



BETWEEN MOMENTS

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

JUNE 5, 2026

NEWS & ANNOUNCEMENTS

DISCOVER THE BENEFITS OF QI GONG

Are you looking for a gentle, enjoyable way to stay active, reduce stress, and improve your overall well-being? The Redmond Senior Center is excited to offer a Qi Gong class—but we need your help to keep it going. With a minimum of 14 participants needed for each class, your participation can make all the difference!



Qi Gong (pronounced “chee gong”) is an ancient Chinese practice that combines slow, flowing movements, natural breathing, and mindful focus. It is designed to help balance the body’s energy while promoting harmony between mind, body, and spirit. Unlike high-impact exercise programs, Qi Gong is accessible to all fitness levels and is especially well-suited for older adults or anyone seeking a calm, low-stress way to stay active.

Each class introduces gentle, easy-to-follow movements that support flexibility, coordination, and relaxation. Participants can expect a welcoming, no-pressure environment where they can move at their own pace. Natural breathing

techniques are emphasized, so beginners don’t need any previous experience. Classes also incorporate simple visualization and mindfulness practices, helping you feel more centered and refreshed.

The class is led by Elle, an experienced instructor with over 15 years of study in Traditional Chinese Medicine and Qi Gong. Her approach is supportive and beginner-friendly, making it easy to get started while still offering depth for those who want to develop their practice.

Qi Gong is known not only for its physical benefits, but also for its calming, meditative effects. Regular practice can help ease tension, improve focus, and bring a sense of peace to everyday life. Many participants find it to be more than just exercise—it’s also a meaningful way to connect with themselves and others in the community.

Classes are affordable and flexible. The drop-in price is just \$5 for non-members and \$3 for Redmond Senior Center members. Members can also take advantage of a special activity card: purchase 10 classes for \$30 and receive the 11th class free—making it an easy and economical way to stay committed to your health.

Now is the perfect time to give Qi Gong a try. By signing up, you’ll help ensure this valuable class continues—and you might discover a lifelong practice that enhances your well-being.

Interested? Stop by the front desk to sign up and help us reach our goal of 14 participants. Let’s work together to keep this wonderful opportunity thriving at the Redmond Senior Center! ●

Activity Highlights:

June 10: Wellbeing Talk - Brain Health month. Join the conversation with an expert led discussion to learn how your brain works.

June 15: Cooking w/Angela - She's making Potatoe Salad.

June 17: Arts and Crafts with Jan - She's painting this month. Come join the fun and let your inner Rembramt out. (\$10 for all participants)

June 19: Father's Day Car Show & BBQ - Come join the fun with over a dozen classic cars and meat to match.

June 24: Wellbeing Connect - Connect all the pillars of wellness together to learn to live a better life. ●

Stand Strong: Gentle Yoga for Healthy Bones

Osteoporosis is a disease that weakens bones and makes them more susceptible to fractures. The disease affects more than half of everyone over 50, including 25% of men.

Osteoporosis can be prevented and treated with a regime of weight bearing exercises, including yoga with dynamic tension, as well as good diet and lifestyle routines.

In this yoga class you will practice yoga utilizing dynamic tension while seated in a chair or standing using the chair for support. We will not be going onto the floor in this class.

These yoga poses will help improve your balance, muscular strength, range of motion, and coordination, therefore reducing the risk of falls.


The class will be taught by Monica Beltrami, a retired occupational therapist and senior yoga teacher. ●

CALENDAR

EXERCISE CLASSES at REDMOND SENIOR CENTER

MON	TUE	WED	THU	FRI	
10:35 Therapeutic Mobility	11:45 Groove & Move	10:35 Therapeutic Mobility	11:45 Groove & Move	9:15 Osteoporosis Yoga	\$3.00 Member
11:30 Qi Gong				10:35 Therapeutic Mobility	\$5.00 Non-Member
				11:30 Qi Gong	

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
8. 10:00 Line Dancing 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball	9. 10:00 Card Sharks 9:15 Nails by Angela* 1:00 Sewing 101 1:00 Cross Stitch class 1:00 Pickleball 1:00 Line Dancing	10. 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 Music Jam	11. 10:00 Cards w/Friends 10:00 Line Dancing 9:15 Nails by Angela* 1:00 BINGO 1:00 Pickleball	12. 10:00 Cards w/Friends 10:00 Mexican Train
15. 10:00 Line Dancing 11:30 Bridge 1:00 Pickleball 1:00 Cooking w/Angela (Potato Salad)*	16. 10:00 Card Sharks 9:15 Nails by Angela* 1:00 Cross Stitch class 1:00 Line Dancing 1:00 Pickleball	17. 12:00 Vetran's Lunch 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Arts & Crafs w/Jan Painting 1:00 Ukulele 3:00 Cards for a Cause	18. 10:00 Cards w/Friends 10:00 Line Dancing 9:15 Nails by Angela* 1:00 BINGO 1:00 Pickleball 1:30 RSC Board meeting	19. 10:00 Cards w/Friends 10:00 Mexican Train 11:45 Birthday Celebration 12:30 Mahjong 11-1 Father's Day Car show & BBQ 
22. 10:00 Line Dancing 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball	23. 10:00 Card Sharks 9:15 Nails by Angela* 1:00 Sewing 101 1:00 Line Dancing 1:00 Cross Stitch class 1:00 Pickleball	24. 12:30 Wellbeing Connect 1:00 Crochet Club 1:00 Ukulele 1:00 Poker w/Friends 1:00 Music Jam	25. 10:00 Cards w/Friends 10:00 Line Dancing 9:15 Nails by Angela* 1:00 BINGO 1:00 Pickleball 1:30 Board Meeting	26. 10:00 Just 4 Fun Band 10:00 Cards w/Friends 10:00 Mexican Train 12:30 Mahjong
29. 10:00 Line Dancing 11:30 Bridge 1:00 Pickleball	30. 10:00 Card Sharks 10:00 Indian Head casino 1:00 Line Dancing 1:00 Cross Stitch class 1:00 Pickleball	JULY		
		1. 11:00 Meet & Greet 12:30 Healing Circle 1:00 Crochet Club 1:00 Poker w/friends 1:00 Ukulele 1:00 4 th of July flower arrangement class	2. 9:15 Nails by Angela* 10:00 Cards with Friends 10:00 Line Dancing 1:00 BINGO	 CLO SED



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



