



WEEKLY SOCIAL ACTIVITY SCHEDULE

Basic Fee or Pass Required

Monday:

11:00 am - 3:00 pm Social Bridge
12:00 - 6:00 pm Pool/Billiards
1:00 - 3:00 pm Mexican Train

Tuesday:

9:00 am - 10:30 am Souper Tuesday Brunch (2nd Tues.)*
9:00 am - 12:00 pm Pool/Billiards
10:00 - 11:30 am Robins Book Club (2nd Tues.) - FULL
10:30 am - 2:30 pm High Desert Rug Hookers
12:00 - 4:00 pm Mahjong Players
1:00 - 3:00 pm Knitters Social
1:00 - 5:00 pm Larkspur Stitchers

Wednesday:

10:00 - 11:00 am ABC&Ds of Medicare (4th Wed.)*
10:00 - 11:30 am Cardinals Book Club (2nd Wed.) - FULL
10:00 - 11:00 am Library Book Club (3rd Wed)
10:30 - 11:30 am Blood Pressure Checks (1st & 3rd Wed.)*
12:00 - 6:00 pm Pool/Billiards
1:00 - 3:30 pm Wednesday at the Movies*

Thursday:

9:00 am - 12:00 pm Pool/Billiards
8:30 am - 3:30 pm AARP Defensive Driving (4th Thurs.)*
12:00 - 4:00 pm Mahjong Players
12:00 - 4:00 pm Canasta Club

Friday:

11:00 am - 3:00 pm Social Bridge
12:00 - 6:00 pm Pool/Billiards
12:30 - 4:00 pm Pinochle
1:00 - 3:00 pm Textile Arts Mixer

Things to Know:

- Schedule is subject to change.
- All games are played for fun. No money is to be exchanged.
- Look for more activities to be added.
- Use your monthly full access, Social Pass or pay a daily drop-in fee.
- Starred items (*) do not require a fee or pass.

play for life



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

lunch and learn

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

Feed your body & mind as local experts share their knowledge about topics important to you.

Bring your own brown bag lunch; dessert and coffee are on us.

FREE

APRIL 2024

April 2

The Camino de Santiago: An Exploration of Village-to-Village Walking

With Sarah Wert

Learn about the history and customs of this ancient route 500-mile route in Spain, who walks the Camino today and why, and how to prepare for and plan a long-distance, village-to-village walk while taking into account individual differences in bodies, fitness levels, constraints, and goals for doing such a trip.



April 9

Healthy Feet: How to Keep Your Feet Pain Free

With Amanda Westfall McCarty, DPM of Northwest Foot Care

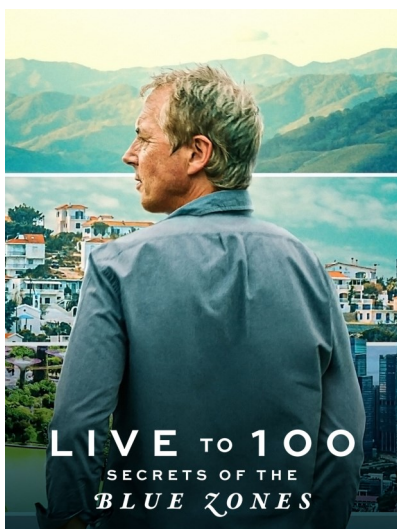
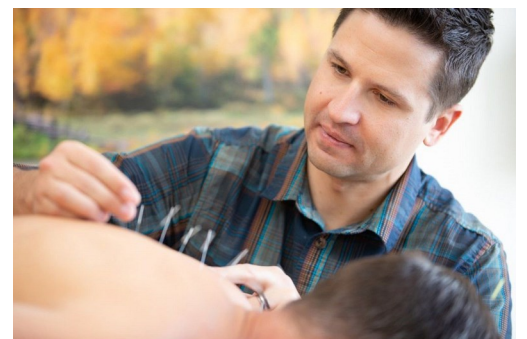
When your feet hurt, it can affect your whole body. Come learn about how to keep your feet active and moving. We will review common foot problems and solutions to try at home to treat them. We will also discuss proper care for your feet to keep them in good shape. Dr. Westfall McCarty is an active hiker who has practiced podiatry in Bend for 15 years.

April 16

Dispelling Myths about Acupuncture

With Eve Harburg, DAOM, LAc of Midtown Acupuncture

Like any medical therapy, acupuncture—which dates back thousands of years—can only be effective if it's easily accessible. Learn about the barriers to getting acupuncture the standard way it is offered in the U.S., and a movement to reduce these barriers that you can be part of right here in Bend.



April 23 and 30 - Attend either or both!

Live to 100: Secrets of the Blue Zones

With VegNet Bend

Come discover how the home and community environment of Blue Zones around the world contribute to their remarkable life and health spans. Take home practical ideas to implement in your own life and kitchen to maximize your overall health while contributing to the health of the environment. We will screen and discuss two episodes of the four-part Netflix documentary series, provide food samples, and demonstrate simple yet tasty Blue Zone dishes.

April 23: "The Journey Begins" (Episode 1) focuses on Okinawa, Japan.

April 30: "The Future of Longevity" (Episode 4) focuses on Singapore & the U.S.

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

Questions? Call (541) 388-1133



play for life

wednesday afternoon at the movies

FREE

Meet us every Wednesday at 1:00 pm in the
Multipurpose Room for a **FREE** movie!

April 3

The Boys in the Boat (2023)

Starring: Joel Edgerton, Callum Turner, Peter Guinness

Rated PG-13, Run time: 2h 3m

This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight, taking on elite rivals from around the world as part of the 1936 Berlin summer games. Directed by George Clooney.



April 10

American Fiction (2023)

Starring: Jeffrey Wright, Tracee Ellis Ross, John Ortiz

Rated R, Run time: 1h 56m

A frustrated novelist, fed up with the establishment profiting from "Black" entertainment that relies on tired and offensive tropes, uses a pen name to write his own outlandish "Black" book and is suddenly swept up in the madness he claims to disdain. Oscar winner for Best Adapted Screenplay.

1:00
pm

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

april movies (continued)

FREE

April 17

The Zone of Interest (2024)

Starring: Christian Friedel , Sandra Hüller,
Johann Karthaus

Rated PG-13, Run time: 1h 44m

The commandant of Auschwitz, Rudolf Höss, and his wife Hedwig, strive to build a dream life for their family in a house and garden next to the camp. A hypnotic and deeply chilling masterpiece from filmmaker Jonathan Glazer. Winner of two Oscars and the Grand Prix at the 2023 Cannes Film Festival.



April 24

Killers of the Flower Moon (2023)

Starring: Leonardo DiCaprio, Robert De Niro,
Lily Gladstone

Rated R, Run time: 3h 28m

****includes a 10-minute intermission****

Based on a true story, Mollie Burkhart, a member of the Osage Nation, fights to survive and save her community from a spree of greed-fueled murders committed against them in 1920's Oklahoma after oil was discovered on their land. Nominated for ten Oscar awards.

brought to you in partnership with



A division of Providence Health Assurance



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Super Tuesday Brunch

**Tuesday, April 9
9:00-10:30 am**

*Suggested Donation
\$3.00 per person*

Join us for a delicious brunch on the second Tuesday of every month in the Larkspur Community Center Multi-purpose Room. All proceeds benefit the Bend Park & Recreation Foundation Scholarship program. Food generously provided by: **Whispering Winds Retirement**

NEW!

Take our new **free shuttle** from nearby Ponderosa Park* and you won't have to worry about parking!

Ponderosa > Larkspur

First shuttle departs at 8:15 am

Larkspur > Ponderosa

Last shuttle departs at 11:00 am

Shuttles run every 15-20 minutes.

**Ponderosa Park is located on SE Wilson Ave. near the SE 15th Street roundabout.*

For more information call
Larkspur Community Center
Home of the Bend Senior Center
(541) 388.1133



play for life

THE LIBRARY BOOK CLUB

AT
LARKSPUR
Community
Center

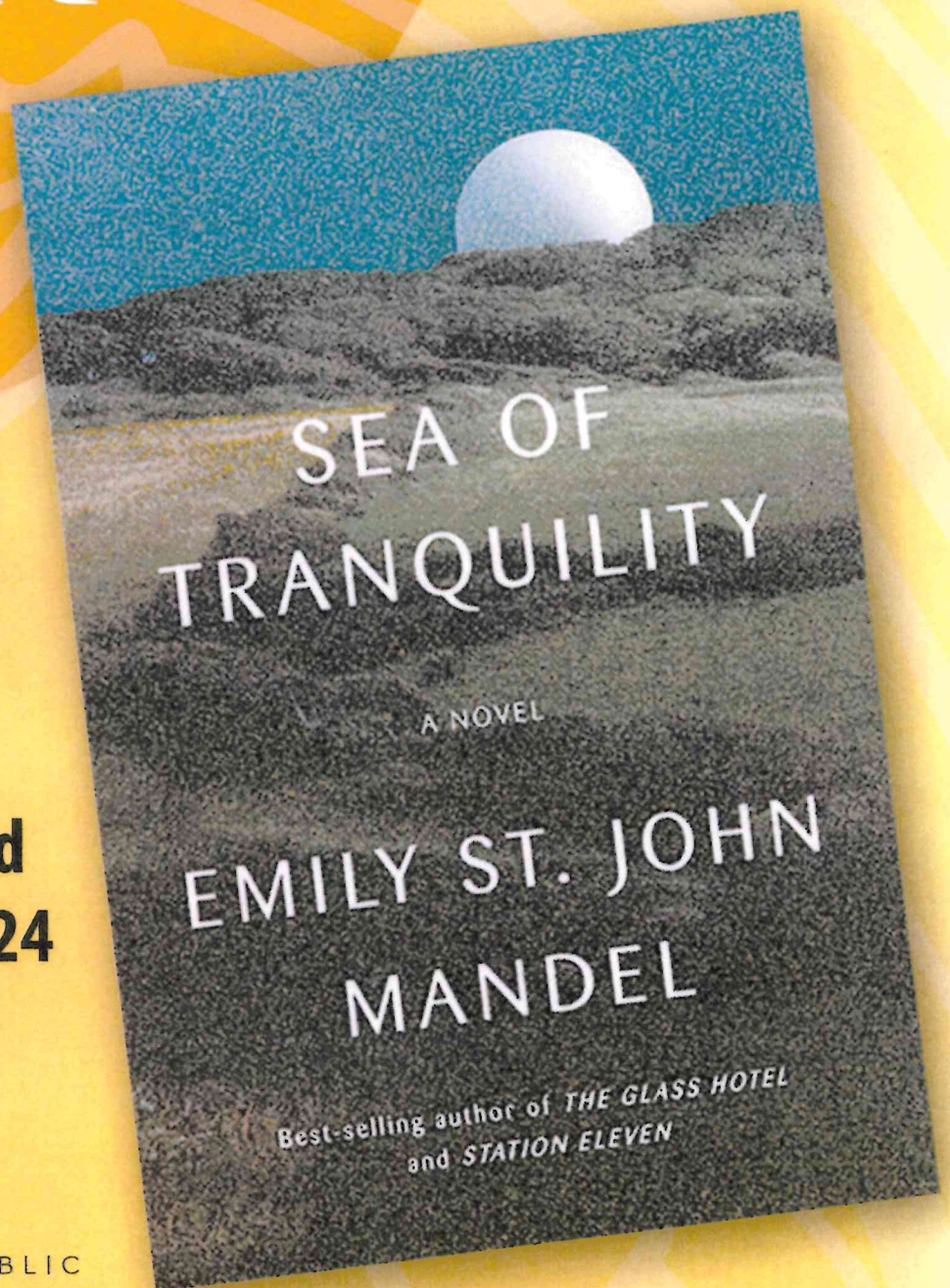
Bend

Larkspur Cmty Ctr

1600 SE Reed Mkt Rd

Wed, April 17, 2024

10:00 am



DESCHUTES PUBLIC
LIBRARY