

July 2026 Activity Calendar Dexter Senior Center

Key: * Make an appointment or sign-up.

Bold - New Events. **Color**- Specific date.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 9:00 - Color, Crafts, Needlework 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 11:00 - Chair Yoga 11:00 - Behavior Health Social 12:00 - *Senior Cafe 12:30 - Bridge / Euchre 12:30 - *Watercolor Class 1:00 - Uke Theory 2:00 - Easy Ukelele Only Group</p>	<p>7 9:00 - Yoga 9:30 - Strength & Stretch 10:00 - Writing Group 10:15 - German 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 - Dominos 1:00 - Volunteer Garden Club Meeting 1:00 - Blood Pressure Checks Community Health Worker</p>	<p>1/8 9:00 - SOS 9:15 - Pilates 10:30 - Choir 9:30 - Pinochle 12:00 - *Lunch and Learn - 8th 12:00 -Ukelele Jam Group 12:30 - Euchre / 313 1:00 - Needlework / Watercolor 1:00 - T-shirt Fraying - 8th 2:00 - Chair Yoga 3:00 - All Instrument Signing Jam - 8th</p>	<p>2/9 9:00 - Yoga / Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer 11:00 - Cardio Drumming 12:00 - *Senior Cafe 12:00 - French Study Group 12:30 - Cribbage 1:00 - BINGO 1:30 - American Mahjong 3:00 - Barn Dancing / Spanish 2 *Reflexology Appointments - 9th</p>	<p>3/10 Closed July 3rd! 9:00 - Tai Chi 10:00 - 10:45- Circuit Workout 10:45 - 11:30 - Circuit Workout 11:00 - Euchre 11:30 - Chair Volleyball 12:00 - Pinochle / 313 1:00 - Acrylic Pour - 10th 1:00 - Dulcimer (Beginners) 1:30 - Chinese Mahjong</p>
<p>13 9:00 - Color, Crafts, Needlework 9:00 - *New Member Meet 9:30 - Neuro, Box, and Movement 10:00 -Circuit 10:00 - Chess 11:00 - Chair Yoga 12:00 - *Lunch and Learn 12:30 - Bridge / Euchre 12:30 - *Watercolor Class 1:00 - Uke Theory 2:00 - Easy Ukelele Only Group</p>	<p>14 9:00 - Yoga 9:30 - Strength & Stretch 10:00 - Writing Group 10:15 - German 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 - Dominos 12:30 - Presentation: Nature Journaling Workshop 2:00 - Line Dancing Community Health Worker</p>	<p>15 9:00 - SOS 9:15 - Pilates 9:30 - Pinochle 10:30 - Walking Club 10:30 - Choir 12:00 -Ukelele Jam Group 12:30 - Euchre / 313 1:00 - Needlework / Watercolor 2:00 - Chair Yoga 2:00 - Technology Help *Senior Support Consults</p>	<p>16 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 12:00 - French Study Group 12:30 - Cribbage 1:00 - BINGO 1:30 - American Mahjong 3:00 - Barn Dancing</p>	<p>17 9:00 - Tai Chi / Weaving 10:00 - Circuit Workout 11:00 - Euchre 11:30 - Seals, Chair Volleyball Game and Social with Hamburg Senior Center 12:00 - Pinochle / 313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) 2:00 - Volunteer Information Meeting</p>
<p>20 9:00 - Color, Crafts, Needlework 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 10:00 - *Card Making Class 11:00 - Chair Yoga 12:00 - *Senior Cafe 12:30 - *Watercolor Class 12:30 - Bridge / Euchre 1:00 - Uke Theory 2:00 - Easy Ukelele Only Group 1:00- *Junk Journaling Class *Medicare Counseling</p>	<p>21 9:00 - Yoga 9:00 - *Doll Making 9:30 - Strength & Stretch 10:00 - Writing Group 10:00 - WAVE Bus Outreach 11:00 - Cardio Drumming 12:00 - Pinochle / 12:30 - Dominos 12:30 - Presentation: Heartburn and Reflux Disease Community Health Worker *Foot Care Appointments</p>	<p>22 9:00 - SOS 9:15 - Pilates 9:30 - Pinochle 12:00 -Ukelele Jam Group 12:30 - Euchre / 313 12:00 - *BIRTHDAY LUNCH / Workshop 1:00 - Needlework / Watercolor 2:00 - Chair Yoga</p>	<p>23 9:00 - Yoga 9:00 - Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer 11:00 - Cardio Drumming 12:00 - *Senior Cafe 12:00 - French Study Group 12:30 - Cribbage 1:00 - BINGO - Sponsored 1:30 - American Mahjong 3:00 - Barn Dancing *Reflexology Appointments *Massage Appointments</p>	<p>24 9:00 - Tai Chi / Weaving 9:00 - *Doll Making 10:00 - Circuit Workout 11:00 - Euchre 11:30 - Seals, Chair Volleyball 12:00 - Pinochle / 313 12:30 - History Presentation (250 Years) and Floats 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) 2:00 - Bunco *Huron Lady II & Lunch at the Voyageur</p>
<p>27 9:00-Color, Crafts, Needle 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 11:00 - Yoga 12:00 - *Senior Cafe 12:30 - * Watercolor Class 1:00 - 3:00 - Town Hall Meeting with Donuts 1:00 - Uke Theory 2:00 - Easy Ukelele Only Group</p>	<p>28 9:00 -Yoga 9:00 - *Doll Making 9:30 - Strength & Stretch 10:00 - Writing Group 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 - Dominos 12:30 - *Secretary of State Appointments Community Health Worker</p>	<p>29 Dementia Friendly Day. 9:00 - SOS / 9:15 Pilates 9:30 - Pinochle / 10:30 - Choir 10:30 - Coffee, Donuts, & Chat 11:30 - *Moving and Grooving 12:00 - *Lunch and Learn 12:00-Ukelele/ 12:30- Euchre/313 1:00 PM: *Workshop on Brain Health with Interactive Painting 1:00 - Needlework / Watercolor 2:00- Chair Yoga 2:00 - Trivia</p>	<p>30 9:00-Yoga 9:00 - Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer / 11:00 - Cardio Drumming 12:00 - *Senior Cafe 12:00 - French Study Group 12:30 - Cribbage 1:00 - BINGO - Sponsored 1:30 - American Mahjong 3:00 - Barn Dancing</p>	<p>31 9:00 - Tai Chi / Weaving 10:00 - Book Club 10:00 - Circuit Workout 11:00 - Euchre 11:30 - Seals Chair Volleyball 12:00 - Pinochle / 313 12:30 - *Cooking For Less With Your Grandkids or Nieces and Nephews 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)</p>