

JUNE 2026



REDMOND SENIOR CENTER EXERCISE CLASSES

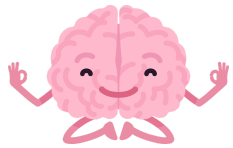
MON
10:35 Therapeutic Mobility
11:30 Qi Gong

TUE
11:45 Groove & Move

WED
10:35 Therapeutic Mobility
11:30 Qi Gong

THU
11:45 Groove & Move

FRI
10:35 Therapeutic Mobility
11:30 Qi Gong
\$3.00 Member
\$5.00 Non-Member

Monday	Tuesday	Wednesday	Thursday	Friday
1. 10:00 Line Dancing 11:30 Bridge 1:00 Pickleball 1:00 Cooking w/Angela (Chicken salad)*	2. 10:00 Card Sharks 9:15 Nails by Angela* 1:00 Cross Stitch class 1:00 Pickleball 1:00 Line Dancing	3. 11:00 Meet & Greet 12:30 Healing Circle 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Ukulele	4. 10:00 Cards w/Friends 10:00 Line Dancing 9:15 Nails by Angela* 1:00 BINGO 1:00 Pickleball	5. 10:00 Cards w/Friends 10:00 Mexican Train 10:30 Fire Fighter Heart Watch 12:30 Mahjong
8. 10:00 Line Dancing 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball	9. 10:00 Card Sharks 9:15 Nails by Angela* 1:00 Sewing 101 1:00 Cross Stitch class 1:00 Pickleball 1:00 Line Dancing	10. 10:00 Medicare 101 10:00 Spinners Guild 12:30 Wellbeing Series 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Ukulele 1:00 Music Jam	11. 10:00 Cards w/Friends 10:00 Line Dancing 9:15 Nails by Angela* 1:00 BINGO 1:00 Pickleball	12. 10:00 Cards w/Friends 10:00 Mexican Train
15. 10:00 Line Dancing 11:30 Bridge 1:00 Pickleball 1:00 Cooking w/Angela (Orange Broccoli and Cauliflower)	16. 10:00 Card Sharks 9:15 Nails by Angela* 1:00 Cross Stitch class 1:00 Line Dancing 1:00 Pickleball	17. 12:00 Vetran's Lunch 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Arts & Crafs w/Jan Painting 1:00 Ukulele 3:00 Cards for a Cause	18. 10:00 Cards w/Friends 10:00 Line Dancing 9:15 Nails by Angela* 1:00 BINGO 1:00 Pickleball 1:30 RSC Board meeting	19. 10:00 Cards w/Friends 10:00 Mexican Train 11:45 Birthday Celebration 12:30 Mahjong 11-1 Father's Day Car show & BBQ
22. 10:00 Line Dancing 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball	23. 10:00 Card Sharks 9:15 Nails by Angela* 1:00 Sewing 101 1:00 Line Dancing 1:00 Cross Stitch class 1:00 Pickleball	24. 12:30 Wellbeing Connect 1:00 Crochet Club 1:00 Ukulele 1:00 Poker w/Friends 1:00 Music Jam	25. 10:00 Cards w/Friends 10:00 Line Dancing 9:15 Nails by Angela* 1:00 BINGO 1:00 Pickleball 1:30 Board Meeting	26. 10:00 Just 4 Fun Band 10:00 Cards w/Friends 10:00 Mexican Train 12:30 Mahjong
29. 10:00 Line Dancing 11:30 Bridge 1:00 Pickleball	30. 10:00 Card Sharks 10:00 Indian Head casino 1:00 Line Dancing 1:00 Cross Stitch class 1:00 Pickleball	Programs & Activities \$5.00/\$3.00 Nails by Angela \$5.00 Members \$10.00 Non *PRE-Registration required	Lunch Served M-F 11:45-12:30 	BRAIN HEALTH MONTH 



FATHER CAR SHOW & BBQ
FRIDAY JUNE 19
11-1