

## 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

Central Oregon Council on Aging Administrative (COCOA) 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



February 11 - April 15

The Bend Senior Center is once again hosting the all volunteer AARP Tax Aide Program for 2019. We will be using a new online scheduling service for appointments. The AARP Tax Assistance Program is sponsored by The AARP Foundation. There are three different ways to schedule an appointment for tax assistance.

**ONLINE:** Go online to <https://bprd.simplybook.me>. Select the time and day of your appointment. Easy-to-use and available 24/7.

**IN PERSON:** To schedule an appointment in person, come to the Bend Senior Center, Monday - Friday from 10:00 am to 2:00 pm.

**BY PHONE:** Call (541) 706-6234, Monday - Friday from 10:00 am to 2:00 pm and leave a voice message. A volunteer will call you back within 48 hours to schedule your appointment. **Sorry, no walk-in tax preparation appointments.**

## 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 1:00 pm until 2:30 pm with the Mem'ry Makers. Suggested donation \$4 per person.

## FREE

Tuesday Afternoon  
at the Movies  
12:45 - 2:45 pm

### Feb. 5 **The Old Man and the Gun R**

Starring: Robert Redford,  
Casey Affleck & Danny Glover

### Feb. 12 **First Man PG 13**

Starring: Ryan Gosling, Claire Foy & Jason Clarke

### Feb. 19 **The Wife R**

Starring: Glenn Close, Jonathon Pryce & Christian Slater

### Feb. 26 **Widows R**

Starring: Viola Davis, Michelle Rodriguez & Liam Neeson

## Brown Bag - FREE Lunch & Learn Series

Wednesdays • 12:00 - 1:00 pm

Presented in partnership with PacificSource 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.

### Feb 6 **Are You Ready? Emergency Preparedness 101**

Ashley Volz, Deschutes County Sheriff's Office Special Services Unit

### Feb 13 **Advance Directives and POLST: Who needs one and why?**

Adriane Mackie, RN, Partners In Care

### Feb 20 **A Day in the Life of a Wildland Fire Fighter**

Janessa Wells, Wildland Fire Fighter

### Feb 27 **The History of the Bend Water Pageant**

Kelly Cannon-Miller,

# bend senior center news

Feb 2019

## Noteworthy Dates

### Dance to The Notables Swing Band with Betty Berger

Sunday, February 3  
2:00 - 4:00 pm  
\$5 per person

### St. Patrick's Day Dinner Dance

Friday, March 15  
6:00 - 9:00 pm  
Tickets on sale Feb. 4

### ABCs & Ds of Medicare

Thursday, February 7  
4:00 - 5:00 pm

### Hearing Clinic

Thursday, February 7  
10:00 - 11:30 am

### Presidents Day

Monday, February 18  
Senior Center Open Regular Hours  
7:30 am - 7:00 pm

### Social Security Basics

Wednesday, February 20  
4:30 - 5:30 pm

### Medicare 101

Wednesday, February 20  
5:30 - 6:30 pm

### AARP Driver's Safety Class

Monday, February 25  
9:00 am - 4:00 pm

## Are You Ready for Summer Camp?

The Bend Senior Center has reserved you a place at summer camp! We're excited to announce that we have found some great locations to continue your regular programs and services during the upcoming renovations.

Through an agreement with the Bend La Pine School District, the Senior Center will set up camp less than three miles away at Marshall High School to continue 95 percent of the current programming.

During the temporary relocation, you will encounter the same friendly faces you know from the Senior Center – from front desk staff, facility supervisors and custodial team members to instructors, volunteers and, of course, friends.

During the first two weeks of June, you'll have access to classes and services at the Riverbend Community Room in the beautiful District Office and at The Pavilion (Don't worry! No ice skates needed!) Both locations are within a mile of each other, near the Old Mill District.

These locations allow the Senior Center to continue offering a robust selection of fitness, enrichment and social opportunities in some really beautiful places in Bend. We're excited to share more in the coming months and we hope you're as excited as we are for this interim summer adventure!

### Passes

All Bend Senior Center Frequent User Passes (including the multi visit/10-visit and social pass) will be honored at Juniper Swim and Fitness Center during the closure, including Supplemental Health Plan basic passes (Silver Sneakers, Silver & Fit and AARP).

### Larkspur Construction Update

The Larkspur Community Center project, the expansion to the Bend Senior Center, is on track to break ground this spring.

The Senior Center will close Memorial Day, with plans to re-open Labor Day. This 14-week closure will save \$250,000 in construction costs and minimize the overall impact to patrons.

BEND SENIOR CENTER  
1600 SE Reed Mkt Rd.  
p: (541) 388-1133  
[bendparksandrec.org](http://bendparksandrec.org)



play for life

## UPCOMING WINTER CLASSES

For specific class information, see our Winter Spring Playbook

### Make Your Own Kimchi at Home

Kimchi is a traditional fermented Korean delicacy made with vegetables, the most common being cabbage. It is a low-calorie, high fiber and nutrient-packed side dish and the health benefits of kimchi like other fermented foods has been well-documented. We will learn to make Napa cabbage kimchi and other recipes. Instructor: Jessica Carleton.

\$39.00 ID \$46.80 OD / session

Activity: 102222

Th: 5:30 - 7:30 pm Session: 2/12

### Winter Warming Side Dishes

We'll prepare some hearty, warming winter vegetable dishes from hearty greens and winter squash dishes to root vegetables. Create delicious dishes using classic winter staples: Herbed Roasted Vegetables in Phyllo; Beet and Tangerine Salad with Feta; Brussels Sprouts and Spuds Casserole; Cheesy Kale Chips; Three Sisters Squash Stew and more! Instructor: Suzanne Landry.

\$49.00 ID \$58.80 OD / session

Activity: 102230

Th: 5:00 - 7:30 pm Session: 2/21

### A Taste of Japan: Miso Soup

Miso is a fermented mixture of soybeans, barley and rice that's high in protein and rich in vitamins and minerals. Miso is a daily staple in Japan, leading some to believe that it is the secret behind their longevity. Bring containers for leftovers. Instructor: Yoko Godlove

\$49.00 ID \$58.80 OD / session

Activity: 102267

Th: 5:30 - 7:30 pm Session: 2/28



## Aging with Grace Workshop

Learn the importance of acknowledging life's last stages, talking about our wishes, celebrating a life well-lived and learning to let go of fears as we

plan for our loved ones when we are gone. This workshop encourages discussion about mortality with family and friends; educates on end-of-life services for medical and estate planning, and inspires creativity about reflection and commemorating your own life or a loved one's.

Instructors: Erin Collins, RN BSN and Jamie Kertay, RN BSN. Certified Hospice and Palliative Care Nurses and End of Life Doulas.

\$49.00 ID \$58.80 OD

Activity: 102218

Sa: 1:00 - 5:00 pm

Session: 2/23



## Quilt Retreat: Bread Baking & Art Quilts

Bread baking with a quilting twist! Roll up your sleeves and learn bread making techniques and tips: measuring, mixing, kneading, shaping, baking. We will make delicious bread, rolls, pizza and more. While the bread is rising, learn to make a simple collage art quilt and tips for solving quilting challenges. Workshop is a two day class. We will provide healthy snacks, lunch on Saturday and a 15-minute chair massage. Leave feeling refreshed and accomplished. Quilt supply list provided at registration.

Instructors: Cindy Heath, Renown Fiber Artist and Paula Gray, King Arthur Educator

\$129.00 ID \$154.80 OD / session

F: 5:00 - 8:00 pm &

Activity: 102486

Sa: 9:00 am - 3:30 pm

Session: 3/29 - 30

## iPhone Help for Seniors

This series of classes will allow you to customize your learning experience as you seek to become a more effective iPhone user. Take one or all of the classes.

Instructor: Robyn Lyman.

Fee: \$19 ID \$22.80 OD / per session

### IPHONE: SETUP & CUSTOMIZATION

Got a new iPhone or don't know where to start? Take the first step of learning your iPhone as we start with the basics and advance to personalizing to your liking.

Th: 12:00 - 1:30 pm Session: 2/14 Activity: 102551

### IPHONE: APPS & ITUNES STORE

Get the most out of your iPhone. Discover powerful, new apps to make everyday life easier. We will also look at iTunes store for music, movies, ringtones and more.

Th: 12:00 - 1:30 pm Session: 2/21 Activity: 102552

### IPHONE: INTERNET & MAIL

Explore with Apple's in-house web browser, Safari, and learn to navigate, bookmark, print and more. We will then look at the email app and learn how to add additional accounts and how to customize it.

Th: 12:00 - 1:30 pm Session: 2/28 Activity: 102553

## 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 are 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



## Let's dance.

The Notables Swing Band

Sunday, February 3

2:00 - 4:00 pm

\$5 per person at the door

## Medicare Informational Meetings

### The ABC & D's of Medicare

Thursday, February 7, 4:00-5:00 pm

Join us for an informational Q & A session about Medicare.

### Social Security Basics

Wednesday, February 20, 4:30 - 5:30 pm

Eligible for Social Security soon? Come learn about the many options available to make the choices that are right for you!

### Medicare 101

Wednesday, February 20, 5:30 - 6:30 pm

If you are new to Medicare or will be enrolling in the near future, this program will provide the basic knowledge needed to understand Medicare.

## Health Clinics

### Blood Pressure Checks

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

### Feet Retreat

First four Wednesdays, 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

### Drop-In Ear/Hearing Care & Consultations

Provided by licensed audiologist

1st Thursday in February, 10:00 - 11:30 am