

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



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

Questions? Call (541) 706-6235



play for life

lunch and learn

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Bend Senior Center
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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

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play for life