

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

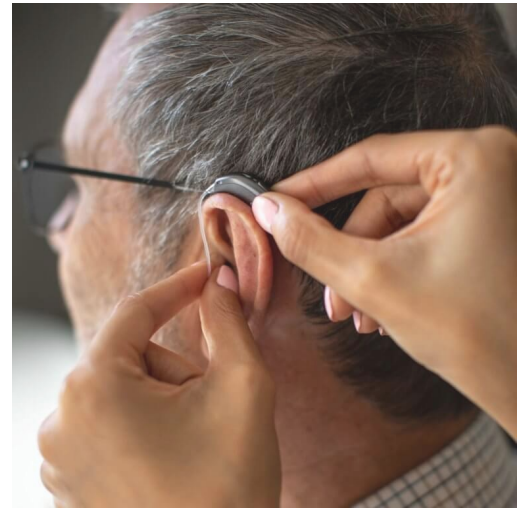
OCTOBER 2025

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.



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

Questions? Call (541) 706-6235



play for life

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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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play for life