \$79 ID / \$94.80 OD**  
per pair

Scarecrows - Sa 9/13 from 10:00-12:00 pm

Fall Welcome - Th 10/23 from 5:00-7:00 pm

Holiday Countdown - Th 11/13 from 5:00-7:00 pm

## With A Child: Origami

Roll up your sleeves and create something delicious together in our fully equipped kitchen at Larkspur.

**Program: various**

**Fee: \$49 ID / \$58.80 OD**  
per pair

Easy Origami (302450) - Su 10/12 from 2:30-3:30 pm *(only \$34 ID!)*

Fall Origami Decorations (302451) - Su 11/9 from 5:00-7:00 pm

Holiday Origami Boxes (302452) - Su 12/7 from 2:00-3:30 pm

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Register at [bendparksandrec.org](https://bendparksandrec.org)

Questions? Call (541) 388-1133





# 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.

NO brunch  
on 6/10  
Join us for the  
Health Fair  
instead!

### Summer/Fall

#### Dates:

July 8

August 12

September 9

October 14

November 11

December 8

For more information call  
Larkspur Community Center  
Home of the Bend Senior Center  
(541) 388-1133



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# 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](http://www.bendparksandrec.org)  
Questions? Call (541) 388-1133



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**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 in your smart phone, laptop, tablet or watch and we'll help you troubleshoot.

Sessions available on a first come first served basis for up to 20 minutes per person.



**Third  
Wednesday  
of Each Month  
10:00 - 11:30 a.m.**

**Bend Senior Center Lobby**

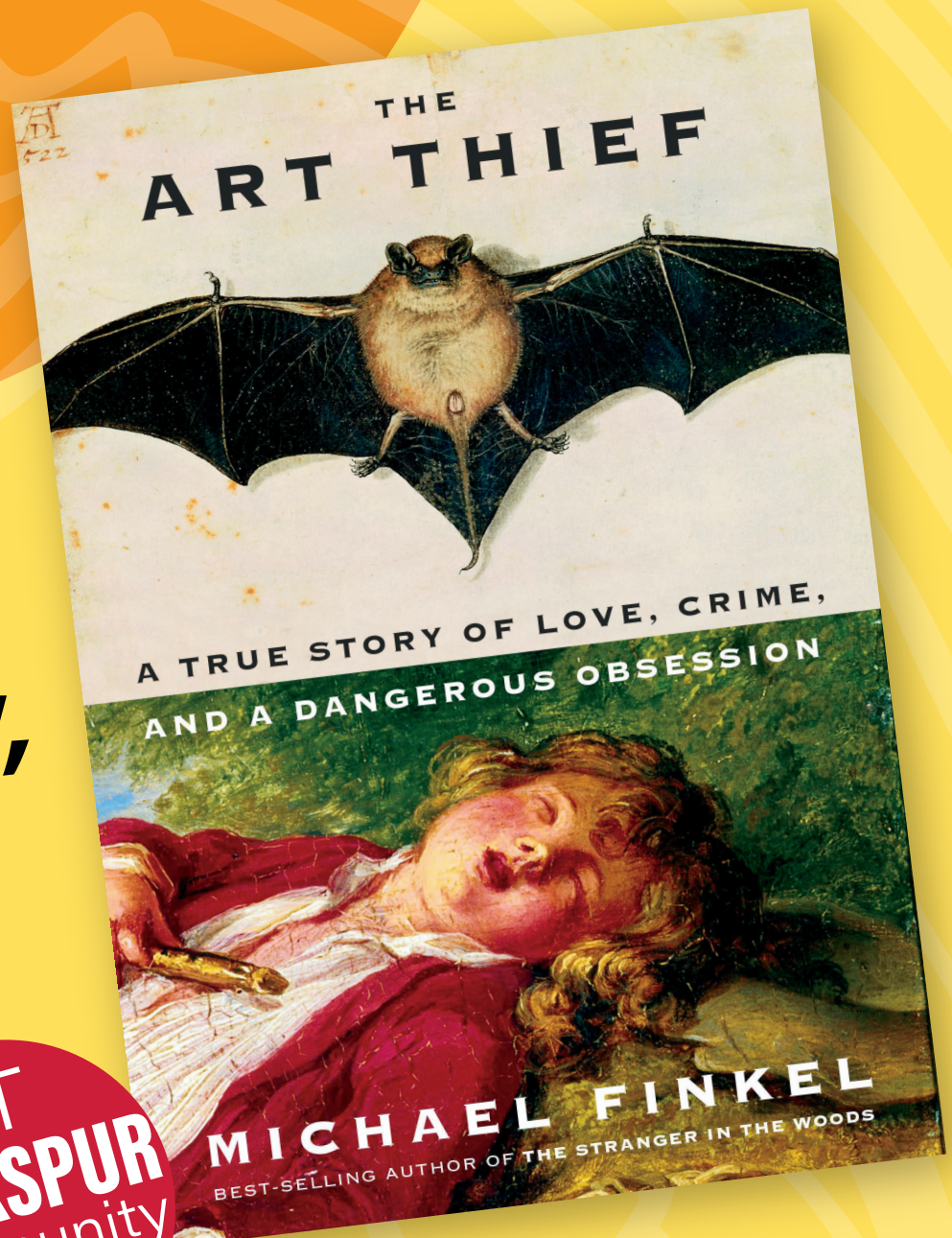
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# THE LIBRARY BOOK CLUB

  
DESCHUTES  
PUBLIC  
LIBRARY



**Wednesday,  
Sept 17  
10:00 am**

**Bend**

**AT  
LARKSPUR**  
Community  
Center