

Dexter Senior Center

Activities

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
30	1 8:00 Rise and Shine Gentle Yoga (DSC) 9:00 - Strength & Stretch (WC-Conf. Rm) 10:00 - Chair Zumba (DSC) 10:30 - Dulcimer (Beginners) 12:00 - Pinochle	2 9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Senior Ukes Group (Dexter Library) 12:00 - Senior Café 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)	3 10:00 - Strength & Stretch (WC-Conf. Rm) 10:00 - Dulcimer 12:00 - Senior Café 12:30 - Cribbage 1:00 - Bingo 2:30 - Beginner Line Dance	4 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese *Reflexology by appointment
7 10:00 - Coloring/Crafts/Needlework 11:00 - Chair Yoga (WC-Conf room) 11:30 - Prop 3 Discussion w/ Gary Munce 12:00 - Senior Café 12:30 - Bridge	8 8:00 - Rise and Shine Gentle Yoga (DSC) 9:00 - Strength & Stretch (WC-Conf. room) 10:00 - Chair Zumba (DSC) 10:30 - Dulcimer (Beginners) 12:00 - Pinochle	9 Chair Massage (By appt) – Jenny 9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:00 - Senior Café 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)	10 10:00 - Strength & Stretch (WC-Conf. Rm) 10:00 - Dulcimer Concert 12:00 - Senior Café 12:30 - Cribbage 1:00 - Bingo 2:30 - Beginner Line Dance	11 8:00 - Rise and Shine Gentle Yoga (DSC) 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese
14 10:00 - Coloring/Crafts/Needlework 11:00 - Chair Yoga (WC-Conf room) 12:00 - Senior Café 1:00 - Monday Gathering 12:30 - Bridge	15 8:00 - Rise and Shine Gentle Yoga (DSC) 9:00 - Strength & Stretch (WC-Conf. room) 10:00 - Chair Zumba (DSC) 10:00 - Vaccine Clinic 10:30 - Dulcimer (Beginners) 12:00 - Pinochle	16 9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:00 - Birthday Luncheon 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)	17 10:00 - Strength & Stretch (WC-Conf. Rm) 10:00 - Dulcimer 12:00 - Senior Café 12:30 - Cribbage 1:00 - Bingo 2:30 - Beginner Line Dance	18 8:00 - Rise and Shine Gentle Yoga (DSC) 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 11:30 - Medicare 101 12:00 - Pinochle/313 1:00 - Mahjong/Chinese
21 10:00 - Coloring/Crafts/Needlework 11:00 - Chair Yoga (WC-Conf room) 12:00 - Senior Café 12:30 - Bridge	22 8:00 - Rise and Shine Gentle Yoga (DSC) 9:00 - Strength & Stretch (WC-Conf. room) 9:00 - Footcare (By Appt) - Heather 10:00 - Chair Zumba (DSC) 10:30 - Dulcimer (Beginners) 12:00 - Pinochle	23 Chair Massage (By appt) – Jenny 9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)	24 10:00 - Strength & Stretch (WC-Conf. Rm) 10:00 - Dulcimer 12:00 Senior Café 12:30 - Cribbage 1:00 - Bingo 2:30 - Beginner Line Dance	25 8:00 - Rise and Shine Gentle Yoga (DSC) 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese *Reflexology by appointment
28 10:00 - Coloring/Crafts/Needlework 11:00 - Chair Yoga (WC-Conf room) 12:00 - Senior Café 12:30 - Bridge	29 8:00 - Rise and Shine Gentle Yoga (DSC) 9:00 - Strength & Stretch (WC-Conf. room) 10:00 - Chair Zumba (DSC) 10:30 - Dulcimer (Beginners) 12:00 - Pinochle	30 9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:00 - Senior Café 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)	31 10:00 - Strength & Stretch (WC-Conf. Rm) 10:00 - Dulcimer 12:00 - Senior Café 12:30 - Cribbage 1:00 - Bingo 2:30 - Beginner Line Dance	1 8:00 - Rise and Shine Gentle Yoga (DSC) 9:00 - Weaving 10:00 - October Book Club 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese