

## 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

Council on Aging of Central Oregon  
Administrative Offices  
373 NE Greenwood Ave.,  
Bend, OR 97701  
(541) 678-5483

Meals on Wheels  
Office located at the  
1036 NE 5th Street  
(541) 604-5763

SHIBA  
Senior Health  
Insurance Benefits  
Assistance available  
through  
Council on Aging  
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

## 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.

### 2/5 Pet Loss & Grief

Angela Vanderpool,  
Grief Recovery Counselor

### 2/12 New Discoveries in the Treatment of Alzheimer's

Kaitlyn Bertholet,  
Alzheimer's Association

### 2/19 Healing Well with Chinese Medicine

Mark Montgomery,  
Bend Community Healing

### 2/26 Ketogenic Diet 101 - Is it good for you?

Nicole Lamb, Nutritional Health  
Coach, M.S. Nutrition

## FREE

### Tuesday Afternoon at the Movies 1:00 - 3:00 pm

Join us every Tuesday as we host a free movie in the North Event Room.

Bring your love of drama, comedy and adventure as needed!

### Feb 4 Once Upon a Time in Hollywood R

Starring: Leonardo DiCaprio,  
Brad Pitt & Margot Robbie

### Feb 11 Harriet PG-13

Starring: Cynthia Erivo, Leslie  
Odom Jr., & Joe Alwyn

### Feb 18 The Farewell PG

Starring: Tzi Ma, Shuzhen Zaho,  
Han Chen & Aoi Mizuh

### Feb 25 The Favorite PG 13

Starring: Luke Benjamin Bernard,  
John Schneider & Mollee Gray



## February 3 - April 15

The Bend Senior Center is once again hosting the all volunteer AARP Tax Aide Program for 2020. We will be using an 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 [www.bendseniorcenter.org](http://www.bendseniorcenter.org)

Click on the **AARP Tax** button. 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.

# bend senior center news

february 2020

## Noteworthy Dates

**Dance to The Notables Swing Band**  
Sunday, February 2  
2:00 - 4:00 pm  
\$5 per person

**Open Hearts Open House Community Appreciation Week**  
February 8 - 14

**The Senior Center will be open Presidents' Day**  
Monday, February 17

**AARP Driver's Safety Class**  
Monday, February 24  
9:00 am - 4:00 pm

**AARP Tax Aide Program**  
Appointments are now available.  
Call 541-706-6234 to schedule.

**Mark Your Calendars!**  
**Annual St. Patrick's Day Dinner Dance**  
Friday, March 13th,  
6:00 - 9:00 pm  
Music by  
The Notables Swing Band  
Tickets on sale now!  
\$12 per person

## Cold & Flu Season Precautions

More than likely, you've heard that this year's cold and flu season is one of the worst we have had in years. To make things worse, older adults and those with compromised immune systems are especially susceptible.

Bend Senior Center staff wants you to know that we are working very hard to reduce the chance of you catching a cold or the flu while you are here. By working together with our patrons, we can help minimize the transmission of cold and flu germs.

### Here is what we are doing to reduce the spread of colds and the flu:

- Hand sanitizer dispensers are in all rooms.
- Provide hand sanitizer in program areas.
- Janitorial staff daily disinfects hard surfaces throughout the building; such as hand rails, door knobs, counters, tables, etc.
- Bathrooms are cleaned and disinfected each evening.
- Facility staff daily disinfects hand weights, bars, balls, bands, handles on equipment, etc.
- Fitness equipment/machines are disinfected daily.
- Yoga mats and floor mats are disinfected weekly.

### Here's how you can help reduce the spread of colds and flu:

- First and foremost, stay home if you are ill.
- Cover your mouth when you cough.
- Wash your hands thoroughly and use hand sanitizer.
- If you haven't already, get a flu shot. Talk to your doctor for advice.
- Use the disinfectant wipes provided in fitness areas to wipe down your equipment before and after use.

Thank you for your efforts in helping our community stay healthy!

## Open Hearts Open House Appreciation Week

Join us as we celebrate our great instructors, staff and fabulous patrons during Open Hearts & Open House Community Appreciation week, February 8 - 14 at BSC. Share your "why" on the celebration board. Attend a Lunch & Learn, take a fitness class or learn something new in one of our many adult enrichment offerings.

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



play for life

## UPCOMING WINTER-SPRING CLASSES

For specific class information, see our  
*Winter Spring Playbook*

### Hearty Soups & Stews

There's nothing quite as comforting as hot delicious soups when it's cold outside. Learn how to make healthy, hearty soups to freeze and use later. We will make Tuscon white bean, kale and sausage soup; butternut squash soup and chicken; and green chili rice soup. Bring your aprons, freezer containers and lots of energy for a fun filled afternoon. Instructor: Shannon Hodgen  
\$59.00 ID \$70.80 OD / session Activity: 102231 Sa: 1:00 - 4:00 pm  
Session: 2/8

### Winter Warming Side Dishes

We will prepare hearty, warming winter vegetable dishes from hearty greens and winter squash dishes to root vegetables. Create delicious dishes using classic winter staples: herb-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: 2/20

### Taste of Japan: Takeout Favorites

Come take a tour of signature Japanese dishes. Discover a healthy new world of flavorful dishes - all without leaving Bend.

### Taste of Japan: Tempura

Learn to make a takeout favorite right in your own home. In this class we will make shrimp and vegetable tempura, steamed rice and miso soup. Instructor: Chieko Saito  
\$49.00 ID \$58.80 OD / session  
Activity: 102259  
F: 5:00-8:00 pm  
Session: 2/21

### Let's Bake Bread: Sourdough, Poolish & Biga

Join us for an introduction to these amazing bread beginnings. You will work with natural yeasts and cultured starters as you learn to manage the rising times to develop and enhance the correct crumb and texture of our bread products. Join us for a better understanding of bread mastery. Instructor: Elizabeth Guerin  
\$59.00 ID \$70.80 OD / session Activity: 102247 Sa: 11:00 am - 2:00 pm  
Session: 2/1



### Italian Cheeses Made at Home

In this hands-on cheese making class, you will see how mozzarella and mascarpone are made and then turn up the heat to make your very own ricotta with a few basic ingredients. Sample cheeses and take home cheese-making products.  
Instructor: Elizabeth Guerin  
\$59.00 ID \$70.80 OD / session  
Activity: 102220  
Sa: 11:00 am - 2:00 pm  
Session: 2/29



### Learn to Make Cultured Dairy Products

Learn how to make several cultured dairy products from fresh milk, including kefir, buttermilk and sour cream. This hands-on class will take you through the process from milk to the final stages of cultured dairy success.  
Instructor: Elizabeth Guerin  
\$49.00 ID \$58.80 OD / session Activity: 102217  
Sa: 11:00 am - 1:00 pm  
Session: 3/14

### Strong & Supple Feet

Create strong and supple feet for a great base! Certified Personal Trainer, Dave Zimmerman will coach you on a series of exercises targeted to strengthen feet, ankles and legs. Your feet are your foundation so give them the attention they deserve to help avoid injury from the long-term stress they receive.  
\$49.00 ID \$58.80 OD / session  
Activity: 102778  
Tu: 1:15 - 2:45 pm  
Session: 3/17 - 4/7

### Get to Know Your iPhone Series

This series of classes will allow you to customize your learning experience as you seek to become a more effective iPhone user. Instructor: Robyn Lyman  
\$19.00 ID \$22.80 OD / session

#### IPHONE: SETUP & CUSTOMIZATION

Got a new iPhone or don't know where to start? This is the first step when learning the iPhone. We will start off with the basics then move onto personalizing the phone to your liking. Activity: 102551  
Th: 1:00 - 2:30 pm Session: 2/6

#### IPHONE: APPS & ITUNES STORE

Get the most out of your iPhone by discovering new and powerful apps to make everyday life better and easier. We will also look at iTunes store for music, movies, ringtones and more. Activity: 102552  
Th: 1:00 - 2:30 pm Session: 2/13

#### IPHONE: INTERNET & MAIL

Explore Apple's in house web browser, Safari, and how 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. Activity: 102553  
Th: 1:00 - 2:30 pm Session: 2/20

#### IPHONE: CONTACTS & CALENDAR

Learn how to fill out a contact form in its entirety. Including how to add events into the calendar using not only time and dates but adding reminders, alerts and repeating events. Activity: 102554  
Th: 1:00 - 2:30 pm Session: 2/27

### Fitness passes through health plans?

Ask us how. You may be eligible to receive no-cost or low-cost fitness passes to Bend Senior Center and Juniper Swim & Fitness Center through your health plan. Juniper passes will be available beginning January 1. One-in-five people 65 and older is eligible for a fitness benefit included in select Medicare Advantage health plans. The following plans are included:

- Silver & Fit
- Silver Sneakers
- Renew Active United Healthcare

## let's dance.

### The Notables Swing Band

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

Come dance to jazz standards of the 30's and 40's.

### Thursday Afternoon Dance

Every Thursday, 1:00 - 2:30 pm

Free

Enjoy the Mem'ry Makers & The Alley Cats

### Souper Tuesday 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 1:00 pm Tuesday movie. Special thanks to Whispering Winds and Cascades of Bend for each providing monthly Souper Tuesday Lunch.

### Health Clinics

#### Blood Pressure Checks

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

#### Social Security 101 & Medicare Information Session

Question & answer session about Medicare  
Third Wednesdays 4:30 - 5:30 pm

#### ABC's & Ds of Medicare

First Thursdays 4:00 - 5:00 pm

#### Alzheimer's/Dementia Caregiver Support Group Meeting

3rd Thursdays 5:00 - 6:00 pm  
Call (800) 272-3900 for more information

#### Ear/Hearing Care & Consultations

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

Provided by licensed audiologist.