OCTOBER 2026

REDMOND SENIOR CENTER EXERCISE CLASSES

$3.00 Members

$5.00 Non-Members

MON
10:00 Linedancing
10:45-11:30 Therapeutic Mobility w/Marnae
1:00 Pickleball

TUE
10:00 Linedancing
10:45-11:30 Groove & Move
1:00 Pickelball

WED
10:45-11:30 Therapeutic Mobility w/Marnae

THU
10:00 Linedancing
10:45-11:30 Groove & Move
1:00 Pickelball

FRI
9:30-10:30 Yoga for bone & joint health w/Monica
10:45-11:30 Therapeutic Mobility w/Monica

****REGISTRATION REQUIRED**
***LIMITED SPACE**

Redmond, Oregon Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
CANCER AWARENESS	LUNCH TIME 11:45-12:30		1. NAILS BY ANGELA** 10:00 Cards w/Friends 1:00 BINGO 1:00 PICKLBALL*	2. 10:00 Mexican Train 10:00 Walk to Coffee 10:30 Fire Fighter Heart Watch 12:00 MAHJONG* 1:00 Movie & Popcorn (GREASE)
5. 11:30 BRIDGE* 1:00 COOKING WITH ANGELA (Bite-sized Apple Fritters) 1:00 Creative Co-op	6. NAILS BY ANGELA** 10:00 Hand & Foot 1:00 Cross Stitch class 1:00 SEWING 101*	7. 10:00 Medicare 101 11:00 Meet & Greet 12:30 Wellbeing Series 12:30 Healing Circle 1:00 Crochet Club 1:00 Poker w/Friends 1:00 UKULELE*	8. NAILS BY ANGELA** 10:00 Cards w/Friends 11:00 Flu Shot Clinic 1:00 BINGO	9. 10:00 MEXICAN TRAIN* 10:00 Walk to Coffee 12:00 MAHJONG*
12. 11:30 BRIDGE* 12:30 Heart Warmers 1:00 ARTS & CRAFTS W/SONYA** (Dried flower bookmark)	13. NAILS BY ANGELA** 10:00 Hand & Foot 1:00 Cross Stitch class	14. 10:00 Spinners Guild 11:30 Veterans Lunch 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Musian Jam 1:00 UKULELE*	15. NAILS BY ANGELA** 10:00 Cards w/Friends 1:00 BINGO 1:30 RSC Board meeting	16. 10:00 Mexican Train 10:00 Walk to Coffee 11:45 Birthday Celebration 12:00 MAHJONG* 1:00 Happy Hour w/Lindy Gravelle
19. 11:30 BRIDGE* 1:00 COOKING W/ ANGELA (Quinoa and Mushroom Stuffed Acorn Squash) 1:30 RSC Creative Co-op	20. NAILS BY ANGELA** 10:00 Hand & Foot 1:00 Cross Stitch class 1:00 SEWING 101* 1:00 PAINTING W/JAN	21. 1:00 Crochet Club 1:00 UKULELE* 1:00 Poker w/Friends 1:00 FALL FLOWER ARRANGMENT CLASS W/ANN 1:30 Book Club 3:00 Cards for a Cause	22. NAILS BY ANGELA** 10:00 Cards w/Friends 1:00 BINGO	23. 8:45 Red cross blood drive 10:00 Mexican Train 10:00 Walk to Coffee 12:00 MAHJONG*
26. 11:30 BIDGE* 1:00 PICKLBALL* 12:30 Heart Warmers 1:00 Pickleball 1:00 Creative Co-op	27. 10:00 CASINO TRIP** 10:00 Hand & Foot 1:00 Cross Stitch class	28. 12:30 Wellbeing Connect 1:00 Crochet Club 1:00 UKULELE* 1:00 Poker w/friends 1:00 Musian Jam	29. NAILS BY ANGELA** 10:00 Cards w/Friends 1:00 BINGO	30. 10:00 Just for fun Band 10:00 Mexican Train 10:00 Walk to Coffee 12:00 MAJONG* 1:00 Harvest/Costum Party

All listings are subject to changes without notice.