

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

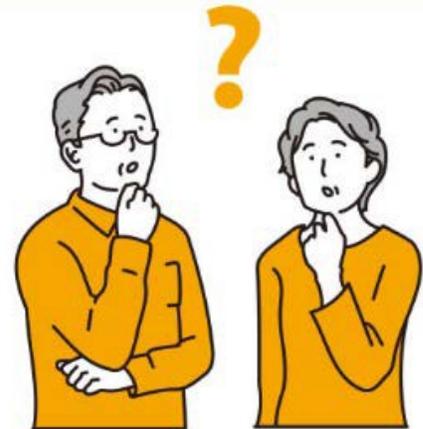
MAY 2026

May 5

Social Security Strategies + 4 Common RMD Mistakes

With Erika James, Investment Adviser Representative

Join Not sure when to start your Social Security benefits? Now? Or later? Confused about when you need to start your Required Minimum Distributions (RMD's)? Join us for an update on Social Security, the Secure Act and RMD changes. Erika has provided timely information and guidance for over 20 years to retirees and those still planning their retirement.



May 12 SPECIAL EVENT—12:00-4:00pm

Alzheimer's Community Conference

Presented by The Alzheimer's Association

Take charge of your brain health! Come discover the latest in Alzheimer's research and learn practical tips for keeping your brain and body healthy. A community resource listening session will also be included. Seating is limited. Lunch provided.

THIS EVENT IS FREE BUT REGISTRATION IS REQUIRED.

Call 800-272-3900 to reserve your seat.



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

Questions? Call (541) 706-6235



play for life

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Bend Senior Center
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MAY 2026 (continued)

May 19

Aging in Place Successfully

With Stephanie VanKlootwyk of Serengeti Care

Join us for a conversation about how to plan for successful aging in place. We will discuss cover practical ideas and strategies for remaining safely and comfortably in your home, including tips on fall prevention, home safety, maintaining independence, community resources, and ways families and caregivers can support aging loved ones.



May 26

The Power of Better Breathing

Dr. Andy Sabatier DPT, Physical Therapist and Founder of Academy West Breathing Performance

What if the way you breathe is keeping you stuck in cycles of discomfort? Join us for an engaging, educational movement experience exploring the mechanics of breathing. This essential action performed over 20,000 times each day can profoundly support or disrupt every system in the body, yet it's often misunderstood. Through clear guidance and clinical insight, you'll learn the difference between functional and dysfunctional breathing, why it matters, and how to improve it in practical ways.



**THIS CONCLUDES OUR 2025-26 LUNCH & LEARN PROGRAM SERIES.
OUR 2026-27 PROGRAM WILL BEGIN IN SEPTEMBER. ENJOY YOUR SUMMER!**

Larkspur Community Center
bendparksandrec.org

Questions? Call (541) 389-7275



play for life