

# JUNE 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

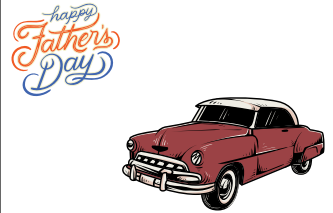


5:30-6:30 Dance Fitness

### 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>2. 10:30 Daily Movement Chair Yoga 11:30 Bridge 1:00 Pickleball 1:00 Cooking Class w/Angela Tortellini with Pine-nut brown-butter sauce*</p>	<p>3. 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>4. 10:30 Daily Movement Chair Yoga 11:00 Meet &amp; Greet 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Memory Games</p>	<p>5. 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>6. 10:00 Cards w/Friends (Spite &amp; Malice) 10:30-11:30 Firefighters Heart Health 12:30-1:1:30 Prestige High Desert 12:30 Walk to Coffee 1:00 Movie &amp; Popcorn (On Golden Pond)</p>
<p>9. 10:30 Daily Movement Chair Yoga 11:30 Bridge 12:30 Heart Warmers 12:30 RSC Creative co-op 1:00 Pickleball</p>	<p>10. 10:30 Card Sharks (Hand &amp; Foot) 10:30 Nails by Angela- by appointment 1:00 Cross Stitch class 1:00 Pickleball 1:00-2:30 Connection Cafe 1-2:30 Line Dancing</p>	<p>11. 10:30 Daily Movement Chair Yoga 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>12. 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>13. 9:00 Feet Retreat 10:00 Cards w/Friends (Spite &amp; Malice) 11:45 Father's Day BBQ &amp; Car show 12:30 Walk to Coffee</p> 
<p>16. 10:30 Daily Movement Chair Yoga 11:30 Bridge 1:00 Pickleball 1:00 Cooking Class w/Angela Stuffed Mushrooms*</p>	<p>17. 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>18. 9:00 Feet Retreat 10:00 Medicare Insurance 10:30 Daily Movement Chair Yoga 11:45 Veterans Appreciation Lunch 1:00 Poker w/Friends 1:00 Crochet Club 1:00 Memory Games 1:30 Book Club/Book signing w/Jane Kirkpatrick 3:00 Cards for a Cause</p>	<p>19. 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>20. 8:00 Senior Law Day 10:00 Cards with Friends (Spite &amp; Malice) 12:00 Celebrate Birthdays! 12:30 Walk to Coffee 12:30-1:30 Prestige High Dessert 1:00 Happy Hour w/Lindy Gravelle</p> 
<p>23. 10:30 Daily Movement Chair Yoga 11:30 Bridge 12:30 Heart Warmers 12:30 RSC Creative co-op</p>	<p>24. 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 1:00 Reverse Mortgage 101 w/Brian Albrich</p>	<p>25. 10:30 Daily Movement Chair Yoga 10:30 Wellness Series Connect 12:30 Ukulele for Beginners 1:00 Poker w/Friends 1:00 Crochet Club</p>	<p>26. 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>27. 10:00 Cards w/Friends (Spite &amp; Malice) 10:00 Just 4 Fun Band 12:30 Walk to Coffee 12:30-1:30 Prestige High Desert 1:00 Arts &amp; Crafts w/Sonya Massy</p>
<p>30. 10:30 Daily Movement Chair Yoga 11:30 Bridge 1:00 Pickleball</p>	<p>BRAIN HEALTH MONTH</p>		<p>LUNCH SERVED 11:45-12:30</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.



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(541)548-6325

www.RedmondSeniors.org

