



WEEKLY SOCIAL ACTIVITY SCHEDULE

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
10:30 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

****NO Super Tuesday Brunch this month –
Come to our free Health & Wellness Fair on 6/10 instead!**

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

“For the Health of It”

Health & Wellness Fair

presented by the Bend Senior Center
at Larkspur Community Center
1600 SE Reed Market Rd., Bend

**Tuesday, June 10
12:00 - 3:00 p.m.**

Free Event

Tunes by DJ Tim Ream
of Senior Moments

Bend Ukelele Group
at 1:30 p.m.

Presenting Sponsors



Free community
BBQ lunch
12:00 - 2:00 p.m.

Over 40 health
and wellness providers.



- Free massage and spinal health screenings
- Free blood pressure checks and balance assessments
- Healthy food and beverage samples
- Cooking demonstrations
- Senior living options, at-home care providers and home health and hospice agencies
- Experts on dementia, stroke, Parkinson's, Alzheimer's and more
- Mobile dental care
- Laser therapy for stress, pain and inflammation
- Medicare insurance specialists
- Gift certificates, raffles and lots of free swag!

For more information, visit
bendparksandrec.org/events
or call (541) 389-7275



play for life

wednesday afternoon at the movies

FREE

Wednesdays at 1:00 pm
Larkspur Multi-purpose Room

1:00
pm



June 4

The Friend (2024)

Starring: Naomi Watts, Bill Murray

Rated R, Run time: 1h 59m

Iris (Watts) finds her comfortable New York life upended when her mentor and friend Walter (Murray) leaves her his Great Dane Apollo. Despite a small apartment and threats of eviction, she bonds with the regal beast and begins to cope with her past in this story of healing, love, and friendship. Adapted from the best-selling novel.

June 11

The Last Rifleman (2023)

Starring: Pierce Brosnan, Clémence Poésy

Rated PG-13, Run time: 1h 39m

A WWII veteran (Brosnan) escapes his care home and embarks on an arduous but inspirational journey to France to attend the 75th anniversary of the D-Day landings, finding the courage to face the ghosts of his past.



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

june movies

(continued)

FREE

June 18

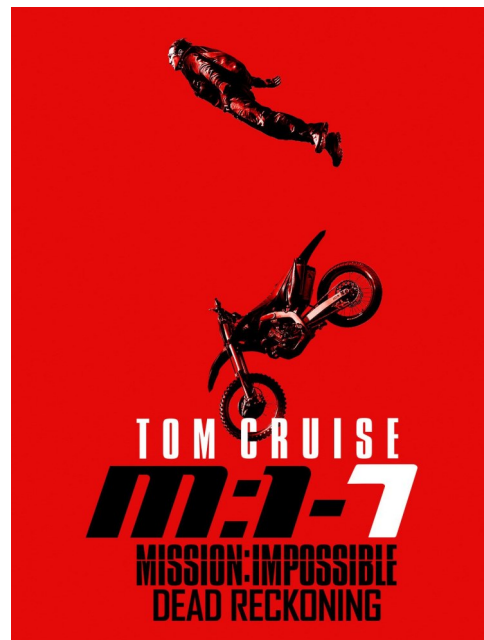
Mission Impossible—Dead Reckoning Part I (2023)

Starring: Tom Cruise, Hayley Atwell, Ving Rhames

Rated: PG-13, Run time: 2h 43m

With a 10-minute intermission

Ethan Hunt (Tom Cruise) and his IMF team embark on their most dangerous mission yet: To track down a terrifying new weapon that threatens all of humanity before it falls into the hands of a mysterious, all-powerful enemy. Part II hits theaters this month!



1:00
pm



June 25

The Way (2010)

Starring: Martin Sheen, Emilio Estevez, Deborah Kara Unger

Rated PG-13, Run time: 1h 55m

An American father travels overseas to recover the body of his estranged son, who died while trekking Spain's "El Camino de Santiago," but instead, decides to take the pilgrimage himself.


Bend Park &
Recreation
DISTRICT

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**Come learn about upcoming travel opportunities
with Premier World Discovery**

Nashville, Smoky Mountains & Bluegrass
Music Cities Holiday in the American South
Colors of Majestic Morocco
Nashville, Smoky Mountains & Bluegrass
Arizona Spring Training Explorer
Highlights of Italy's Amalfi Coast
England, Scotland Wales
San Antonio Holiday
West Virginia Rails & Williamsburg

Wednesday, June 11 from 12:00-1:00 pm
Larkspur Community Center, Room A

This presentation is free. Absolutely no commitment required.

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



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Make Some Music

music classes for adults—summer 2025 🎵🎵

Choose your instrument

Ukulele Basics: Strum & Play (202707)

Tuesdays 7/8–7/29
6:15–7:15 pm

Perfect for beginners, this class will get you playing one of the most fun and accessible instruments around - the ukulele! Learn the fundamentals, from tuning and simple chords to strumming techniques.

Ukulele Basics 2: Strumming Into New Songs (202708)

Tuesdays 8/5–8/26
6:15 - 7:15 pm

[Formerly titled *Ukulele Adventures*] Build on the basics and explore new chords, strumming patterns and techniques to bring your favorite tunes to life. Gain confidence in transitioning between chords, develop a richer sound and learn to jam with others. By course end, you'll have a few crowd-pleasing songs ready to play and the skills to progress on your own.

Beginner Guitar: Play Your Favorite Song (202709)

Tuesdays 7/8–7/29
5:00 - 6:00 pm

Learn the basics of guitar while you focus on a personal goal - playing your favorite song! We'll cover essential skills like tuning, strumming and simple chords, while keeping things relaxed and enjoyable.

Beginner Guitar 2: Strumming, Chords & Riffs (202710)

Tuesdays 8/5–8/26
5:00 - 6:00 pm

We'll introduce more chord transitions, explore dynamic strumming, and even learn simple riffs and melodies to enhance your sound. This class is perfect for those who have learned the basics and are eager to grow.

The fee for each four-week course is \$69 (in district) or \$82.80 (out of district).

Meet our music instructor, Marc Proctor!

Marc is passionate about supporting folks in Central Oregon to find their full potential. In addition to teaching and playing music, Marc has worked in varied industries in Central Oregon over the past several decades including real estate, product distribution, human resources, regional sales and firefighting.



Register at bendparksandrec.org

Questions? Call (541) 388-1133



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Dishes Made for Sharing

Cooking & Baking Classes Summer 2025

Come join us for a fun, intimate experience in the kitchen at Larkspur Community Center!

- ♦ **Plant-Based Meals From Around the World (102318)**

Saturday 6/14 from 3:00-5:30 p.m.
\$99.00 ID / \$118.80 OD per pair

- ♦ **Savory & Spicy International Dishes (202705)**

Saturday 7/19 from 3:00-5:30 p.m.
\$99.00 ID / \$112.80 OD

- ♦ **Vegan Summer Main Dishes (202231)**

Tuesday 7/29 from 5:00-7:30 p.m.
\$99.00 ID / \$118.90 OD

- ♦ **Pizza With a Partner (202716)**

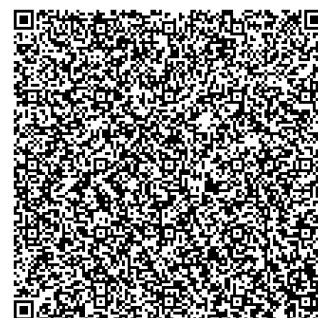
Thursday 8/14 from 5:30-7:30 p.m.
\$99.00 ID / \$118.80 OD per pair

REGISTRATION
NOW OPEN!

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Register at:
bendparksandrec.org
Questions? Call (541) 388-1133



Glimmer & Shine

Glass Arts – Adult

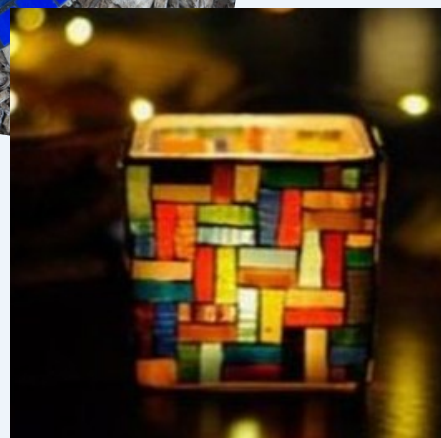
Spring/Summer 2025

REGISTRATION
NOW OPEN!



Make your own...

- ♦ Fused Glass Plant Stake (102430)
- ♦ Mosaic Votive (102439)
- ♦ Mosaic Stepping Stone (202424)
- ♦ Stained Glass Mosaic Bird Bath (202424)
- ♦ Mosaic Garden Heart (202423)



All classes taught by local artist Jessica Carleton. No experience necessary; all tools and supplies provided. Prices range from \$79 to \$129 ID.

Register at bendparksandrec.org

Questions? Call (541) 388-1133

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THE LIBRARY BOOK CLUB

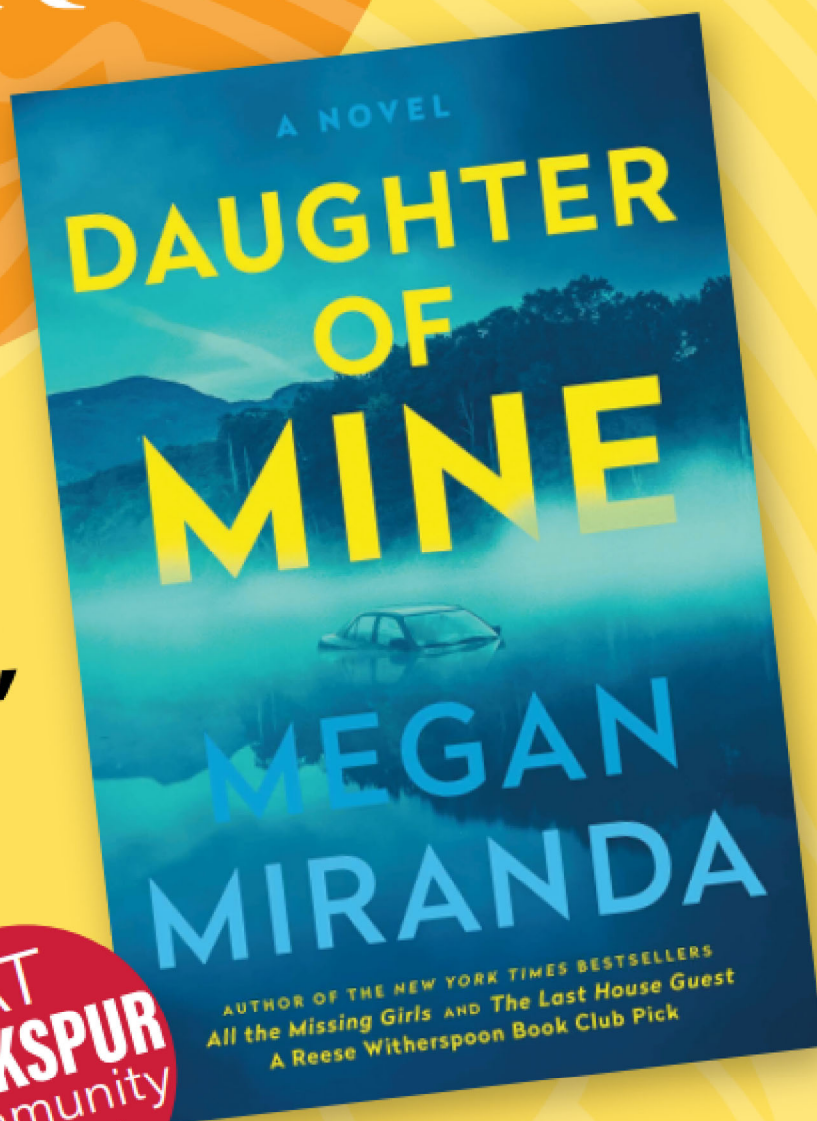


DESCHUTES
PUBLIC
LIBRARY

**Wednesday,
June 19
10:00 am**

Bend

**AT
LARKSPUR**
Community
Center



Yesterday's Tunes

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

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



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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

Larkspur Community Center
Home of the Bend Senior Center
Questions? Call (541) 388-1133
bendparksandrec.org



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.

Food provided by
Whispering Winds Retirement

**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



play for life

Don't forget...

**lunch
and learn**

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

Returns in
September

Returns
in July

Super Tuesday Brunch

Second Tuesday of the Month

9:00-10:30 am

Multi-purpose Room

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

Questions? Call (541) 706-6235



play for life

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.

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www.bendparksandrec.org
Questions? Call (541) 706-6235



play for life