

# JULY 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

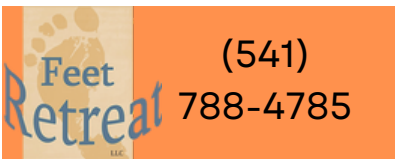
7:45-8:45 Fitness 4 Life  
9:15-10:20 Yoga Strong  
10:35-11:35 Silver Sneakers Yoga  
5:30-6:30 Power Combo

### FRI

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

MON	TUE	WED	THU	FRI
<p>Lunch Served 11:45-12:30 M-F</p> 	<p>1. 10:30 Card Sharks (Hand &amp; Foot) 10:30 Nails by Angela-by appointment 1:00 Cross Stitch class 1:00 Pickleball 1-2:30 Line Dancing</p>	<p>2. 10:35 Therapeutic Mobility 11:00 Meet &amp; Greet 1:00 Crochet Club 1:00 Poker w/Friends</p>	<p>3. 10:00 Cards w/Friends (Spite &amp; Malice) 10:00 Line Dancing 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle 1:00 Pickleball</p>	<p>4.              CLOSED         </p>
<p>7. 10:35 Therapeutic Mobility 11:30 Bridge 1:00 Pickleball 1:00 Cooking Class w/Angela* (Tortellini with pine-nut brown-butter sauce)</p>	<p>8. 10:30 Card Sharks (Hand &amp; Foot) 10:30 Nails by Angela- by appointment 1:00 Cross Stitch class 1:00 Pickleball 1:00 Reverse Mortgage 101 w/Brian Albrich 1-2:30 Line Dancing</p>	<p>9. 10:35 Therapeutic Mobility 10:00 RSC Wellbeing Series 10:00 Spinners Guild 12:30 Ukulele for Beginners 1:00 Poker w/Friends 1:00 Crochet Club</p>	<p>10. 10:00 Cards w/Friends (Spite &amp; Malice) 10:00 Line Dancing 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle 1:00 Pickleball</p>	<p>11. 9:00 Feet Retreat 10:35 Therapeutic Mobility 10:00 Cards w/Friends (Spite &amp; Malice) 10:00 Mexican Train 12:30 Walk to Coffee 1:00 Movie Matinee &amp; Popcorn (The Fableman's)</p>
<p>14. 10:35 Therapeutic Mobility 11:30 Bridge 12:30 Heart Warmers 12:30 RSC Creative co-op 1:00 Pickleball</p>	<p>15. 10-1 Massage Therapy 10:00 Card Sharks (Hand &amp; Foot)) 10:30 Nails by Angela- by appointment 1:00 Cross Stitch class 1:00 Pickleball 1:00 Line dancing</p>	<p>16. 9:00 Feet Retreat 10:00 Medicare Insurance 10:35 Therapeutic Mobility 11:45 Veterans Appreciation Lunch 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Book Club 3:00 Cards for a Cause</p>	<p>17. 10:00 Cards w/friends (Spite &amp; Malice) 10:00 Line Dancing 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle 1:00 Pickleball</p>	<p>18. 10:33 Therapeutic Mobility 10:00 Cards with Friends (Spite &amp; Malice) 10:00 Mexican Train 12:00 Celebrate Birthdays! 12:30 Walk to Coffee 12:30-1:30 Prestige High Dessert 1:00 Brews, Tatoos and Karaoke</p>
<p>21. 11:30 Bridge 1:00 Cooking Class w/Angela* (Taco Pasta Salad) 1:00 Pickleball</p>	<p>22. 10-1 Massage Therapy 10:00 Card Sharks (Hand &amp; Foot) 10:30 Nails by Angela-by appointment 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing</p>	<p>23. 10:35 Therapeutic Mobility 10:30 Wellness Series Connect 12:30 Ukulele for Beginners 1:00 Poker w/Friends 1:00 Crochet Club</p>	<p>24. 10:00 Cards w/Friends (Spite &amp; Malice) 10:00 Line Dancing 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle 1:00 Pickleball</p>	<p>25. 10:00 Just 4 Fun Band 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 1:00 Arts &amp; Crafts w/Sonya Massy (Watercolor Cards)</p>
<p>28. 10:30 Therapeutic Mobility 11:30 Bridge 12:30 Heart Warmers 12:30 RSC Creative co-op 1:00 Pickleball</p>	<p>29. 10-1 Massage Therapy 10:00 Card Sharks (Hand &amp; Foot) 10:30 Nails by Angela-by appointment 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing</p>	<p>30. 10:35 Therapeutic Mobility 1:00 Poker w/Friends 1:00 Crochet Club 1:00 Summer Fun Day</p>	<p>31. 10:00 Cards w/Friends (Spite &amp; Malice) 10:00 Line Dancing 10:30 Nails by Angela -by appointment 1:00 Bingo 1:00 Pinochle 1:00 Pickleball 1-3:30 Living Well with Diabetes</p>	<p>Programs &amp; Activities \$5.00/\$3.00 Members Nails by Angela \$10.00 / \$5.00 Members *Pre-Payment Required</p>

All listings are subject to changes without notice.



325 NW Dogwood Ave  
Redmond, OR 97756  
(541)548-6325  
www.RedmondSeniors.org