

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

DECEMBER 2025



Dec 2: Seeing and Feeling Africa

With Sue Dougherty, Offleash Photography

Experience the heart of Africa through the lens of local wildlife photographer Sue Dougherty. Journey with her to Kenya, Tanzania, Botswana and Rwanda as she shares powerful stories and stunning photos from her time in the field.

With a 15-minute introductory session on the **Benefits of Calcium Intake** by University of Alabama student Hailey Sommers.

Dec 9: 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.



Dec 16: Holiday Concert and Sing-a-Long - **SPECIAL EVENT**

With Simeon Rose, entertainer and Partners In Care staff member

Join singer Simeon Rose for a memorable concert of beloved holiday classics. With a smooth, crooner-style voice inspired by legends like Frank Sinatra, Dean Martin and Nat King Cole, Simeon will bring the warmth and magic of the season to life, evoking cherished memories and spreading festive cheer. We invite you to sit back, sing along and celebrate the holiday spirit together.

Dec 23 and Dec 30: No Lunch & Learn. Happy Holidays!

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

Questions? Call (541) 706-6235



play for life