SEPTEMBER 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

Feet Retreat LLC
(541) 788-4785

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

MON	TUE	WED	THU	FRI
	2. **10-1 Massage Therapy** **10:00 Card Sharks** **10:30 Nails by Angela-by Appointment*** **1:00 Cross Stitch Class** **1:00 Pickleball** **1:00 Line Dancing** **1:00 Cribbage**	3. **10:35 Therapeutic Therapy** **11:00 Meet & Greet** **1:00 Poker w/Friends** **1:00 Crochet Club**	4. 10:00 Cards w/Friends 10:00 Line Dancing 10:30 Nails by Angela-by Appointment* 12:30 Nutrition Class w/COA 1:00 BINGO! 1:00 Pickleball	5. 10:35 Therapeutic Mobility 10:30 Firefighters Heart Watch 10:00 Cards w/Friends (Spite & Malice) 10:00 Mexican Train 12:30 Walk to Coffee 12:30 Prestige High Desert 1:00 Grandparents Day Art & Crafts
8. 10:35 Therapeutic Mobility 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball	9. 10-1 Massage Therapy 10-1:00 Indian Head Casino 10:00 Card Sharks (Hand & Foot) 1:00 Cross Stitch class 1:00 Pickleball 1-2:30 Line Dancing 1:00 Cribbage 1:30 RSC Creative co-op	10. 10:00 Spinners Guild 10:00 RSC Wellbeing Series 10:35 Therapeutic Mobility 1:00 Poker w/Friends 1:00 Reverse Morgage 1:00 Crochet Club 1:30 Ukulele	11. 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela-by Appointment* 1:00 BINGO! 1:00 Pickleball	12. 9:00 Feet Retreat 10:35 Therapeutic Mobility 10:00 Cards w/Friends (Spite & Malice) 10:00 Mexican Train 12:30 Walk to Coffee 1:00 Movie Matinee & Popcorn (The Fableman's)
15. 10:35 Therapeutic Mobility 11:30 Bridge 1:00 Pickleball 1:00 Cooking Class w/Angela (Freezer Jam)	16. 10-1 Massage Therapy 10:00 Card Sharks (Hand & Foot)) 10:30 Nails by Angela- by Appointment* 1:00 Cross Stitch class 1:00 Pickleball 1:00 Line dancing 1:00 Cribbage	17. 9:00 Feet Retreat 10:00 Medicare Insurance Assistance 10:35 Therapeutic Mobility 12:00 Luau/Karaoke 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Book Club (Carnegie's Maid by Marie Benedict 3:00 Cards for a cause	18. 10:00 Cards w/friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela-by Appointment* 1:00 BINGO! 1:00 Pickleball	19. 8:00 Senior Law Day 10:33 Therapeutic Mobility 10:00 Cards with Friends (Spite & Malice) 10:00 Mexican Train 12:00 Celebrate Birthdays! 12:30 Walk to Coffee 12:30-1:30 Prestige High Dessert 1:00 Happy Hour/ COA 50th Anniversary
22. 10:35 Therapeutic Mobility 11:30 Bridge 12:30 Heart Warmers 1:00 Pickleball	23. 10-1 Massage Therapy 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela-by Appointment* 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing 1:00 Cribbage 1:30 RSC Creative co-op	24. 10:35 Therapeutic Mobility 10:30 Wellbeing Series Connect 11:45 Veterans Appreciation Lunch 12:30 Annual Congregate Meeting 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Ukulele	25. 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela-by Appointment* 1:00 BINGO! 1:00 Pickleball 1:30 Living Well with purpose w/Sonya Massey	26. 10:00 Cards w/Friends 10:00 Just 4 Fun Band 10:00 Mexican Train 10:35 Therapeutic Mobility 12:30 Walk to Coffee 1:00 Arts & Crafts w/Sonya 12:30-1:30 Prestige High Desert
29. 10:35 Therapeutic Mobility 11:30 Bridge 1:00 Pickleball	30. 10-1 Massage Therapy 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela-by Appointment* 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing 1:00 Cribbage	Lunch Served 11:45-12:30 M-F 	Programs & Activities $5.00/$3.00 Members Nails by Angela $10.00/$5.00 Members *Pre-Payment Required	Fall Prevention & Home Safety Month

All listings are subject to changes without notice.