

2024 May

REDMOND PARKS & REC
WEEKLY SCHEDULE
541-548-7275

MON

7:45-8:45 Fitness 4 Life
9:45-10:20 PowerCut Plus
10:35-11:35 Silver Sneakers Classic

TUE

7:45-8:45 Zumba
9:15-10:20 Balance & Core
5:30-6:30 Power Combo

WED

7:45-8:45 Fitness 4 Life
9:15-10:20 Powercut Plus
10:35-11:35 Silver Sneakers Classic

5:30-6:30 Dance Fitness

Thur

7:45-8:45 Fitness 4 Life
9:15-10:20 Yoga Strong
5:30-6:30 Power Combo

FRI

7:45-8:45 Zumba
9:15-10:20 Cardio Kickboxing
10:35-11:35 Silver Sneakers Classic



325 NW Dogwood Ave.
Redmond, OR 97756
(541) 548-6325
www.RedmondSeniors.org

Monday Tuesday Wednesday Thursday Friday



<p>1 MAY DAY</p> <p>10:15 Phase Ten 11:45 Lunch 1:00 Poker 1:00 Yahtzee 1_2 Intro to Crochet 1:00 Fraud-1st Interstate Bank</p>	<p>2 • Senior Mental Awareness Day</p> <p>10-11:30 Line Dancing 11-3 Manicures 11:45 Lunch 12:00 Hulu performance 1:00 Bingo</p>	<p>3 10-11:30 Arts & Crafts 10:15 Cards w/Friends 11:00 Hulu with Mailey 11:45 Lunch 12-1 John Tuck Kids SING 12:30 Walk to Coffee</p>
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<p>6 10:30 Ping Pong 11:45 Lunch 1:00 Jewelry Craft 1-3 Pickleball</p>	<p>7 11-12:30 Band/Bros 11-3 Manicures 11:30 Pinochle 11:45 Lunch 1-2:30 Line Dancing 1-3 Pickleball</p>	<p>8 10:00 Spinners 10:15 Phase Ten 11:45 Lunch 1:00 Poker 1:00 Yahtzee 1-2 Intro to Crochet</p>	<p>9 10-11:30 Line Dancing 11-3 Manicures 11:45 Lunch 1:00 Bingo</p>	<p>10 9:00 Feet Retreat 10-11:30 Arts & Crafts 10:15 Cards with Friends 10-11 Hulu with Mailey 11:45 Lunch 12:30 Walk to Coffee</p>
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<p>13 10:30 Ping Pong 11:45 Lunch 1-3 Pickleball 1:00 Bunco</p>	<p>14 11-12:30 Band/Bros 11-3 Manicures 11:30 Pinochle 11:45 Lunch 1-2:30 Line Dancing 1-3 Pickleball</p>	<p>15 9:00 Feet Retreat 10:15 Phase Ten 11:45 Lunch 1-2 Aging Well w/Joelle 1:00 Poker 1:00 Yahtzee 1:00 Intro to Crochet 1:00 Fraud-1st Interstate Bank</p>	<p>10-11:30 Line Dancing 11:45 Lunch 1:00 Bingo 1:00 Physical Fitness/Mindfulness w/Teresa Brown</p>	<p>17 10:15 Cards with Friends 10-11 Hulu with Mailey 11:45 Lunch 12:45 Walk to Coffee 1:00 Happy Hour Lindy Gravelle</p>
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<p>20 10:15 Ping Pong 11:45 Lunch 1:00 Jewelry Craft 1:00 Pickleball</p>	<p>21 11-12:30 Band/Bros 11-3 Manicures 11:30 Pinochle 11:45 Lunch 1-2:30 Line Dancing 1-3 Pickleball</p>	<p>22 10:15 Phase Ten 11:45 Lunch 1:00 Poker 1:00 Ice Cream Sundaes 1:00 Intro to Crochet</p>	<p>23 10-11:30 Line Dancing 11-3 Manicures 11:45 Lunch 1:00 Bingo</p>	<p>24 10-11:30 Arts & Crafts 10:15 Cards with Friends 10-11 Hulu with Mailey 11:45 Lunch 12:45 Walk to Coffee</p>
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<p>27 MEMORIAL DAY</p>	<p>28 11-12:30 Band/Bros 11-3 Manicures 11:30 Pinochle 11:45 Lunch 1-2:30 Line dancing 1-3 Pickleball</p>	<p>29 10:15 Phase Ten 11:45 Lunch 1:00 Poker 1:00 Yahtzee 1:00 Intro to Crochet</p>	<p>30 10-11:30 Line Dancing 11-3 Manicures 11:45 Lunch 1:00 Bingo</p>	<p>31 10-11:30 Arts & Crafts 10:15 Cards with Friends 10-11 Hulu with Mailey 11:45 Lunch 12:45 Walk to Coffee</p>
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