

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

FEBRUARY 2026

February 3

Tea Strainers from Around the World

Marcia Morgan, collector

This one is for travelers, tea lovers and anyone interested in collecting curios! Marcia owns the largest tea strainer collection in the world (over 400) and has shown them in two museums. The strainers and infusers were collected during her travels to destinations including China, Japan, Africa, Europe, Bali and more, and range from 200 years old to modern day. *In collaboration with Deschutes Public Library.*



February 10

Heart Health from the Inside Out: A Prevention-First Approach

Gregory Lang, PA-C, MCHS, clinical lead of the Summit Health Cardiometabolic Clinic

Join us for an interactive, roundtable-style session exploring what truly supports long-term heart health. Drawing on clinical cardiology experience and evidence-based prevention principles, this presentation connects the dots between cardiometabolic health, movement, nutrition, sleep, and everyday lifestyle habits. The discussion will highlight modern approaches to understanding cardiovascular risk, along with realistic, sustainable ways to build more movement into daily life. Come ready to listen, ask questions, and leave with a clearer picture of how small, consistent choices can make a meaningful difference in protecting and strengthening heart health at any stage of life. *This presentation is part of BPRD's Heart Health Week series.*

Larkspur Community Center—
Home of the Bend Senior Center
bendparksandrec.org
Questions? Call (541) 706-6235



play for life

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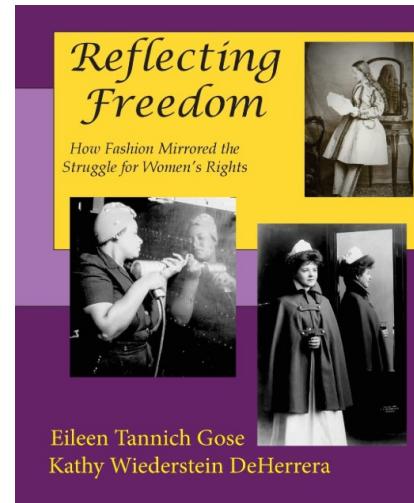
FEBRUARY 2026 (continued)

February 17

Pants = Power

Eileen Tannich Gose, author of *Reflecting Freedom: How Fashion Mirrored the Struggle for Women's Rights*

Throughout time, many women have fought to wear pants—a garment reflecting both gender and power. Author Eileen Tannich Gose will present selected periods in American history and tell how women challenged the system to expand their independence in life and in clothing. *In collaboration with Deschutes Public Library.*



February 24

Communicating with Dementia: The Do's and Don'ts of Speaking to Someone with Memory Loss

Zachary Ellis, Mill View Memory Care

Communicating with someone living with dementia can be a difficult and frustrating task, especially for family members. In this interactive seminar we will explore practical do's and don'ts that can help create positive, meaningful conversations and more enriching daily interactions for those experiencing memory loss.

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