

Redwood Community Center

Upland Park, 280 6th St., Brookhaven PA 19015

Any Questions Call:

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Pilates w/ Deanie 11-12 Line Dancing w/Mary Ellen 12:30-2:30	4 Improvers Line Dance w/ Deanie 10-11 Baby Boomers 11-1 Tuesday Dance w/ DJ Steve 1-3	5 Cardio Drumming w/ Sandy 10:45-11:45 Chair Yoga w/ Donna 12-1 Beach Ball Cardio Class w/ Mary Ellen 1:30-2:30	6 Parkside Senior 9-3	7 Tai Chi 12-1:15
10 Fitness w/ Deanie 11-12 Line Dancing w/Mary Ellen 12:30-2:30	11 Beginners Line Dance w/ Deanie 10-11 Baby Boomers 11-1 Tuesday Dance w/ DJ Steve 1-3	12 Cardio Drumming w/ Sandy 10:45-11:45 Chair Yoga w/ Donna 12-1 Beach Ball Cardio Class w/ Mary Ellen 1:30-2:30	13 Parkside Senior 9-3	14 Tai Chi 12-1:15
17 Pilates w/ Deanie 11-12 Line Dancing w/Mary Ellen 12:30-2:30	18 Improvers Line Dance w/ Deanie 10-11 Baby Boomers 11-1 Tuesday Dance w/ DJ Steve 1-3	19 Cardio Drumming w/ Sandy 10:45-11:45 Chair Yoga w/ Donna 12-1 Beach Ball Cardio Class w/ Mary Ellen 1:30-2:30	20 Closed	21 Tai Chi 12-1:15
24 Fitness w/ Deanie 11-12 Line Dancing w/Mary Ellen 12:30-2:30	25 Beginners Line Dance w/ Deanie 10-11 Baby Boomers 11-1 Tuesday Dance w/ DJ Steve 1-3	26 Cardio Drumming w/ Sandy 10:45-11:45 Chair Yoga w/ Donna 12-1 Beach Ball Cardio Class w/ Mary Ellen 1:30-2:30	27 Parkside Senior 9-3 Thursday Night Dance 6-9	28 Tai Chi 12-1:15
31 Pilates w/ Deanie 11-12 Line Dancing w/Mary Ellen 12:30-2:30				

For any updates:

<https://www.delcopa.gov/parks/upland>

Classes and Events

Redwood offers a variety of classes and events geared toward Seniors. Enjoy a casual, supportive environment with friendly instructors and opportunities to socialize with fellow Seniors.

For all classes, we suggest wearing casual clothes you can move in. No flip-flops in class, please.

Senior Pilates (Deanie) - Low-impact exercise to soothing music, that blends controlled movement, breath, and alignment to build core strength, mobility and balance. Exercises are chair supported or standing (no mat), targeting the core, hips, back and shoulders while prompting joint-friendly flexibility. Stretching your body and engaging your core will make you feel better after each session.

Line Dancing (Mary Ellen) - Popular social dance classes that are fun and build coordination, mental agility, and social confidence. Class starts with beginner dances that include easy steps and step patterns. For those who want more of a challenge currently popular improver dances, with more intricate step patterns, are taught towards the end of class.

Beginner Line Dance (Deanie) - Learn the basics of line dancing and enjoy the rhythm. No prior dance experience is needed; everyone is welcome. Learn popular line dance steps and routines at a comfortable pace. Classes focus on fun, fitness, and building confidence on the dance floor. Enjoy a supportive environment with a friendly instructor and fellow dancers. Perfect for socializing and meeting new people.

Improver Line Dance (Deanie) - Learn new dance routines that build on basic steps. Improve your timing and rhythm through guided practice. Gain confidence in your dancing abilities with supportive feedback. Explore various dance styles to diversify your repertoire. Join us for an educational, yet fun time!

Baby Boomers Social Time - Join us to play a casual game of UNO, a round of Wii bowling, or just to enjoy some casual social time with fellow seniors. Bring a brown bag lunch if you wish. Continue to socialize or join us on the dance floor when our DJ starts the music for our afternoon dance!

Open Dances with DJ - Our DJ plays a variety of line dance music at our weekly afternoon dances and our monthly evening dance. Join us on the dance floor for your favorites! Evening dances sometimes feature a live band in addition to our DJ. Bring your own food (no alcohol).

Cardio Drumming (Sandy Jones) -

Chair Yoga (Donna R.) - Enjoy this gentle form of chair yoga to relaxing music. Follow along to a guided and soothing type of exercise that helps with mobility, strength, flexibility, stamina, and balance. Class ends with a seated dance and guided meditation. No equipment necessary.

Beach Ball Cardio Class (Mary Ellen) - Come and join in the FUN! This is a cardio workout using beach balls to add an extra challenge! Fun beach music and lively rhythms, new moves, fun dance games, laughter and smiles. Do you have favorite music that puts a smile on your face?

Senior Fitness (Deanie) - Low-impact cardio exercises designed to improve heart health, increase flexibility to improve range of motion and mobility, and work on balance to reduce fall risk and enhance stability. Modifications are offered for varying fitness levels to ensure inclusivity and provide a supportive environment. All done while listening to positive songs.

Parkside Seniors Social Time -

Tai Chi for Wellness (Mary Ellen) - Tai Chi is an ancient mind-body practice that incorporates slow, gentle, controlled movements to enhance the body's own parasympathetic healing system, including controlled breathing, coordinated arm and leg patterns, and alignment to promote balance for moving meditation.

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