

AUGUST 2024

MON

TUE

WED

THU

FRI

SELF CARE MONTH

**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

FRI

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



(541) 788-4785



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

			1 10:00a Line Dancing 10:15 Cards with Friends 11:45-12:35 Lunch 11-3 Nails by Angela 1:00 Bingo	2 10:15 Cards with Friends 11:45-12:35 Lunch 12:30 Walk to Coffee 1:00 Happy Hour with Big Trouble
5 9:30 Walk with Ease 10:30 Ping Pong 11:00 Bridge 11:45-12:35 Lunch 1:00 Jewelry Class 1-3 Pickleball	6 11-3 Nails by Angela 11:45-12:35 Lunch 1-2:30 Line Dancing 1-3 Pickball	7 9:30 Walk with Ease 11:45-12:35 Lunch 1-3 Arts and Crafts 1:00 Poker 1:00 Crochet Club	8 10:00 Line Dancing 10:15 Cards with Friends 11-3 Nails by Angela 11:45-12:35 Lunch 1:00 Bingo	9 9:00 Feet Retreat 10:15 Cards with Friends 11:00 Hula w/Mailey 11:45-12:35 Lunch 12:30 Walk to Coffee 12:45 Movie & Popcorn/Seven Days in Utopia
12 9:30 Walk with Ease 10:30 Ping Pong 11:00 Bridge 11:45-12:35 Lunch 12:30-3 Heart Warmers 1:00 Jewelry Class 1-3 Pickleball	13 11-3 Nails by Angela 11:45-12:35 Lunch 1-2:30 Line Dancing 1-3 Pickleball	14 9:30 Walk with Ease 10:00 Spinners Guild 11:45-12:35 Lunch 1:00 Poker 1:00 Crochet Club 1:00 Self Care Talk with Life Coach Sharron Lanier	15 10:00 Line Dancing 10:15 Cards with Friends 11-3 Nails by Angela 11:45-12:35 Lunch 1:00 Bingo	16 10:15 Cards with Friends 11:00 Hula w/Mailey 11:45-12:35 Lunch 12:30 Walk to Coffee 1:00 Happy Hour/Birthday with Lindy Gravelle
19 9:30 Walk with Ease 10:30 Ping Pong 11:00 Bridge 11:45-12:35 Lunch 1:00 Jewelry Class 1-3 Pickleball	20 10:00 Card/Stamping Class 11-3 Nails by Angela 11:45-12:35 Lunch 1-2:30 Line Dancing 1-3 Pickleball	21 9:00 Feet Retreat 9:30 Walk with Ease 11:45-12:35 Lunch/Veteran 1:00 Poker 1:00 Crochet Club 1:00 Finances for Seniors 1:30 Book Club	22 10:00 Line Dancing 10:15 Cards with Friends 11-3 Nails by Angela 11:45-12:35 Lunch 1:00 Bingo	23 10:15 Cards with Friends 11:00 Hula w/Mailey 11:45-12:35 Lunch 12:30 Walk to Coffee 12:456 Movie and Popcorn/Driving Miss Daisy
26 10:30 Ping Pong 11:00 Bridge 11:45-12:35 Lunch 12:30-3 Heart Warmers 1:00 Jewelry Class	27 11-3 Nails by Angela 11:45-12:35 Lunch 1-2:30 Line Dancing 1-3 Pickleball	28 11:45-12:35 Lunch 1:00 Arts and Crafts 1:00 Poker 1:00 Crochet Club 1:00 The Power of Nutrition	29 10:00 Line Dancing 10:15 Cards with Friends 11:45-12:35 Lunch 11-3 Nails by Angela 1:00 Bingo	30 10:15 Cards with Friends 11:00 Hula w/Mailey 11:45-12:35 Lunch 12:30 Walk to Coffee

All listings are subject to changes without notice.