



# JULY 2026

## REDMOND SENIOR CENTER EXERCISE CLASSES

### MON

10:35 Therapeutic Mobility  
w/Marnae

11:30 Qi Gong

### 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

11:30 Qi Gong

\$3.00 Member

\$5.00 Non-Member

Qi Gong

\$9.00 members



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>PROGRAMS &amp; ACTIVITIES</b> \$5.00/\$3.00 (some classes may not apply) <b>NAILS BY ANGELA</b> \$10.00/\$5.00 MEMBERS <b>PRE-REGISTRATION REQUIRED</b></p>	<p><b>Lunch Served</b> M-F 11:45-12:30</p>	<p><b>1.</b> 11:00 Meet &amp; Greet 11:45 Nutrition Education 12:30 Healing Circle 1:00 Crochet Club 1:00 Poker w/friends 1:00 Ukulele <b>1:00 4<sup>th</sup> OF JULY FLOWER ARRANGMENT</b></p>	<p><b>2.</b> <b>9:15 NAILS BY ANGELA</b> 10:00 Cards with Friends <b>10:00 Line Dancing</b> 1:00 BINGO</p>	<p><b>3.</b></p> <p><b>CLOSED</b></p>
<p><b>6.</b> <b>10:00 Line Dancing</b> 11:30 Bridge <b>1:00 Pickleball</b> <b>1:00 COOKING W/ANGELA</b> (Homemade flour Tortilla)</p>	<p><b>7.</b> <b>9:15 NAILS BY ANGELA</b> 10:00 Card Sharks <b>1:00 Cross Stitch class</b> <b>1:00 Pickleball</b> <b>1:00 Line Dancing</b> <b>1:00 Sewing 101</b> <b>1:00 HERB PLANTER WORKSHOP</b></p>	<p><b>8.</b> 10:00 Spinners Guild 12:30 Wellbeing Series <b>1:00 Crochet Club</b> 1:00 Poker w/Friends <b>1:00 Ukulele</b> 1:00 Musician Jam</p>	<p><b>9.</b> <b>9:15 NAILS BY ANGELA</b> 10:00 Cards w/Friends <b>10:00 Line Dancing</b> 1:00 BINGO <b>1:00 Pickleball</b></p>	<p><b>10.</b> 10:00 Mexican Train 1:00 Movie &amp; Popcorn (First Wives Club) 12:30 Walk to Coffee</p>
<p><b>13.</b> <b>10:00 Line Dancing</b> 11:30 Bridge 12:30 Heart Warmers <b>1:00 Pickleball</b> <b>1:00 VISION BOARD WORKSHOP W/MARTI</b></p>	<p><b>14.</b> <b>9:15 NAILS BY ANGELA</b> 10:00 Card Sharks <b>1:00 Cross Stitch class</b> <b>1:00 Line Dancing</b> <b>1:00 Pickleball</b></p>	<p><b>15.</b> 11:45 Vetrans Lunch <b>1:00 Crochet Club</b> 1:00 Poker w/Friends 1:30 Book Club 3:00 Cards for a cause <b>1:00 Ukulele</b></p>	<p><b>16.</b> <b>9:15 NAILS BY ANGELA</b> 10:00 Cards w/Friends <b>10:00 Line Dancing</b> 1:00 BINGO <b>1:00 Pickleball</b> 1:30 RSC Board Meeting</p>	<p><b>17.</b> 10:00 Mexican Train <b>11:45 Birthday Celebration</b> 12:30 Mahjong 12:30 Walk to Coffee <b>1:00 Happy Hour w/Cinder2+</b></p>
<p><b>20.</b> <b>10:00 Line Dancing</b> 11:30 Bridge <b>1:00 COOKING W/ANGELA</b> (Hamburger Stroganoff Skillet) <b>1:00 Pickleball</b></p>	<p><b>21.</b> <b>9:15 NAILS BY ANGELA</b> 10:00 Card Sharks <b>1:00 Line Dancing</b> <b>1:00 Cross Stitch class</b> <b>1:00 Pickleball</b></p>	<p><b>22.</b> 12:30 Wellbeing Connect <b>1:00 Crochet Club</b> <b>1:00 Ukulele</b> 1:00 Musician Jam 1:00 Poker w/Friends</p>	<p><b>23.</b> <b>9:15 NAILS BY ANGELA</b> 10:00 Cards w/Friends <b>10:00 Line Dancing</b> 1:00 BINGO <b>1:00 Pickleball</b></p>	<p><b>24.</b> 10:00 Mexican Train 12:30 Mahjong 10:00 Just 4 Fun Time Band 12:30 Walk to Coffee</p>
<p><b>27.</b> <b>10:00 Line Dancing</b> 11:30 Bridge 12:30 Heart Warmers <b>1:00 Pickleball</b> <b>1:00 Arts &amp; Crafts</b></p>	<p><b>28.</b> <b>10:00 CASINO TRIP</b> 10:00 Card Sharks <b>1:00 Sewing 101</b> <b>1:00 Line Dancing</b> <b>1:00 Cross Stitch class</b> <b>1:00 Pickleball</b></p>	<p><b>29.</b> <b>1:00 Crochet Club</b> 1:00 Poker w/Friends <b>1:00 Ukulele</b></p>	<p><b>30.</b> <b>9:15 NAILS BY ANGELA</b> 10:00 Cards w/Friends <b>10:00 Line dancing</b> 1:00 BINGO <b>1:00 Pickleball</b></p>	<p><b>31.</b> 10:00 Mexican Train 12:30 Mahjong 12:30 Walk to Coffee</p>