

AUGUST 2025

REDMOND PARKS & REC WEEKLY SCHEDULE

(541)548-7275
MON

7:45-8:45 Fitness 4 Life
9:15-10:20 PowerCut Plus
TUE

7:45-8:45 Zumba
9:15-10:20 Balance & Core
10:35-11:35 Zumba Gold
5:30-6:30 Power Combo
WED

7:45-8:45 Fitness 4 Life
9:15-10:20 PowerCut Plus
5:30-6:30 Dance Fitness
THU

7:45-8:45 Fitness 4 Life
9:15-10:20 Yoga Strong
10:35-11:35 Silver Sneakers Yoga
5:30-6:30 Power Combo
FRI

7:45-8:45 Zumba
9:15-10:20 Cardio Kickboxing

MON	TUE	WED	THU	FRI
Lunch Served 11:45-12:30 M-F 	Programs & Activities \$5.00/\$3.00 Members Nails by Angela \$10.00/\$5.00 Members * Pre-Payment Required	ELVIS WEEK 11-15 	SELF CARE MONTH	1. 10:35 Therapeutic Mobility 10:30 Firefighters Heart Watch 10:00 Cards w/Friends (Spite & Malice) 10:00 Mexican Train 12:30 Walk to Coffee 1:00 Arts & Crafts w/Angela
4. 10:35 Therapeutic Mobility 11:30 Bridge 1:00 Pickleball 1:00 Cooking Class w/Angela* (Yellow Squash Fritters)	5. 10-1 Massage Therapy 10-1:00 Indian Head Casino 10:00 Card Sharks (Hand & Foot) 1:00 Cross Stitch class 1:00 Pickleball 1-2:30 Line Dancing	6. 10:35 Therapeutic Mobility 11:00 Meet & Greet 1:00 Poker w/Friends 1:00 Crochet Club	7. 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela-by Appointment* 1:00 BINGO! 1:00 Pickleball	8. 9:00 Feet Retreat 10:35 Therapeutic Mobility 10:00 Cards w/Friends (Spite & Malice) 10:00 Mexican Train 12:30 Walk to Coffee 1:00 Movie Matinee & Popcorn (Steel Magnolias)
11. 10:35 Therapeutic Mobility 11:30 Bridge 12:00 Elvis Trivia 12:30 Heart Warmers 1:00 Pickleball 	12. 10-1 Massage Therapy 10:00 Card Sharks (Hand & Foot)) 10:30 Nails by Angela- by Appointment* 12:00 Elvis Name that Tune 1:00 Cross Stitch class 1:00 Pickleball 1:00 Line dancing 1:30 RSC Creative co-op 	13. 10:00 Medicare Insurance Assistance 10:00 RSC Wellbeing Series 10:00 Spinners Guild 10:35 Therapeutic Mobility 1:00 Elvis Movie/Popcorn (Blue Hawaii) 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Ukulele 	14. 10:00 Cards w/friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela-by Appointment* 12:00 Elvis Memories 1:00 BINGO! 1:00 Pickleball 	15. 10:33 Therapeutic Mobility 10:00 Cards with Friends (Spite & Malice) 10:00 Mexican Train 12:00 Celebrate Birthdays! 12:30 Walk to Coffee 12:30-1:30 Prestige High Dessert 1:00 Happy Hour/Elvis Impersonator/Dress up 50's & 60's 
18. 10:35 Therapeutic Mobility 11:30 Bridge 1:00 Cooking Class w/Angela* (Zucchini rounds) 1:00 Pickleball	19. 10-1 Massage Therapy 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela-by Appointment* 1:00 Book signing w/James Morris 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing	20. 9:00 Feet Retreat 10:35 Therapeutic Mobility 11:45 Veterans Appreciation Lunch 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Book Club (The Orphans Tale by Pam Jenoff) 3:00 Cards for a Cause	21. 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela-by Appointment* 1:00 BINGO! 1:00 Pickleball	22. 10:00 Cards w/Friends 10:00 Mexican Train 10:35 Therapeutic Mobility 12:30 Walk to Coffee 12:30-1:30 Prestige High Desert
25. 10:35 Therapeutic Mobility 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball	26. 10-1 Massage Therapy 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela-by Appointment* 1:00 Cross Stitch Class 1:00 Pickleball 1:30 RSC Creative co-op 1-2:30 Line Dancing	27. 10:35 Therapeutic Mobility 10:30 Wellness Series Connect 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Ukulele	28. 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela-by Appointment* 1:00 Bingo! 1:00 Pickleball	29. 10:00 Just 4 fun Band 10:00 Cards w/Friends 10:00 Mexican Train 10:35 Therapeutic Mobility 12:30 Walk to Coffee 12:30-1:30 Prestige High Desert 1:00 Arts & Crafts w/Sonya

All listings are subject to changes without notice.



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