lunch and learn

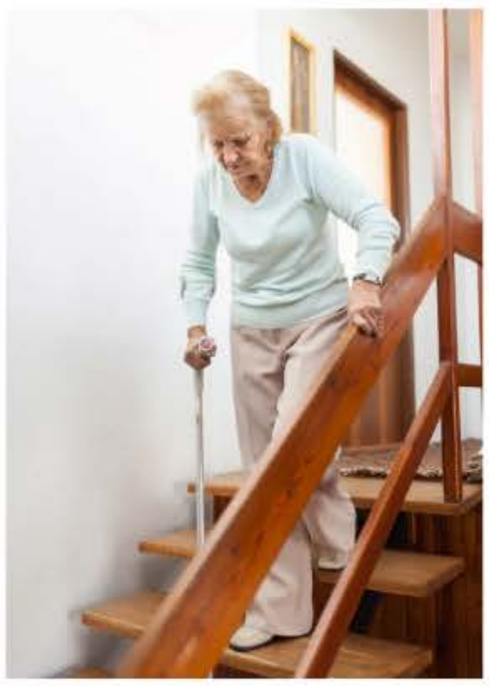
Tuesdays • 12:00 - 1:30 pm

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 2026



Dec 1 Aging In Your Own Home: Tips & Resources to Stay Independent Longer

With Lauren Lebien, ClearPath Healthcare & Andy Mossman, Right at Home Central Oregon

Are you planning to live in your own home as long as possible? What might that look like when you start to need a little more assistance? What about when you start to need a lot more assistance? Learn about affordable tips for medication management, resources for mobility challenges, home care options and when hospice might be recommended, so that you can stay ahead of the curve and live your best life.

Dec 8 Yoga For a Healthy Back

With Kelly Giebelhaus, Personal trainer and yoga instructor

Discover how yoga-inspired movement can support a healthy, mobile back. Kelly will offer practical education about back health along with gentle, chair-based movements to explore spinal mobility, flexibility, posture and everyday movement habits. Enjoy a refreshing midday opportunity to learn and move, with time for questions at the end.





Dec 15 Stories and Inspiration from Central Oregon Artists

With Art Station lead Alicia Gifford and a panel of local artists

Local artists and instructors from BPRD's new Art Station will join us for a panel discussion about their creative journeys, what inspires them, and their experiences creating art in Central Oregon. Panelists will also share some easy ways to bring more art into your own life. The program concludes with an optional tour of the new Art Station.

Join us for a fun Holiday Singalong with Simeon Rose on Dec 22!

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

Questions? Call (541) 706-6235

Bend Park & Recreation DISTRICT

play for life