

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

SEPTEMBER 2025

Sept 9

Living Well in Retirement: Thriving Through Connection, Purpose and Wellness

**Patty Schwab, MS-Gerontology, CMDCP and Patricia
De Vol Nadon, Central Oregon Lead for SAGE (Senior
Advocates for Generational Equity)**

Retirement is a new chapter filled with possibilities.
Join us for a thoughtful discussion on how to age well
and make the most of this time in life. We'll explore
the importance of social connection, healthy eating,
staying active, managing your health, setting new life
goals, and finding meaningful purpose—so you can live
fully and confidently every day.



Sept 16

Open New Doors with the Feldenkrais Method

Carie Fox, Founder of Your Body Wisdom

Life experience can lift us up through gained wisdom,
competence and emotional balance — or quietly hold us
back through fear, protective habits and ingrained patterns.
Discover how to refresh your habits and strengthen the
connection between your mind and body through gentle,
chair-based movements inspired by the Feldenkrais Method
— a movement-based approach to learning designed to
help you feel better, move better, and live more freely.

play for life



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

Questions? Call (541) 706-6235

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SEPTEMBER 2025 *(continued)*

Sept 23

The Art of Falling Safely

Dr. Morgan Kriz, Vestibular Therapy Specialists

Fear of falling—known as basophobia—can deeply affect everyday life, often leading to less physical activity and increased social isolation. In recognition of Falls Prevention Awareness Day (September 21), join us for an empowering session where you'll learn confidence-building techniques and practical tips on how to fall safely. Take the first step toward greater independence and peace of mind!



Sept 30

Maintaining Mental Health As We Age

Marianne Straumfjord MD, MBA—NAMI Central Oregon board member and retired psychiatrist

Mental health is just as important as physical health—especially as we age. In this presentation, we'll explore how anxiety, depression, and mood disorders can uniquely affect older adults, along with effective approaches to prevention, treatment, and support. We'll also discuss how to recognize signs in yourself or a loved one, and how to move beyond the stigma to prioritize emotional well-being with confidence and compassion.

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play for life