

# MAY 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







(541)

**788-4785**



325 NW Dogwood Ave  
Redmond, OR 97756  
(541)548-6325

www.RedmondSeniors.org

MON	TUE	WED	THU	FRI
<b>LUNCH SERVED</b> Monday- Friday 11:45-12:30 	<b>Programs &amp; Activities</b> <b>\$5.00/\$3.00 Members</b> Nails by Angela <b>\$10.00 / \$5.00 Members</b> *Pre-Payment Required	 <b>What a Doll</b> <b>Mother's Day Tea</b> <b>May 10</b> <b>12:00 PM</b> <b>RSVP at front desk</b> 	<b>1.</b> 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle 1:00 Pickleball	<b>2.</b> 10:00 Cards w/Friends (Spite & Malice) 10:30-11:30 Firefighters Heart Health 11:30 John Tuck Elementary School/Singing 12:30-1:1:30 Prestige High Desert 12:30 Walk to Coffee 1:00 Happy Hour w/Lindy Gravelle
<b>5.</b> 10:30 Daily Movement Chair Yoga 11:30 Bridge 11:45 Cinco De Mayo Lunch 1:00 Pickleball	<b>6.</b> 10:30 Card Sharks (Hand & Foot) 10:30 Nails by Angela- by appointment 10:30 Reverse Mortgages 101 w/Brian Albrich 1:00 Cross Stitch class 1:00 Pickleball 1-2:30 Line Dancing	<b>7.</b> 10:30 Daily Movement Chair Yoga 11:00 Meet & Greet 1:00 Poker w/Friends 1:00 Crochet Club	<b>8.</b> 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle 1:00 Pickleball	<b>9.</b> 9:00 Feet Retreat-By Appointment 10:00 Cards w/Friends (Spite & Malice) 12:30 Walk to Coffee 1:00 Movie & Popcorn (Barbie) 
<b>12.</b> 10:30 Daily Movement Chair Yoga 11:30 Bridge 12:30 Heart Warmers 12:30 RSC Creative co-op 1:00 Pickleball	<b>13.</b> 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela- by appointment 10:30 Tech Tuesday w/James 1:00 Cross Stitch class 1:00 Pickleball 1:00 Line dancing 1:00 Connection Cafe	<b>14.</b> 9:30 Medicare Insurance Assistance 10:00 RSC Wellbeing Series 10:00 Spinners Guild 10:30 Daily Movement Chair Yoga 12:30 Ukulele for beginners 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Cooking w/Angela* (Sheet Pan Quesadilla)	<b>15.</b> 10:00 Cards w/friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle 1:00 Pickleball	<b>16.</b> 10:00 Cards with Friends (Spite & Malice) 12:00 Celebrate Birthdays! 12:30 Walk to Coffee 12:30-1:30 Prestige High Dessert 1:00 Happy Hour w/Simeon Rose (Vocal Performer)
<b>19.</b> 10:30 Daily Movement Chair Yoga 10:00 Antique Appraisal & Coffee 11:30 Bridge 11:45-12:30 Lunch 1:00 Pickleball	<b>20.</b> 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela- by appointment 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing	<b>21.</b> 9:00 Feet Retreat-by Appointment 10:30 Daily Movement Chair Yoga 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Book Club 2:30 A Smack of Jelly Fish (Book signing) 3:00 Cards for a Cause	<b>22.</b> 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle 1:00 Pickleball	<b>23.</b> 10:00 Cards w/Friends (Spite & Malice) 12:30 Walk to Coffee 12:30-1:30 Prestige High Desert 1:30 Gardening for Beginners w/Master Gardener Terri Logan
<b>CLOSED</b>  <b>MEMORIAL DAY</b>	<b>27.</b> 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela- by appointment 1:00 Cross Stitch class 1:00 Line Dancing 1:00 Pickleball 1:00 Connection Cafe	<b>28.</b> 10:30 Daily Movement Chair Yoga 10:30 Wellbeing Connect 12:30 Ukulele for Beginners 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Cooking w/Angela*(Salsa)	<b>29.</b> 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela- by Appointment 1:00 BINGO! 1:00 Pinochle 1:00 Pickleball	<b>30.</b> 10:00 Cards w/Friends 10:00 Just 4 Fun Band 12:30 Prestige High Desert 12:30 Walk to Coffee 1:00 Arts & Crafts w/Sonya & Marty (Sun catchers) 

All listings are subject to changes without notice.