

August 2026 Activity Calendar Dexter Senior Center

Key: * Make an appointment or sign-up.
Bold - New Events. **Color**- Specific date.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 - Color, Crafts, Needlework 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 11:00 - Chair Yoga 11:00 - Social Hour: Topic (Music) 12:00 - *Senior Cafe 12:30 - Bridge / Euchre 1:00 - Presentation: Protecting your Wealth 1:00 - Uke Theory 2:00 - Easy Ukelele Only Group	4 9:00 - Yoga 9:30 - Strength & Stretch 10:00 - Writing Group 11:00 - 12:30 - Beginner Mahjong 12:00 - Pinochle 12:30 - Presentation: Meet Robots, AI, & Technology for Everyday Life. 12:30 - Dominos 1:00 - Blood Pressure Checks Community Health Worker	5 9:00 - SOS 9:15 - Pilates 9:30 - Pinochle 10:30 - Choir 11:00 - Beginner Chinese Mahjong 12:00 - *Senior Cafe 12:30- Presentation: Senior Services and Medicare Fraud 12:00 -Ukelele Jam Group 12:30 - Euchre / 313 1:00 - Needlework / Watercolor 2:00 - Chair Yoga	6 9:00 - Yoga / Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer 11:00 - Cardio Drumming 11:45 - *Senior Cafe/Focus Group 12:00 - French Study Group 12:30 - Cribbage 1:00 - BINGO 1:30 - American Mahjong 3:00 - Barn Dancing 3:00 - *Game Night with Ice Cream Social	7 9:00 - Weaving 10:00 - Circuit Workout 11:00 - Euchre 11:30 - Chair Volleyball 12:00 - Pinochle / 313 1:00 - Dulcimer (Beginners) 1:30 - Chinese Mahjong 1:00 - Bunco
10 9:00 - Color, Crafts, Needlework 9:30 - Neuro, Box, and Movement 10:00 - Circuit 10:00 - Chess 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge / Euchre 1:00 - Travel Presentations: Village Travelers / 1:30: American Symphony / 2:15: Iceland 2027 1:00 - Uke Theory 2:00 - Easy Ukelele Only Group	11 9:00 - Yoga 9:30 - Strength & Stretch 10:00 - Writing Group 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 - Dominos 2:00 - Line Dancing Community Health Worker	12 9:00 - SOS 9:15 - Pilates 9:30 - Pinochle 10:30 - Walking Club 11:00 - Chair Yoga 12:00 - *Lunch & Learn 12:30 - Euchre / 313 1:00 - Needlework / Watercolor 2:00 - Sing-A-Long 2:00 - Technology Help 3:00 - All Instrument Signing Jam	13 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 / Game Night *Reflexology Appointments *Massage Appointments	14 9:00 - Weaving 10:00 - Circuit Workout 10:00 - *Zentangle Inspired Art Class 11:00 - Euchre 11:30 - Seals, Chair Volleyball 12:00 - Pinochle / 313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)
17 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 - Bridge / Euchre 1:00 - Uke Theory 2:00 - Easy Ukelele Only Group 1:00 - *Junk Journaling Class *Medicare Counseling	18 9:00 - Yoga 9:30 - Strength & Stretch 10:00 - Writing Group 10:00 - WAVE Bus Outreach 11:00 - Cardio Drumming 12:00 - Pinochle / 12:30 - Dominos 2:00 - Line Dancing Community Health Worker *Foot Care Appointments	19 9:00 - SOS 9:15 - Pilates 9:30 - Pinochle 11:00 - Chair Yoga 12:00 -Ukelele Jam Group 12:30 - Euchre / 313 12:00 - *BIRTHDAY LUNCH BBQ and 12:15 - Entertainment 1:00 - Needlework / Watercolor 2:00 - Sing-A-Long *Senior Support Consults	20 9:00 - Yoga 9:00 - Strength & Stretch 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 / Game Night	21 9:00 - Weaving 10:00 - Circuit Workout 11:00 - Euchre 11:30 - Seals, Chair Volleyball 12:00 - Pinochle / 313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) *Trip to Genittis Show
24/31 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 Pencils Class / Presentation: Nutrition During Time of Illness & Recovery - 24th 1:00 - Uke Theory 2:00 - Easy Ukelele Only Group	25 9:00 -Yoga 9:30 - Strength & Stretch 10:00 - Writing Group 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 - Dominos Community Health Worker	26 Dementia Friendly Day 9:00 - SOS / 9:15 Pilates 9:30 - Pinochle 11:00 - Chair Yoga 10:00 - Coffee, Donuts, & Chat 11:00 - Art Therapy (Painting) 12:00 - *Senior Cafe 12:00-Ukelele/ 12:30- Euchre/313 1:00 - Presentation: Care Management & Respite with Games 1:00 - Needlework / Watercolor 2:00 - Sing-A-Long	27 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 / Game Night *Reflexology Appointments *Massage Appointments	28 9:00 -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 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)