

MARCH 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
1:00 Functional Mobility

THU
11:45 Groove & Move

FRI
10:35 Therapeutic Mobility
11:30 Qi Gong

<p>2. MON 10:00 Line Dancing 11:30 Bridge 1:00 Pickleball 1:00 Cooking class w/Angela* Spinach pesto pasta w/Broccoli Rabe</p>	<p>3. TUE 8:30 Beginning Tai Chi 10:00 Card Sharks 10:30 Nails by Angela* 1:00 Cribbage 1:00 Cross Stich 1:00 Pickleball 1:00 Line Dancing</p>	<p>4. WED 11:00 Meet & Greet 12:30 Healing Circle Grief support 1:00 Crochet Club 1:00 Poker w/Friends</p>	<p>5. THU 8:30 Beginning Tai Chi 10:00 Cards w/Friends 10:00 Line Dancing 10:30 Nails by Angela* 1:00 </p>	<p>6. FRI 10:00 Cards w/Friends 10:00 Mexican Train 10:00 Singing for Suffrage 10:30 Fire Fighter Heart Watch 12:30 Mahjong 1:00 Movie & Popcorn (China Town)</p>
<p>9. 10:00 Line Dancing 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball 1:00 Arts & Crafts* (Dried flower Bookmark)</p>	<p>10. 8:30 Beginning Tai Chi 10:00 Card Sharks 10:30 Nails by Angela* 1:00 Cribbage 1:00 Cross Stitch class 1:00 Pickleball 1:00 Line Dancing 1:30 RSC Creative Co-op</p>	<p>11. 12:30 Wellbeing series 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Musician Jam</p>	<p>12. 8:30 Beginning Tai Chi 10:00 Cards w/Friends 10:00 Line Dancing 10:30 Nails by Angela* 1:00 </p>	<p>13. 9:00 Feet Retreat 10:00 Cards w/Friends 10:00 Mexican Train</p>
<p>16. 10:00 Line Dancing 11:30 Bridge 1:00 Cooking Class w/Angela* Cauliflower and Lentil Parmesan 1:00 Pickleball</p>	<p>17. 8:30 Beginning Tai Chi 10:00 Card Sharks 10:30 Nails by Angela* 1:00 Cribbage 1:00 Cross Stitch class 1:00 Line Dancing 1:00-2:30 St Patrick's Day/Karaoke </p>	<p>18. 9:00 Feet Retreat 10:00 Medicare 101 1:00 Crochet Club 12:00 Veterans Lunch 1:00 Poker w/Friends 1:30 RSC Board meeting 1:30 Book Club (The Perfect marriage) 3:00 Cards for a Cause</p>	<p>19. 8:30 Beginning Tai Chi 10:00 Cards w/Friends 10:00 Line Dancing 10:30 Nails by Angela* 1:00 </p>	<p>20. 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>23. 10:00 Line Dancing 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball</p>	<p>24. 10:00 Card Sharks 10:00 Nails by Angela* 1:00 Line Dancing 1:00 Cribbage 1:00 Cross Stitch class 1:00 Pickleball 1:30 RSC Creative co-op</p>	<p>25. 12:30 Wellbeing Connect 1:00 Crochet Club 1:00 Poker w/Friends 1:30 Ukulele 1:00 Musician Jam</p>	<p>26. 10:00 Cards w/Friends 10:00 Line Dancing 10:00 Nails by Angela* 1:00 </p>	<p>27. 10:00 Cards w/Friends 10:00 Mexican Train 10:00 Just 4 fun band 12:30 Mahjong</p>
<p>30. 10:00 Line Dancing 11:30 Bridge 1:00 Pickleball</p>	<p>31. 10:00 Card Sharks 10:00 Indian Head 1:00 Line Dancing 1:00 Cribbage 1:00 Cross Stitch class 1:00 Pickleball</p>	<p>NUTRITIONAL HEALTH MONTH</p>	<p>PROGRAMS & ACTIVITIES \$5.00/\$3.00 NAILS BY ANGELA \$10.00/\$5.00 MEMBERS *PRE-Registrations required</p>	<p>LUNCH SERVED M-F 11:45-12:30</p> 

All listings are subject to changes without notice.

Feet Retreat LLC
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Call for Appointment



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