

SOCIAL ACTIVITY SCHEDULE

NOVEMBER 2026 - SOCIAL FEE OR PASS REQUIRED

Monday

10:00 am - 2:00 pm Social Bridge
12:00 - 6:00 pm Pool/Billiards
12:30- 4:00 pm Mexican Train
1:00- 4:00 pm Board Game Mondays
2:00-3:00 pm Weekly Walking Group*

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 Stitchers

Wednesday

9:00am - 12:00 pm Pool/Billiards
9:30 - 10:30 am *No blood pressure checks this month*
10:00-11:00 am ABC&Ds of Medicare *(3rd Wed this month because of the Thanksgiving holiday)**
10:00 - 11:00 am Library Book Club (3rd Wed)*
11:00 am - 12:30 pm Tech Troubleshooting (3rd Wed)*
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 *(3rd Thurs this month because of the Thanksgiving holiday)*
11:00 am - 12:30pm Senior Planet Tech (1st Thurs) **
12:00 - 4:00 pm Mah Jongg Players
12:00 - 1:30 pm Connection Café Grief Group (3rd Thurs)*

Friday

10:00 am - 2:00 pm Social Bridge
12:00 - 6:00 pm Pool/Billiards
12:30 - 3:30 pm Pinochle Players
1:00 - 3:00 pm Textile Arts Mixer

THINGS TO KNOW

- **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 (*) are free and do not require a facility pass or drop-in fee.**
- **Double starred items (**) require free registration.**

Schedule subject to change

Larkspur Community Center
1600 SE Reed Market Road
bendparksandrec.org
541-388-1133

Bend Park & Recreation DISTRICT

play for life

lunch and learn

Tuesdays • 12:00 - 1:30 pm

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

NOVEMBER 2026



Nov 3 The Greatest Gift: Preparing Your Family For the Future

With Trent Oki, Certified Financial Planner and Kim Dent, social worker

When a loved one passes away, families often face more than grief. They are left to navigate finances, legal matters, personal belongings and countless unanswered questions. Discover simple but meaningful steps one can take days, years or even decades ahead of time to create a roadmap for family, ease future burdens and leave a lasting gift of clarity and peace of mind.

Nov 10 What You Don't Know About Your Voice

With Deena Noroian, Voice Up

You use your voice every day—but most of us were never taught how it actually works. Join author and professional voice coach Deena Noroian for an interactive introduction to the human voice and the surprising connections between breathing, physical habits, emotion, aging and the way we speak and make sound. The hour will include simple demonstrations, an optional exercise, and time for questions. No singing experience is required, and no one will be put on the spot.





Nov 17 Ancient Wisdom for Modern Stress: Finding Calm Through the Holidays

With Brandy Berlin, educator and mind body specialist

Discover simple, time-tested ways to ease tension and restore balance during the holiday season. Drawing from the wisdom traditions of Yoga and Ayurveda, this session offers practical tools to bring ease to the body and steady the mind. We'll also explore how these ancient practices support long-term resilience and a more grounded way of living beyond the holidays.

Nov 24: No program - Happy Thanksgiving!

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

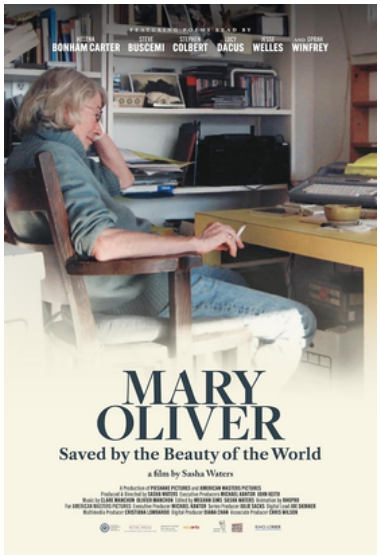
Questions? Call (541) 706-6235

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wednesday afternoon at the movies

Join us Wednesdays at 1:00 p.m. in the Multi-purpose Room.
Popcorn included. Social pass applies.



November 4

Mary Oliver: Saved By the Beauty of the World (2026)

Documentary with Oprah Winfrey, Stephen Colbert, John Waters, Steve Buscemi and more
Rated: PG-13, Run time: 1h 31m

If poetry had a pop icon, it would be Mary Oliver - celebrated bestseller, Pulitzer Prize-winner, lover of dogs and nature. This moving documentary portrait features interviews with her close friends, never-before-seen personal photos, notebooks, and correspondence from her archive, and recitations of her work.

November 11

The Freshman (1990)

Starring: Marlon Brando, Matthew Broderick and Penelope Ann Miller
Rated: PG, Run time: 1h 38m

Clark Kellogg is a film student who is about to get an education more exciting than any movie he's ever seen.



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november movies (continued)

Popcorn included. Social pass applies.

1:00 pm



November 18

Tenzing (2026)

Starring: Genden Phuntsok, Tom Hiddleston and Willem Dafoe
Rated: PG, Run time: 2h 7m

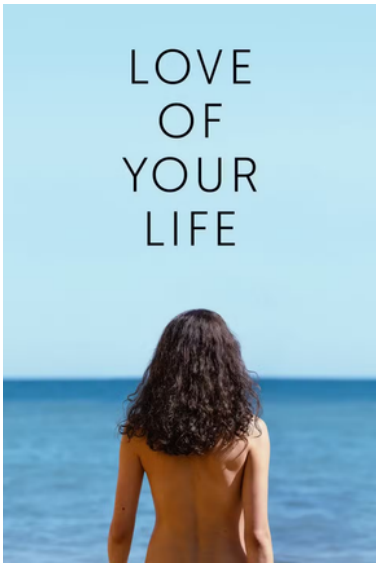
Based on a true story. A man embarks on a high-stakes quest to become the first to reach the summit of Mount Everest.

November 25

Love of Your Life (2026)

Starring: Margaret Qualley, Patrick Schwarzenegger, Gabriel Basso
Rated: R, Run time: 1h 51m

Maya's chance encounter with Charlie sets in motion a sweeping romance and a future beyond what she imagined. When that future is upended, Maya is sent hurtling toward an unexpected new life - one that will force her to reckon with who she is, what she wants, and how to love again. Tearjerker alert!



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See the World

Come learn about upcoming travel opportunities with Premier World Discovery

2027 destinations include:

Historic Savannah and Charleston

Japan By Bullet Train

Alpine Swiss Villages and Rails

Black Hills, Badlands and Mt. Rushmore

New England Rails and Trails

French Riviera Explorer

Montreal and Quebec Holiday

Thursday, December 3 from 1:00-2:00 p.m.

Classroom 3, Larkspur Community Center

This presentation is free. Absolutely no commitment required.

For more information call
Larkspur Community Center -
Home of the Bend Senior Center
(541) 706-6235

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holiday cooking classes

in the larkspur kitchen

Plant-Based Holiday Sides

DEMO

Saturday, Nov. 14

10:00 a.m. - 12:00 p.m.

Activity #302229

$54.00 ID / $64.80 OD

Discover mouthwatering recipes to complement any holiday table or seasonal celebration. This demonstration class features classic fall flavors and exciting twists on familiar favorites, made with wholesome, mostly plant-based ingredients. Some egg included. Newcomers and repeat participants welcome as this class is great for vegans, vegetarians or anyone looking to eat more plants this season and beyond.

Holiday Entertaining With Charcuterie Boards

HANDS-ON

Thursday, Dec. 3

5:00 - 7:00 p.m.

Activity #302287

$84.00 ID / $100.80 OD

Impressive and delicious, charcuterie boards can be prepared as appetizers or whole meals, and are often the star of seasonal gatherings and wine-pairing parties. Themed options include Mediterranean, Italian, French and vegan styles. Learn the fundamentals of designing an outstanding board and enjoy creating your own.

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

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FREE!

Larkspur Technology Time

IN PARTNERSHIP WITH THE **DESCHUTES PUBLIC LIBRARY**

TECHNOLOGY TROUBLESHOOTING (drop-in)

Third Wednesdays from 11:00am - 12:30pm

One-on-one help with devices and digital questions. Bring in your smart phone, laptop, tablet or watch and a DPL staffer will help you troubleshoot. Sessions available on a first come first served basis for up to 20 minutes per person.

SENIOR PLANET (workshops*)

First Thursdays, 10:00am - 11:30pm

Engaging, structured learning opportunities on various topics to help older adults build confidence and independence with technology. Topic changes monthly.

Space limited; registration required.* Visit **deschuteslibrary.org/calendar/** and search by workshop title to register for free.

Upcoming workshops

NOVEMBER 5
Gmail Tips and Tricks

DECEMBER 3
Understanding Fraud & Scams

*registration required

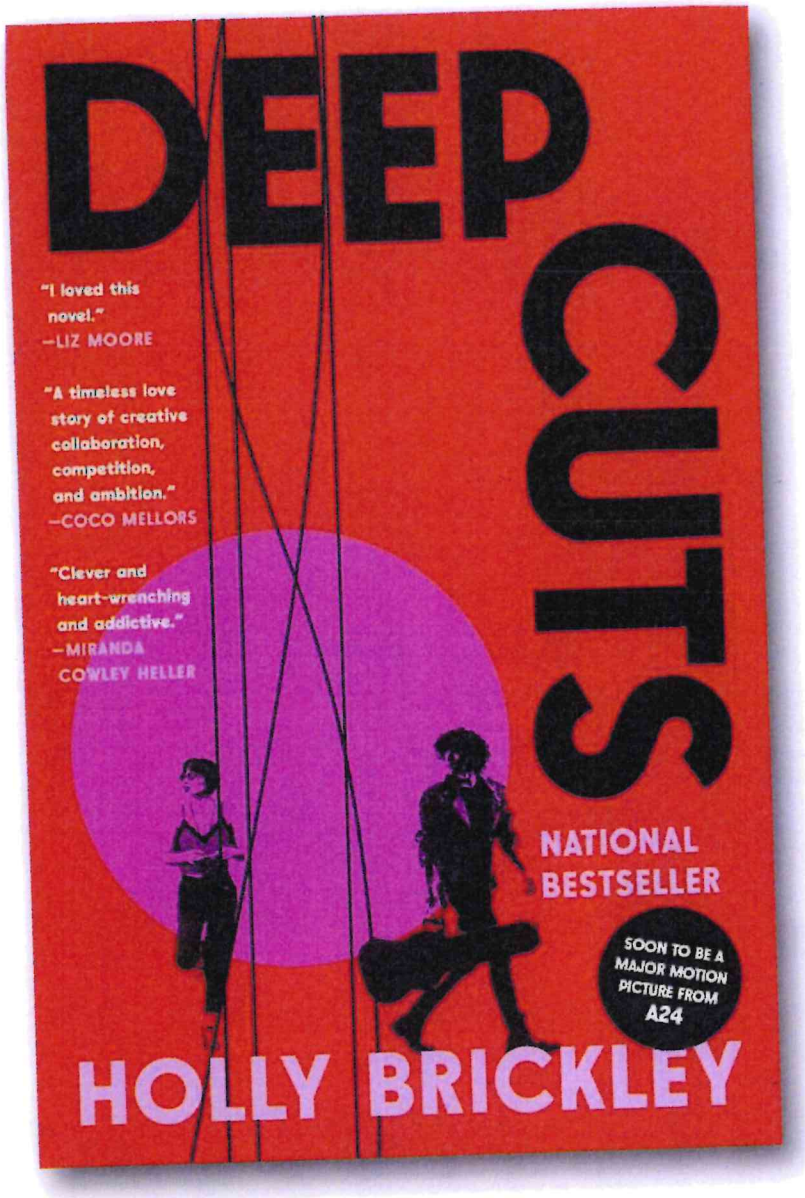
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Larkspur Community Center
Questions? Call (541) 388-1133
bendparksandrec.org

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DESCHUTES PUBLIC LIBRARY

BOOK CLUB AT LARKSPUR



Wednesday, November 18
10:00 a.m.

LARKSPUR
COMMUNITY CENTER
1600 SE Reed Market Rd
Bend

DESCHUTES PUBLIC LIBRARY

Questions? Email:
paigeb@deschuteslibrary.org



Weekly Walking Group

Start your week off right with a free 45-60-minute walk every Monday afternoon. All paces welcome! All routes will be relatively flat and either paved or otherwise free from serious tripping hazards. Please wear walking shoes and weather-appropriate attire. For poor-air quality or inclement weather, check the Delays and Cancellations webpage prior to arrival.

Check the Bend Senior Center online social activities calendar or call 541-389-7275 the weekend before for confirmed meeting location.

Ages: 50+
When: Mondays at 2:00pm
Where: various locations

Scan the QR code below and click on the calendar item to check the meeting location each week. Locations will be updated by the Saturday prior to each walk.

NO FEE, NO RSVP. JUST SHOW UP!

No dogs please.

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EXPLORE CENTRAL OREGON

DAYS TOURS FOR ADULTS 60+
FALL 2026

03 SEP — FLYING DUTCHMAN ALPACAS



Tour a working alpaca farm in Tumalo owned by an internationally recognized alpaca breeder and judge. Meet the gentle, curious animals and learn about alpaca farming and fiber production before a hands-on felted soap-making workshop.

$22.00 ID / $26.40 OD

15 OCT — SPARROW BAKERY



Take a behind-the-scenes peek at one of Bend's beloved gems. Home of the famous Ocean Roll, Sparrow has been a staple of the local foodie scene for nearly 20 years. Learn about the bakery's history and try your hand at making their mouth-watering baked goods.

$15.00 ID / $18.00 OD

12 NOV — HOLLINSHEAD HOMESTEAD & DESCHUTES HISTORICAL MUSEUM



Step back in time with a visit to two of Bend's historic treasures. Get a glimpse into early 1900s ranch life at one of Bend's oldest pioneer homes. Then we will visit the Deschutes Historical Museum, where exhibits showcase the area's rich history and growth.

$20.00 ID / $24.00 OD

04 DEC — CASCADE CULINARY INSTITUTE



Explore the vibrant world of culinary arts with a private tour of the Cascade Culinary Institute at Central Oregon Community College. Learn how CCI trains the next generation of culinary professionals while you explore the stunning teaching kitchens and bakery labs. Then enjoy a delicious three-course lunch at Elevation, the student-run fine dining restaurant.

$30.00 ID / $36.00 OD

REGISTRATION OPENS TUESDAY, AUGUST 4

bendparksandrec.org
541-389-7275

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Board Game Mondays

Social Pass Applies

Larkspur Senior Lounge

1:00 - 4:00 p.m.

Get your game on every Monday afternoon in the Senior Lounge. Choose from Cribbage, Dominos Bananagrams, Pictionary, Oodles, Trivial Pursuit, Brain Games, Battleship, Scrabble and more – or bring your own game to share!

For more information, call 541-388-1133.

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