


# Bend Senior Center

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

# September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Closed for Labor Day Holiday 	3 7:35 Stretch & Strength 7:45 Cardio Dance Fusion 8:45 Cardio Ball 9:00 Strength & Cond. 9:35 24 Movement Tai Chi 10:15 Walk with Ease- 10:15 Yoga Fundamentals 11:30 Chair Yoga 11:45 SOUPER Tuesday 12:00 Mahjong Players 12:45 Afternoon Movie - <i>Aladdin</i> 1:00 Knitters Social 3:15 Gentle Yoga for Mindfulness 4:00 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging 5:35 Cardio Dance Fusion	4 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:30 Blood Pressures 10:00 Beg Line Dance 10:00 Zumba Gold 11:30 Strength, Tone & Mightier Bone 12:30 Duplicate Bridge 12:45 Group Fitness 2:00 8/24 Movement Tai Chi 4:00 Zumba 4:30 Pilates Mat 5:30 Yoga 101	5 7:35 Stretch & Strength 8:45 Beginning Barre 9:00 Zumba Gold 9:30 Strength & Condition 10:15 Move to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:30 Chair Yoga 12:00 Mahjong 1:00 Afternoon Dance 3:15 Yoga for Mindfulness 4:00 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging 4:00 ABCs & Ds of Medicare 5:35 Barre Body	6 7:35 Stretch & Strength 7:45 Pilates Foundations 8-10 Fit. Ctr. Orientation 8:30 Western Antique Aeroplane & Automobile Museum 8:30 24 Tai Chi 9:00 Restorative Yoga Flow 8:45 Fitness Variety 10:15 Indoor Cardio Walk 10:00 Beginning Barre 10:00 Beg. Plus Line Dance 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Group Fitness 12:30 Pinochle	7 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge	
8 2:00-4:00 pm The Notables Swing Band Dance \$5 per person	9 7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Strength Tone & Mightier Bone 10:00 Zumba Gold 10:15 Move 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 4:00 Dancing Thru the Decades 4:30 Pilates Mat 4:30 Yoga for Healthy Aging 5:00 Beginning Guitar I 5:35 Barre Body 6:10 Country Western Line Dance 7:15 Foxtrot	10 7:35 Stretch & Strength 7:45 Cardio Dance Fusion 8:45 Cardio Ball 9:00 Strength & Cond. 9:35 24 Movement Tai Chi 10:15 Walk with Ease- 10:15 Yoga Fundamentals 11:30 Chair Yoga 11:45 Hot Dog! We're Home Luncheon 12:00 Mahjong Players 12:45 Afternoon Movie - <i>Poms</i> 1:00 Knitters Social 3:15 Gentle Yoga for Mindfulness 4:00 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging 5:35 Cardio Dance Fusion	11 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 9:30 Crochet: Beginning Anigurumi Toys 10:00 Stand Tall Don't Fall 10:00 Beg Line Dance 10:00 Zumba Gold 10:00 BSC Book Group II 11:30 Strength, Tone & Mightier Bone 12:30 Duplicate Bridge 12:45 Group Fitness 1:00 Senior Scams & Fraud 2:00 8/24 Movement Tai Chi 4:00 Zumba 4:30 Pilates Mat 5:00 Beginning Ukulele 5:30 Yoga 101	12 7:35 Stretch & Strength 8:45 Beginning Barre 9:00 Zumba Gold 9:30 Strength & Condition 10:15 Move to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:00 Out to Lunch Bunch: <i>Food Cart Edition</i> 11:30 Chair Yoga 12:00 Mahjong 1:00 Fun With Acrylics-Poppy Glory 1:00 Afternoon Dance 3:15 Yoga for Mindfulness 4:00 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging 5:35 Barre Body	13 7:35 Stretch & Strength 7:45 Pilates Foundations 8-10 Fit. Ctr. Orientation 8:30 24 Tai Chi 9:00 Restorative Yoga Flow 8:45 Fitness Variety 10:15 Indoor Cardio Walk 10:00 Beginning Barre 10:00 Beg. Plus Line Dance 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Group Fitness 12:30 Pinochle	14 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge	
15	16 7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Strength Tone & Mightier Bone 10:00 Zumba Gold 10:15 Move 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 4:00 Dancing Thru the Decades 4:30 Pilates Mat 4:30 Yoga for Healthy Aging 5:00 Beginning Guitar I 5:35 Barre Body 6:00 Beginning Square Dance 6:00 iPad Essentials 6:10 Country Western Line Dance 7:15 Foxtrot	17 7:35 Stretch & Strength 7:45 Cardio Dance Fusion 8:45 Cardio Ball 9:00 Strength & Cond. 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>Tolkien</i> 1:00 Knitters Social 3:15 Gentle Yoga for Mindfulness 4:00 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging 5:00 Get Creative with the Spiralizer 5:35 Cardio Dance Fusion	18 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 9:30 Crochet: Beginning Anigurumi Toys 10:00 Stand Tall Don't Fall 10:00 Beg Line Dance 10:00 Zumba Gold 11:30 Strength, Tone & Mightier Bone 12:30 Duplicate Bridge 12:45 Group Fitness 2:00 8/24 Movement Tai Chi 4:00 Zumba 4:30 Pilates Mat 4:30 Social Security Basics 5:00 Beginning Ukulele 5:30 Yoga 101 5:30 Medicare 101	19 7:35 Stretch & Strength 8:45 Beginning Barre 9:00 Zumba Gold 9:30 Strength & Condition 10:15 Move to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:30 Chair Yoga 12:00 Mahjong 1:00 Afternoon Dance 3:15 Yoga for Mindfulness 4:00 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging 5:35 Barre Body 6:00 Beginning Square Dance	20 7:35 Stretch & Strength 7:45 Pilates Foundations 8-10 Fit. Ctr. Orientation 8:30 24 Tai Chi 9:00 Restorative Yoga Flow 8:45 Fitness Variety 10:15 Indoor Cardio Walk 10:00 Beginning Barre 10:00 Beg. Plus Line Dance 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Group Fitness 12:30 Pinochle	21 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 10:30 With Your Child: Learn Bake Eat 11:30 Social Bridge	
22	23 7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Strength Tone & Mightier Bone 10:00 Zumba Gold 10:15 Move 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 4:00 Dancing Thru the Decades 4:30 Pilates Mat 4:30 Yoga for Healthy Aging 5:00 Beginning Guitar I 5:35 Barre Body 6:00 iPad Essentials 6:10 Country Western Line Dance 7:15 Foxtrot	24 7:35 Stretch & Strength 7:45 Cardio Dance Fusion 8:45 Cardio Ball 9:00 Strength & Cond. 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>Rocket Man</i> 1:00 Knitters Social 3:15 Gentle Yoga for Mindfulness 4:00 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging 5:35 Cardio Dance Fusion	25 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 9:00 Balance Essentials 9:00 Foot Care Clinic 9:30 Crochet: Beginning Anigurumi Toys 10:00 Stand Tall Don't Fall 10:00 Beg Line Dance 10:00 Zumba Gold 11:30 Strength, Tone & Mightier Bone 12:30 Duplicate Bridge 12:45 Group Fitness 2:00 8/24 Movement Tai Chi 4:00 Zumba 4:00 Preserves & Jam 4:30 Pilates Mat 5:00 Beginning Ukulele 5:30 Yoga 101	26 7:35 Stretch & Strength 8:45 Beginning Barre 9:00 Zumba Gold 9:30 Strength & Condition 10:15 Move to Music 10:15 Functional Fitness 10:15 Yoga Fundamentals 11:30 Chair Yoga 12:00 Mahjong 1:00 Afternoon Dance 3:15 Yoga for Mindfulness 4:00 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging 5:00 Keto vs. Paleo 5:35 Barre Body	27 7:35 Stretch & Strength 7:45 Pilates Foundations 8-10 Fit. Ctr. Orientation 8:30 24 Tai Chi 9:00 Restorative Yoga Flow 8:45 Fitness Variety 10:15 Indoor Cardio Walk 10:00 Beginning Barre 10:00 Beg. Plus Line Dance 11:30 Strength, Tone & Mightier Bone 12:00 Social Bridge 12:30 Duplicate Bridge 12:45 Group Fitness 12:30 Pinochle	28 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge	
29	30 7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Strength Tone & Mightier Bone 9:00 AARP Safe Driver 10:00 Zumba Gold 10:15 Move 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 4:00 Dancing Thru the Decades 4:30 Pilates Mat 4:30 Yoga for Healthy Aging 5:00 Beginning Guitar I 5:35 Barre Body 6:00 iPad Essentials 6:10 Country West. Line Dance 7:15 Foxtrot	<p><b>Mark Your Calendars!</b></p> <p><b>October 1 12:00-3:00 pm</b></p> <p><b>For The Health of It! Health &amp; Wellness Fair</b></p> <p>Community Resources Flu Vaccines Health Screenings Community Barbecue Free!</p>					
<p><b>Bend Senior Center Staff</b></p> <p>Center Manager: Sue Glenn Program Coordinator: Brenda Chilcott Customer Service: Teri Wegner Becky Condon Gail Ferguson Colleen Linkof</p> <p>Facility Supervisors: Mark Cain, Chris Lahay Laura Spears</p>							