

NOVEMBER 2025		MON	TUE	WED	THU	FRI
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		3. 10:00 Line Dancing 10:35 Therapeutic Mobility 11:30 Bridge 1:00 Cooking w/Angela (Pumpkin Cheesecake Bars) 1:00 Pickleball	4. 10:00 Card Sharks 10:30 Nails by Angela* 1:00 Cribbage 1:00 Cross Stitch 1:00 Pickleball	5. 10:35 Therapeutic Mobility 11:00 Meet & Greet 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Musician Jam Session	6. 10:00 Cards w/Friends 10:30 Nails by Angela* 1:00 BINGO 1:00 Pickleball	7. 10:00 Cards w/Friends 10:00 Mexican Train 10:30 Firefighters Heart Watch 10:35 Therapeutic Mobility 12:30 Prestige High Desert 1:00 Happy Hour w/Simeon Rose
		10. 10:00 Line Dancing 10:35 Therapeutic Mobility 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball 1:00 Arts & Crafts w/Angela Christmas Ornament	11. 10:00 Card Sharks 10:30 Nails by Angela * 11:45 Groove & Move 1:00 Cribbage 1:00 Cross Stitch class 1:00 Pickleball 1:00 Veterans Presentation 1:30 RSC Creative co-op	12. 10:00 RSC Wellbeing Series 10:00 Spinners Guild 10:35 Therapeutic Mobility 1:00 Crochet Club 1:00 Poker w/Friends 1:30 Ukulele	13. 10:00 Cards w/Friends 10:30 Nails by Angela* 11:45 Groove & Move 1:00 BINGO 1:00 Pickleball	14. 9:00 Feet Retreat 10:00 Cards w/Friends 10:00 Mexican Train 10:30 Therapeutic Mobility 1:00 Movie & Popcorn (Alive & Kicking)
		17. 10:00 Line Dancing 10:35 Therapeutic Mobility 11:30 Bridge 1:00 Cooking class w/Angela (Chicken Cordon Bleu Appetizer) 1:00 Pickleball	18. 10:00 Card Sharks 10:30 Nails by Angela* 11:45 Groove & Move 1:00 Cribbage 1:00 Cross Stitch class 1:00 Pickleball	19. 9:00 Feet Retreat 9:30 Medicare 101 10-3 High Desert Museum 10:35 Therapeutic Mobility 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Musician Jam Session 1:30 Book Club 3:00 Cards for a Cause	20. 10:00 Cards w/Friends 10:30 Nails by Angela* 11:45 Groove & Move 1:00 BINGO! 1:00 Pickleball	21. 10:00 Cards w/Friends 10:00 Mexican Train 10:35 Therapeutic Mobility 1:00 Happy Hour w/Lindy Gravelle
		24. 10:00 Line Dancing 10:35 Therapeutic Mobility 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball	25. 10:00 Card Sharks 10:30 Nails by Angela* 11:45 Groove & Move 1:00 Cribbage 1:00 Cross Stitch class 1:00 Pickleball 1:30 RSC Creative co-op	26. 10:30 Wellness Series Connect 10:35 Therapeutic Mobility 1:00 Crochet Club 1:00 Poker w/Friends	27. 	28. CLOSED
 (541) 788-4785  325 NW Dogwood Ave Redmond, OR 97756 (541)548-6325 www.RedmondSeniors.org		Programs & Activities \$5.00/\$3.00 Members Nails by Angela \$10.00/\$5.00 Members *Pre-Payment required	Lunch Served M-F 11:45-12:30 	 All listings are subject to changes without notice.		Alzheimer Awareness & Hospice Month