WALK WITH EASE

Walk with Ease helps older adults focus on their overall fitness and quality of life. Each session will consist of a pre-walk discussion, warm up, 10-30 minute walk, and a cool down.

This program may help reduce pain and discomfort of arthritis, increasing balance, strength, walking pace, building confidence, and so much more!

Class meets 3 days a week
Mon, Wed, & Fri
April 17 - May 26
9:00 - 10:00 a.m.
At Crafton Park

Join the SAAB!

And be involved in the planning of resources, programs, and events here at your Senior Center.

SAAB members represent our senior center community by communicating patrons needs and interests while collaborating with City staff in planning programs and events that promote the social and physical well-being of all seniors.

Meetings are
3rd Tuesdays of the Month
Starting at 1:00pm

Thank You!

Pre-Registration is required for all events
Call to Register
(909) 798-7579
or visit
www.cityofredlands.org/seniors

Coffee & Conversation Finding Senior Care

Free Admission

Have an opportunity to have a cup of coffee and a group discussion on finding Senior Home Care with Kymberly Lewis, a CarePatrol Senior Care Advisor.

Thursday, May 4, 2023
10:00am - 11:00am

DESSERT & DIALOGUE

Free Admission

SWING AUDITORIUM

San Bernardino, Cal.

Thursday, May 18, 2023
12:30pm - 1:30pm

MEMORIAL DAY
DINNER & CONCERT

WEDNESDAY, MAY 24, 2023
3:00PM - 5:00PM
FREE ADMISSION
Redlands Community Senior Center

Program Schedule

Mondays
10:15am - 12:15pm   Redlands Walkers
1:00pm - 2:00pm   All About French
12:00pm - 3:00pm   Bridge for Fun
4:00pm - 6:00pm   Mon. Quilting Group

Tuesdays
10:15am - 11:15am   Tai Chi
10:30am - 2:00pm   Mahjong Group
11:00am - 12:30pm   Women’s Discussion
1:00pm - 3:00pm   Afternoon Line Dancing

Wednesdays
10:15am - 11:45am   Morning Line Dancing
10:15am - 5:00pm   Wed. Quilting Group
11:00am - 3:00pm   Chess Club
11:30am - 3:30pm   Party Bridge
12:00pm - 2:00pm   Hula
1:30pm - 4:00pm   Knitting
1:00pm - 1:45pm   Chair Yoga

Thursdays
10:15am - 12:15pm   Redlands Walkers
10:15am - 1:15pm   Needlepointers
11:00am - 12:30pm   Joslyn Joy Writers
12:00pm - 3:00pm   Bridge For Fun
1:30pm - 6:30pm   Thu. Quilting Group
5:00pm - 7:00pm   Evening Line Dancing

Fridays
10:00am - 12:00pm   Friday Painting
10:00am - 12:00pm   Redlands Walkers
11:30am - 3:00pm   Party Bridge

FRIDAY BINGO
ON HOLD UNTIL FURTHER NOTICE
Cost: $5 buy-in, which includes 2 packs of “3-on, 10-up” cards, which is good for 10 games. (Additional packs may be purchased for $1 each) Daubers may be purchased for $1.25 each. Registration Required.

BEGINNING TAI CHI
10 Week Class
July 6th – September 7
Thursdays 10:00am - 11:00am
Registration Now Open
Reg. Closes July 13th

New Classes at the Redlands Community Center

Zumba   Ages 16+
Saturdays 10:15am - 11:00am
Join us for an aerobics class where students will dance to a variety of international music. This class is for all levels where movements can be modified. Taught by Arezzo “Zuzu” Burke.

Polynesian Dance   Ages 18+
1st & 3rd Saturday 11:30am - 1:00pm
Join Tala Mai Moana at the Redlands Community Center for an enriched dance class celebrating Polynesian style dance movements and history. Learn various movements in a fun atmosphere for the whole community! Taught by Polynesian dancer, Elaine Talamaiavo.

Heartfulness Meditation   Ages 15+
Wednesdays 6:30pm - 8:00pm
Join us at the Redlands Community Center for a FREE wellness program to foster physical & emotional well-being through heart based meditation, relaxation and detoxification, along with micropractices to help wellness & lifestyle choice tips for better personal & social development. Taught by ‘Tvila’

Courts Now Open!
Open Play
Mon: 12:00p - 7:30p
Tue: 8:00a - 7:30p
Wed: 12:00p - 7:30p
Thu: 8:00a - 7:30p
Fri: 12:00p - 7:30p
Sat: 12:00p - 3:00p

Organized Play
Mon, Wed, Fri & Sat
8:00am – 12:00pm

Redlands Senior Center
Monthly Craft Classes
$2.00/class
Classes held 2nd Monday of each month.
May 8: Small Wreath
June 12: Jar Lantern
Pre-registration required a week prior to class date

Joslyn Jiffy
Joslyn Senior Center
21 Grant St
Closed
(909) 798-7750

Joslyn Senior Center is closed for renovations until further notice. Check back for updates.

Email us at recreationstaff@cityofredlands.org
www.cityofredlands.org/seniors