



# SOCIAL ACTIVITY SCHEDULE

April 2026 - 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
- 11:00 am - 12:30 pm 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 (4rd Thurs)\*
- 12:00 - 4:00 pm Mah Jongg Players
- 12:00 - 1:30 pm Connection Café (3rd Thurs)\*
- 2:30 - 4:00 pm Larkspur Sock Hop (3rd Thurs)

## 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  
 1600 SE Reed Market Road  
 bendparksandrec.org  
 541-388-1133



*play for life*

# EMPOWER BEND


EVIDENCE, INNOVATION, AND  
EVERYDAY FUNCTION

*An in-person forum Presented by  
Parkinson's Resources of Oregon*

Bringing together Parkinson's research updates, medication education, and guided movement to support people living with Parkinson's.

 Thursday, April 9th

 12:30-4:00PM

 Larkspur Community Center -  
Home of the Bend Senior Center  
1600 SE Reed Market Rd, Bend, OR

## FREE REGISTRATION REQUIRED

LIGHT LUNCH PROVIDED

This program is offered in  
partnership with the Bend  
Park and Recreation District



More Info and Register now at:  
[pro.eventbrite.com](https://pro.eventbrite.com)  
800-426-6806



## THE SPEAKER LINEUP



**Dr. Joseph Quinn, MD**

Oregon Health and Science  
University



**Dr. Tyler Clark, MD**

Bend Neurological Associates



**Kimberly Walter**

Parkinson's Dance Instructor

# 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

**APRIL 2026**

**April 9** SPECIAL THURSDAY EVENT—12:30-4:00pm  
**Empower Bend: Evidence, Innovation & Everyday  
Function**

Presented by Parkinson's Resources of Oregon

Parkinson's Resources of Bend presents an afternoon of Parkinson's research updates, medication education and guided movement to support people living with Parkinson's and those who care for them. Speakers include Dr. Joseph Quinn, MD, from Oregon Health and Science University; Dr. Tyler Clark, MD, from Bend Neurological Associates; and Kimberly Walter, Parkinson's dance instructor. Light lunch provided.

FREE REGISTRATION REQUIRED. Call 800-426-6806 or visit [pro.eventbrite.com](https://pro.eventbrite.com)



**April 14**

## **Food As Medicine: The Power of Plants**

Members of VegNet Bend

Join us for an engaging afternoon exploring the power of plant-based nutrition. Longtime plant-based food enthusiasts from VegNet Bend will share practical tips, personal insights and simple ways to incorporate more whole plant foods into everyday meals. The program also includes a 20-minute TEDx talk by Dr. Michael Greger highlighting the research linking diet and chronic disease. Whether you're plant-curious or already plant-based, you'll leave with inspiring ideas and helpful tools to support better health.

Larkspur Community Center—  
Home of the Bend Senior Center  
[bendparksandrec.org](https://bendparksandrec.org)

Questions? Call (541) 706-6235



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# lunch and learn

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

FREE

## APRIL 2026 (continued)

**April 21**

### **The Poetry Express, On the Road with Oregon's Poet Laureate**

**Ellen Waterston, Poet Laureate of Oregon**

In 2024, the award-winning author and poet Ellen Waterston was named as the eleventh Poet Laureate of Oregon. Having so far visited 22 out of 36 counties across the state, Waterston will reflect on her first term and her Poetry in Public Places initiative underway statewide. In addition, she will read some of her work and even offer writing exercises for the audience to try. For decades Ellen has dedicated herself to writing and advocating for the literary arts in the high desert region of Oregon, all the while continuing to write poetry and nonfiction works that have evolved into essential reading about Oregon and the West.



*Photo by Stephanie Gregory*



**April 28**

### **Stay Healthy, Stay Active**

**Dr. Dale Ellwein, chiropractor, author, lecturer & wellness lifestyle expert**

Join us for an empowering health talk about how to maintain flexibility, strength and vitality as you age. Dr. Ellwein will share simple, effective stretches for every fitness level and tips for reducing falls and staying active and independent. Don't miss this opportunity to learn how small changes can make a big difference in your golden years.

Larkspur Community Center  
[bendparksandrec.org](http://bendparksandrec.org)

Questions? Call (541) 389-7275



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# wednesday afternoon at the movies

FREE

Join us every Wednesday at 1:00 pm for a  
**FREE** movie in the Multi-purpose Room

**April 1**

## **The Birdcage (1996)**

Starring: Robin Williams, Nathan Lane, Gene Hackman  
Rated R, Run time: 1h 57m

A gay cabaret owner and his drag queen companion agree to put up a false straight front so that their son can introduce them to his fiancée's ultra-conservative parents in this hilarious, groundbreaking classic from director Mike Nichols.



**April 8**

## **Hamnet (2025)**

Starring: Jessie Buckley, Paul Mescal  
Rated PG-13, Run time: 2h 5m

In late 16th-century England, Agnes, a healer sensitive to the world around her, builds a home with William (Shakespeare), a local tutor and aspiring playwright. As their lives fracture, they are tested by distance, silence, and grief. *2026 Oscar winner for Best Actress and 2026 Golden Globe winner for Best Motion Picture–Drama.*

1 pm

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

FREE

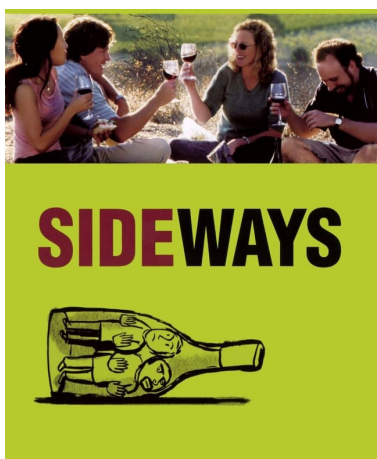
# april movies (continued)

**April 15**

## **Fantastic Four: First Steps (2025)**

Starring: Pedro Pascal, Vanessa Kirby, Ebon Moss-Bachrach, Joseph Quinn  
Rated PG-13, Run Time: 1h 55m

Forced to balance their roles as heroes with the strength of their family bond, the Fantastic Four must defend Earth from a ravenous space god called Galactus and his enigmatic herald, the Silver Surfer.



**April 22**

## **Sideways (2004)**

Starring: Paul Giamatti, Thomas Haden Church, Virginia Madsen, Sandra Oh  
Rated R, Run time: 2h 7m

Two men reaching middle age with not much to show but disappointment embark on a week-long road trip through California's wine country, just as one is about to take a trip down the aisle.

**April 29**

## **The Greatest Showman (2017)**

Starring: Hugh Jackman, Zac Efron, Michelle Williams, Rebecca Ferguson, Zendaya  
Rated PG, Run time: 1h 45m

The wildly colorful life of 1800s impresario PT Barnum, who founded the Barnum & Bailey Circus, is played with "irresistible effervescence" (Variety) by Hugh Jackman in this splashy musical extravaganza.



1 pm



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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. 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



**Thursdays**  
**11:00am-1:00pm**

**April 2**  
**May 7**  
**June 4**

*New low price!*  
**\$6.00 ID / \$ 7.20 OD**

**Activity 102531**



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BPRD PRESENTS

# LARKSPUR Sock Hop



THIRD  
THURSDAYS

2:30 -  
4:00 PM

A casual, monthly dance party with  
music from the 1940's to today

LARKSPUR MULTI-PURPOSE ROOM

Larkspur Community Center  
bendparksandrec.org  
541-388-1133



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REGISTER  
NOW!

# Learn to Play Pinochle

Pinochle is making a comeback in Bend and you're invited to join the fun! In this two-session beginning course, you will spend the first hour learning game fundamentals and the second hour practicing in small groups with a mentor. Focus will be on game terminology, how to bid, how to count meld and how to strategize your hand for winning.

**Dates:** Thursdays, 4/30 - 5/7  
**Time:** 9:30-11:30 a.m.  
**Fee:** \$44 ID / \$52.80 OD  
**Program:** 102602



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For more information, scan  
code above or visit:

[bendparksandrec.org](http://bendparksandrec.org)

Questions? Call (541) 389-1133

# Explore Central Oregon

Day tours for adults 60+

REGISTER TODAY!



## OSU–Cascades

Program: 102341 Date: Thurs, 4/16 Time: 10:00am-1:30 pm

Visit one of the most innovative and sustainably designed university campuses in the country. Our guided tour will highlight the campus's ambitious net-zero energy, water and waste goals, along with some of the nearly 40 public art pieces that enrich the campus. We'll also see how the university is transforming a former pumice mine and demolition landfill into vibrant, buildable land for the school's expansion. After the tour, we'll enjoy a casual a la carte lunch at the campus's Beaver Dam cafe. Lunch is not included in the price. **\$12.00 ID / \$14.40 OD**

Roundtrip transportation from Ponderosa Park parking lot included

## Humane Society of Central Oregon

Program: 102342 Date: Mon, 4/27 Time: 11:00am-2:00pm

Discover the compassionate work happening every day at the Humane Society of Central Oregon and learn how staff and volunteers care for animals in need, from intake and medical evaluations to shelter animals' enrichment, training and adoption services. We'll also get to meet some of the animals currently awaiting their forever homes. **\$12.00 ID / \$14.40 OD**



## Cascade Culinary Institute

Program: 102340 Date: Thurs, 5/14 Time: 10:30am -1:30pm

Join our private tour of the Cascade Culinary Institute at Central Oregon Community College and learn how CCI trains the next generation of culinary professionals. Get a firsthand look at the institute's stunning teaching kitchens, bakery labs and learning space and watch students and instructors in action as they hone their craft. After, we'll enjoy a delicious three-course lunch at Elevation, the school's fine dining restaurant where each dish is thoughtfully prepared and served by students. Lunch included. **\$30.00 ID / \$36.00 OD**

**SOLD OUT**



SCAN FOR MORE INFO



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

# COMMUNITY CONFERENCE

BRAIN HEALTH • AGING • ALZHEIMER'S SCIENCE

## Take charge of your brain health.

The Alzheimer's Association invites you to a Community Conference in Bend.

Join us at Larkspur Community Center for the latest in Alzheimer's research, practical tips for keeping your brain and body healthy, and a community resource listening session.

Learn, share, and connect with others who care about brain wellness in our region.

*Seating is limited. Registration is required.*

- **Featured workshops:**
  - » The Latest in Alzheimer's Science
  - » Building Brain Healthy Habits
- Alzheimer's and dementia resources
- Community listening session
- Lunch provided



Tuesday, May 12, 2026

12 p.m. - 4 p.m.



Larkspur Community Center

1600 SE Reed Market Rd,  
Bend, OR 97702



**FREE!**

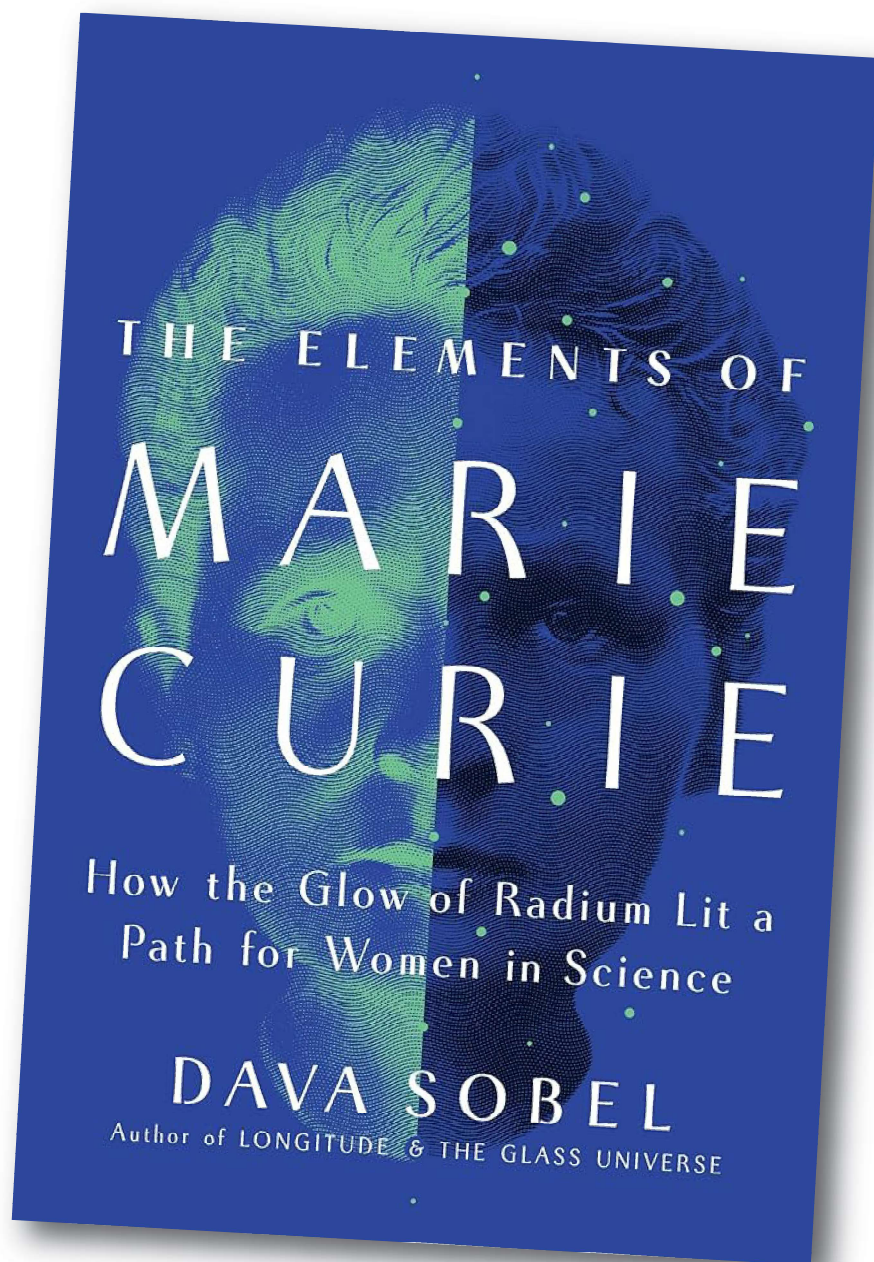
### HOW TO REGISTER:

- Register with the QR code above
- Register via 24/7 Helpline (800.272.3900)
- Register Online at [alz.org/CRF](http://alz.org/CRF)

# WEDNESDAY LARKSPUR LIBRARY BOOK CLUB

**Wednesday,  
April 15  
10:00 a.m.**

LARKSPUR  
COMMUNITY CENTER  
1600 SE Reed Market Rd  
Bend



DESCHUTES PUBLIC  
LIBRARY

Questions? Email:  
[paigeb@deschuteslibrary.org](mailto:paigeb@deschuteslibrary.org)



# 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 6/9  
Join us for the  
Health Fair  
instead!

2026

January 13  
February 10  
March 10  
April 14  
May 12  
July 14  
August 11  
September 8  
October 13  
November 10  
December 8

For more information call  
Larkspur Community Center  
(541) 388-1133



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# Yesterday's Tunes

A listening journey

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

Larkspur  
Senior Lounge

**REQUESTS  
ENCOURAGED!**



Come spend the afternoon with other music lovers, listening to the songs you grew up with on the radio! Reminisce about special memories and moments in time, socialize with others or enjoy a good jigsaw puzzle. It's casual and fun. Drop by for just a few tunes or stay the whole time.

Larkspur Community Center  
[bendparksandrec.org](http://bendparksandrec.org)  
(541) 388-1133

  
Bend Park &  
Recreation  
DISTRICT

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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**  
11:00 am - 12:30 pm

**Bend Senior Center Lobby**

**Larkspur Community Center**  
Questions? Call (541) 388-1133  
[bendparksandrec.org](http://bendparksandrec.org)



**Bend Park &  
Recreation**  
DISTRICT

*play for life*

# Connection Café

**NEW!**

**A welcoming and compassionate space  
for supportive conversations about  
illness, death and grief**

Are you living with or caring for someone facing a chronic or serious illness?

Are you a caregiver in need of a space to reflect and recharge?

Are you grieving and seeking compassionate support and understanding ears?

**Connection Café offers:**

- *Meaningful connections and a sense of community*
- *Opportunities to share and engage with others navigating similar experiences*
- *Guidance to help identify personal strengths*
- *Assistance connecting with valuable resources in Central Oregon*

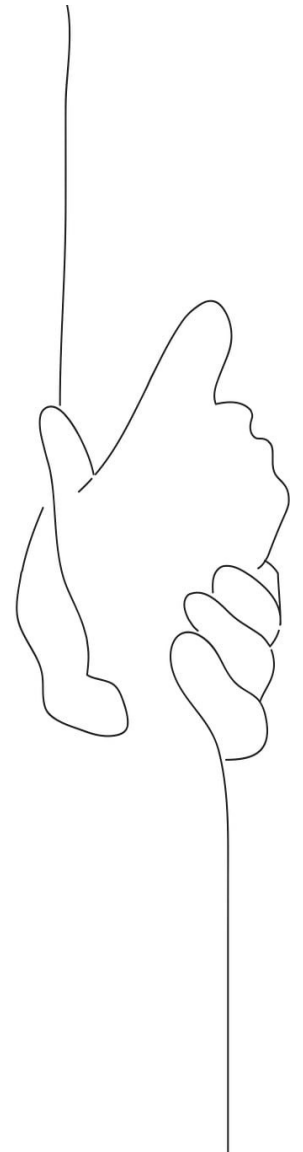
You're welcome to attend every month or drop in whenever you feel the need for connection and support. We look forward to seeing you there!

**Facilitated by the Peaceful Presence Project**

**EVERY THIRD THURSDAY**

**12:00-1:30 PM**

**Larkspur Community Center, Room 3**



**Larkspur Community Center  
Home of the Bend Senior Center**  
Questions? Call (541) 388-1133  
[bendparksandrec.org](http://bendparksandrec.org)

WHAT?



# CONNECTION CAFÉ



75 CAFES HELD ACROSS SEVEN SITES

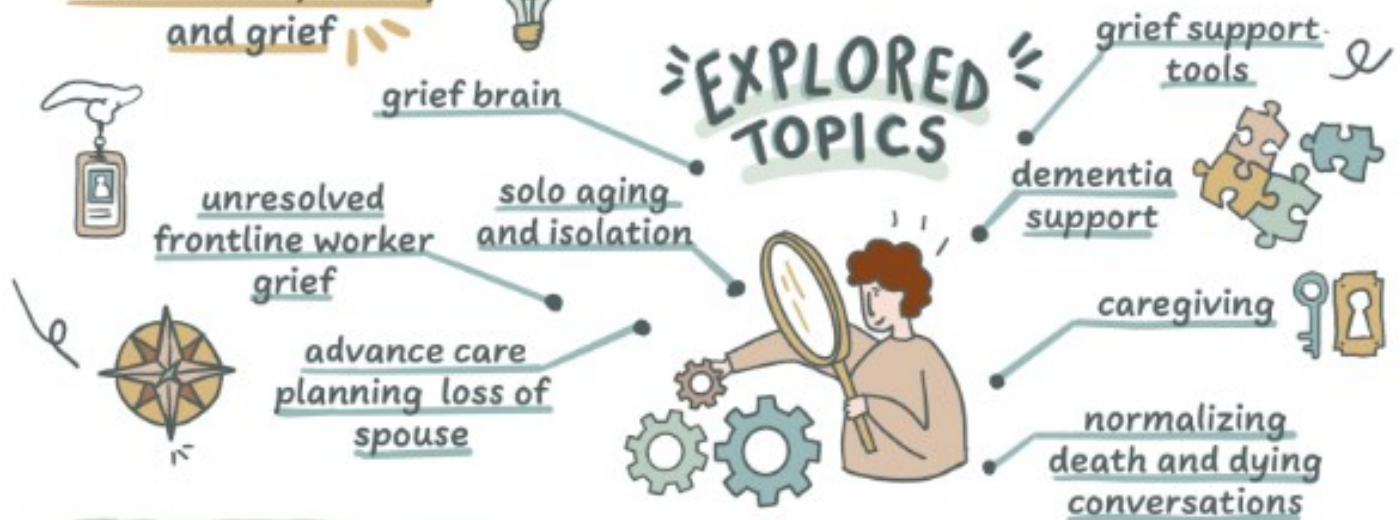
PARTICIPANTS AGE: 32 TO 89 YEARS OLD



a welcoming and compassionate space for supportive conversations about illness, death, and grief



## EXPLORED TOPICS



"I don't want to rely on one person to discuss my grief with - I attend to be in community with others 'who get it.'" -KJ

"I appreciated the opportunity to be with others, even when we were falling apart." -CD

"I thought I had my end of life planning figured out. I learned I had barely scratched the surface!" -TJ

"My father's overall mood improved after attending the cafes and making connections it gave him something to look forward to." -MT

"The learning between the griever and non-grievors that took place was really powerful." -KP

## IMPACT



peaceful presence