



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



Redmond, Oregon Senior Center

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

All listings are subject to changes without notice.