NOVEMBER 2026

EXERCISE CLASSES
$3.00 Members
$5.00 Non-Members

MON
9-9:45 Cardio & Weights w/Ann
10:45 Therapeutic Mobility w/Marnae
1:00 Pickleball

TUE
9-9:45 Tai Chi for Health w/Terry
10:45-11:45 Groove & Move w/ Ann
1:00 Picklball

WED
9-9:45 Cardio & Weights w/Ann
10:45 Therapeutic Mobility w/Marnae

THU
9-9:45 Tai Chi for Health w/Terry
10:45-11:45 Groove & Move w/ Marnae

FRI
9:30-10:30 Yoga for Bone & Joint Health w/Monica
10:45-11:30 Therapeutic Mobility w/Monica

Redmond, Oregon Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
2. 10:00 Line Dancing 10:00 Scrabble 11:00 UKULELE* 11:30 BRIDGE* 1:00 Creative Co-op 1:00 COOKING CLASS* 2:00 WRITING IS FUN	3. NAILS BY ANGELA** 10:00 Hand & Foot 1:00 Cross Stitch Club 1:00 SEWING 101*	4. 11:00 Meet & Greet 12:30 Healing Circle 1:00 Crochet Club 1:00 Poker w/Friends	5. NAILS BY ANGELA** 10:00 Cards w/Friends 12:00 MAHJONG* 1:00 BINGO	6. 10:00 MEXICAN TRAIN* 10:00 Walk to Coffee 10:30 Fire Fighter Heart Watch 12:00 MAHJONG* 1:00 Movie & Popcorn (It's A Wonderful Life)
9. 10:00 Line Dancing 10:00 Scrabble 11:00 UKUELE* 11:30 BRIDGE* 12:30 Heart Warmers 1:00 Creative Co-op 2:00 WRITING IS FUN**	10. NAILS BY ANGELA** 10:00 Hand & Foot 1:00 Cross Stitch Club	11. 10:00 Medicare 101 10:00 Spinners Guild 11:45 Vetrans Lunch 12:30 Wellbeing Series 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Music Jam	12. NAILS BY ANGELA** 10:00 Cards w/Friends 12:00 MAHJONG* 1:00 BINGO	13. 10:00 MEXICAN TRAIN* 10:00 Walk to Coffee 12:00 MAHJONG*
16. 10:00 Line Dancing 10:00 Scrabble 11:00 UKUELE* 11:30 BRIDGE* 1:00 Creative Co-op 2:00 WRITING IS FUN** 1:00 COOKING CLASS*	17. NAILS BY ANGELA** 10:00 Hand & Foot 1:00 Cross Stitch Club 1:00 SEWING 101*	18. 10:00 Medicare 101 Workshop 1:00 Crochet Club 1:00 Poker w/Friends 1:30 Book Club 3:00 Cards for a cause	19. NAILS BY ANGELA** 10:00 Cards w/Friends 12:00 MAHJONG* 1:00 BINGO 1:30 RSC Board Meeting	20. 10:00 MEXICAN TRAIN* 10:00 Walk to Coffee 11:45 Birthday Celebration 12:00 MAHJONG* 1:00 Happy Hour w/Lindy Gravelle
23. 10:00 Line Dancing 10:00 Scrabble 11:00 UKULELE* 11:30 BRIDGE* 12:30 Heart Warmers 1:00 FLOWER CLASS** 1:00 RSC Creative Co-op 2:00 WRITING IS FUN**	24. NAILS BY ANGELA** 10:00 Hand & Foot 1:00 Cross Stitch Club	25. 12:30 Wellness Connect 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Music Jam	26. 	27. 
30. 10:00 Line Dancing 10:00 Scrabble 11:00 UKULELE* 11:30 BRIDGE* 1:00 RSC Creative Co-op 2:00 WRITING IS FUN**		**REGISTRATION REQUIRED *LIMITED SPACE	M-F 11:45-12:30 	ALZHEIMER AWARENESS & HOSPICE 

All listings are subject to changes without notice.