

AUGUST 2026

REDMOND SENIOR CENTER EXERCISE CLASSES

\$3.00 Members

**\$5.00 Non-
Members**

MON

10:35 Therapeutic Mobility
w/Marnae

11:30 Qigong w/Elle

TUE

11:45 Groove & Move

WED

10:35 Therapeutic Mobility
w/Marnae

THU

11:45 Groove & Move

FRI

9:15 Yoga for bone & joint
health w/Monica

10:35 Therapeutic Mobility
w/Monica

11:30 Qigong w/Elle

*** PRE-REGISTRATION
REQUIRED FOR NEW
ATTENDEES**

**** REGISTRATION
REQUIRED**

Monday	Tuesday	Wednesday	Thursday	Friday
3. 10:00 Line Dancing 11:30 BRIDGE* 1:00 PICKLEBALL* 1:00 COOKING W/ANGELA (Cowboy Caviar)**	4. NAILS BY ANGELA** 10:00 Hand & Foot 1:0 Cross Stitch class 1:00 PICKLEBALL* 1:00 Line Dancing	5. 11:00 Meet & Greet 12:30 Healing Circle 1:00 Crochet Club 1:00 Poker w/Friends 1:00 UKULELE*	6. NAILS BY ANGELA** 10:00 Cards w/Friends 10:00 Line Dancing 1:00 BINGO 1:00 PICKLEBALL*	7. 9-2 RED CROSS BLOOD DRIVE** SEE FLYER 10:00 Mexican Train 10:00 Walk to Coffee 10:30 Fire Fighter Heart Watch 12:00 MAHJONG* 1:00 Movie & Popcorn (Girls! Girls! Girls!)
10. 10:00 Line Dancing 11:30 BRIDGE* 1:00 PICKLEBALL* 1:00 ARTS & CRAFTS Painting w/Jan** 	11. NAILS BY ANGELA** 10:00 Hand & Foot 11:45 Elvis Trivia w/Cheri 1:00 Cross Stitch class 1:00 PICKLEBALL* 1:00 Line Dancing 	12. 10:00 Medicare 101 10:00 Spinners Guild 12:30 Wellbeing Series 1:00 Crochet Club 1:00 Poker w/Friends 1:00 UKULELE* 1:00 Musician Jam 	13. NAILS BY ANGELA** 10:00 Cards w/Friends 10:00 Line Dancing 11:45 Elvis Name that tune w/Cheri 1:00 BINGO 1:00 PICKLEBALL* 	14. 10:00 MEXICAN TRAIN* 10:00 Walk to Coffee 12:00 MAHJONG* 1:00 Happy Hour Elvis Impersonator 
17. 10:00 Line Dancing 11:30 BRIDGE* 1:00 PICKLEBALL* 1:00 COOKING W/ANGELA (Asparagus Stuffed Chicken Breast)**	18. NAILS BY ANGELA** 10:00 Hand & Foot 1:00 Cross Stitch class 1:00 Line Dancing 1:00 PICKLEBALL*	19. 11:30 Veterans Lunch 1:00 Plan Today Protect Tomorrow Heart 'n Home 1:00 Crochet Club 1:00 Poker w/Friends 1:00 UKULELE* 1:30 Book Club	20. NAILS BY ANGELA** 10:00 Cards w/Friends 10:00 Line Dancing 1:00 BINGO 1:00 PICKLEBALL* 1:30 RSC Board meeting	21. 10:00 Mexican Train 10:00 Walk to Coffee 11:45 Birthday Celebration 12:00 MAHJONG* 1:00 Happy Hour w/DaCharaDue
24. 10:00 Line Dancing 11:30 BRIDGE* 1:00 PICKLEBALL* 1:00 ARTS & CRAFTS W/ANGELA (Rock Painting)**	25. 10:00 Hand & Foot 10:00 CASINO TRIP** 1:00 Sewing 101 1:00 Line Dancing 1:00 Cross Stitch class 1:00 PICKLEBALL*	26. 12:30 Wellbeing Connect 1:00 Crochet Club 1:00 UKULELE* 1:00 Poker w/Friends 1:00 Musician Jam	27. NAILS BY ANGELA** 10:00 Cards w/Friends 10:00 Line Dancing 1:00 BINGO 1:00 PICKLEBALL*	28. 10:00 Just for Fun Band 10:00 Mexican Train 10:00 Walk to Coffee 12:00 MAHJONG* 1:00 Happy Hour Violinist w/Isabella
31. 10:00 Line Dancing 11:30 BRIDGE* 1:00 PICKLEBALL*		ELVIS WEEK 10-14 	 11:45-12:30	