

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2026 Activity Calendar Dexter Senior Center Key: \$Pay, *Sign up or make appointment Bold - New Events. Color - Specific date.				
7 CLOSED Labor Day HAPPY ★LABOR★ DAY	1 9:00 - Yoga 9:30 - Strength & Stretch 10:00 - Writing Group 10:00 - *Watercolor Pencil 11:00 - Cardio Drumming 12:00 - *Stuff School Backpacks 12:00 - Pinochle 12:30 - Dominos 1:00 - Blood Pressure Checks Community Health Worker	2 9:00 - SOS 9:30 - Pinochle 11:00 - Chair Yoga 12:00 - *Lunch & Learn: Thrivent 12:00 -Ukulele Jam Group 12:30 - Euchre / 313 1:00 - Needlework / Watercolor 2:00 - Sing - A - Long 2:00 - Latin Rhythms Dance	3 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 2:00 - Presentation: WAVE Bus 3:00 - Barn Dancing 3:00 - *Games with Ice Cream *Reiki	4 9:00 - Weaving 10:00 - Circuit Workout 11:00 - Euchre 11:30 - Chair Volleyball 12:00 - Pinochle / 313 12:30 - Volunteer Interest Information Meeting 1:00 - Dulcimer (Beginners) 1:00 - Chinese Mahjong
	8 9:00 - Yoga 9:30 - Strength & Stretch 10:00 - Writing Group 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 - Dominos 12:30 - Garden Presentation 2:00 - Line Dancing Community Health Worker	9 9:00 - SOS / 9:30 - Pinochle 11:00 - Chair Yoga 12:00 - *Senior Cafe \$ 12:00 -Ukulele Jam Group 12:30 - Euchre / 313 1:00 - Presentation: Data Centers: The Local Impact of Artificial Intelligence 1:00 - Needlework / Watercolor 2:00 - Sing-A-Long 2:00 - Latin Rhythms Dance 3:00 - All Instrument Sing Jam	10 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 - Spanish / Barn Dancing / Games *Reflexology Appointments \$ *Massage Appointments \$	11 9:00 - Weaving 10:00 - Circuit Workout 11:00 - Euchre 11:30 - Seals, Chair Volleyball 12:00 - Pinochle / 313 12:30 - History Presentation on 9.11 with Refreshments 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) 2:00 - *Bunco
14 9:00 - Color, Crafts, Needlework 9:00 - *Beginners Knitting Class \$ 9:00 - *New Member Meet 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 11:00 - Chair Yoga 12:00 - Seated Ballet/*Senior Cafe\$ 12:30 - Bridge / Euchre 12:30*Autumn Watercolor Paint 1:00 - Presentation: Village Travelers 1:00 - Uke Theory and Jam 2:00 - *Beginner Ukulele \$ 2:15 - Presentation: Iceland Trip	15 9:00 - Yoga 9:30 - Strength & Stretch 10:00 - Writing Group 10:00 - WAVE Bus Outreach 10:15 - *German \$ 11:00 - Cardio Drumming 12:00 - Pinochle / 12:30-Dominos 12:00 - *Grief Release Yoga 12:30 - Presentation: Vaccine Guidelines 2: 00 - Line Dancing Community Health Worker *Foot Care Appointments \$	16 9:00 - SOS 9:00- *Doll Making \$ 9:30 - Pinochle 11:00 - Chair Yoga 12:00 -Ukulele Jam Group 12:30 - Euchre / 313 12:00 - *BIRTHDAY LUNCH \$ 1:00 - Needlework / Watercolor 2:00 - Sing-A-Long 2:00 - Latin Rhythms Dance *Senior Support Consults	17 9:00 - Yoga 9:00 - 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 - Spanish / Barn Dancing / Games *Reiki	18 9:00 - Tai Chi 9:00 - Weaving 9:00 - *Doll Making \$ 10:00 - Circuit Workout 10:00 - Sing & Play A Long with U of M Retiree's Group 11:00 - Euchre 11:30 - Seals, Chair Volleyball 12:00 - Pinochle / 313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) 2:00 - *Fall Hike at Hudson Mills Metropark-Bus 1:30pm
21/28 9:00-Color, Crafts, Needle 9:00 - Donuts & Dermatology - 21st 9:00 - *Beginners Knitting Class \$ 9:30 - Neuro, Box, and Movement 10:00 - *Card Making \$ - 21st 10:00-Circuit/ Chess/11:00-Chair Yoga 12:30 - Bridge / Euchre 12:00 - Seated Ballet / *Senior Cafe \$ 1:00 - DSC Town Hall - 21st 2:00 - *Junk Journaling \$ - 21st 1:00 - Presentation: Hearing- 28th 1:00 - Uke Theory and Jam 2:00 - *Beginner Ukulele \$ *Medicare Counseling - 28th	22/29 *Craft Swap - 22nd 9:00 -Yoga 9:30 - Strength & Stretch 10:00 - Writing Group 10:15 - *German \$ 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 - Dominos 2:00 - Line Dancing Community Health Worker 2:00 - *Pickleball - 22nd	23/30 *Craft Swap - 23rd <u>Dementia Friendly Day - 30th</u> 9:00 - SOS / *Doll Making \$ - 23 9:30 - Pinochle /11:00 - Chair Yoga 10:30-Healthy Snacks & Chat-30 11:30 - Moving & Grooving-30th 12:00 - *Senior Cafe \$ / Ukulele 12:30- Euchre/313 / 1:00 - Present Cybersecurity - 23rd 1:00 - Presentation with Respite Games - 30th 1:00 - Needlework / Watercolor 2:00 - Sing-A-Long 2:00 - Latin Rhythms Dance 2:00 - Technology Help - 30th	24 9:00-Yoga / 9:00 - Strength & Stretch 9:00 - *Breakfast with Interview 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 - Spanish / Barn Dancing / Game Night *Reflexology Appointments \$ *Massage Appointments \$	25 9:00 - Tai Chi 9:00 -Weaving 9:00 - *Doll Making \$ 10:00 - Book Club 10:00 - Circuit Workout 11:00 - Euchre 11:30 - Chair Volleyball 12:00 - Pinochle / 313 12:30 - *Cooking For Less 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)