

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



Out & About: Western Antique Aeroplane & Automobile Museum

Step back in time at the Western Antique Aeroplane & Automobile Museum in Hood River. This antique collection of cars, planes, motorcycles and military vehicles is housed in over 3.5 acres of indoor hangar facility. Come listen to the stories, talk to a docent and recount your own memories. Transportation, admission and lunch included in the fee.

\$99.00 ID \$118.80 OD / session

Activity: 302306

8:30 am - 7:30 pm, Friday, 9/6

Save the Date! For the Health of It! Health & Wellness Fair

Tuesday, October 1

12:00 - 3:00 pm

Mark your calendars now for your one-stop healthy event with health and wellness vendors, demonstrations, screenings, wellness information and flu vaccines. Don't miss the delicious and healthy barbecue sponsored by PacificSource Health Plans.

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. Stay afterwards for the 12:45 pm Tuesday movie.

Tuesday Afternoon at the Movies

FREE

12:45 - 2:45 pm

Bring your love of drama,
comedy and adventure!

Sept. 3 Aladdin PG

Starring: Will Smith, Mena Massoud & Naomi Scott

Sept. 10 Poms PG 13

Starring: Rhea Perlman, Charlie Taken & Diane Keaton

Sept. 17 Tolkien PG 13

Starring: Nicholas Hoult, Lily Collins & Craig Roberts

Sept. 24 Rocket Man R

Starring: Taron Egerton, Jamie Bell & Richard Madden

Senior Scams & Fraud

Join us Wednesday, September 11 from 1:00 - 3:00 pm for Senior Scams and Fraud.

This free event will feature educational presentations and community resources to help protect you from being a victim of identity theft. Brought to you by First Interstate Bank.



COMMUNITY RESOURCES

Council on Aging
Central Oregon
Administrative
(COA) Offices
1036 NE 5th Street
Bend, OR 97701
(541) 678-5483

Meals on Wheels
(541) 604-5763

SHIBA Health
Insurance Benefits
Assistance available
through
Council on Aging
Call for appt. at
(541) 678-5483

COUNCIL ON AGING NOTICE

The Thursday lunch
program has
moved to
1036 NE 5th Street.
For more info call
541-678-5483

bend senior center news

september 2019

Noteworthy Dates

Blood Pressure Clinic
Free! Sept. 4 & 18
9:30 - 10:30 am; drop in

ABCs & Ds of Medicare
Free!
Thursday, Sept. 5
4:00 - 5:00 pm

The Notables Swing Band
Sunday, September 8
2:00-4:00 pm
\$5 per person

Hot Dog We're Home!
Luncheon
Tuesday, Sept. 10
11:45 am-12:45 pm
Free!

Senior Scams & Fraud
Wednesday, Sept. 11
1:00 - 3:00 pm

Social Security Basics
Wednesday, Sept. 18
4:30-5:30 pm

Medicare 101
Wednesday, Sept. 18
5:30-6:30 pm

AARP Driver's Safety
Monday, Sept. 30
9:00 am - 4:00 pm
Call (541) 388-1133 to reserve
your space.

Hot Dog! We're Home!

What a whirlwind summer! Our 12-week relocation to Camp Marshall has come to an end. We moved back to The Bend Senior Center at the end of August. The doors to a different-looking facility opened on September 3 featuring new flooring, fresh paint and new LED-lighting.

There is still more than a year of construction ahead but we are well on our way to the completion of Larkspur Community Center home of the Bend Senior Center.

You're invited to a free lunch and social on Tuesday, September 10 from 11:45 am-12:45 pm celebrate our return. Hot dog! We're home!

Thank You

Special thanks to Bend-La Pine Schools for hosting us at Marshall High School this summer. Converted to Camp Marshall, the school worked fabulously for fitness classes, social activities and even our first-ever Grand Camps. We also appreciate the Souper Tuesday luncheon hosts - Whispering Winds and Mt. Bachelor Assisted Living & Memory Care - for stepping up and hosting free lunches each week. What a community we live in!

Kudos to Bend Technical Academy

In case you wondered what all of the construction was about at Camp Marshall this summer, Bend Technical Academy at Marshall High School is now offering Career Technical Education (CTE) pathways for students. The school's focus is on allowing students to pursue their passions in career and tech fields within a small school environment. The new CTE pathways include Science-Technology-Engineering-Mathematics engineering, construction technologies, business and marketing, and health occupations. Students will be trained for jobs that are in high demand, require high skills and are high wage jobs in Central Oregon. The school is looking for community members in the above fields that would be willing to come in and talk with students or become mentors.

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



play for life

UPCOMING FALL COOKING CLASSES

For specific class information,
see our Fall Playbook

Get Creative with the Spiralizer



Join us for an evening of fun as we create 'zoodle noodles.' Learn to make an array of amazing dishes with the spiralizer. This innovative gadget transforms vegetables into ribbons, spaghetti-like noodles, shoestrings, hair strands and more. No experience is required. Fee: \$49.00 ID \$58.80 OD / session
Activity: 302235 Tu: 5:00 - 7:30 pm
Session: 9/17

Preserves & Jam

Learn to turn the sweet, tasty fall harvest into delectable eats year round! Learn what constitutes a jam and how it differs from a preserve or jelly. We'll cover the basics and a simple recipe for homemade jam. All materials provided and participants take home 3 six-ounce jars of finished jam, which make perfect gifts.
Fee: \$49.00 ID \$58.80 OD / session
Activity: 302233 W: 4:00 - 7:00 pm
Session: 9/25

Keto vs. Paleo

What is the difference between Paleo and Keto diets? How do you determine which diet is best for you? You will learn the differences, the benefits and the downsides of each of these trendy dietary approaches. We will make dishes from both disciplines to taste. Handouts and recipes included. Instructor: Suzanne Landry
Fee: \$49.00 ID \$58.80 OD / session
Activity: 302230 Th: 5:00 - 7:30 pm
Session: 9/26

Country Western Line Dancing

Get on the dance floor with all of your friends! Learn a new line dance combination each week. Try out some of the popular boot scootin' dances like American Kids, Good Times and the Tush Push. No previous dance experience required. Instructor: Barry Jost
Fee: \$59.00 ID \$70.80 OD / session
Activity: 302133 M: 6:10 - 7:10 pm
Sessions: 9/9 - 10/14

Social & Club Dancing

This class is for beginners and those wanting to refresh their skills. Whether your preference is Salsa club dancing, crazy Jitterbug or smokin' hot Tango this fun class will show you all the smooth moves of partner dancing so you look and feel confident on the dance floor. Make new friends! Learn new steps! No partner needed and absolute beginners are always welcome. Instructor: Barry Jost
Fee: \$59.00 ID \$70.80 OD / session
Activity: 302140 M: 7:15 - 8:15 pm
Sessions: 9/9 - 10/14 Foxtrot

Beginning Square Dance

Ages: 12 & up
Pine Forest Grange
Square dancing is often described as friendship set to music. Meet new friends, burn some calories and have a great time as you try out the new face of square dancing. Today's style incorporates many different kinds of music including rock, modern country and jazz. No previous dance experience required, just a willingness to learn and have fun. Please wear casual dress. Instructor: Bachelor Beaus Square Dance Club
Fee: \$25.00 ID \$30.00 OD / session
Activity: 302150 M/Th: 6:00 - 8:00 pm
Session: 9/12-19

Follow us on Facebook!

Keep up with all of the happenings of the Bend Senior Center by following us on Facebook. This is a great way to keep abreast of all of the important updates on the Larkspur expansion project, as well as general Bend Senior Center activities. Follow us on Facebook
Facebook.com/BendSeniorCenter



Crochet: Beginning Anigurumi Toys



Some of the cutest little crocheted characters you'll ever see - it's Anigurumi! These easy-to-work unicorn toys use simple crochet stitches, easy to increase and decrease stitches and beginning yarn toy construction. In this hands-on, instructor-guided class, we will learn to crochet using sweet, soft colors, but it could also be made as a scary Halloween beast.

Instructor: Kristina Romer
Fee: \$49.00 ID \$58.80 OD / session
Activity: 302476 W: 9:30 - 11:30 am
Session: 9/11 - 25

iPad Essentials

Unlock your iPad as we learn about multitasking, apps, the App Store, creating folders and customizing your iPad. Bring your iPad to class.



Instructor: Robyn Lyman
Fee: \$49.00 ID \$58.80 OD / session
Activity: 302560 M: 6:00 - 8:00 pm
Session: 9/16 - 9/30

Beginning Ukulele I

Learn to play the ukulele. Learn basic chords, progressions and strumming patterns. You'll even play popular songs at the first class. No experience? No problem! Ukuleles are available to rent. Baritone Ukuleles not covered. Instructor: Carl Ventis
Fee: \$39.00 ID \$46.80 OD / session
Activity: 302100 W: 5:00 - 6:00 pm
Sessions: 9/11 - 10/2

Beginning Guitar I

Learn the basics of acoustic guitar. Topics include rhythm technique, chords, playing with others and music theory. We will ensure individual attention, a fun learning environment and opportunity to address questions. Guitars not provided. Instructor: Carl Ventis.
Fee: \$39.00 ID \$46.80 OD / session
Activity: 302106 M: 5:00 - 6:00 pm
Sessions: 9/9 - 30

let's dance.

The Notables Swing Band
Sunday, September 8
2:00 - 4:00 pm
\$5 per person

Medicare Informational Meetings

The ABC & D's of Medicare

Thursday, Sept. 5 4:00 - 5:00 pm - Free
Join us for an informational Q & A session about Medicare.

Social Security Basics

Wednesday, Sept. 18 , 4:30 - 5:30 pm - Free
Eligible for Social Security soon? Come join us to learn about the many options available that are right for you!

Medicare 101

Wednesday, Sept. 18 , 5:30 - 6:30 pm - Free
If you are new to Medicare, this program will provide the basic knowledge needed to understand Medicare.

Health Clinics at BSC

Blood Pressure Checks - Free

September 4 & 18

9:30 - 10:30 am; drop in

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 - Free

3rd Thursday of the month ~ 5:00 - 6:00 pm

Call (541) 948-7214 for more info

Ear/Hearing Care & Consultations - Free

Provided by licensed audiologist

Thursday, October 3

10:00 - 11:30 am Drop in