

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

# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat					
<div style="border: 2px solid red; padding: 5px;"> <p><b>Bend Senior Center Staff</b></p> <p>Center Manager: Sue Glenn</p> <p>Program Coordinator: Brenda Chilcott</p> <p>Customer Service: Teri Wegner, Becky Condon Mary Brooks, Colleen Linkof, Gail Ferguson</p> <p>Facility Supervisors: Mark Cain, Chris Lahay, Knut Renton, Emma Bell</p> </div>											
					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	9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:00 Simple Cheese Making for Soft Cheeses 11:30 Social Bridge					
3	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 4:30 Pilates Mat 4:30 Yoga Flow 4:30 Zumba 101 5:00 Beg. Guitar I 5:35 Barre Body 6:10 Country West Dance 7:15 The Tango	4	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>The Old Man &amp; the Gun</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 4:30 Conditioning for Health 5:35 Cardio Dance Fusion	5	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>Emergency Preparedness 101: Are You Ready?</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 6:00 Beg. Ukulele II	6	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 1:00 Afternoon Dance 3:15 Yoga for Mindfulness 4:00 ABCs & Ds of Medicare 4:30 Yoga Flow 4:30 Conditioning for Health 5:00 DIY: Mosaic Stained Glass Block Night Light 5:35 Barre Body	7	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	8	9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:00 Puff Pastry 4 Four Ways 11:30 Social Bridge
10	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 2:00 8 Movement Tai Chi 4:30 Pilates Mat 4:30 Yoga Flow 4:30 Zumba 101 5:00 Beg. Guitar I 5:30 Kombucha: Fun With Flavors 5:35 Barre Body 6:10 Country West Dance 7:15 The Tango	11	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>First Man</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 4:30 Conditioning for Health 5:30 Make Your Own Kimchi at Home & What to do With It 5:35 Cardio Dance Fusion	12	7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 8:45 Balance Essentials 9:00 Foot Care Clinic 10:00 BSC Book Group II 10:00 Beg Line Dance 10:00 Zumba Gold 11:30 Strength, Tone & Mightier Bone 12:00 Lunch & Learn - <i>Advanced Directives &amp; POLST: Who Needs One and Why?</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 6:00 Beg. Ukulele II	13	7:35 Stretch & Strength 8:45 Beginning Barre 9:00 Zumba Gold 9:00 Strength & Condition 10:15 Moving to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:00 Out to Lunch Bunch 11:30 Chair Yoga 12:00 iPhone: Set Up & Customization 12:00 Mahjong 12:00 Council on Aging Lunch 1:00 Afternoon Dance 1:00 Fun With Acrylics-Rose in a Vase 3:15 Yoga for Mindfulness 4:30 Yoga Flow 4:30 Conditioning for Health 5:35 Barre Body	14	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	15	9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge
17	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 2:00 8 Movement Tai Chi 4:30 Pilates Mat 4:30 Yoga Flow 4:30 Zumba 101 5:00 Beg. Guitar I 5:35 Barre Body 6:10 Country West Dance 7:15 The Tango	18	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>The Wife</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 4:30 Conditioning for Health 5:00 Gluten Free Bread & Cookies 5:35 Cardio Dance Fusion	19	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 Clinic 10:00 Beg Line Dance 10:00 Zumba Gold 11:30 Strength, Tone & Mightier Bone 12:00 Lunch & Learn - <i>A Day in the Life of a Wildland Fighter</i> 12:30 Duplicate Bridge 12:45 Group Fitness 2:00 8/24 Movement Tai Chi 3:00 Humana Meeting 4:30 Pilates Mat 4:30 Zumba 4:30 Social Security Basics 5:00 Beg. Ukulele I 5:30 Medicare 101 5:30 Yoga 101 6:00 Beg. Ukulele II	20	7:35 Stretch & Strength 8:45 Beginning Barre 9:00 Zumba Gold 9:00 Strength & Condition 10:15 Moving to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:30 Chair Yoga 12:00 iPhone: Apps & iTunes 12:00 Mahjong 12:00 Council on Aging Lunch 1:00 Afternoon Dance 3:15 Yoga for Mindfulness 4:30 Yoga Flow 4:30 Conditioning for Health 5:00 Alzheimer's Support Group 5:00 With Your Child: Paint Night Winter Birch Tree 5:00 Winter Warming Side Dishes 5:35 Barre Body	21	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	22	9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge 1:00-5:00 Aging With Grace Workshop
24	7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Strength, Tone & Mightier Bone 8:45 Cardio Dance Fusion 8:45 Fitness Variety 9:00 AARP Drivers Safety 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 2:00 8 Movement Tai Chi 4:30 Pilates Mat 4:30 Yoga Flow 4:30 Zumba 101 5:00 Beg. Guitar I 5:35 Barre Body 6:10 Country West Dance 7:15 The Tango	25	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>Widows</i> 1:00 Knitters Social 3:15 Yoga for Mindfulness 4:30 Yoga Flow 4:30 Conditioning for Health 5:35 Cardio Dance Fusion	26	7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 8:45 Balance Essentials 9:00 Foot Care Clinic 10:00 Beg Line Dance 10:00 Zumba Gold 11:30 Strength, Tone & Mightier Bone 12:00 Lunch & Learn - <i>The History of the Bend Water Pageant</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 6:00 Beg. Ukulele II	27	7:35 Stretch & Strength 8:45 Beginning Barre 9:00 Zumba Gold 9:00 Strength & Condition 10:15 Moving to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:30 Chair Yoga 12:00 iPhone: Internet & Mail 12:00 Mahjong 12:00 Council on Aging Lunch 1:00 Afternoon Dance 3:15 Yoga for Mindfulness 4:30 Yoga Flow 4:30 Conditioning for Health 5:00 Long Term Care: Will Dennis, Attorney at Law Workshop 5:30 A Taste of Japan: Miso Soup 5:35 Barre Body	28			