

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>October</u> <u>2025</u> Key: Bold Print - New Event *Make Appointments	<u>Activity</u> <u>Calendar</u> <u>Dexter Senior Center</u>	1 9:00 - SOS 9:30 - Pinochle 12:00 - Senior Cafe 12:00 - Ukelele Jam Group 12:30 - Euchre / 313 1:00 - Presentation: Insomnia 1:05 - 1:30 Special Uke *Medicare Appointments	2 9:00 - Yoga / Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 11:00 - Cardio Drumming 12:00 - Senior Cafe / 12:30-Cribbage 1:00 - BINGO Sponsor Visiting Angles Senior Care 2:00 - Relax & Recenter Class 3:00 - Games / 4:00 - Barn Dance	3 9:00 - Weaving / Tai Chi 10:00 - Circuit Workout 11:30 - Chair Volleyball 11:00 - French Study Group 12:00 - Pinochle/313 12:00 - Beginner Chinese Mahjong Class 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)
6 9:00 - Colo, Crafts, Needlework 10:00 - Craft Class: Pumpkin Cat 11:00 - Chair Yoga 11:30 - Euchre 12:00 - Lunch & Learn: How to Be Your Own Care Manager 12:30 - Bridge 1:00 Behavioral Health Social 1:00 - Beginner Uke Workshop 2:00 - Easy Ukelele Only Group	7 9:00 - Yoga & Strength/ Stretch 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Pinochle 12:00 - Lunch & Learn: Healthy Aging - Managing Chronic Pain 1:00 - Dominos2:00 - Line Dancing Lessons 2:00 - Relax & Recenter Class *Blood Pressure Checks	8 9:00 - SOS 9:30 - Pinochle 10:30 - Halloween Canvas Painting 12:00 - Senior Cafe 12:00 - Ukelele Jam Group 12:30- Euchre/313 1:00 - Loving Someone Living with Demetia 1:05 - 1:30 Special Uke 2:00 - Fall Hike on Dexter Trail	9 9:00 - Yoga / Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 12:00 - Senior Cafe 11:00 - Cardio Drumming 12:30 - Cribbage 1:00 - BINGO 2:30 - Trivia with Jason 3:00 - Games / 4:00 - Barn Dancing *Reflexology Appointments	10 9:00 - Weaving / 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) Harvest Adventure Trip
13 9:00 - Color, Crafts, Needlework 11:00 - Chair Yoga / 11:30 - Euchre 12:00 - Senior Cafe / 12:30 - Bridge 1:00 - Beginner Uke Workshop 1:00 - Presentation - Community Health Services Information 2:00 - Easy Ukelele Only Group *Community Health Worker	14 9:00 - Yoga / Strength & Stretch 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Presentation with Refreshments: Understanding Vertigo/Balance 12:00 - Pinochle 1:00 - Dominos 2:00 - Line Dancing Lessons	15 9:00 - SOS 9:30 - Pinochle 12:00 -Ukelele Jam Group 12:00 - BIRTHDAY LUNCH 12:30 - Entertainment 12:30 - Euchre/313 1:05 - 1:30 Special Uke	16 9:00 - Yoga / Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer / Canvas Painting 11:00 - Cardio Drumming 12:00 - Senior Cafe / 12:30 - Cribbage 1:00 - BINGO Sponsor Angel Whispers Healing Center 3:00 - Games / 4:00 - Barn Dance *Medicare Appointments	17 9:00 - Weaving / Tai Chi 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Chair Volleyball 12:00 - Pinochle/313 12:30 - Cooking Demo & Lunch 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) *Massage Appointments
20 9:00 - Coffee & Donuts: How to Advocate for Me While Aging 9:00 - Color, Crafts, Needlework 10:00 - Card Making Class 11:00 - Chair Yoga / 11:30 - Euchre 12:00 - Lunch & Learn: Loris Hands 12:30 - Bridge / 1:00- Travel Presentation by Village Travelers 1:00 - Creative Writing 1:00 - Beginner Uke Workshop 2:00 - Easy Ukelele Only Group *Community Health Worker	21 9:00 -Yoga/Strength & Stretch 10:00 - Zumba 10:00 - WAVE Bus Community Outreach 11:00 - Cardio Drumming 12:00 - Pinochle / 1:00- Dominos 2:00 - Line Dancing Lessons 2:00 - Relax & Recenter Class *Footcare Appointments	22 9:00 - SOS 9:00 - Immunization Clinic 9:30 - Pinochle 12:00 - Ukelele Jam Group 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Presentation: Friends for Life at the Humane Society 1:05 - 1:30 Special Uke	23 9:00 - Yoga / 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 WAVE BUS 2:00 - WAVE Bus Town Hall 3:00 - Games / 4:00 - Barn Dance *Reflexology Appointments	24 9:00 - Weaving 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Chair Volleyball 12:00 - Pinochle/313 12:30 - Volunteer informational meeting with Root Beer Floats. 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)
27 9:00-Color, Crafts, Needlework 11:00 - Chair Yoga 11:30 - Euchre 12:00 - Lunch & Learn: Pearl Planning Finacial / 12:30 - Bridge 1:00 - Wylie 4th Grade Visit 1:00 - Creative Writing 1:00 - Beginner Uke Workshop 2:00 - Easy Ukelele Only Group *Medicare Appointments	28 9:00 - Yoga / Strength & Stretch 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Pinochle 12:00 - Resin & Mold Art Class 1:00 - Dominos 2:00 - Line Dancing Lessons	29 9:00 - SOS 9:30 - Pinochle 12:00 - Ukelele Jam Group 12:00 - Lunch & Learn: Care Patrol 12:30 - Euchre/313 1:05 - 1:30 Special Uke 1:30 - Presentation: Safety in the Home: How to be Prepared *Medicare Appointments	30 9:00 - Yoga / Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 11:00 - Cardio Drumming 12:00 - Senior Cafe 12:30 - Cribbage / 1:00 - Halloween BINGO Sponsor Comfort Keepers 2:00 - Relax and Recenter Class 3:00 - Games / 4:00 - Barn Dance	31 9:00 - Weaving / Tai Chi 10:00 - Circuit Workout/Book Club 11:00 - French Study Group 11:30 - Chair Volleyball 12:00 - Pinochle/313 12:30 - Halloween Costume Contest with Cider & Donuts. 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)