

2024 July

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

FRI

7:45-8:45 Zumba
9:15-10:20 Cardio Kickboxing
10:35-11:35 Silver Sneakers Classic



325 NW Dogwood Ave.
Redmond, OR 97756
(541) 548-6325
www.RedmondSeniors.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:30 Ping Pong 11:00 Bridge 11:45-12:35 Lunch 1:00 Jewelry Class 1-3 Pickeball</p>	<p>2</p> <p>11-3 Nails by Angela 11:45-12:35 Lunch 1-2:30 Line Dancing 1-3 Pickleball</p>	<p>3</p> <p>10:30-12 Senior Center Bus Tour & Trivia sponsored by CET 11:45-12:35 Lunch 1:00 Poker 1:00 Crochet Club 1:00 Preparing for Life with Dementia w/PIC</p>	<p>4</p>	<p>5</p> <p>Senior Center will be closed July 4&5</p>
<p>8</p> <p>9:30 Walk with Ease 10:30 Ping Pong 11:00 Bridge 11:45-12:35 Lunch 1:00 Jewelry Class 12:30-3 Heart Warmers 1-3 Pickeball</p>	<p>9</p> <p>9:30 Walk with Ease 11-3 Nails by Angela 11:45-12:35 Lunch 1-2:30 Line Dancing 1-3 Pickleball</p>	<p>10</p> <p>10:00 Spinners 11-4 Blood Drive 11:45-12:35 Lunch 12:15 Ice Cream Social 1:00 Poker 1:00 Crochet Club 1:30 Arts & Crafts</p>	<p>11</p> <p>10:15 Cards with Friends 10:00 Line Dancing 11-1 T-Mobile/Phone tips & Tricks 11:45-12:35 Lunch 1:00 Bingo 1-3 Nails by Angela</p>	<p>12</p> <p>9:00 Feet Retreat 10:15 Cards with Friends 11:45-12:35 Lunch 12:30 Walk to Coffee 12:45 Movie & Popcorn (Seven Days in Utopia)</p>
<p>15</p> <p>9:30 Walk with Ease 10:30 Ping Pong 11:00 Bridge 11:45-12:35 Lunch 1:00 Jewelry Class 1-3 Pickleball</p>	<p>16</p> <p>9:30 Walk with Ease 10:00 Card/Stamping Class 11-3 Nails by Angela 11:45-12:35 Lunch 1-2:30 Line Dancing 1-3 Pickleball</p>	<p>17</p> <p>9:00 Feet Retreat 10:30 Just for Fun Band 11:45-12:35 Lunch/Veteran's Appreciation 1:00 Poker 1:00 Crochet Club 1:30 Book Club</p>	<p>18</p> <p>10:15 Cards with Friends 10:00 Line Dancing 11:45-12:35 Lunch 1:00 Bingo 1-3 Nails by Angela</p>	<p>19</p> <p>10:15 Cards with Friends 11-1 Social Bingo 11:45-12:35 Lunch 12:30 Walk to Coffee 1:00 Happy Hour/Birthday cake w/Lindy Gravelle</p>
<p>22</p> <p>9:30 Walk with Ease 10:30 Ping Pong 11:00 Bridge 11:45-12:35 Lunch 12:30-3 Heart Warmers 1:00 Jewelry Class 1-3 Pickleball</p>	<p>23</p> <p>9:30 Walk with Ease 11-3 Nails by Angela 11:45-12:35 Lunch 1-2:30 Line Dancing 1-3 Pickleball</p>	<p>24</p> <p>11:45-12:35 Lunch 12:15 Ice Cream Social 1:00 Poker 1:00 Crochet Club 1:30 Arts & Crafts</p>	<p>25</p> <p>10:15 Cards with Friends 10:00 Line Dancing 11:45-12:35 Lunch 1:00 Bingo</p>	<p>26</p> <p>10:15 Cards with Friends 11:45-12:35 Lunch 12:30 Walk to Coffee 1:00 Luau/Karaoke w/Sofon</p>
<p>29</p> <p>9:30 Walk with Ease 10:30 Ping Pong 11:00 Bridge 11:45-12:35 Lunch 1:00 Jewelry Class 1-3 Pickleball</p>	<p>30</p> <p>9:30 Walk with Ease 11-3 Nails by Angela 11:45-12:35 Lunch 1-2:30 Line Dancing 1-3 Pickleball</p>	<p>31</p> <p>11:45-12:35 Lunch 1:30 Brews & Tatoos 1:00 Poker 1:00 Crochet Club</p>	<p>Social Wellbeing Month</p>	