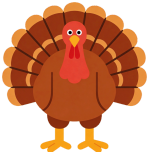


Key: \$ Pay, *Sign up or make appointment
Bold - New Events. **Color**- Specific date.

November 2026 Activity Calendar Dexter Senior Center				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 - Color, Crafts, Needlework 9:00 - *Stictch for A Cause. 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 11:00 - Chair Yoga 11:00 - Social Wellness Hour & Games 12:00 - Seated Ballet / *Senior Cafe \$ 12:30-*Beginner Watercolor Paint \$ 12:30 - Bridge / Euchre 1:00 - Uke Theory and Jam 2:00 - *Beginner Ukulele \$ 2:00 - Technology Help	3 9:00 - Yoga / *Weaving 9:30 - Strength & Stretch 10:00 - Writing Group 10:15 - *German 12:00 - Presentation: The Man Behind Wizard of OZ 12:00 - Pinochle 12:30 - *Senior Bridge to Better Health / Games 1:00 - Blood Pressure Checks 1:00 - Movin' & Groovin' Community Health Worker	4 9:00 - SOS / Beading Group 9:30 - Pinochle 11:00 - Chair Yoga 11:00 - Chinese Mahjong 12:00 -Ukulele Jam Group 12:30 - Euchre / 313 12:00 - Senior Cafe 12:30 - Presentation: Music and Hearing 1:00 - Needlework / Watercolor 2:00 - Latin Rhythms Dance	5 9:00 -Yoga/ Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer 11:15 - Cardio Drumming 12:00 - * Lunch & Learn: Medicare & Medicaid 12:30 - Cribbage 1:00 - BINGO / French Group 1:15 PM - *Yoga Nidra 1:30 - American Mah Jongg 3:00 - Barn Dancing / Spanish 3:00 - Spanish / Barn Dancing / and Games *Reiki \$	6 9:00 - Tai Chi 9:00 - *Weaving 10:00 - Circuit Workout 11:00 - *Euchre 11:30 - Chair Volleyball 12:30 - Cooking for Less 12:00 - Pinochle / 313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) 2:00 - *Bunco
9 9:00 - *New Member Meet 9:00 - Color, Crafts, Needlework 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 11:00 - Chair Yoga 12:00 - Seated Ballet 12:00 - *Senior Cafe \$ 12:30-*Beginner Watercolor Paint 1:00 - Presentation: Finding your Roots (Genealogy 101) 12:30 - Bridge / Euchre 1:00 - Uke Theory and Jam 2:00 - *Beginner Ukulele \$	10 9:00 - Yoga / *Weaving 9:30 - Strength & Stretch 10:00 - *Craft: Autumn Wreath \$ 10:00 - Writing Group 10:15 - *German 11:15 - Cardio Drumming 12:00 - Pinochle / 12:30-Games 12:30 - *Senior Bridge to Better Health / Games 1:00 - Movin' & Groovin' 2:00 - Line Dancing Community Health Worker	11 9:00 - SOS / Beading Group 9:30 - Pinochle 11:00 - Chair Yoga 11:00 - Chinese Mahjong 11:30 - *Senior Cafe \$ 12:00 -Ukulele Jam Group 12:30 - Euchre / 313 1:00 -Needlework / Watercolor 1:00 - * Veterans Lunch 2:00 - Latin Rhythms Dance 3:00 - All Instrument Sing Jam	12 9:00 -Yoga / Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer 11:15 - Cardio Drumming 12:00 - *Lunch & Learn: Estate Planning 101 12:30 - Cribbage 1:00 - BINGO 1:00 - French Study Group 1:30 - American Mah Jongg 3:00 - Spanish / Barn Dancing / Games *Reflexology \$ / *Massage \$	13 9:00 - Tai Chi 9:00 - *Weaving 10:00 - *Zentangle 10:00 - Circuit Workout 11:00 - *Euchre 11:30 - Chair Volleyball 12:00 - Pinochle / 313 12:30 - *Euchre 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) *Trip: Detroit Parade Tour \$ Depart at 8:15 AM to 4:15 PM
16 9:00 - Color, Crafts, Needlework 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 10:00 - *Card Making \$ 11:00 - Chair Yoga 12:00 - *Senior Cafe \$ 12:00 - Seated Ballet 12:30 - Bridge / Euchre 1:00 - Uke Theory and Jam 1:00 - Travel Meeting 1:00 - *Junk Journaling \$ 2:00 - *Beginner Ukulele \$	17 9:00 - Yoga / *Weaving 9:30 - Strength & Stretch 10:00 - Writing Group 10:00 - WAVE Bus Outreach 10:15 - *German 11:15 - Cardio Drumming 12:00 - Pinochle 12:30 - *Senior Bridge to Better Health / Games 1:00 - Movin' & Groovin' 1:00 - Origami 2:00 - Line Dancing Community Health Worker *Foot Care Appointments \$	18 9:00 - SOS / Beading Group 9:30 - Pinochle 11:00 - Chair Yoga 11:00 - Chinese Mahjong 12:00 -Ukulele Jam Group 12:30 - Euchre / 313 12:00 - *BIRTHDAY LUNCH \$ 1:00 - Fall Piano & Flute Concert by Take Note 1:00 - Needlework / Watercolor 2:00 - Latin Rhythms Dance *Senior Support Consults	19 9:00 - Yoga 9:00 - Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - *Canvas Painting \$ 10:30 - Dulcimer 11:15 - Cardio Drumming 12:00 - *Senior Cafe \$ 12:30 - Cribbage 12:00 - *Senior Players Rehearsal 1:00 - French Study Group 1:00 - BINGO 1:30 - American Mah Jongg 3:00 - Barn Dancing / Games *Reiki \$ / *Reflexology \$ *Medicare Open Enrollment Appt.	20 9:00 - Tai Chi 9:00 - *Weaving 10:00 - Circuit Workout 10:00 - Sing & Play-Along with UofM Retirees Assoc. 11:00 - *Euchre 11:30 - Chair Volleyball 12:00 - Pinochle / 313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) 12:30-*Holiday Acrylic Pour\$
23 / 30 9:00-Color, Crafts, Needle 9:30 - Neuro, Box, and Movement 10:00-Circuit /Chess 11:00-Chair Yoga 12:00 - *Senior Cafe \$ / Seated Ballet 12:30 - Bridge / Euchre 1:00 - Concert: DHS Descant (Treble Choir) -23rd. 1:00 - Presentation: Tap Dancing in Hollywood & Broadway - 30th 1:00 - Uke Theory and Jam - 30th 2:00 - Beginner-Intermediate Uke - 30th *Medicare Open Enrollment - 30th	24 9:00 -Yoga / *Weaving 9:30 - Strength & Stretch 10:00 - Writing Group 11:00 - Technology Help 11:15 - Cardio Drumming 12:00 - Pinochle / 12:30 - Games 12:30 - *Secretary of State Mobile Appointments \$ 1:00 - Movin' & Groovin' Community Health Worker *Holiday Decorating 10AM - 2PM	25 Dementia Friendly Day 9:00 - SOS / Beading Group 9:30 - Pinochle 10:00 - Donuts & Chat: Dementia Q & A / 11:00 Chair Yoga 11:00 - Music and Reminiscing 11:00 - Chinese Mahjong 12:00 Ukulele 12:00 - *Lunch & Learn: Changes in Dementia 12:30 - Euchre/313 1:00 - Moving & Grooving 1:00 - Needlework / Watercolor 2:00 - Latin Rhythms Dance	26 Closed Happy Thanksgiving! 	27 Closed