# 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**

Bend Park & Recreation DISTRICT

play for life