

# OCTOBER 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

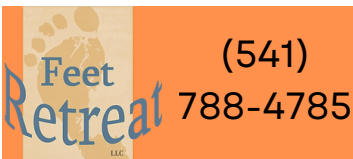
7:45-8:45 Fitness 4 Life  
9:15-10:20 PowerCut Plus  
5:30-6:30 Dance Fitness  
THU

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                                                                                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Programs &amp; Activities</b><br><b>\$5.00/\$3.00 Members</b><br><b>Nails by Angela</b><br><b>\$10.00/\$5.00 Members</b><br><b>*Pre-Payment Required</b>                            | <b>Lunch Served</b><br><b>M-F</b><br><b>11:45-12:30</b><br>                                                                                  | <b>1.</b><br><b>10:35 Therapeutic Therapy</b><br><b>11-2 Wellness Fair</b><br><b>1:00 Poker w/Friends</b><br><b>1:00 Crochet Club</b>                                                         | <b>2.</b><br>10:00 Cards w/Friends<br>10:30 Nails by Angela-by Appointment*<br>1:00 BINGO!<br>1:00 Pickleball                              | <b>3.</b><br>10:00 Cards w/Friends (Spite & Malice)<br>10:00 Mexican Train<br>10:30 Therapeutic Mobility<br>10:30 Firefighters Heart watch<br>12:30 Walk to Coffee<br>12:30 Prestige High Desert<br>1:00 Happy Hour w/DaCharaDuo         |
| <b>6.</b><br>10:00 Line Dancing<br>10:35 Therapeutic Mobility<br>11:30 Bridge<br>1:00 Pickleball<br>1:00 Cooking class w/Angela*<br>(Zuppa Toscana soup)                               | <b>7.</b><br>10-1 Massage Therapy<br>10:00 Card Sharks (Hand & Foot)<br>10:00-3 Nails by Angela-by Appointment*<br>1:00 Cross Stitch class<br>1:00 Pickleball<br>1:00 Cribbage                                                | <b>8.</b><br>10:00 Spinners Guild<br>10:00 RSC Wellbeing Series<br>10:35 Therapeutic Mobility<br>1:00 Poker w/Friends<br>1:00 Crochet Club<br>1:30 Ukulele                                    | <b>9.</b><br>10:00 Cards w/Friends (Spite & Malice)<br>10:30 Nails by Angela-by Appointment*<br>1:00 BINGO!<br>1:00 Pickleball             | <b>10.</b><br>9:00 Feet Retreat<br>10:35 Therapeutic Mobility<br>10:00 Cards w/Friends (Spite & Malice)<br>10:00 Mexican Train<br>12:30 Walk to Coffee<br>1:00 Movie & Popcorn (The Goonies)                                             |
| <b>13.</b><br>10:00 Line Dancing<br>10:35 Therapeutic Mobility<br>11:30 Bridge<br>12:30 Heart Warmers<br>1:00 Pickleball<br>1:00 Arts & Crafts w/Angela*<br>(Pumpkin Pour)             | <b>14.</b><br>10-1 Massage Therapy<br>10:00 Card Sharks (Hand & Foot)<br>10:30 Nails by Angela- by Appointment*<br>1:00 Cross Stitch class<br>1:00 Pickleball<br>1-3 Flu Clinic w/Partners in Care<br>1:30 RSC creative co-op | <b>15.</b><br>9:00 Feet Retreat<br>10:00 Medicare Insurance Assistance<br>10:35 Therapeutic Mobility<br>1:00 Poker w/Friends<br>1:00 Crochet Club<br>1:30 Book Club<br>3:00 Cards for a cause | <b>16.</b><br>10:00 Cards w/friends (Spite & Malice)<br>10:30 Nails by Angela-by Appointment*<br>1:00 BINGO!<br>1:00 Pickleball            | <b>17.</b><br>10:33 Therapeutic Mobility<br>10:00 Cards with Friends (Spite & Malice)<br>10:00 Mexican Train<br>12:00 Celebrate Birthdays!<br>12:30 Walk to Coffee<br>12:30-1:30 Prestige High Dessert<br>1:00 Happy Hour/Lindy Gravelle |
| <b>20.</b><br>10:00 Line Dancing<br>10:35 Therapeutic Mobility<br>11:30 Bridge<br>12:30 Heart Warmers<br>1:00 Pickleball<br>1:00 Cooking class w/Angela*<br>(Bacon Cheddar Potao Soup) | <b>21</b><br>10:00 Card Sharks (Hand & Foot)<br>10:30 Nails by Angela-by Appointment*<br>1:00 Cross Stitch Class<br>1:00 Pickleball<br>1:00 Cribbage                                                                          | <b>22.</b><br>10:35 Therapeutic Mobility<br>10:30 Wellbeing Series Connect<br>11:45 Veterans Appreciation Lunch<br>1:00 Poker w/Friends<br>1:00 Crochet Club<br>1:30 Ukulele                  | <b>23.</b><br>10:00 Cards w/Friends (Spite & Malice)<br>10:30 Nails by Angela-by Appointment*<br>1:00 BINGO!<br>1:00 Pickleball            | <b>24.</b><br>9-2 Red Cross blood drive<br>10:00 Cards w/Friends<br>10:00 Mexican Train<br>10:35 Therapeutic Mobility<br>12:30 Walk to Coffee<br>12:30-1:30 Prestige High Desert                                                         |
| <b>27.</b><br>10:00 Line Dancing<br>10:35 Therapeutic Mobility<br>11:30 Bridge<br>12:30 Heart Warmers<br>1:00 Pickleball                                                               | <b>28.</b><br>10:00 Indian Head Casino<br>10:00 Card Sharks (Hand & Foot)<br>10:30 Nails by Angela-by Appointment*<br>1:00 Cross Stitch Class<br>1:00 Pickleball<br>1:00 Cribbage<br>1:30 RSC creative co-op                  | <b>29.</b><br>10:35 Therapeutic Mobility<br>1:00 Poker w/Friends<br>1:00 Crochet                                                                                                              | <b>30.</b><br>10:00 cards w/Friends<br>10:30 Nails by Angela-by Appointment*<br>1:00 BINGO!<br>1:00 Pickleball<br>1:30 Arts & Crafts w/Jan | <b>31.</b><br>10:00 Just 4 fun Band<br>10:00 Cards w/friends<br>10:00 Mexican Train<br>10:35 Therapeutic Mobility<br>12:30 Prestige High Desert<br>1:00 Harvest/Costume Party                                                            |

All listings are subject to changes without notice.



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