

Bend Senior Center

1600 SE Reed Market Road
Bend, OR 97702 • 541-388-1133
www.bendparksandrec.org

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 2:00-4:00 pm The Notables Swing Band Dance \$5 per person	7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Better Balance Circuit 10:00 Zumba Gold 10:15 Move to Music 10:15 Functional Fitness 11:30 Strength, Tone & Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Mexican Train 12:45 Pers. Circuit Trg 1:00 BSC Book Group 2:00 8 Movement Tai Chi 4:10 Guided Meditation 4:30 Pilates Mat 4:30 Hatha Yoga 4:30 Zumba 101 4:45 Beg. Guitar I 5:30 Total Body Barre 6:00 iPhone: Safari & Mail 6:00 Beg. Guitar II 6:10 Country Line Dance 7:15 West Coast Swing	7:35 Stretch & Strength 8:30 Qigong-Silk Reeling 8:45 Cardio Ball 9:00 Strength & Cond. 9:35 24 Movement Tai Chi 10:00 HD Rug Hookers 10:15 Walk with Ease- 10:15 Yoga Fundamentals 11:30 Seated Yoga 11:45 SOUPER Tuesday 12:00 Mahjong Players 12:45 Afternoon Movie - <i>Wonder Woman</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Bliss Dance Workout 6:00 Internet 101	7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 9:30 Blood Pressures 10:00 Beg Line Dance 10:00 Stand Tall Don't Fall 10:00 Zumba Gold 11:30 Strength, Tone & Bone 12:00 Lunch & Learn - <i>Birds & Mammals of Central Oregon</i> 12:30 Duplicate Bridge 12:45 Pers. Circuit Trg 1:30 Stretch & Relax 2:00 8/24 Movement Tai Chi 4:30 Pilates Mat 4:30 Zumba 5:30 Yoga 101 5:30 Beg Ukulele I 6:45 Beg Ukulele II	7:35 Stretch & Strength 8:45 Better Balance Circuit 9 Knitting: The Ugly Beet Hat 9:30 Strength & Condition 10:15 Move to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:30 Seated Yoga 12:00 Mahjong 12:00 COCOA Lunch Social 1:00 Afternoon Dance 1:00 Cold Process Soap Making 2:30 Adult Coloring 3:15 Yoga for Mindfulness 4:30 Hatha Yoga 4:30 ABCs & Ds of Medicare 5:30 Total Body Barre 6:00 Beginning Refresher Bridge	7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Indoor Cardio Walk 10:00 Beginning Barre 10 Beginning Line Dance II 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch & Relax 12:30 Pinochle	9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge 1:00 Ukes for Vets	
8	7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Better Balance Circuit 10:00 Zumba Gold 10:15 Move to Music 10:15 Functional Fitness 11:00 Out to Lunch Bunch 11:30 Strength, Tone & Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Mexican Train 12:45 Pers. Circuit Trg 2:00 8 Movement Tai Chi 4:30 Pilates Mat 4:30 Hatha Yoga 4:30 Zumba 101 4:45 Beg. Guitar I 5:30 Total Body Barre 5:30 Fall into a New You! Detox 6 iPhone: Contacts & Calendar 6:00 Beg. Guitar II 6:10 Country Line Dance 7:15 West Coast Swing	7:35 Stretch & Strength 8:30 Qigong-Silk Reeling 8:45 Cardio Ball 9:00 Strength & Cond. 9:35 24 Movement Tai Chi 10:00 HD Rug Hookers 10:15 Walk with Ease- 10:15 Yoga Fundamentals 11:30 Seated Yoga 11:45 SOUPER Tuesday 12:00 Mahjong Players 12:45 Afternoon Movie - <i>The Hero</i> 1:00 Knitters Social 2:30 Strong & Supple Feet 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Bliss Dance Workout 6:30 Deciding on a Device	6:30 Columbia Gorge Sternwheeler Day Trip 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 10:00 BSC Book Group II 10:00 Beg Line Dance 10:00 Stand Tall Don't Fall 10:00 Zumba Gold 11:30 Strength, Tone & Bone 12:00 Lunch & Learn: <i>Tips for Re-tooling for a Successful Retirement</i> 12:30 Duplicate Bridge 12:45 Pers. Circuit Trg 1:30 Stretch & Relax 2:00 8/24 Movement Tai Chi 4:00 Pilates Mat 4:30 Zumba 5:30 Yoga 101 5:30 Beg Ukulele I 6:45 Beg Ukulele II	7:35 Stretch & Strength 8:45 Better Balance Circuit 9 Knitting: The Ugly Beet Hat 9:00 Zumba Gold 9:00 Strength & Condition 10:15 Move to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:30 Seated Yoga 12:00 Mahjong 12:00 COCOA Lunch Social 1:00 Afternoon Dance 1:00 Acrylics: Aspen Flats 2:30 Adult Coloring 3:15 Yoga for Mindfulness 4:30 Hatha Yoga 5:30 Total Body Barre 5:30 Potstickers	7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Indoor Cardio Walk 10:00 Beginning Barre 10 Beginning Line Dance II 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch & Relax 12:30 Pinochle	9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge	
15	7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Better Balance Circuit 10:00 Zumba Gold 10:15 Move to Music 10:15 Functional Fitness 11:30 Strength, Tone & Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Mexican Train 12:45 Pers. Circuit Trg 2:00 8 Movement Tai Chi 4:30 Pilates Mat 4:30 Hatha Yoga 4:30 Zumba 101 4:45 Beg. Guitar I 5:30 Total Body Barre 6 iPhone: Cameras & Photos 6:00 Beg. Guitar II 6:10 Country Line Dance 7:15 West Coast Swing	7:35 Stretch & Strength 8:30 Qigong-Silk Reeling 8:45 Cardio Ball 9:00 Strength & Cond. 9:35 24 Movement Tai Chi 10:00 HD Rug Hookers 10:15 Walk with Ease- 10:15 Yoga Fundamentals 11:30 Seated Yoga 11:45 SOUPER Tuesday 12:00 Mahjong Players 12:45 Afternoon Movie - <i>The Big Sick</i> 1:00 Knitters Social 2:30 Strong & Supple Feet 3:15 Yoga for Mindfulness 4:30 Yoga Flow 4:30 With Your Child: Mini Pumpkin Floral Arrangement 5:30 Bliss Dance Workout 5:30 Desserts to Impress 6:30 Smart Device Essentials	7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 9:30 Blood Pressures 10:00 Beg Line Dance 10:00 Stand Tall Don't Fall 10:00 Zumba Gold 11:30 Strength, Tone & Bone 12:00 Lunch & Learn: <i>How Do you Run a Nat'l Park Without Computers?</i> 12:30 Duplicate Bridge 12:45 Pers. Circuit Trg 1:30 Stretch & Relax 2:00 Providence Medicare 2:00 8/24 Movement Tai Chi 4:00 Pilates Mat 4:30 Zumba 5:30 Yoga 101 5:30 Beg Ukulele I 6:45 Beg Ukulele II	7:35 Stretch & Strength 8:45 Better Balance Circuit 9 Knitting: The Ugly Beet Hat 9:00 Zumba Gold 9:00 Strength & Condition 10:15 Move to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:30 Seated Yoga 12:00 Mahjong 12:00 COCOA Lunch Social 1:00 Afternoon Dance 1:00 Chinese Brush Painting 2:30 Adult Coloring 3:15 Yoga for Mindfulness 4:30 Hatha Yoga 5:00 Artisan Pizza 5:00 Alzheimer's Support Group 5:30 Total Body Barre	7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Indoor Cardio Walk 10:00 Beginning Barre 10 Beginning Line Dance II 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch & Relax 12:30 Pinochle	9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge 1:00 Ukes for Vets	
22	7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Better Balance Circuit 10:00 Zumba Gold 10:15 Move to Music 10:15 Functional Fitness 11:30 Strength, Tone & Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Mexican Train 12:45 Pers. Circuit Trg 2:00 8 Movement Tai Chi 4:30 Pilates Mat 4:30 Hatha Yoga 4:30 Zumba 101 4:45 Beg. Guitar I 5:30 Total Body Barre 5:30 Holiday Chocolates to Wow 6 iPhone: Maps, Messenger 6:00 Beg. Guitar II 6:10 Country Line Dance 7:15 Fox Trot	7:35 Stretch & Strength 8:30 Qigong-Silk Reeling 8:45 Cardio Ball 9:00 Strength & Cond. 9:35 24 Movement Tai Chi 10:00 Humana Medicare 10:00 HD Rug Hookers 10:15 Walk with Ease- 10:15 Yoga Fundamentals 11:30 Seated Yoga 11:45 SOUPER Tuesday 12:00 Mahjong Players 12:45 Afternoon Movie - <i>The Circle</i> 1:00 Knitters Social 2:30 Strong & Supple Feet 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Bliss Dance Workout 5:30 Bacon Jam 6:30 Android Devices	7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 9:30 PacificSource Medicare 10:00 Beg Line Dance 10:00 Stand Tall Don't Fall 10:00 Zumba Gold 11:30 Strength, Tone & Bone 12:00 Lunch & Learn: <i>Images of America: Deschutes National Forest</i> 12:30 Duplicate Bridge 12:45 Pers. Circuit Trg 1:30 Stretch & Relax 2:00 8/24 Movement Tai Chi 4:00 Pilates Mat 4:30 Zumba 5:30 Yoga 101 5:30 Beg Ukulele I 6:45 Beg Ukulele II	7:35 Stretch & Strength 8:45 Better Balance Circuit 9 Knitting: The Ugly Beet Hat 9:00 Zumba Gold 9:00 Strength & Condition 10:15 Move to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:30 Seated Yoga 12:00 Mahjong 12:00 COCOA Lunch Social 1:00 Afternoon Dance 1:00 Chinese Brush Painting 2:30 Adult Coloring 3:15 Yoga for Mindfulness 4:30 Hatha Yoga 5:30 Total Body Barre 5:30 Holiday Sides Dishes: Easy & Delicious	7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Beginning Barre 10:00 Indoor Cardio Walk 10 Beginning Line Dance II 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Stretch & Relax 12:30 Pinochle	9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge	
29	7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Better Balance Circuit 10:00 Zumba Gold 10:15 Move to Music 10:15 Functional Fitness 11:30 Strength, Tone & Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Mexican Train 12:45 Pers. Circuit Trg 2:00 8 Movement Tai Chi 4:30 Pilates Mat 4:30 Hatha Yoga 4:30 Zumba 101 4:45 Beg. Guitar I 5:30 Total Body Barre 6:00 Beg. Guitar II 6:10 Country Line Dance 7:15 Fox Trot	7:35 Stretch & Strength 8:30 Qigong-Silk Reeling 8:45 Cardio Ball 9:00 Strength & Cond. 9:35 24 Movement Tai Chi 10:00 HD Rug Hookers 10:15 Walk with Ease- 10:15 Yoga Fundamentals 11:30 Seated Yoga 11:45 SOUPER Tuesday 12:00 Mahjong Players 12:45 Afternoon Movie - <i>Hocus Pocus</i> 1:00 Knitters Social 2:30 Strong & Supple Feet 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:30 Bliss Dance Workout					

Bend Senior Center Staff

Center Manager: Sue Glenn
Program Coordinator: Brenda Chilcott
Customer Service: Teri Wegner
Becky Condon
Receptionists: Sue Wack, Jill Kidder, Katie Culbertson, Jordan Robeson, Misty Wells, Gina Hersh
Facility Supervisors: Mark Cain, Chris Lahay, Mike Cleavenger