



# Dexter Senior Center

# Activity Calendar

# April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:30 - Dulcimer (Beginners) 12:00 - Pinochle 1:00-Dominos 2:00-Tai Chi	<b>2</b> 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Choir	<b>3</b> 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo	<b>4</b> 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong
<b>7</b> 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge <b>1:00 - Seasonal Ornament Making</b> <b>1:00-BHN Social Hour</b>	<b>8</b> 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:30 - Dulcimer (Beginners) 12:00 - Pinochle 1:00-Dominos 2:00-Tai Chi	<b>9</b> 9:00 - Seniors Obtaining Strength 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Choir 6:30 - All Instrument Jam	<b>10</b> 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo  <b>*Reflexology Appointments</b>	<b>11</b> 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong
<b>14</b> 10:00-Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge <b>1:00 - Travel Group, Planning and Informational Meeting</b>	<b>15</b> 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:30 - Dulcimer (Beginners) 12:00 - Pinochle 1:00-Dominos 2:00-Tai Chi <b>*Footcare Appointments</b>	<b>16</b> 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) <b>12:00 - Birthday Lunch</b> 12:30 - Euchre/313 1:00 - Choir	<b>17</b> 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo  <b>*DIA Day Trip (10:00-3:00pm)</b>	<b>18</b> 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong
<b>21 10:00am - Cardmaking</b> 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge <b>12:30 - 2:30 - 2 U Vision</b> <b>12:30 - Ornament Making</b> <b>1:30 - Mindful Memories Creative Writing</b>	<b>22</b> 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:30 - Dulcimer (Beginners) 12:00 - Pinochle 1:00-Dominos 2:00- Tai Chi	<b>23</b> 9:00 - Seniors Obtaining Strength 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) <b>12:00-Lunch &amp; Learn "Aging with Confidence"</b> 12:30 - Euchre/313 1:00 - Choir	<b>24</b> 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo  <b>*Reflexology Appointments</b>	<b>25</b> 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving <b>10:00 - Book Club</b> 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong
<b>28</b> 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge <b>*Medicare Counseling Appointments</b>	<b>29</b> 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:30 - Dulcimer (Beginners) 12:00 - Pinochle 1:00-Dominos 2:00- Tai Chi	<b>30</b> 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:00-Senior Cafe 12:30 - Euchre/313 1:00 - Choir		