

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

# February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Bend Senior Center Staff</b></p> <p>Center Manager: Sue Glenn            Program Coordinator: Brenda Chilcott            Customer Service: Teri Wegner, Jenna Hilliard            Becky Condon, Jill Kidder            Gail Ferguson, Mary Brooks            Colleen Linkof            Facility Supervisors: Mark Cain, Chris Lahay, Laura Spears            Emma Bell, Imran Wolfenden</p>						9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:00 Let's Bake Bread: Sourdough, Poolish & Biga 11:30 Social Bridge
2 <b>2:00-4:00 pm The Notables Swing Band Dance \$5 per person</b>	3 7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Strength Tone & Mightier Bone 10:15 Zumba Gold 10:15 Moving to Music 10:15 Functional Fitness 11:30 Strength, Tone & Mightier Bone 11:30 Social Bridge 12:45 Strength & Condition 1:00 Duplicate Bridge 1:00 BSC Book Group 2:00 8 Movement Tai Chi 4:00 Dancing Thru the Decades 4:30 Pilates Mat 4:30 Yoga for Healthy Aging 5:00 Beg. Guitar I 6:15 Beg. Guitar II	4 7:35 Stretch & Strength 7:45 Cardio Dance Fusion 8-10 Fitness Ctr. Orientation 8:30 Qigong 8:45 Cardio Ball 9:00 Strength & Cond. 9:35 24 Movement Tai Chi 10:15 Walk with Ease- 10:15 Yoga Fundamentals 10:45 High Desert Rug Hookers 11:30 Chair Yoga 11:45 Souper Tuesday Lunch 12:00 Mahjong Players 1:00 Afternoon Movie - <i>Once Upon a Time in Hollywood</i> 1:00 Knitters Social 3:15 Gentle Yoga for Mindfulness 3:45 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging	5 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 8:45 Balance Essentials 9:30 Blood Pressures 10:00 Beg Line Dance 10:15 Zumba Gold 10:00 Stand Tall Don't Fall 11:30 Strength, Tone & Mightier Bone 12:00 Lunch & Learn: <i>Pet Loss &amp; Grief</i> 12:45 Strength & Condition 1:00 Duplicate Bridge 2:00 8/24 Movement Tai Chi 3:45 Total Body Strength & Core 4:30 Zumba 4:30 Pilates Mat 5:00 Beginning Ukulele I 6:15 Beginning Ukulele II	6 7:35 Stretch & Strength 7:45 Strength & Condition 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 Mahjong 1:00 Afternoon Dance 1:00 iPhone: Set Up 1:00 Fun With Acrylics: Snowy Day 3:15 Yoga for Mindfulness 3:45 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging 5:00 With Your Child: Bagels & Pretzels	7 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 Intermediate Line Dance 11:30 Strength, Tone & Mightier Bone 11:30 Social Bridge 12:30 Pinochle 12:45 Strength & Condition 1:00 Duplicate Bridge	8 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge 1:00 Hearty Soups & Stews
9	10 7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Strength Tone & Mightier Bone 10:15 Zumba Gold 10:15 Moving to Music 10:15 Functional Fitness 11:30 Strength, Tone & Mightier Bone 11:30 Social Bridge 12:45 Strength & Condition 1:00 Duplicate Bridge 2:00 8 Movement Tai Chi 4:00 Dancing Thru the Decades 4:30 Pilates Mat 4:30 Yoga for Healthy Aging 5:00 Beg. Guitar I 6:15 Beg. Guitar II	11 7:35 Stretch & Strength 7:45 Cardio Dance Fusion 8-10 Fitness Ctr. Orientation 8:30 Qigong 8:45 Cardio Ball 9:00 Strength & Cond. 9:35 24 Movement Tai Chi 10:15 Walk with Ease- 10:15 Yoga Fundamentals 10:45 High Desert Rug Hookers 11:30 Chair Yoga 11:45 Souper Tuesday Lunch 12:00 Mahjong Players 1:00 Afternoon Movie - <i>Harriet</i> 1:00 Knitters Social 3:15 Gentle Yoga for Mindfulness 3:45 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging	12 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 8:45 Balance Essentials 9:30 Needle Felting for Beginners 10:00 Beg Line Dance 10:15 Zumba Gold 10:00 Stand Tall Don't Fall 11:30 Strength, Tone & Mightier Bone 12:00 Lunch & Learn: <i>New Discoveries in the Treatment of Alzheimer's</i> 12:45 Strength & Condition 1:00 BSC Book Group II 1:00 Duplicate Bridge 2:00 8/24 Movement Tai Chi 3:45 Total Body Strength & Core 4:30 Zumba 4:30 Pilates Mat 5:00 Beginning Ukulele I 6:15 Beginning Ukulele II	13 7:35 Stretch & Strength 7:45 Strength & Condition 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 Mahjong 1:00 Afternoon Dance 1:00 iPhone: App Store & iTunes 3:15 Yoga for Mindfulness 3:45 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging	14 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 Intermediate Line Dance 11:30 Strength, Tone & Mightier Bone 11:30 Social Bridge 12:30 Pinochle 12:45 Strength & Condition 1:00 Duplicate Bridge	15 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge
16	17 7:35 Stretch & Strength 8-10 Fitness Ctr. Orientation 8:45 Cardio Dance Fusion 8:45 Fitness Variety 8:45 Strength Tone & Mightier Bone 10:15 Zumba Gold 10:15 Moving to Music 10:15 Functional Fitness 11:30 Strength, Tone & Mightier Bone 11:30 Social Bridge 12:45 Strength & Condition 1:00 Duplicate Bridge 2:00 8 Movement Tai Chi 4:00 Dancing Thru the Decades 4:30 Pilates Mat 4:30 Yoga for Healthy Aging 5:00 Beg. Guitar I 6:15 Beg. Guitar II	18 7:35 Stretch & Strength 7:45 Cardio Dance Fusion 8-10 Fitness Ctr. Orientation 8:30 Qigong 8:45 Cardio Ball 9:00 Strength & Cond. 9:35 24 Movement Tai Chi 10:15 Walk with Ease- 10:15 Yoga Fundamentals 10:45 High Desert Rug Hookers 11:30 Chair Yoga 11:45 Souper Tuesday Lunch 12:00 Mahjong Players 1:00 Afternoon Movie - <i>The Farewell</i> 1:00 Knitters Social 3:15 Gentle Yoga for Mindfulness 3:45 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging	19 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 8:45 Balance Essentials 10:00 Beg Line Dance 10:15 Zumba Gold 10:00 Stand Tall Don't Fall 11:30 Strength, Tone & Mightier Bone 12:00 Lunch & Learn: <i>Healing Well With Chinese Medicine</i> 12:45 Strength & Condition 1:00 Duplicate Bridge 2:00 8/24 Movement Tai Chi 3:45 Total Body Strength & Core 4:30 Zumba 4:30 Pilates Mat 5:00 Beginning Ukulele I 6:15 Beginning Ukulele II	20 7:35 Stretch & Strength 7:45 Strength & Condition 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 Mahjong 1:00 Afternoon Dance 1:00 iPhone: Internet & Mail 3:15 Yoga for Mindfulness 3:45 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging 5:00 Winter Warming Dishes	21 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 Intermediate Line Dance 11:30 Strength, Tone & Mightier Bone 11:30 Social Bridge 12:30 Pinochle 12:45 Strength & Condition 1:00 Duplicate Bridge 5:00 A Taste of Japan: Tempura	22 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:30 Social Bridge 1:00 Northern African Flavors
23	24 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 10:15 Zumba Gold 10:15 Moving to Music 10:15 Functional Fitness 11:30 Strength, Tone & Mightier Bone 11:30 Social Bridge 12:45 Strength & Condition 1:00 Duplicate Bridge 2:00 8 Movement Tai Chi 4:00 Dancing Thru the Decades 4:30 Pilates Mat 4:30 Yoga for Healthy Aging 5:00 Beg. Guitar I 6:15 Beg. Guitar II	25 7:35 Stretch & Strength 7:45 Cardio Dance Fusion 8:30 Qigong 8:45 Cardio Ball 9:00 Strength & Cond. 9:35 24 Movement Tai Chi 10:15 Walk with Ease- 10:15 Yoga Fundamentals 10:45 High Desert Rug Hookers 11:30 Chair Yoga 11:45 Souper Tuesday Lunch 12:00 Mahjong Players 1:00 Afternoon Movie - <i>The Favorite</i> 1:00 Knitters Social 3:15 Gentle Yoga for Mindfulness 3:45 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging	26 7:35 Stretch & Strength 8:15 Indoor Cardio Walk 8:30 Nia 8:45 Balance Essentials 10:00 Beg Line Dance 10:15 Zumba Gold 10:00 Stand Tall Don't Fall 11:30 Strength, Tone & Mightier Bone 12:00 Lunch & Learn: <i>Ketogenic Diet 101-Is it good for you?</i> 12:45 Strength & Condition 1:00 Duplicate Bridge 2:00 8/24 Movement Tai Chi 3:45 Total Body Strength & Core 4:30 Zumba 4:30 Pilates Mat 5:00 Beginning Ukulele I 6:15 Beginning Ukulele II	27 7:35 Stretch & Strength 7:45 Strength & Condition 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 Mahjong 1:00 Afternoon Dance 1:00 iPhone: Contacts & Calendars 3:15 Yoga for Mindfulness 3:45 Strength Tone & Mightier Bone 4:30 Yoga for Healthy Aging 5:00 With Your Child: Bagels & Pretzels	28 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 Intermediate Line Dance 11:30 Strength, Tone & Mightier Bone 11:30 Social Bridge 12:30 Pinochle 12:45 Strength & Condition 1:00 Duplicate Bridge 5:00 Latin American Empanadas	29 9:00 Strength & Conditioning 9:15 Zumba Gold 10:30 Yoga Pilates 11:00 Italian Cheeses Made at Home 11:30 Social Bridge