



# SOCIAL ACTIVITY SCHEDULE - October

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)\*  
- **NEW TIME!**  
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  
12:00 - 4:00 pm Connection Café Grief Support Group  
(3rd Thurs) - **NEW!**

## 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.

play for life



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

# Larkspur HOMECOMING DANCE!



**Sunday, October 12**

**2:00 - 4:00 p.m. | Larkspur Community Center**



Dust off your letterman jacket and pull out your dancing shoes for an afternoon of fun with your Larkspur “classmates.” Bring your sweetheart or “go stag” - all are welcome!

**Come party like a teenager and still get home before dark!**

- **LIVE MUSIC** by The Notables
- **Snacks** by Whispering Winds
- **Contests & prizes**
- **Attire** from your high school decade encouraged!

**\$12 per person**

Tickets available through the front desk or online at [register.bendparksandrec.org](https://register.bendparksandrec.org) under “Enrichment Activities” then “Special Events”



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# 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**

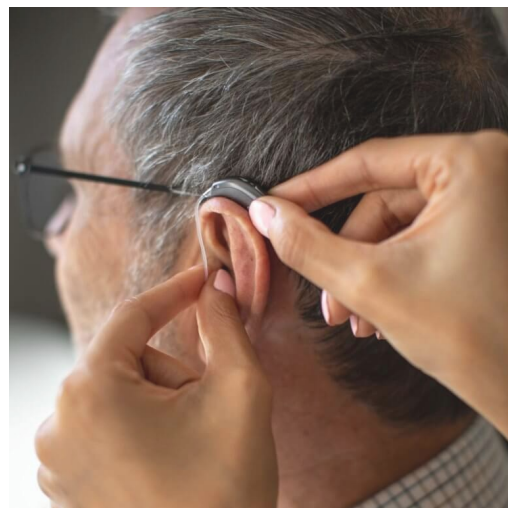
## OCTOBER 2025

**Oct 7**

### **Understanding Hearing Loss & Treatment Options**

**Alison Benner Au.D, Central Oregon Ear Nose and Throat**

Hearing loss can make conversations harder with family, friends, or coworkers. You're not alone—and help is available. Join us to learn about the common causes of hearing loss and the treatment options that can make a real difference, from medical care and hearing aids to assistive listening devices and cochlear implants. Discover how you can improve communication, stay connected, and enjoy life more fully.



**Oct 14**

### **Stronger Together: Supporting Each Other Through Illness & Loss**

**Elizabeth Johnson and Sara Frain, The Peaceful Presence Project**

What if our community came together to support one another in times of illness, loss and grief? Each of us has a role to play in caring for family, friends, neighbors, and coworkers during life's hardest moments. Join us for a special talk with Elizabeth Johnson and Sara Frain from The Peaceful Presence Project to hear about their work and explore meaningful resources for anyone navigating illness, end of life, or grief—whether for yourself or a loved one.



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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

## OCTOBER 2025 (continued)

**Oct 21**

### **Building Bone Health with Yoga**

Erin Collins MNE RN CHPN, yoga instructor

Did you know that half of women over 50 face complications from osteoporosis? And that the bone disease is becoming increasingly prevalent among older men too? The good news is that yoga can help! Yoga strengthens muscles, improves balance and flexibility, and supports focus. Join us to explore the science of osteoporosis and how yoga can help prevent falls and fractures.



**October 28**

### **Breaking Records, Not Limits**

Bob Sanders, Bend resident and cycling enthusiast

Come meet Bend resident Bob Sanders, who earlier this year became a Guinness World Record holder as the oldest man to cycle across the United States—at age 85! Bob will share stories and slides from his 44-day journey, what inspired him to take on the challenge, and the mindset and qualities that helped him succeed.



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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

## October 1

### **The Sting (1973)**

Starring: Paul Newman, Robert Redford  
Rated PG, Run time: 2h 9m

Two con men team up to avenge the murder of a mutual friend by pulling off the ultimate big con. Academy Award winning Best Picture.



## October 8

### **The Thursday Murder Club (2025)**

Starring: Helen Mirren, Pierce Brosnan, Ben Kingsley  
Rated PG-13, Run Time: 1h 58m

Four retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.

1 pm

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For more information call 541.388.1133

FREE

# october movies (continued)

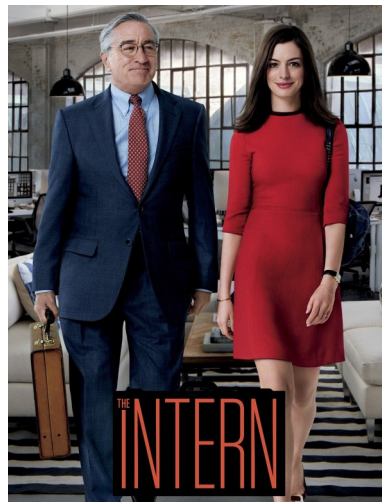
## October 15

### **The Intern (2015)**

Starring: Robert DeNiro, Anne Hathaway

Rated PG-13, Run time: 2h 1m

Dissatisfied with retirement, a 70-year-old widower becomes an intern at an online fashion site and develops a special bond with his young boss.



## October 22

### **Materialists (2025)**

Starring: Dakota Johnson, Pedro Pascal, Chris Evans

Rated R, Run time: 1h 56m

A young, ambitious New York City matchmaker finds herself torn between the perfect match and her imperfect ex.

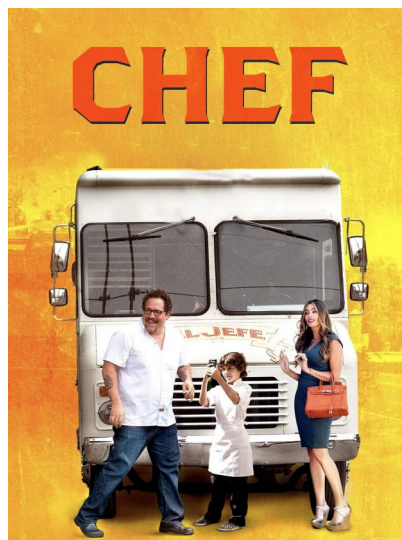
## October 29

### **Chef (2014)**

Starring: Jon Favreau, Sofia Vergara, John Leguizamo, Scarlett Johansson

Rated R, Run time: 1h 54m

A chef quits his job at a prestigious Los Angeles restaurant and starts a food-truck business in Miami with his ex-wife, his best friend and his son.



1 pm

Bend Park & Recreation  
DISTRICT

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# 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**

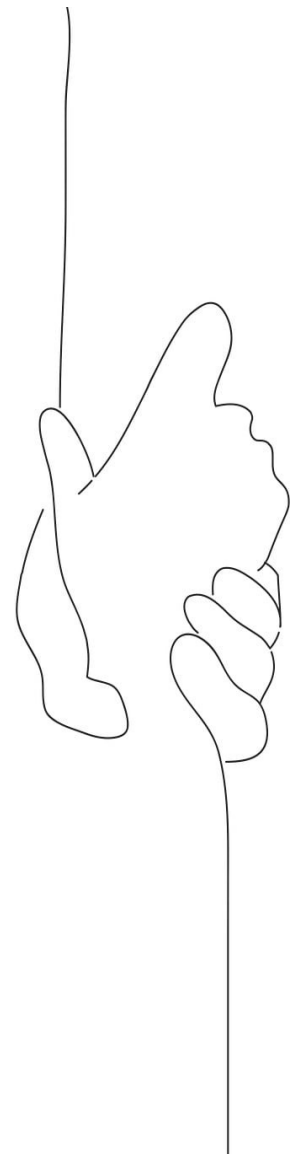
**EVERY THIRD THURSDAY**

**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 CAFE



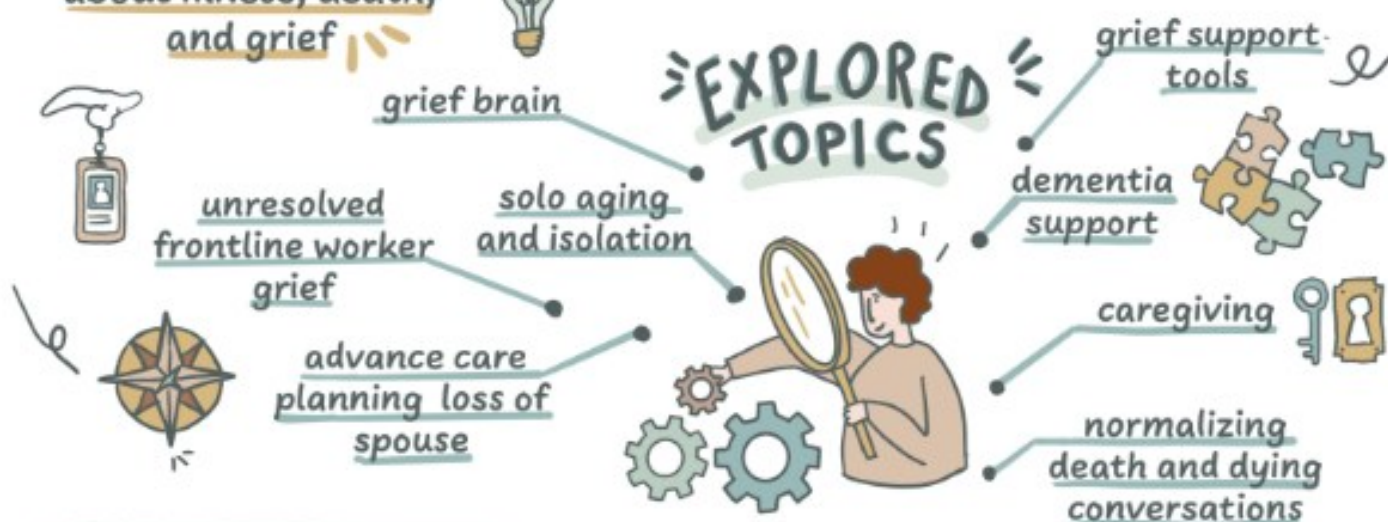
75 CAFES  
HELD ACROSS  
SEVEN SITES

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

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

## IMPACT



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

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



peaceful presence

illustration: mina yanci ibis | minadrawing.com

# 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 three. 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



**Mondays  
11:30am-1:30pm**

**September 15  
October 20  
November 17**

**\$10 ID / \$12 OD  
Activity 302531**



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# THE LIBRARY BOOK CLUB



DESCHUTES  
PUBLIC  
LIBRARY

## LESSONS in CHEMISTRY



Bonnie Garmus

**Wednesday,  
October 15  
10:00 am**

**Bend**

AT  
**LARKSPUR**  
Community  
Center



**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.

**Bend Senior Center Lobby**

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



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**Third  
Wednesday  
of Each Month**  
**11:00 am - 12:30 pm**  
*new time!*

# Cooking & Baking Classes

## FALL 2025

REGISTRATION  
NOW OPEN!

Come join us for a fun, hands-on learning experience in the kitchen at Larkspur Community Center!

♦ **A Taste of France: Palmier Cookies (302112)**

Sat 9/27, 1:00-3:00pm

\$79.00 ID / \$94.80 OD

♦ **Simple Cheese-Making: Italian Cheeses (302220)**

Sat 10/11, 10:00am-12:00pm

\$69.00 ID / \$82.80 OD

♦ **Plant-Based Fall Comfort Food (302273)**

Wednesday 11/12, 5:00-7:30pm

\$89.00 ID / \$106.80 OD

♦ **Holiday Entertaining With Charcuterie Boards (302287)**

Wed 11/19, 5:00-7:00pm

\$84.00 ID / \$100.80 OD

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Register at [bendparksandrec.org](https://bendparksandrec.org)  
Questions? Call (541) 388-1133



# Intergenerational fun!

*Delve into creative projects together with your child or grandchild in our "With A Child" art classes*

REGISTER  
TODAY!

## With A Child: Fun With Fused Glass

Make a fused glass piece of art together using different shapes and color pieces that are then kiln-fired.

**Program: #302438**

**Fee: \$79 ID / \$94.80 OD**  
per pair

Suncatchers - Th 9/18 from 5:30 -7:00 pm

Halloween Fun - Th 10/16 from 5:30 -7:00pm

Snow Globes -Sa 11/15 from 9:30-11:00 am

Holiday Ornaments - Fr 12/12 -from 5:00-6:30 pm

## With A Child: Paint Together

Create a dual-canvas acrylic painting together based on a theme and design provided by your teacher.

**Program: #302438**

**Fee: \$79 ID / \$94.80 OD**  
per pair

Scarecrows - Sa 9/13 from 10:00-12:00 pm

Fall Welcome - Th 10/23 from 5:00-7:00 pm

Holiday Countdown - Th 11/13 from 5:00-7:00 pm

## With A Child: Origami

Learn the colorful art of Japanese paper folding! Create fun objects & animals with sheets of square paper.

**Program: various**

**Fee: \$49 ID / \$58.80 OD**  
per pair

Easy Origami (302450) - Su 10/12 from 2:30-3:30 pm (*only \$34 ID!*)

Fall Origami Decorations (302451) - Su 11/9 from 5:00-7:00 pm

Holiday Origami Boxes (302452) - Su 12/7 from 2:00-3:30 pm

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Register at [bendparksandrec.org](https://bendparksandrec.org)

Questions? Call (541) 388-1133

# try something new

## Fall 2025—Glass Arts

REGISTRATION  
NOW OPEN!

Make your own...

- ♦ **Glass on Glass Mosaic (302431)**  
Sat, 9/20 - \$129.00 ID / \$154.80 OD
- ♦ **Stained Glass Mosaic Luminary (302418)**  
Sat, 10/11 - \$129.00 ID / \$154.80 OD
- ♦ **Stained Glass Mosaic Wreath (302443)**  
Sun, 11/16 - \$114.00 ID / \$136.80 OD
- ♦ **Fused Glass Holiday Gifts (302445)**  
Thu, 12/4 - \$79.00 ID / \$94.80 OD

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



Register online at: [bendparksandrec.org](https://bendparksandrec.org)  
Questions? Call (541) 388-1133.



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# 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.

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  
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