

# Dexter Senior Center

# Activities

# August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 10:00 Strength & Stretch (WC-Conf. Rm) 10:00 Dulcimer 12:00 Senior Café 12:30 Cribbage 1:00 Bingo	<b>2</b> 9:00 Weaving 11:00 French Study Group (Dexter Library) 12:00 Pinochle/313 1:00 Mahjong/Chinese
<b>5</b> 10:00 Coloring/Crafts/Needlework 11:00 Chair Yoga (WC-Conf room) 12:00 Senior Café 12:30 Bridge	<b>6</b> 8:00 Rise and Shine Gentle Yoga (DSC) 9:00 Strength & Stretch (WC-Conf. room) 10:30 Dulcimer (Beginners) 12:00 Pinochle	<b>7</b> 9:00 Chair Massage (By appt) - Jenny 9:30 Pinochle 12:00 Seniors Ukes Group (Dexter Library) 12:00 Senior Café 12:30 Euchre/313	<b>8</b> 10:00 Strength & Stretch (WC-Conf. Rm) 10:00 Dulcimer 12:00 Senior Café 12:30 Cribbage 1:00 Bingo	<b>9</b> 9:00 Weaving 11:00 French Study Group (Dexter Library) 12:00 Pinochle/313 1:00 Mahjong/Chinese
<b>12</b> 10:00 Coloring/Crafts/Needlework 11:00 Chair Yoga (WC-Conf room) 12:00 Senior Café 12:30 Bridge	<b>13</b> 8:00 Rise and Shine Gentle Yoga (DSC) 9:00 Strength & Stretch (WC-Conf. room) 10:30 Dulcimer (Beginners) 12:00 Pinochle 12:00 Reiki (By Appt) - Den	<b>14</b> 9:30 Pinochle 12:00 Seniors Ukes Group (Dexter Library) 12:00 Senior Café 12:30 Will – Help w/Technology 12:30 Euchre/313	<b>15</b> 10:00 Strength & Stretch (WC-Conf. Rm) 10:00 Dulcimer 12:00 Senior Café 12:30 Cribbage 1:00 Bingo	<b>16</b> 9:00 Weaving 11:00 French Study Group (Dexter Library) 12:00 Pinochle/313 1:00 Mahjong/Chinese
<b>19</b> 9:00 Chair Massage (By appt) - Jenny 10:00 Coloring/Crafts/Needlework 11:00 Chair Yoga (WC-Conf room) 12:00 Senior Café 12:30 Bridge	<b>20</b> 8:00 Rise and Shine Gentle Yoga (DSC) 9:00 Strength & Stretch (WC-Conf. room) 9:00 Footcare (By Appt) - Heather 10:30 Dulcimer (Beginners) 12:00 Pinochle	<b>21</b> 9:30 Pinochle 12:00 Seniors Ukes Group (Dexter Library) 12:00 Birthday Luncheon 12:30 Euchre/313	<b>22</b> 10:00 Strength & Stretch (WC-Conf. Rm) 10:00 Dulcimer 12:00 Senior Café 12:30 Cribbage 1:00 Bingo	<b>23</b> 9:00 Weaving 11:00 French Study Group (Dexter Library) 12:00 Pinochle/313 1:00 Mahjong/Chinese
<b>26</b> 10:00 Coloring/Crafts/Needlework 11:00 Chair Yoga (WC-Conf room) 12:00 Senior Café 12:30 Bridge	<b>27</b> 8:00 Rise and Shine Gentle Yoga (DSC) 9:00 Strength & Stretch (WC-Conf. room) 10:30 Dulcimer (Beginners) 12:00 Pinochle	<b>28</b> 9:30 Pinochle 12:00 Seniors Ukes Group (Dexter Library) 12:00 Senior Café 12:30 Will – Help w/Technology 12:30 Euchre/313	<b>29</b> 10:00 Strength & Stretch (WC-Conf. Rm) 10:00 Dulcimer 12:00 Senior Café 12:30 Cribbage 1:00 Bingo	<b>30</b> 9:00 Weaving 10:00 Book Club – Cain at Gettysburg 11:00 French Study Group (Dexter Library) 12:00 Pinochle/313 1:00 Mahjong/Chinese

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