



# MAY 2026

## REDMOND SENIOR CENTER EXERCISE CLASSES

### MON

10:35 Therapeutic Mobility  
11:30 Qi Gong

### TUE

11:45 Groove & Move

### WED

10:35 Therapeutic Mobility  
11:30 Qi Gong

### THU

11:45 Groove & Move

### FRI

10:35 Therapeutic Mobility  
11:30 Qi Gong  
\$3.00 Member  
\$5.00 Non-Member

## MOTHER'S DAY HIGH TEA

SATURDAY MAY 9





12:00 PM

RSVP BY MAY 1

\$10.00 MEMBERS

\$15.00 NON-MEMBERS



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>PROGRAMS &amp; ACTIVITIES</b> \$5.00/\$3.00 NAILS BY ANGELA \$10.00/\$5.00 MEMBERS <b>*PRE-Registrations required</b></p>	<p>Lunch Served M-F 11:45-12:30</p> 			<p>1. 10:00 Cards w/Friends 10:00 Mexican Train 10:30 Fire Fighter Heart Watch 12:30 Mahjong 1:00 Movie &amp; Popcorn (You've Got Mail)</p>
<p>4. 10:00 Line Dancing 11:30 Bridge 1:00 Pickleball 1:00 Cooking Class w/Angela* (Chicken Enchiladas)</p>	<p>5. 10:00 Card Sharks 10:30 Nails by Angela* 1:00 Cross Stitch class 1:00 Pickleball 1:00 Line Dancing</p> 	<p>6. 11:00 Meet &amp; Greet 12:30 Healing Circle 1:00 Financial Advisor 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Mother's Day flower arrangement class 1:00 Ukulele</p>	<p>7. 10:00 Cards w/Friends 10:00 Line Dancing 10:30 Nails by Angela* 1:00 BINGO 1:00 Pickleball</p>	<p>8. 10:00 Cards w/Friends 10:00 Mexican Train 11:15 John Tuck First Graders Lunch/Sining</p>
<p>11. 10:00 Line Dancing 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball 1:00 Arts &amp; Crafts w/Sonya Rock Painting</p>	<p>12. 10:00 Card Sharks 10:30 Nails by Angela* 1:00 Sewing 101 1:00 Cross Stitch class 1:00 Line Dancing 1:00 Pickleball</p>	<p>13. 10:00 Medicare 101 10:00 Spinners Guild 12:30 Wellbeing Series 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Musician Jam 1:00 Ukulele</p>	<p>14. 10:00 Cards w/Friends 10:00 Line Dancing 10:30 Nails by Angela* 1:00 BINGO 1:00 Pickleball</p>	<p>15. 10:00 Cards w/Friends 10:00 Mexican Train 11:45 Birthday Celebration 12:30 Mahjong 1:00 Happy Hour w/Lindy Gravelle</p>
<p>18. 10:00 Line Dancing 11:30 Bridge 1:00 Cooking Class w/Angela* (Chicken Tinga Tostadas) 1:00 Pickleball</p>	<p>19. 10:00 Card Sharks 10:30 Nails by Angela* 1:00 Line Dancing 1:00 Cross Stitch class 1:00 Pickleball</p>	<p>20. 12:00 Veteran's Lunch 1:00 Crochet Club 1:00 Ukulele 1:00 Poker w/Friends 1:30 Book Club 3:00 Cards for a cause</p>	<p>21. 10:00 Cards w/Friends 10:00 Line Dancing 10:30 Nails by Angela* 1:00 BINGO 1:00 Pickleball 1:30 Board Meeting</p>	<p>22. 10:00 Cards w/Friends 10:00 Mexican Train 12:30 Mahjong</p>
<p>25. 10:00 Line Dancing 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball</p>	<p>26. 10:00 Card Sharks 10:00 Indian Head 1:00 Sewing 101 1:00 Line Dancing 1:00 Cross Stitch class 1:00 Pickleball</p>	<p>27. 12:30 Wellbeing Connect 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Musician Jam 1:00 Ukulele</p>	<p>28. 10:00 Cards w/Friends 10:00 Line dancing 10:30 Nails by Angela* 1:00 BINGO 1:00 Pickleball</p>	<p>29. 10:00 Cards w/Friends 10:00 Mexican Train 10:00 Just 4 Fun time Band 12:30 Mahjong</p>