

**BEND SENIOR CENTER HOURS:**

Monday - Thursday  
7:30 am - 7:00 pm

Friday  
7:30 am - 4:00 pm

Saturday  
9:00 am - 3:00 pm

Sunday Closed

Fitness room open during hours listed above

**COMMUNITY RESOURCES**

Council on Aging of Central Oregon Administrative (COA) Offices  
373 NE Greenwood Ave., Bend, OR 97701  
(541) 678-5483

Meals on Wheels Office located at the Bend Senior Center  
(541) 604-5763

SHIBA Senior Health Insurance Benefits Assistance available through COCOA  
Call for appt. at (541) 678-5483

Have your next meeting or event at the Bend Senior Center.

Room rentals available.

Call for details: (541) 388-1133

**Brown Bag - FREE Lunch & Learn Series**

Wednesdays • 12:00 - 1:00 PM

Presented in partnership with Pacific Source Medicare Health Plans. Feed your body and your mind as local experts share their knowledge about issues important to you. Bring your lunch; dessert and coffee are on us.

**10/3 Choices in End of Life Decision Making**  
End of Life Choices Oregon

**10/10 Oregon Desert Trail**  
Renee Patrick, ONDA

**10/17 Making the Most Out of Your Medicare**  
Janay Haas

**10/24 Bee Keeping & Equine Rescue**  
Mary Wallace

**10/31 Larkspur Center**  
Sue Glenn

**Come Lunch with Us! Souper Tuesdays Lunch**

Join us each Tuesday at 11:45 am for a "souper lunch" and other goodies. Lunch is just \$3.50 per person. All ages are welcome.

**Thursday Lunch Social**

Central Oregon Council on Aging and the Bend Senior Center team

up to provide you with a social lunch each Thursday from 12:00 - 12:30 pm. Afterward, stay for the weekly dance from 1 - 2 pm with the Mem'ry Makers or Alley Cats. Menu rotates each week - check for posted menu at front desk and on the bulletin board.



**FREE**

**Tuesday Afternoon at the Movies**

12:45 - 2:45 pm

Join us every Tuesday for free movie in the North Event Room.

**10/2 Chappaquiddick PG-13**  
Starring: Jason Clark & Kate Mara

**10/9 Adrift PG-13**  
Starring: Shailene Woodley & Sam Chafin

**10/16 Leave No Trace G**  
Starring: Thomasin McKenzie & Ben Foster

**10/23 The Rider R**  
Starring: Brady Jandreau & Mooney

**10/30 Hearts Beat Loud PG-13**  
Starring: Nick Offerman & Kiersey Clemons

**Arm Chair Travel Presentation**

**Thursday, October 18  
11:45 am-1:30 pm  
Conference Room**

Come join us for an amazing travel presentation showcasing the extended travel opportunities that the Bend Senior Center and Premier World Discovery are offering for 2019. Our sales representative, Ryan Campbell will be here to answer your questions.

**bend senior center news**

october 2018

**NOTEWORTHY DATES**

**Ear/ Hearing Consultation**  
Thursday, October 4  
10:00-11:30 am  
Pacific Northwest Audiology

**ABCs & Ds of Medicare**  
Thursday, October 4  
4:00 - 5:00 pm

**Dance to The Notables Swing Band with Betty Berger**  
Sunday, October 7  
2:00 - 4:00 pm  
\$5 per person

**Fall Kickoff Free Fitness Classes**  
October 13-19  
at both JSFC & BSC  
See schedule for selected classes at front desk

**Arm Chair Travel Presentation**  
Thursday, October 18  
11:45 am - 1:30 pm

**AARP Driver's Safety Class**  
Monday, October 22  
9:00 am - 4:00 pm

**Fall Kickoff, October 13-19  
FREE Fitness Classes & Fun at the Bend Senior Center and JSFC**

Want to try out a new class at the Bend Senior Center? Come on down and take advantage of our selected free classes during our Fall Kickoff. Check out the Juniper Swim & Fitness Schedule online or pick up a schedule at the front desk. Come and have fun!

Day	Date	Time	Event	Instructor
Mon	10/15	8:45 - 9:45 am	Strength, Tone & Mightier Bone	Barbara
Mon	10/15	12:45 - 1:45 pm	Group Fitness	Joyce
Mon	10/15	4:30 - 5:30 pm	Zumba 101	Challey
Wed	10/17	12:45 - 1:45 pm	Group Fitness	Joyce
Wed	10/17	5:30 - 6:30 pm	Yoga 101	Janessa
Thurs	10/18	8:45 - 9:45 am	Beginning Barre	Rae

**Medicare Informational / Sales Meetings**

It is fall and time for Medicare Open Enrollment. Are you thinking of changing Medicare Plans? You may attend any of the following meetings for more information.

Monday	10/15	9:00 - 11:00 am	Providence
Wednesday	10/17	9:30 - 10:30 am	PacificSource
Wednesday	10/17	10:00 - 11:00 am	Humana
Friday	10/26	9:30 - 10:30 am	PacificSource
Monday	10/29	5:00 - 7:00 pm	Providence
Tuesday	10/30	9:30 - 10:30 am	PacificSource
Wednesday	10/31	10:00 - 11:00 am	Humana

**BEND SENIOR CENTER**  
A Bend Park & Recreation District Facility  
1600 SE Reed Market Rd.  
p: (541) 388-1133  
bendparksandrec.org



*play for life*

## UPCOMING CLASSES

### Fun with Puff Pastry

Learn new tricks with frozen puff pastry to wow your family and friends. Join the fun as we make a brie cheese appetizer, crispy cheese twists, cinnamon palmiers, strawberry Napoleons, apple baked dumplings and more. Bring your apron and take-home containers. Instructor: Marsha Palmer. Fee: \$49 ID \$59 OD / session  
Activity: 302240 W: 5:30 - 7:30 pm  
Session: 10/3

### Easy Artisan Bread

In this class you will learn about dough recipes that you can mix in minutes and store in your refrigerator up to two weeks. Understand the basics of artisan breads using wet dough and take home recipes. Enjoy demonstrations, tasting and hands-on learning as you bake a loaf in class plus take home dough to make more loaves. Instructor: Brenda Chilcott. Fee: \$49 ID \$59 OD / session  
Activity: 302249 W: 4:45 - 7:30 pm  
Session: 10/24

### Perfect Pie

Whether you're a seasoned baker or barely know your way around the kitchen, this class will get you up to speed on the fundamentals of making pie and confidently making pie crust and fillings in no time! Bring a clear glass pie plate to class. Instructor: Abby Rowland. Fee: \$49 ID \$59 OD / session  
Activity: 302239 M: 5:00 - 7:30 pm  
Session: 10/29

### DIY: Holiday Spirit & Infusions

This holiday season, DIY your holiday gifts in your kitchen with easy-to make extracts, holiday spirits and infusions. Come experiment with infusing seasonal flavors into alcohol to create aromatic libations and also make flavored extracts and infused flavorings. Leave with recipes to try at home as well as samples. Instructor: Brenda Chilcott  
Fee: \$69 ID \$83 OD / session Activity: 302464  
Tu: 5:00 - 7:30 pm Session: 10/30

### Fall in Love with Fall Vegetables

Hearty, warm root vegetables and the sweet, satisfying taste of winter greens! Explore some new flavors and ingredients that you may have not tried before like celeriac. Who knew winter vegetables could taste so good? Dishes to prepared include scalloped potatoes and Brussel sprouts, kale salad with grapefruits and avocados, herbed roasted root vegetables, winter squash casserole, and chunky borscht soup. Instructor: Suzanne Landry  
Fee: \$49 ID \$59 OD / session  
Activity: 302229  
Th: 5:00 - 7:30 pm  
Session: 10/11

### Taco Tuesday

Enjoy some southwest flavor and have fun with tacos in this hands-on class. Tacos will be made with corn and flour tortillas then prepared and filled with potato, chili, pork, chicken, guacamole and salsa fresca. Class includes recipes. Bring a container to take salsa home. Instructor: Marsha Palmer. Fee: \$49 ID \$59 OD / session  
Activity: 302269  
Tu: 5:30 - 7:30 pm  
Session: 10/23

### Upcycling: Vintage Button Jewelry

You've got a jar full of one-of-a-kind buttons, right? Learn to upcycle these everyday treasures and turn them into trendy, wearable jewelry.

Bring any special buttons that you'd like to incorporate into your wearable piece of art. Supplies included. Instructor: Diane Burns. Fee: \$49 ID \$59 OD / session  
Activity: 302422  
Tu: 5:30 - 7:30 pm  
Session: 10/9



### Get to Know Your iPhone Series



This series of classes will allow you to customize your learning experience and become a more effective iPhone user. Instructor: Robyn Lyman. Fee: \$19 ID \$23 OD / session

#### iPhone: Contacts & Calendar

Activity: 302554  
M: 6:00 - 7:30 pm Session: 10/1

#### iPhone: Camera & Photos

Activity: 302555  
M: 6:00 - 7:30 pm Session: 10/8

#### iPhone: Maps, Messenger & Siri

Activity: 302556  
M: 6:00 - 7:30 pm Session: 10/15

### Create a Photo Book

A printed photo book is a perfect personalized gift or prized family possession. We'll use the Mac Photos app to create a beautiful, professional-quality photo book or calendar. Class will feature both lecture and hands-on training with one-on-one instruction. Instructor: Robyn Lyman. Fee: \$39 ID \$47 OD / session Activity: 302566  
Th: 10:00 am - 12:00 pm Session: 10/25 - 11/1

### Fitness passes through health plans

It's possible you are eligible to receive no-cost or low-cost fitness passes through your health plan. For details, stop by the front desk the next time you visit. One in five people 65 and older is eligible for a fitness benefit included in selected Medicare health plans Please contact your health insurance carrier to see if you are eligible. The Bend Senior Center is proud to partner with the following health benefit providers:

- Silver & Fit
- Silver Sneakers
- AARP Medicare Supplement Insurance Plan



## ANDROID DEVICE HELP

### Internet 101

Learn best practices for browsing the internet safely. You'll learn to use search engines, choose a web browser, transfer files/picture/videos and explore any questions you may have. Instructor: Ryan Doherty. Fee: \$19 ID \$23 OD  
Tu: 6:00 - 7:30 pm Session: 10/2

### Deciding On A Device

Learn to find the device that's best suited for you. We will compare Android and iOS devices, and where to find the best prices. We'll get you started on your new device and teach you to connect your device to the internet, printers, car stereos and smart watches. Instructor: Ryan Doherty. Fee: \$19 ID \$23 OD  
Tu: 6:00 - 7:30 pm Session: 10/10

### Smart Device Essentials

Everything you need to learn to safely use any smart phone and tablet. Learn initial set-up, how to personalize your device, check voicemail and set up email. You'll learn to use your calendar, the internet and how to use your device as an e-reader. Instructor: Ryan Doherty. Fee: \$19 ID \$23 OD  
Tu: 6:00 - 7:30 pm Session: 10/17

### Android Devices

Learn the ins-and-outs of using an Android device. Learn to take, send and manage your pictures. Master all of your phones features such as messaging, checking voicemails, video chat, maps and updates. Bring questions! Instructor: Ryan Doherty. Fee: \$19 ID \$23 OD  
Tu: 6:00 - 7:30 pm Session: 10/24

## Health Clinics

### Blood Pressure Checks

First & third Wednesdays 9:30 - 10:30 am

### Feet Retreat

First four Wednesdays each month  
9:00 am - 3:00 pm  
Call (541) 788-4785 for an appointment

**Alzheimer's/Dementia  
Caregiver Support Group Meeting**  
3rd Thursday of the month ~ 5:00 - 6:00 pm  
Call (541) 948-7214 for more info

**Ear/Hearing Care & Consultations**  
Provided by licensed audiologist  
Thursday, October 4  
Drop In: 10:00 - 11:30 am