

January 2026 Activity Calendar Dexter Senior Center

Key: *Make Appointment **Bold Print - New Events**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 9:00 - Color, Crafts, Needlework 11:00 - Chair Yoga 11:00 - Support Group 12:30 - Euchre 12:00 - Senior Cafe 12:30 - Bridge / Euchre 1:00 - Behavioral Health Social 1:00 - Creative Writing 1:30 - Uke Scratch Workshop 2:00 - Easy Ukelele Only Group	6 9:00 - Yoga / Strength & Stretch / Weaving 10:00 - Zumba Gold 11:00 - Cardio Drumming 12:00 - Pinochle 12:30-Dominoes 12:30 - 2:00 - Secretary of State Appointments 1:00 - Blood Pressure Checks 2:00 - Relax & Recenter Class Community Health Worker	7 9:00 - SOS 9:30 - Pinochle 10:00 - Balance Class 12:00 - Lunch & Learn: Seasonal Affect Disorder 12:00 - Ukelele Jam Group 12:30 - Euchre / 313 1:00 - Needlework 1:00 - Watercolor 1:00 -Presentation: Cyber Security 2:00 - Sign-up Help (Busch's Donations Program)	Jan. 1st Closed, Happy New Year! 8 9:00 - Yoga / Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 11:00 - Cardio Drumming 11:30 - 12:30 - Technology Help 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - BINGO - Sponsored 2:00 - American Mahjong 3:00 - Games / Barn Dancing / Spanish *Reflexology Appointments	2nd / 9th 9:00 - Weaving 10:00 - Circuit Workout 11:30 - Seals, Chair Volleyball 11:00 - French Study Group 12:00 - Pinochle/313 12:00 - Beginner Chinese Mahjong 12:30 - Volunteer Informational Meeting with Hot Chocolate 1:00 - Mahjong 1:00 - Dulcimer (Beginners)
12 9:00- Color, Crafts, Needlework 10:00 - Card Making Class 11:00 - Chair Yoga 11:00 - Support Group 12:00 - Senior Cafe 12:30 - Bridge / Euchre 1:00 - Village Travelers Meeting 1:00 - Beginner Uke Class 2:00 - Easy Ukelele Only Group	13 9:00 - Yoga / Strength & Stretch / Weaving 10:00 - Zumba Gold / WAVE Outreach 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 - Dominos 2:00 - Line Dancing 12:30 - Presentation: Healthy Living for your Brain & Body Community Health Worker	14 9:00 - SOS 9:30 - Pinochle 10:00 - Balance Class 12:00 - Lunch & Learn: Fall Prevention 1:00 - Presentation: End of Life Planning 12:00 -Ukelele Jam Group 12:30 - Euchre / 313 1:00 - Needlework	15 9:00 -Yoga/ Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 10:30 - Canvas Painting 11:00 - Cardio Drumming 12:00 -Senior Caf /12:30 - Cribbage 1:00 - BINGO - Sponsored 2:00 - Presentation: Gut Reaction, The Science Behind 2:00 - American Mahjong 3:00 -Games / Barn Dancing / Spanish *Massage Appointments	16 9:00 - Weaving 9:00 - Tai Chi 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Seals Chair Volleyball 12:00 - Pinochle/313 12:30 - Cooking for Less, Pampered Chef 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)
19 9:00 - Color, Crafts, Needlework 11:00 - Chair Yoga 11:00 - Support Group 12:00 -Senior Cafe 12:30 - Bridge / Euchre 1:00 -Presentation: Kidney Health 1:00 - Creative Writing 1:00 - Beginner Uke Class 2:00 - Easy Ukelele Only Group *Medicare Counseling	20 9:00 - Yoga / Strength & Stretch / Weaving 10:00 - Zumba Gold 10:00 - WAVE Bus Community Outreach 11:00 - Cardio Drumming 12:00 - Lunch and Learn: PACE Services 12:00 -Pinochle / 12:30-Dominoes 1:00-Presentation: Taxe Aide 2:00 - Line Dancing 2:00 -Relax & Recenter Class Community Health Worker *Foot Care Appointments	21 9:00 - SOS 9:30 - Pinochle 10:00 - Balance Class 12:00 - BIRTHDAY LUNCH 12:00 -Ukelele Jam Group 12:00 - Senior Cafe 12:30 - Euchre / 313 1:00 - Needlework 1:00 - Watercolor *Senior Support Consultations	22 9:00 -Yoga/ Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 10:30 - Canvas Painting 11:00 - Cardio Drumming 12:00 -Senior Cafe - 12:30 - Cribbage 1:00 - BINGO - Sponsored 2:00 - American Mahjong 3:00 -Games / Barn Dancing / Spanish *Reflexology Appointments	23 9:00 - Weaving 9:00 - Tai Chi 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Seals, Chair Volleyball 12:00 - Pinochle/313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)
26 9:00 - Color, Crafts, Needlework 11:00 - Chair Yoga 11:00 - Support Group 12:00 -Senior Cafe 12:30 -Bridge / Euchre 1:00 - Presentation: Housing Bureau for Seniors 1:00 - Beginner Uke Class 2:00 - Easy Ukelele Only Group	27 9:00-Yoga / Strength & Stretch / Weaving 10:00 - Zumba Gold 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 - Dominos 1:00 - Wylie 4th Grade Visit 2:00 - Line Dancing Community Health Worker	28 9:30 - Pinochle 10:00 - Balance Class 12:00 -Ukelele Jam Group 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 -Presentation: Diabetes 1:00 - Needlework	29 9:00 -Yoga/ Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 10:30 - Canvas Painting 11:00 - Cardio Drumming 12:00 -Senior Cafe - 12:30 - Cribbage 1:00 - BINGO - Sponsored 2:00 - American Mahjong 3:00 -Games / Barn Dancing / Spanish	30 9:00- Weaving 9:00 - Tai Chi 10:00 - Book Club 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Seals Chair Volleyball 12:00 - Pinochle/313 12:00 - Beginner Mahjong 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)