

Redmond Senior Center

You can live a full and active life!

The RSC is here to help.

The Redmond Senior Center (RSC) is here to serve the needs of Redmond's adults. We offer a long list of programs, activities, and services including free interest groups, fee-based classes, special events, informational workshops, and drop-in amenities. Additional classes held at the RSC are listed in the Teen/Adult Section.

Redmond Senior Center (RSC)

City of Redmond, Parks and Recreation
Located at 8703 160th Ave NE, Redmond WA
Call 425-556-2314 for more information.

HOURS:

Monday - Thursday
8:30am - 9pm
Friday
8:30am - 4:30pm

Read all about it!

Looking for senior activities and programs?

The RSC News covers it all.

Only \$12 a year, subscribe now by calling 425-556-2314.

Fee-based Classes

Belly Dancing
Bridge
Bunka Embroidery
Clogging
Computer Classes
Drawing & Watercolor
Driftwood Sculpture
Knitting & Crocheting
Nia Movement
Piano Lessons
Senior Cardio
Senior Strength
Tap Dance
Wire Jewelry
Writing
Yoga

Interest Groups

Bingo
Book Club
Bridge
Chess
Chorus
ESL
Genealogy
Line Dancing
Needle Arts
Open Art Studio
Pinochle & Canasta
Quilting
Table Tennis
Tennis
Trail Walking

Here's a sample of what's between the covers of the RSC News:

Wellness Partnerships

Blood Pressure Checks
Legal Assistance
Health presentations by
 Evergreen Hospital
 Overlake Hospital
Senior Rights
Health Insurance Help
Wellness Clinic

Nutrition Programs

Daily Hot Lunch.
suggested donation of \$3
for those age 60 and older,
monthly menus available
at the RSC.

Meals on Wheels.
call our Nutrition
coordinator for more
information,
425-556-2347.

Arts & Crafts

Driftwood Sculpture

Wood is one of nature's wonders. Driftwood sculpture is the process of bringing out the beauty that is hidden under layers of dirt and decay. Our instructors will show you how to clean, scrape, and oil your wood, as well as how to select a base and finish the process. First time students should bring an old bath towel to the first class. You will be able to choose a piece of wood from the instructors' supply. Come and join the creative inspiration.

Loc: Senior Center Room 109

Age: 50+ yrs

Fee: \$22

Instr: Carol Eisemann-McElvaine

30341	Mon	Sep 13-Oct 4	10am-12:30pm
30342	Mon	Oct 11-Nov 1	10am-12:30pm

Instr: Jo Marsh

30351	Mon	Sep 13-Oct 4	1-3:30pm
30352	Mon	Oct 11-Nov 1	1-3:30pm
30343	Mon	Nov 8-29	10am-12:30pm
30353	Mon	Nov 8-29	1-3:30pm

Fitness

Senior Cardio

Designed to improve your agility and cardio-respiratory endurance through the use of low impact and easy dance movements. Set to upbeat music, this class is sure to be lots of fun! Offered for ages 50+. Fee is based on the number of opportunities to exercise each month. Please bring an exercise mat and a water bottle. No class Sep 6, Nov 11, & Dec 15. Instr: Jody Martin

Loc: Senior Center Multipurpose Room

Age: 50+ yrs

29999	Mon, Wed	Sep 1-27	10:15-11am	\$27
30000	Mon, Wed	Oct 4-27	10:15-11am	\$27
30001	Mon, Wed	Nov 1-29	10:15-11am	\$27
30002	Mon, Wed	Dec 1-20	10:15-11am	\$20

Senior Strength

Designed to improve your balance, strength and muscle tone. With the use of a chair, light weights and tubing, you will learn specific exercises to work all the major muscle groups in your body. Offered for ages 50+. Fee is based on the monthly number of opportunities to exercise. Please wear comfortable clothing and bring a water bottle. Register early. This class does fill up quickly! No class Nov 18, Dec 15. Instr: Jody Martin

Loc: Senior Center Multipurpose Room

Age: 50+ yrs

30011	Tue, Thu	Sep 7-30	9-9:45am	\$26
30012	Tue, Thu	Oct 5-28	9-9:45am	\$26
30013	Tue, Thu	Nov 2-30	9-9:45am	\$23
30014	Thu, Tue	Dec 2-21	9-9:45am	\$20

Life Long Learning

Defensive Driving

TO REGISTER for this class, please send checks only, \$16 per person, payable to American Driving Services, PO Box 66681, Seattle WA 98166-0681. This one-day refresher course on defensive driving skills gives practical guidance for traffic accident prevention and enhances driver safety and confidence. In order to receive a certificate of completion, plan to attend the entire class. The certificate is the proof required for a reduction in auto insurance premiums for those who are 55 years of age and older. Lunch is available on site: suggested donation of \$3 for ages 60 and older, \$5.75 for those under 60. To reserve a lunch, please call 425-556-2347 by Monday, Jun 21. Fee is non-refundable, but is transferable to another class. You will receive a confirmation letter with all the details. Call us at 206-243-3564 if you have additional questions.

Loc: Senior Center Multipurpose Room

Age: 50+ yrs

Fee: \$16

Thu

Sep 2

9:01am-5pm

Special Events

Open House & Wellness Fair (formerly the Healthy, Wealthy & Wise Fair)

Come learn all about the Redmond Senior Center (RSC). Participate in live demonstrations of our exercise and fitness classes; view displays and presentations from all of our programs; and hear all about the fun activities that you can join. Meet local service providers that help seniors in our community maintain a full and active life. Get referrals and information on a wide variety of senior issues. Bring your family and friends - free to everyone.

Loc: Senior Center Computer Corner

Age: 18+ yrs

29825 Sat

Sep 18

9am-1pm

Candlelight Dinner Dance

Thursday, Dec 9
6:30-10pm

at the
Redmond Marriott - Town Center Ballroom

Back by Popular Demand – A Newly Improved and More Elegant Event. Fee includes a delicious holiday dinner and dancing to our favorite band, The Sophisticated Swing Big Band. Register by calling the Redmond Senior Center at 425-556-2314. Co-sponsored by the Redmond Senior Center & the Redmond Marriott Town Center.

#33443 Fee: \$36



SNOWFLAKE TEA DANCE

FRI, DEC 17
1-3:30PM

AT THE SENIOR CENTER
DINING ROOM
(MEETING ROOM)

ALL AGES ARE WELCOME!

This afternoon tea dance is a new holiday event for the RSC. Put on your best holiday party outfit and join us for an afternoon of dancing and delicious holiday refreshments. For complete details on this event, call us at 425-556-2314.

#33442 Fee: \$8

Call 425-556-2314 to register!

AGES 50 OR BETTER