

SEPTEMBER
2026

**REDMOND SENIOR
CENTER
EXERCISE CLASSES**

\$3.00 Members

**\$5.00 Non-
Members**

MON

10:35 Therapeutic Mobility
w/Marnae

TUE

11:45 Groove & Move

WED

10:35 Therapeutic Mobility
w/Marnae

THU

11:45 Groove & Move

FRI

9:15 Yoga for bone & joint
health w/Monica

10:35 Therapeutic Mobility
w/Monica

*** PRE-REGISTRATION
REQUIRED FOR NEW
ATTENDEES**

**** REGISTRATION
REQUIRED**

Monday	Tuesday	Wednesday	Thursday	Friday
 	1. NAIIS BY ANGELA** 10:00 Hand & Foot 1:0 Cross Stitch class 1:00 PICKLBALL* 1:00 Line Dancing	2. 11:00 Meet & Greet 12:30 Healing Circle 1:00 Crochet Club 1:00 Poker w/Friends 1:00 UKULELE*	3. NAIIS BY ANGELA** 10:00 Cards w/Friends 10:00 Line Dancing 1:00 BINGO 1:00 PICKLBALL*	4. 10:00 Mexican Train 10:00 Walk to Coffee 10:30 Fire Fighter Heart Watch 12:00 MAHJONG* 1:00 Movie & Popcorn (The Flock)
7. 	8. NAIIS BY ANGELA** 10:00 Hand & Foot 1:00 Cross Stitch class 1:00 PICKLBALL* 1:00 Line Dancing 1:00 Sewing 101	9. 10:00 Medicare 101 10:00 Spinners Guild 12:30 Wellbeing Series 1:00 Crochet Club 1:00 Poker w/Friends 1:00 UKULELE* 1:00 Musician Jam	10. NAIIS BY ANGELA** 10:00 Cards w/Friends 10:00 Line Dancing 1:00 BINGO 1:00 PICKLBALL*	11. 10:00 MEXICAN TRAIN* 10:00 Walk to Coffee 12:00 MAHJONG* 1:00 Happy Hour w/Lindy Gravelle
14. 10:00 Line Dancing 11:30 BRIDGE* 1:00 PICKLEBALL* 12:30 Heart Warmers 1:00 ARTS & CRAFTS W/SONYA** (Sharpie Doodle water color)	15. NAIIS BY ANGELA** 10:00 Hand & Foot 1:00 Cross Stitch class 1:00 Line Dancing 1:00 PICKLBALL*	16. 11:30 Veterans Lunch 1:00 Crochet Club 1:00 Poker w/Friends 1:00 UKULELE* 1:30 Book Club (Theo of Golden)	17. NAIIS BY ANGELA** 10:00 Cards w/Friends 10:00 Line Dancing 1:00 BINGO 1:00 PICKLBALL* 1:30 RSC Board meeting	18. 10:00 Mexican Train 10:00 Walk to Coffee 11:45 Birthday Celebration 12:00 MAHJONG* 11:00 PETERSON ROCK GARDEN FIELD TRIP
21. 10:00 Line Dancing 11:30 BRIDGE* 1:00 PICKLEBALL* 1:00 COOKING W/ ANGELA (HOMEMADE FLOUR TORTILLIAS) **	22. NAIIS BY ANGELA** 10:00 Hand & Foot 1:00 Line Dancing 1:00 Cross Stitch class 1:00 PICKLBALL* 1:00 Sewing 101	23. 12:30 Wellbeing Connect 1:00 Crochet Club 1:00 UKULELE* 1:00 Poker w/Friends 1:00 Musician Jam	24. NAIIS BY ANGELA** 10:00 Cards w/Friends 10:00 Line Dancing 1:00 BINGO 1:00 PICKLBALL*	25. 10:00 Just for Fun Band 10:00 Mexican Train 10:00 Walk to Coffee 12:00 MAHJONG*
28. 10:00 Line Dancing 11:30 BIDGE* 1:00 PICKLBALL* 12:30 Heart Warmers 1:00 Pickleball 1:00 Creative Co-op	29. 10:00 CASINO TRIP** 10:00 Hand & Foot 1:00 line Dancing 1:00 Cross Stitch class 1:00 PICKLBALL* All listings are subject to changes without notice.	30. 1:00 Crochet Club 1:00 UKULELE* 1:00 Poker w/friends 1:00 Luau/Karaoke w/Sofon	 11:45-12:30	Fall Prevention & Home Safety 