

Bend Senior Center

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

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>2:00-4:00 pm The Notables Swing Band Dance \$5 per person</p>	<p>7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Strength, Tone & Mightier Bone 8:45 Cardio Dance Fusion 8:45 Fitness Variety 10:00 Zumba Gold 10:15 Moving to Music 10:15 Functional Fitness 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Mexican Train 12:45 Group Fitness 1:00 BSC Book Group I 2:00 8 Movement Tai Chi 3:30 Guided Meditation 4:30 Pilates Mat 4:30 Yoga Flow 4:30 Zumba 101 5:00 Beg. Guitar I 5:35 Barre Body 6:00 iPhone: Contacts 6:00 Intermediate Ukulele 6:10 Country West Dance 7:15 The Waltz</p>	<p>7:35 Stretch & Strength 7:45 Cardio Dance Fusion 8:45 Cardio Ball 9:00 Strength & Condition 9:35 24 Movement Tai Chi 10:15 Walk with Ease- 10:15 Yoga Fundamentals 11:30 Chair Yoga 11:45 SOUPER Tuesday Lunch 12:00 Mahjong Players 12:45 Afternoon Movie - <i>Chappaquiddick</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 5:35 Cardio Dance Fusion 6:00 Internet 101</p>	<p>7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 8:45 Balance Essentials 9:00 Foot Care Clinic 9:30 Blood Pressure 10:00 Beg Line Dance 10:00 Zumba Gold 11:30 Strength, Tone & Mightier Bone 12:00 Lunch & Learn - <i>Choices in End of Life Decision Making</i> 12:30 Duplicate Bridge 12:45 Group Fitness 2:00 8/24 Movement Tai Chi 4:30 Pilates Mat 4:30 Zumba 5:00 Beg. Ukulele I 5:30 Yoga 101 5:30 Fun With Puff Pastry</p>	<p>7:35 Stretch & Strength 8:45 Beginning Barre 9:00 Zumba Gold 9:00 Strength & Condition 10:00 Hearing Consultation 10:15 Moving to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:30 Chair Yoga 12:00 Mahjong 12:00 Council on Aging Lunch 12:30 Bend Makers - Bonta Gelato 1:00 Afternoon Dance 1:00 Beginning Watercolor 3:15 Yoga for Mindfulness 4:00 ABCs & Ds of Medicare 4:30 Yoga Flow</p>	<p>7:35 Stretch & Strength 8-10 Fit. Ctr. Orientation 8:30 24 Tai Chi 8:45 Restorative Yoga Flow 8:45 Fitness Variety 10:00 Indoor Cardio Walk 10:00 Beginning Barre 10:00 Beg. Line Dance II 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:30 Pinochle 12:45 Stretch & Relax</p>	<p>9:00 Strength & Conditioning 9:15 Zumba Gold 10:00 Canasta 10:30 Yoga Pilates 11:15 Siamese Mahjong 11:30 Social Bridge 1:00 Let's Roll Sushi</p>
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Bend Senior Center Staff

Center Manager:	Sue Glenn
Program Coordinator:	Brenda Chilcott
Customer Service:	Teri Wegner, Becky Condon
Receptionists:	Jill Kidder, Colleen Linkof, Gail Ferguson
Facility Supervisors:	Mark Cain, Chris Lahay, Knut Renton, Emma Bell