



BETWEEN MOMENTS

Your in-between guide to programs, events, and reminders

JUNE 19, 2026

NEWS & ANNOUNCEMENTS

THE SECRET TO STAYING HEALTHY AS YOU AGE: MAKE FRIENDS AND HAVE FUN!



When we talk about staying healthy as we get older, most people think of the usual suspects: eating their greens, hitting the gym (or at least walking around the block), and keeping up with doctor visits. But here's the thing—there's another super important ingredient to aging well that often gets overlooked: having a good social life.

Yep, spending time with friends and family, joining fun activities, or even just chatting with neighbors can do wonders for your health. Studies show that loneliness and isolation can be as bad for you as smoking or eating junk food. It can lead to problems like heart issues, depression, and even dementia. On the flip side, staying socially connected can boost your mood, lower stress, and even make your body healthier. It's like free medicine—just by hanging out with people.

As entertainer Jordan Knight says, "Social support is everything." Having good friends, joining groups, or simply sharing a laugh with someone can help you feel more confident, improve your mental health, and even reduce your risk of physical illnesses. Plus, staying social keeps your brain sharp and gives you a sense of purpose—because let's face it, life is just better when you have people to

share it with.

Of course, life changes as we age—retirement, moving, or losing loved ones can make it harder to stay connected. But don't worry, there are so many ways to stay active socially! Join a club, volunteer, or come to events like Social Wellbeing Month at the Redmond Senior Center. It's the perfect time to meet new people and strengthen those life-lengthening social bonds.

As George Burns said, "You can't help getting older, but you don't have to get old." So, go out there, make some friends, and enjoy life—it's good for your health! ●

UPCOMING ACTIVITIES AND EVENTS AT THE REDMOND SENIOR CENTER (JULY 6-17)

The Redmond Senior Center is thrilled to announce an exciting lineup of activities and events for the first half of July! Whether you're looking to learn a new skill, relax with a movie, or simply enjoy good company, there's something for everyone. Mark your calendars and join the fun! Here's what's happening:

Monday, July 6: Cooking with Angela

Time: 1:00 PM

Event: Homemade Flour Tortillas

Cost: \$3/\$5

Details: Join Angela in the kitchen to learn how to make delicious, fresh flour tortillas from scratch. Bring your appetite and your enthusiasm for cooking!

Tuesday, July 7: Herb Planter Workshop

Time: 1:00 PM

Event: Create Your Own Herb Garden

Cost: \$20

Details: Let Kym Lyons guide you through a hands-on workshop to create your very own herb planters.

You'll leave with a charming and practical addition to your home.

Friday, July 10: Movie Matinee

Time: 1:00 PM

Event: Screening of "First Wives Club"

Cost: FREE (beverages extra)

Details: Sit back, relax, and enjoy this classic comedy with friends. Popcorn and beverages will be provided to complete the movie experience!

Monday, July 13: Vision Board Workshop

Time: 1:00 PM

Event: Dream Big with Marti

Cost: \$3/\$5

Details: Craft a vision board that reflects your personal and professional goals. This creative activity is perfect for visualizing your future aspirations in a fun and inspiring way.



Friday, July 17: Happy Hour with Cinder2+

Time: 1:00 PM

Event: Live Violin Trio Performance

Cost: FREE (beverages extra)

Details: End the week on a high note with a special Happy Hour featuring Cinder2+, a talented violin trio from Redmond, Oregon. Enjoy live music, refreshments, and great company.

Join Us!

The Redmond Senior Center is dedicated to fostering community and providing enriching activities for seniors. Don't miss these wonderful opportunities to connect, learn, and enjoy. For more information or to RSVP, contact the center directly. We can't wait to see you there! ●

CALENDAR

EXERCISE CLASSES HELD BY THE REDMOND SENIOR CENTER

UNLESS OTHERWISE NOTED, CLASSES ARE \$3 FOR MEMBERS, \$5 FOR NON-MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 AM: Qi Gong (Outside) \$9/\$12 10:35 AM: Therapeutic Mobility	11:45 AM: Groove & Move	10:35 AM: Therapeutic Mobility	11:45 AM: Groove & Move	9:15 AM: Yoga for Osteoporosis 10:00 AM: Qi Gong (Outside) \$9/\$12 10:35 AM: Therapeutic Mobility

ADDITIONAL CLASSES ARE OFFERED THROUGH RAPRD

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
6. 10:00 Line Dancing 11:30 Bridge 1:00 Pickleball 1:00 COOKING W/ANGELA (Homemade flour Tortilla)	7. 9:15 NAILS BY ANGELA 10:00 Card Sharks 1:00 Cross Stitch class 1:00 Pickleball 1:00 Line Dancing 1:00 Sewing 101 1:00 HERB PLANTER WORKSHOP	8. 10:00 Spinners Guild 12:30 Wellbeing Series 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Ukulele 1:00 Musician Jam	9. 9:15 NAILS BY ANGELA 10:00 Cards w/Friends 10:00 Line Dancing 1:00 BINGO 1:00 Pickleball	10. 10:00 Mexican Train 1:00 Movie & Popcorn (First Wives Club) 12:30 Walk to Coffee
13. 10:00 Line Dancing 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball 1:00 VISION BOARD WORKSHOP W/MARTI	14. 9:15 NAILS BY ANGELA 10:00 Card Sharks 1:00 Cross Stitch class 1:00 Line Dancing 1:00 Pickleball	15. 11:45 Vetrans Lunch 1:00 Crochet Club 1:00 Poker w/Friends 1:30 Book Club 3:00 Cards for a cause 1:00 Ukulele	16. 9:15 NAILS BY ANGELA 10:00 Cards w/Friends 10:00 Line Dancing 1:00 BINGO 1:00 Pickleball 1:30 RSC Board Meeting	17. 10:00 Mexican Train 11:45 Birthday Celebration 12:30 Mahjong 12:30 Walk to Coffee 1:00 Happy Hour w/Cinder2+
20. 10:00 Line Dancing 11:30 Bridge 1:00 COOKING W/ANGELA (Hamburger Stroganoff Skillet) 1:00 Pickleball	21. 9:15 NAILS BY ANGELA 10:00 Card Sharks 1:00 Line Dancing 1:00 Cross Stitch class 1:00 Pickleball	22. 12:30 Wellbeing Connect 1:00 Crochet Club 1:00 Ukulele 1:00 Musician Jam 1:00 Poker w/Friends	23. 9:15 NAILS BY ANGELA 10:00 Cards w/Friends 10:00 Line Dancing 1:00 BINGO 1:00 Pickleball	24. 10:00 Mexican Train 12:30 Mahjong 10:00 Just 4 Fun Time Band 12:30 Walk to Coffee
27. 10:00 Line Dancing 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball 1:00 Arts & Crafts	28. 10:00 CASINO TRIP 10:00 Card Sharks 1:00 Sewing 101 1:00 Line Dancing 1:00 Cross Stitch class 1:00 Pickleball	29. 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Ukulele	30. 9:15 NAILS BY ANGELA 10:00 Cards w/Friends 10:00 Line dancing 1:00 BINGO 1:00 Pickleball	31. 10:00 Mexican Train 12:30 Mahjong 12:30 Walk to Coffee

All listings are subject to changes without notice.



HIGH DESERT
COMMUNITY CUP
A BENEFIT FOR THE
REDMOND SENIOR CENTER
Redmond, Oregon Senior Center

JULY 17
EAGLE CREST RESORT
SIGN UP AT
REDMONDSENIORS.ORG/GOLF






