

FEBRUARY 2026



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

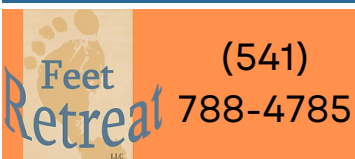
7:45-8:45 Fitness 4 Life
9:15-10:20 PowerCut Plus
5:30-6:30 Dance Fitness

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
6:00 pm Zumba



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

www.RedmondSeniors.org

MON	TUE	WED	THU	FRI
2. 10:00 Line Dancing 10:35 Therapeutic Mobility 11:30 Bridge 11:30 Qi Gong 1:00 Pickleball 1:00 Cooking class w/Angela* (Marry Me Chicken)	3. 10:00 Card Sharks 10:30 Nails by Angela 11:45 Groove & Move 1:00 Cribbage 1:00 Cross Stich 1:00 Pickleball 1:00 Line Dancing	4. 10:35 Therapeutic Mobility 11:00 Meet & Greet 11:30 Qi Gone 12:30 Healing Circle Grief support 1:00 Crochet Club 1:00 Poker w/Friends	5. 10:00 Cards w/Friends 10:00 Line Dancing 10:30 Nails by Angela 11:45 Groove & Move 1:00 BINGO 1:00 Pickleball	6. 8:00 AARP Tax Appointment 10:00 Cards w/Friends 10:00 Mexican Train 10:30 Fire Fighter Heart Watch 10:30 Therapeutic Mobility 11:30 Qi Gong 1:00 Movie & Popcorn (Where the Angels Fear to tread)
9. 10:00 Line Dancing 10:35 Therapeutic Mobility 11:30 Bridge 11:30 Qi Gong 12:30 Heart Warmers 1:00 Pickleball 1:00 Arts & Crafts Painting class w/Jan	10. 10:00 Card Sharks 10:30 Nails by Angela 11:45 Groove & Move 1:00 Cribbage 1:00 Cross Stich class 1:00 Pickleball 1:00 Line Dancing 1:30 RSC Creative Co-op	11. 10:35 Therapeutic Mobility 11:30 Qi Gong 12:30 Wellbeing series 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Valentine's flower arrangement w/Ann 1:00 Musician Jam	12. 10:00 Cards w/Friends 10:00 Line Dancing 10:30 Nails by Angela 11:45 Groove & Move 1:00 BINGO 1:00 Pickleball	13. 9:00 Feet Retreat 10:00 Cards w/Friends 10:00 Mexican Train 10:30 Therapeutic Mobility 11:30 Qi Gong 1:00 Valentines Happy Hour w/Da Chara Duo
16. 10:00 Line Dancing 10:35 Therapeutic Mobility 11:30 Bridge 11:30 Qi Gong 1:00 Cooking Class w/Angela* (Chicken parmesan) 1:00 Pickleball	17. 10:00 Card Sharks 10:30 Nails by Angela 11:45 Groove & Move 1:00 Cribbage 1:00 Cross Stich class 1:00 Pickleball 1:00 Line Dancing	18. 9:00 Feet Retreat 10:00 Medicare 101 10:35 Therapeutic Mobility 11:30 Qi Gong 1:00 Crochet Club 12:00 Veterans Appreciation 1:00 Poker w/Friends 1:30 Book Club (Hamnet) 3:00 Cards for a Cause	19. 10:00 Cards w/Friends 10:00 Line Dancing 10:30 Nails by Angela 11:45 Groove & Move 1:00 BINGO! 1:00 Pickleball	20. 10:00 Cards w/Friends 10:00 Mexican Train 10:35 Therapeutic Mobility 11:30 Qi Gong 11:45 Birthday Celebration 1:00 Happy Hour w/Lindy Gravelle
23. 10:00 Line Dancing 10:35 Therapeutic Mobility 11:30 Bridge 11:30 Qi Gong 12:30 Heart Warmers 1:00 Pickleball	24. 10:00 Card Sharks 10:00 Indian Head Casino (weather permitting) 11:45 Groove & Move 1:00 Line Dancing 1:00 Cribbage 1:00 Cross Stich class 1:00 Pickleball 1:30 RSC Creative co-op	25. 10:35 Therapeutic Mobility 11:30 Qi Gong 12:30 Wellbeing Connect 1:00 Crochet Club 1:00 Poker w/Friends 1:30 Ukulele 1:00 Musician Jam	26. 10:00 Cards w/Friends 10:00 Line Dancing 10:00 Nails by Angela 11:45 Groove & Move 1:00 BINGO 1:00 Pickleball	27. 10:00 Cards w/Friends 10:00 Mexican Train 10:00 Just 4 fun band 10:35 Therapeutic Mobility 11:30 Qi Gong
PROGRAMS & ACTIVITIES \$5.00/\$3.00 NAILS BY ANGELA \$10.00/\$5.00 MEMBERS *PRE-REQUIRED	LUNCH SERVED M-F 11:45-12:30 	 HEALTHY MONTH All listings are subject to changes without notice.	