

APRIL 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 Gentle Qi Gong

THU

11:45 Groove & Move

FRI

10:35 Therapeutic Mobility

11:30 Qi Gong

\$3.00 Member

\$5.00 Non-Member

Spirit WEEK 13-17

MON- HAWAIIAN SHIRT

TUE- CRAZY HAT

WED- TIE DYE

THU- CRAZY HAIR

FRI- SPORTS JERSEY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>PROGRAMS & ACTIVITIES \$5.00/\$3.00 NAILS BY ANGELA \$10.00/\$5.00 MEMBERS *PRE-Registrations required</p>	<p>STRESS AWARENESS MONTH</p> 	<p>1. 11:00 Meet & Greet 12:30 Healing Circle Grief support 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Ukulele</p>	<p>2. 10:00 Cards w/Friends 10:00 Line Dancing 10:30 Nails by Angela* 1:00 Flower Arrangement 1:00 </p>	<p>3. 10:00 Cards w/Friends 10:00 Mexican Train 10:30 Fire Fighter Heart Watch 12:30 Mahjong 1:00 Happy Hour w/ The Sub 2 Tutes</p>
<p>6. 10:00 Line Dancing 11:30 Bridge 1:00 Pickleball</p>	<p>7. 10:00 Card Sharks 10:30 Nails by Angela* 1:00 Cribbage 1:00 Arts & Crafts (Rock Painting w/Sonya 1:00 Cross Stitch class 1:00 Pickleball 1:00 Line Dancing</p>	<p>8. 10:00 Spinners Guild 12:30 Wellbeing series 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Musician Jam 1:00 Ukulele 1:00 Cooking class w/Angela Crackle Barrel Meet Loaf</p>	<p>9. 10:00 Cards w/Friends 10:00 Line Dancing 10:30 Nails by Angela* 1:00 </p>	<p>10. 10:00 Cards w/Friends 10:00 Mexican Train 10:00 Arts & Crafts w/Angela (Tie Dye) 1:00 Movie & Popcorn (Easter Parade)</p>
<p>13. 10:00 Line Dancing 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball</p>	<p>14. 10:00 Fire Safety 10:00 Card Sharks 10:30 Nails by Angela* 1:00 Cribbage 1:00 Cross Stitch class 1:00 Line Dancing 1:00 Pickleball</p>	<p>15. 10:00 Medicare 101 11-1 The Ageless Awards Watch Party 12:00 Veterans lunch 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Ukulele 1:30 Book Club 3:00 Cards for a Cause</p>	<p>16. 10:00 Cards w/Friends 10:00 Line Dancing 10:30 Nails by Angela* 1:00 </p> <p>1:30-3 RSC Board Meeting</p>	<p>17. 10:00 Cards w/Friends 10:00 Mexican Train 11:45 Birthday Celebration 1:00 Happy Hour w/Lindy Gravelle</p>
<p>20. 10:00 Line Dancing 1:00 Cooking Class w/Angela* (Chicken Marsala) 1:00 Pickleball</p>	<p>21. 1:00 Line Dancing 1:00 Cross Stitch class 1:00 Pickleball</p>	<p>22. 12:30 Wellbeing Connect 1:00 Crochet Club 1:00 Poker w/Friends</p>	<p>23. 10:00 Cards w/Friends 10:00 </p> <p>1:00</p>	<p>24. 10:00 Cards w/Friends 10:00 Mexican Train 10:00 Just 4 fun band</p>
<p>27. 10:00 Line Dancing 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball</p>	<p>28. 10:00 Card Sharks 10:00 Indian Head 1:00 Line Dancing 1:00 Cribbage 1:00 Cross Stitch class</p>	<p>29. 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Ukulele</p>	<p>30. 10:00 Cards w/Friends 10:00 Line dancing 10:30 </p> <p>1:00</p>	<p>LUNCH SERVED M-F 11:45-12:30</p> 

All listings are subject to changes without notice.