

OCTOBER 2025

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

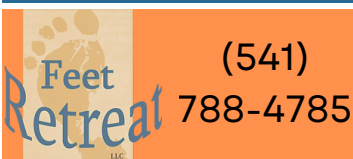
7:45-8:45 Fitness 4 Life
9:15-10:20 Yoga Strong
10:35-11:35 Silver Sneakers Yoga
5:30-6:30 Power Combo

FRI

7:45-8:45 Zumba
9:15-10:20 Cardio Kickboxing

MON	TUE	WED	THU	FRI
Programs & Activities \$5.00/\$3.00 Members Nails by Angela \$10.00/\$5.00 Members *Pre-Payment Required	Lunch Served M-F 11:45-12:30 	1. 10:35 Therapeutic Therapy 11-2 Wellness Fair 1:00 Poker w/Friends 1:00 Crochet Club	2. 10:00 Cards w/Friends 10:30 Nails by Angela-by Appointment* 1:00 BINGO! 1:00 Pickleball	3. 10:00 Cards w/Friends (Spite & Malice) 10:00 Mexican Train 10:30 Therapeutic Mobility 10:30 Firefighters Heart watch 12:30 Walk to Coffee 12:30 Prestige High Desert 1:00 Happy Hour w/DaCharaDuo
6. 10:00 Line Dancing 10:35 Therapeutic Mobility 11:30 Bridge 1:00 Pickleball 1:00 Cooking class w/Angela* (Zuppa Toscana soup)	7. 10-1 Massage Therapy 10:00 Card Sharks (Hand & Foot) 10:00-3 Nails by Angela-by Appointment* 1:00 Cross Stitch class 1:00 Pickleball 1:00 Cribbage 1:30 RSC Creative co-op	8. 10:00 Spinners Guild 10:00 RSC Wellbeing Series 10:35 Therapeutic Mobility 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Ukulele	9. 10:00 Cards w/Friends (Spite & Malice) 10:30 Nails by Angela-by Appointment* 1:00 BINGO! 1:00 Pickleball	10. 9:00 Feet Retreat 10:35 Therapeutic Mobility 10:00 Cards w/Friends (Spite & Malice) 10:00 Mexican Train 12:30 Walk to Coffee 1:00 Movie & Popcorn (The Goonies)
13. 10: Therapeutic Mobility 10:00 Line Dancing 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball 1:00 Arts & Crafts w/Angela* (Pumpkin Pour)	14. 10-1 Massage Therapy 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela- by Appointment* 1:00 Cross Stitch class 1:00 Pickleball 1-3 Flu Clinic w/Partners in Care	15. 9:00 Feet Retreat 10:00 Medicare Insurance Assistance 10:35 Therapeutic Mobility 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Book Club 3:00 Cards for a cause	16. 10:00 Cards w/friends (Spite & Malice) 10:30 Nails by Angela-by Appointment* 1:00 BINGO! 1:00 Pickleball	17. 10:33 Therapeutic Mobility 10:00 Cards with Friends (Spite & Malice) 10:00 Mexican Train 12:00 Celebrate Birthdays! 12:30 Walk to Coffee 12:30-1:30 Prestige High Dessert 1:00 Happy Hour/Lindy Gravelle
20. 10:00 Line Dancing 10:35 Therapeutic Mobility 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball 1:00 Cooking class w/Angela* (Bacon Cheddar Potao Soup)	21. 10-1 Massage Therapy 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela-by Appointment* 1:00 Cross Stitch Class 1:00 Pickleball 1:00 Cribbage 1:30 RSC Creative co-op	22. 10:35 Therapeutic Mobility 10:30 Wellbeing Series Connect 11:45 Veterans Appreciation Lunch 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Ukulele	23. 10:00 Cards w/Friends (Spite & Malice) 10:30 Nails by Angela-by Appointment* 1:00 BINGO! 1:00 Pickleball	24. 9-2 Red Cross blood drive 10:00 Cards w/Friends 10:00 Mexican Train 10:35 Therapeutic Mobility 12:30 Walk to Coffee 12:30-1:30 Prestige High Desert
27. 10:00 Line Dancing 10:35 Therapeutic Mobility 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball	28. 10-1 Massage Therapy 10:00 Indian Head Casino 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela-by Appointment* 1:00 Cross Stitch Class 1:00 Pickleball 1:00 Cribbage	29. 10:35 Therapeutic Mobility 1:00 Poker w/Friends 1:00 Crochet	30. 10:00 cards w/Friends 10:30 Nails by Angela-by Appointment* 1:00 BINGO! 1:00 Pickleball 1:30 Arts & Crafts w/Jan	31. 10:00 Just 4 fun Band 10:00 Cards w/friends 10:00 Mexican Train 10:35 Therapeutic Mobility 12:30 Prestige High Desert 1:00 Harvest/Costume Party

All listings are subject to changes without notice.



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