

players must sign up beforehand through MeetUp. Bring a racquet if you have one; 7-9 p.m.; \$10; Bend Hoops, 1307 NE First St, Bend; meetup.com/bend-badmi.

Tuesday 7/26

Paddle + Pint: Every Tuesday the beer club will bring outdoor enthusiasts together for an adventure + tasty post-SUP brew; 6-8 p.m.; \$35-\$45 reserve spot online; Boss Rambler Beer Club, 1009 NW Galveston Ave., Bend; schedulicity.com/scheduling/POAMHLH or 503-888-5624.

Tai Chi with Grandmaster Franklin: This holistic approach focuses on the entire body as well as the mental and spiritual aspects; 9:45-10:45 a.m.; \$80 first class is free; Unitarian Universalist Fellowship, 61980 Skyline Ranch Road, Bend; grandmaster-franklin.com or 541-797-9620.

Wednesday 7/27

CLBC Bend Brewpub Run: Meet at Cascade Lakes Brew Pub for a 3-5 mile run and then enjoy food and drinks afterwards; 5:30-7:30 p.m.; free; Cascade Lakes Brewpub, 1441 SW Chandler Ave., Bend; facebook.com/CascadeLakesBrewingCo or 541-388-4998.

Oregon High Desert Classics: Watch the horse racing show that attracts world class riders from all over the US and Canada; see website for schedule, call reservations; J Bar J Ranch, 62896 Hamby Road, Bend; oregonhighdesertclassics.org or 541-410-0033.

Pacific Northwest Classic 2022: Watch more than 700 pickleball players compete for a \$25k purse; free; Pine Nursery Park, 3750 NE Purcell Blvd., Bend; bendpickleballclub.com.

KIDS & FAMILY

Friday 7/22

Balloons Over Bend: Watch the balloons launch each morning at sunrise and then head down to the Night Glow festival for an evening of music, food, glow-in-the-dark balloons and more; 4-10 p.m.; \$7-\$10 for Night Glow festival, balloon launches are free to watch; Bend Campus-Central Oregon Community College, 2600 NW College Way, Bend; balloonsoverbend.com or 541-383-7700.

Galveston Street Market: A local vendor's market with the goal of bringing community together while and mentoring new and seasoned makers alike; 5-9 p.m.; free; Big O Bagels-Westside, 1032 NW Galveston Ave., Bend; instagram.com/galveston_street_market or 541-383-2446.

Saturday 7/23

Balloons Over Bend: Watch the balloons launch each morning at sunrise and then head down to the Night Glow festival for an evening of music, food, glow-in-the-dark balloons and more; 5-10 p.m.; \$7-\$10 for Night Glow festival, balloon launches are free to watch; Bend Campus-Central Oregon Community College, 2600 NW College Way, Bend; balloonsoverbend.com or 541-383-7700.

Central Oregon Llama Field Day: Hands on llama fun for the whole family; 10 a.m.-2 p.m.; free; Wild Oak Llama Ranch, 66250 Gerking Market Road, Bend; centraloregonllamas.org or 541-410-9447.



Dancers practice moving to the different rhythmic and melodic structures in tango music while learning how to Argentine tango Wednesday evening at the Sons of Norway Hall. Central Oregon Tango offers the hourlong class every Wednesday at 6:30.

Summer Heritage Walking Tours: Join the Deschutes Historical Museum for guided walking tours around Bend's downtown district, neighborhoods, and sites; 10:30 a.m.-noon; \$10; Deschutes Historical Museum, 129 NW Idaho Ave., Bend; deschuteshistory.org or 541-389-1813.

Sunday 7/24

Balloons Over Bend: Watch the balloons launch each morning at sunrise and then head down to the Night Glow festival for an evening of music, food, glow-in-the-dark balloons and more; 4-10 p.m.; \$7-\$10 for Night Glow festival, balloon launches are free to watch; Bend Campus-Central Oregon Community College, 2600 NW College Way, Bend; balloonsoverbend.com or 541-383-7700.

LECTURES & CLASSES

Thursday 7/21

Homegrown Renewables — Creating an energy plan for Deschutes County: Learn about the work being done to launch an energy plan for Deschutes County and how you can get involved; 5-6:30 p.m.; free; The Environmental Center, 16 NW Kansas Ave., Bend; envirocenter.org or 541-385-6908.

Friday 7/22

Couples Massage Workshop: Learn to give your partner a back, neck, hand and foot massage during these single-session, one couple, 2- or 4-hour massage classes; 10 a.m.; \$200-\$350 Varies; Taproot Bodywork Studio, Cline Falls Road, Tumalo; taprootbodywork.com or 503-481-0595.

Saturday 7/23

Couples Massage Workshop: Learn to give your partner a back, neck, hand and foot massage during these single-session, one couple, 2- or 4-hour massage classes; 10 a.m.; \$200-\$350 Varies; Taproot Bodywork Studio, Cline Falls Road, Tumalo; taprootbodywork.com or 503-481-0595.

Sunday 7/24

Couples Massage Workshop: Learn to give your partner a back, neck, hand and foot massage during these single-session, one couple, 2- or 4-hour massage classes; 10 a.m.; \$200-\$350 Varies; Taproot Bodywork Studio, Cline Falls Road, Tumalo; taprootbodywork.com or 503-481-0595.

Wolf Watching in Yellowstone Park: Learn insider tips and tricks to making the most of your wolf watching adventure; 3-4 p.m.; free; Downtown Bend Public Library, 601 NW Wall St., Bend; deschuteslibrary.org or 541-617-7050.

Monday 7/25

Bend Zen Meditation Group: Two 25-minute sits followed by a short Dharma discussion; 6:45-8:30 p.m.; free, donations accepted; Trinity Episcopal Church, Brooks Hall, 469 NW Wall St., Bend; bendzen.net or 541-382-5542.

Tuesday 7/26

Japanese Bento Workshop: Create a work of art through food for your lunch box; 6-7:30 p.m.; free registration is required; Downtown Bend Public Library, 601 NW Wall St., Bend; deschuteslibrary.org or 541-312-1029.

Meaningful Activities for People Living with Dementia Webinar: Learn how to use past interests of work, leisure, self-care, and relaxation to support your loved one with memory impairment; 7-8:30 p.m.; free; Oregon Care Partners, Bend; oregoncarepartners.com.

FILSON
SINCE 1897

LES NEWMAN'S

QUALITY OUTDOOR WEAR

On NE Franklin Avenue across from Les Schwab

541-318-4868