

September 2025 Activity Calendar Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>Center is closed</u> <u>Labor Day</u> Key: Black- New Event Blue - Specific Date	2 9:00 - Rise Gentle Yoga 9:00 - Strength & Stretch 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Pinochle 1:00 - Dominos 1:00 - Blood Pressure Checks	3 9:00 - SOS 9:30 - Pinochle 12:00 - Senior Cafe 12:00 - Senior Uke Orchestra 12:30 - Euchre/313 1:00 - Presentation: Understanding Dementia 1:05 - 1:30 Special Uke 2:00 - Karaoke	4 9:00 - Rise Gentle Yoga 9:00 - Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 11:00 - Cardio Drumming 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - BINGO 2:00 - Relax & Recenter Class	5 9:00 - Weaving 10:00 - Circuit Workout 11:30 - Chair Volleyball 11:00 - French Study Group 12:00 - Pinochle/313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) *Motown Museum & Belle Isle
8 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 11:30 - Euchre 12:00 - Senior Cafe 12:30 - Bridge 1:00 - Wild Herb, Medicinal Herb Class 1:00-Beginner Uke Workshop 2:00 - Easy Uke Jam	9 9:00 - Rise Gentle Yoga 9:00 - Strength & Stretch 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Pinochle 1:00 - Dominos 1:00 - 3:00 - Secretary of State Mobile Office	10 9:00 - SOS 9:30 - Pinochle 11:00 - Turtle Craft with Dermatology Specialists 12:00 - Senior Cafe 12:00 - Senior Uke Orchestra 12:30 - Euchre/313 1:05 - 1:30 Special Uke 2:00 - Karaoke	11 9:00 - Rise Gentle Yoga 9:00 - Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 12:00- Senior Cafe 11:00 - Cardio Drumming 12:30 - Cribbage 1:00 - BINGO Sponsor, HIIT Happy 2:00 - Safety In the Home 4:00 - Barn Dancing *Reflexology Appointments	12 9:00 - Weaving 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Chair Volleyball 12:00 - Pinochle/313 12:30 - Food Demo & Lunch with Pampered Cheff 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)
15 10:00-Card making class 10:00 - Color, Crafts, Needlework 11:00 - Chair Yoga 11:30 - Euchre 12:00 - Senior Cafe 12:30 - Bridge 1:00 - Village Travelers Present 1:00 - Beginner Uke Workshop 2:00 - Easy Uke Jam 2:00 - Galapagos Island & Machu Pichu	16 9:00 - Rise Gentle Yoga 9:00 - Strength & Stretch 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Pinochle 1:00 - Dominos 2:00 - Line Dancing Lessons *Footcare Appointments	17 9:00 - SOS 9:30 - Pinochle 12:00 - Seniors Uke Orchestra 12:00 - BIRTHDAY LUNCH 12:30 - Euchre/313 1:05 - 1:30 Special Uke 2:00 - Karaoke	18 9:00 - Rise Yoga 9:00 - Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 10:30 - Canvas Painting Class 11:00 - Cardio Drumming 12:00 - Lunch & Learn: Family Heritage Life Insurance 12:30 - Cribbage 1:00 - BINGO Sponsor, Brookdale 2:00 - Relax and Recenter Class 4:00- Barn Dancing	19 9:00 - Weaving 9:00 - Tai Chi 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Chair Volleyball 12:00 - Pinochle/313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) *Massage Appointments
22 / 29 10:00-Coloring, Crafts, Needlework 11:00 - Chair Yoga 11:30 - Euchre 12:00 - Senior Cafe 12:30 - Bridge 1:00 - Creative Writing - 29th 1:00-Beginner Uke Workshop 2:00 - Easy Uke Jam	23 / 30 9:00 - Rise Gentle Yoga 9:00 - Strength & Stretch 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Pinochle 12:00 -Resin & Plaster Art Class - 30th 1:00 - Dominos 2:00 - Line Dancing Lessons	24 9:00 - SOS 9:30 - Pinochle 9:30 - Fall Hike at the Dexter-Huron Metropark 12:00 - Seniors Uke Orchestra 12:00 - Lunch & Learn: Tips on Aging with Confidence 12:30 - Euchre/313 1:05 - 1:30 Special Uke 2:00 - Karaoke	25 9:00 - Rise Gentle Yoga 9:00 - Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 12:00- Senior Cafe 11:00 - Cardio Drumming 12:30 - Cribbage 1:00 - BINGO 4:00 - Barn Dancing *Reflexology Appointments	26 9:00 - Weaving 9:00 - Tai Chi 10:00 - Circuit Workout 10:00 - Book Club 11:00 - French Study Group 11:30 - Chair Volleyball 12:00 - Pinochle/313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)