


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dexter Senior Center Activity Calendar		 May 2025	1 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - BINGO, sponsored by Visiting Angles	2 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong
5 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge 1:00-BHN Social Hour & make Glitter Jars 2:00 - 4:00 - Cinco De Mayo Canvas Painting Class with Mexican Refreshments	6 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:30 - Dulcimer (Beginners) 12:00 - Pinochle 1:00-Dominos 1:00 - Blood Pressure Checks 2:00-Tai Chi	7 9:30 - Pinochle 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Choir 2:00 - Grief Support Group	8 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo *Reflexology Appointments	9 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong
12 10:00-Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge 1:00 - Travel Group Meeting	13 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	14 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Choir 2:00 - Grief Support Group 6:30 - All Instrument Jam	15 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo	16 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong *Massage Appointments
19 10:00 - Cardmaking Class 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge 12:30 - Wylie 3rd grade visit & will interview Seniors 1:30 - Mindful Meditation Class	20 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 *Footcare Appointments	21 9:00 - Seniors Obtaining Strength 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:00 - Birthday Lunch 12:30 - Euchre/313 1:00 - Choir 2:00 - Walking Club, Speaker from Hudson Mills Park	22 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo *Reflexology Appointments	23 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong *Day trip to Michigan Central Station and Lunch at Slows BBQ
26 Memorial Day! <u>Center Closed</u>	27 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	28 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 1:30 - Grief Support Group	29 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - BINGO, sponsored by Brookdale W. Eisenhower	30 9:00 - Rise & Shine Gentle Yoga 9:00 - Weaving 10:00 - Book Club 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong