



SOCIAL ACTIVITY SCHEDULE

January 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)*
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)

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

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

JANUARY 2026

Jan 6

Kickstart Your Year: Setting SMART Fitness Goals

BPRD fitness leads Alli Jorgensen, Kaye Kulaszewicz-House & Trisha Russell

Start the year off right with advice on how to set SMART (specific, measurable, achievable, relevant and time-bound) fitness goals based on the plethora of classes and resources available at Juniper & Larkspur fitness centers. Learn the differences among our yoga offerings, which aquatics class might be best for a specific injury, or what movement class to try next to kick things up a notch. We will also address what you can do at home to extend the benefits of your workouts. Whether you are a complete newbie or have been a die-hard regular for years, this session is for you.



Jan 13

Know the Signs: A Simple Guide to Stroke Awareness

Dr. Mark Belza, retired neurosurgeon and Stroke Awareness Oregon representative

Learn the lifesaving signs of stroke, the BEFAST warning signs and what resources are available in our Central Oregon community. This Stroke 101 session covers early recognition, risk factors, prevention tips and real steps you can take to protect yourself and those you love. Presented by Stroke Awareness Oregon, whose mission is to create a world where stroke is easily recognized, treated and prevented through education, support and community outreach.



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

JANUARY 2026 (continued)

Jan 20

The Art of Good Judgment

Wayne Horodowich, author and retired UC Santa Barbara lecturer

Come explore what separates good judgment from poor judgment and learn practical tools to strengthen your own decision-making process. We'll identify the criteria behind our choices, walk through a clear and simple decision-making model, and compare reactive and proactive approaches using real-life scenarios. Come gain insights, swap perspectives and leave with a more confident, thoughtful approach to your next decision.



Jan 27

Snowshoeing in Central Oregon

Bob Timmer, Central Oregon Nordic Club

You don't have to be an expert athlete or adventurer to get out and explore nature this winter! Come learn what clothing and gear you'll need, how to prepare for changing winter conditions and simple techniques to help you move efficiently on snowshoes. You'll get an overview of the region's best trails, plus tips on how to research trail conditions, check forecasts and plan outings that match your ability and comfort level.

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bendparksandrec.org

Questions? Call (541) 389-7275



play for life

wednesday afternoon at the movies

FREE

Wednesdays at 1:00 pm
Larkspur Multi-purpose Room

This month begins and ends with two classics directed by the late Rob Reiner.

1:00
pm



January 7

Stand By Me (1986)

Starring: River Phoenix, Corey Feldman, Jerry O'Connell, Wil Wheaton

Rated R, Run time: 1h 24m

In this enduring classic directed by Rob Reiner and based on a novella by Stephen King, a writer recounts a childhood journey with his friends to find the body of a missing boy.

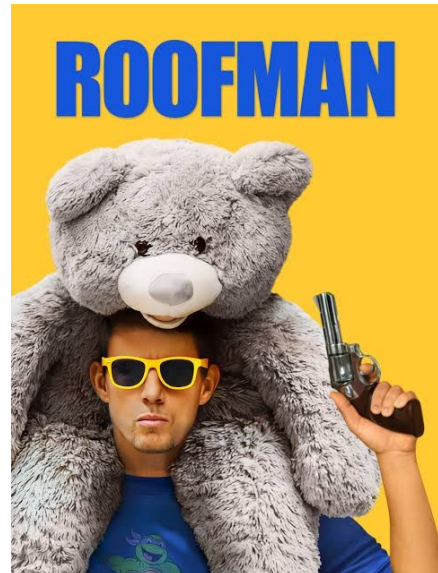
January 14

Roofman (2025)

Starring: Channing Tatum, Kirsten Dunst, Juno Temple

Rated R, Run time: 2h 5m

Based on the true story of Jeffrey Manchester (Channing Tatum), a charming fugitive who escapes prison after robbing several McDonald's and hides out in a Toys "R" Us. But when he falls for Leigh (Kirsten Dunst), his double life begins to unravel.



For more information call 541.388.1133
Larkspur Community Center

january movies

(continued)

1:00
pm

FREE

January 21

The Monuments Men (2014)

Starring: George Clooney, Matt Damon, Bill Murray, John Goodman, Cate Blanchett
Rated: PG-13, Run time: 1h 58m

An unlikely World War II platoon is tasked to rescue art masterpieces from Nazi thieves and return them to their owners.

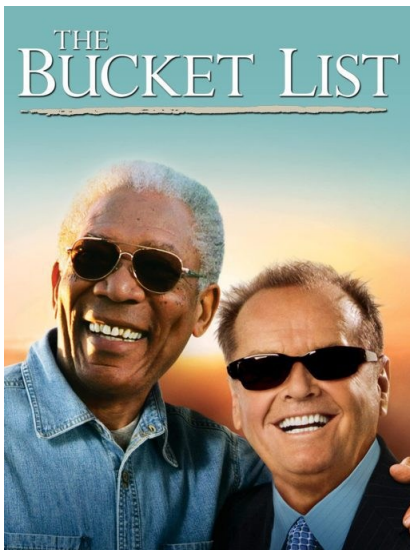


January 28

The Bucket List (1987)

Starring: Jack Nicholson, Morgan Freeman, Sean Hayes
Rated PG-13, Run time: 1h 33m

Billionaire Edward Cole and car mechanic Carter Chambers are strangers who meet as hospital roommates and discover a shared desire to reflect on their lives and pursue a list of dreams before time runs out. Defying their doctor's advice, they leave the hospital and embark on an unforgettable adventure.





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



play for life

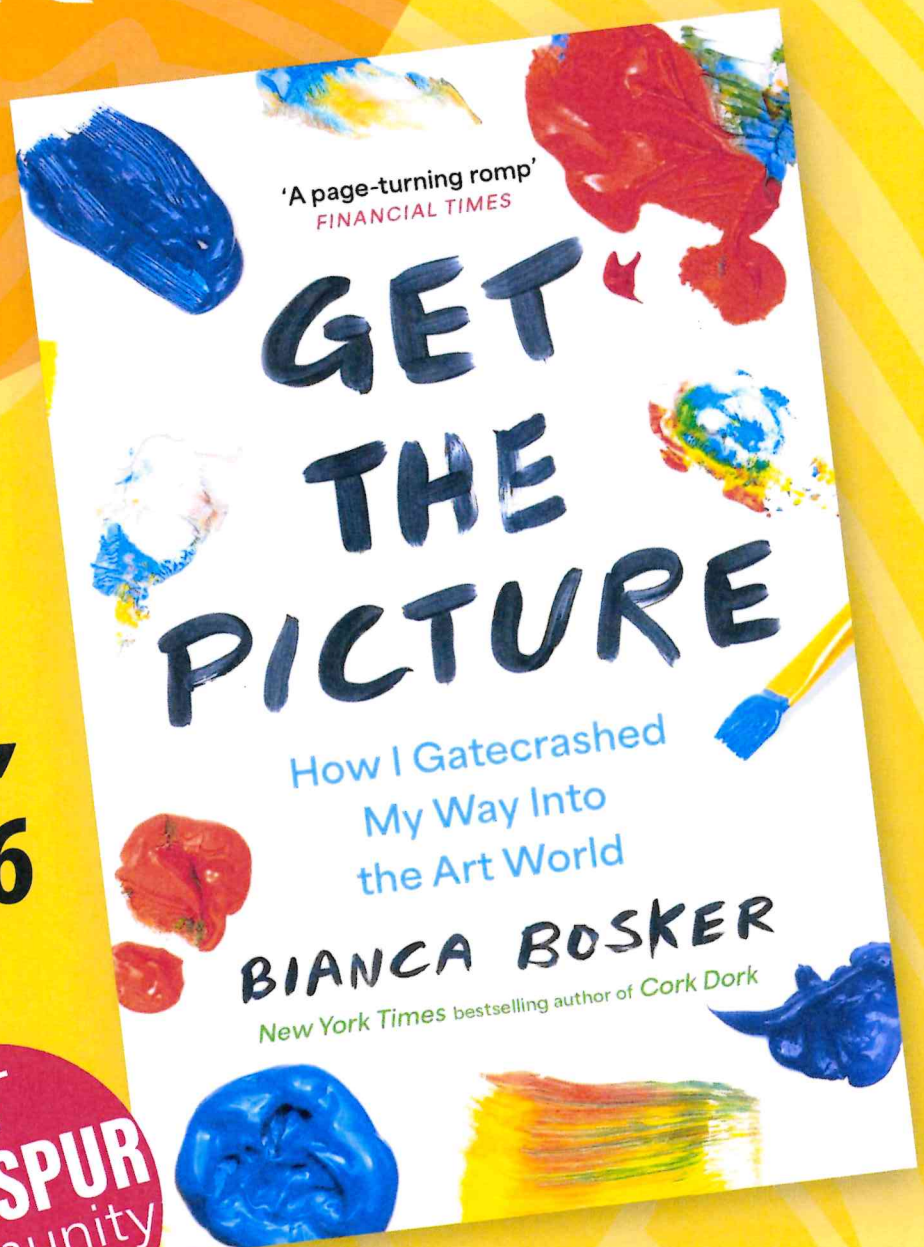
THE LIBRARY BOOK CLUB


DESCHUTES
PUBLIC
LIBRARY

**Wednesday,
Jan 21, 2026
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

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



What's Cooking at Larkspur

Winter Plant-based Comfort Food

Warm up this season with cozy, plant-powered comfort foods! Learn to make hearty soups, creamy dairy-free sauces and seasonal favorites using winter squash, root veggies, whole grains and greens. Perfect for vegans, vegetarians or anyone ready to enjoy more plants this season. Instructor: Suzanne Landry.

Activity: 102319
Fee: \$89 ID / \$106.80 OD
When: Friday, January 23 – 5:00-7:00 pm
Where: Larkspur Kitchen



Scan with your camera
to learn more and register

Larkspur Community Center
bendparksandrec.org
Questions? Call (541) 388-1133



play for life



learn to play bridge

Program: 102604

Fee: \$119 ID \$142 OD

Th 2/5–3/12 12:00 - 2:00 pm

Bridge is a fantastic pastime for casual enthusiasts to diehard competitors. In this six-session course for beginners, you'll learn the fundamentals including the objective of the game, the play of the hand, bidding methods and conventions plus basic defensive strategies. By the course's conclusion, you should have enough knowledge and hands-on practice to participate in novice level bridge games. Instructor: Steve Puchli.

For more information, visit
bendparksandrec.org
Questions? Call (541) 706-6235



play for life

mah jongg classes

WINTER 2026

Learn to Play Mah Jongg

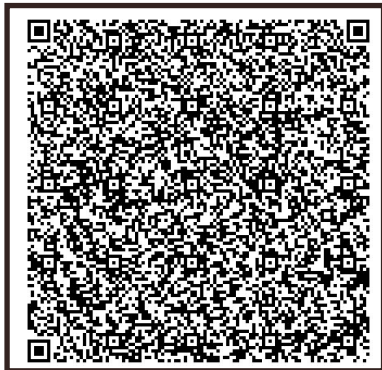
Program: 102603

Fee: \$119 ID \$142 OD

Dates: Tuesdays & Thursdays 1/13–1/27

Time: 9:00 - 11:00 a.m.,

Mah Jongg has become one of the most popular games in the world - come discover what the craze is all about! This fun 5-session class is especially designed for beginners and includes an official large-print American Mah Jongg reference card from the National Mah Jongg League, a \$15 value. Instructor: Sharon Walden.



Register at bendparksandrec.org or
call (541) 388-1133

America Mah Jongg Refresher

NEW

Program: 102605

Fee: \$69 ID \$82 OD

Dates: Tuesday & Thursday 2/24–2/26

Time: 9:00 - 11:00 a.m.,

This 2-session class is intended for those who have completed Learn to Play Mah Jongg or for occasional players looking to enhance their game. Meet new Mah Jongg friends and discover playing times and availability at the Larkspur Community Center. Includes an official large-print American Mah Jongg reference card from the National Mah Jongg League, a \$15 value. Instructor: Sharon Walden.



play for life

Make Some Music

music classes for adults—winter 2026 🎵🎵

Choose your instrument

Ukulele Basics: Strum & Play (102102)

Tuesdays 1/20-2/10
5:00 - 6:00 p.m.

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.

Beginner Guitar: Play Your Favorite Song (102108)

Tuesdays 1/20-2/10
6:15 - 7:15 p.m.

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.

Each four-week course is \$79 (in district) or \$94.80 (out of district).

All classes taught by
Mason James.

SCAN ME
for more
info



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


Bend Park &
Recreation
DISTRICT

play for life

make art with glass

WINTER 2026

REGISTRATION
NOW OPEN!

Craft your own...

- ♦ **Mosaic Flower Pots** (102433)
Sat, 1/24 - 10:00am-2:00pm
\$114.00 ID / \$136.80 OD
- ♦ **Fused Glass Plant Gnome** (102430)
Wed, 2/4 - 5:30-7:00pm
\$79.00 ID / \$94.80 OD
- ♦ **Mini Garden Gnome** (102428)
Sat, 2/21 - 12:00-4:00pm
\$114.00 ID / \$136.80 OD
- ♦ **Mosaic Stepping Stone** (102434)
Sat, 3/28 - 1:00-3:00pm
\$79.00 ID / \$94.80 OD

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



Register online at:

bendparksandrec.org

Questions? Call (541) 388-1133.



play for life


Bend Park &
Recreation
DISTRICT