

October 2026 Activity Calendar Dexter Senior Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 9:00 - Color, Crafts, Needlework 9:00 - *Beginners Knitting Class \$ 9:00 - *Stitch For A Cause 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 11:00 - Chair Yoga 11:00 - Social Wellness Hour: Rock Painting 12:00 - Seated Ballet / *Senior Cafe \$ 12:30-*Beginner Watercolor Paint \$ 12:30 - Bridge / Euchre 2:00 - Technology Help	6 9:00 - Yoga / *Weaving 9:30 - Strength & Stretch 10:15 - *German 11:15 - Cardio Drumming 12:00 - Pinochle 12:30 - Presentation & Demo: History of American Tap Dance 12:30 - Dominos 1:00 - Blood Pressure Checks 2:00 - Line Dancing Community Health Worker	7 9:00 - SOS / Beading Group 9:30 - Pinochle 11:00 - Chair Yoga 11:00 - *Beginner Chinese Mahjong 12:00 -Ukulele Jam Group 12:30 - Euchre / 313 12:00 - *Lunch and Learn 1:00 - Needlework / Watercolor 2:00 - Latin Rhythms Dance 2:00 - *Origami Workshop	1/8 9:00 -Yoga/ Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - *Canvas Painting \$ - 1st 10:30 - Dulcimer 11:15 - Cardio Drumming 12:00 - *Senior Cafe \$ 12:30 - Cribbage 1:00 - BINGO / French Group 1:00 - Yoga NIDRA with Sound Journey Workshop - 1st 1:30 - American Mahjong 3:00 - Barn Dancing/ 3:00 - *Games & Ice Cream - 1st *Reiki \$ - 1st *Reflexology \$ / *Massage \$ - 8th	2/9 9:00 - Tai Chi / Pilates 9:00 - *Weaving 10:00 - Circuit Workout 10:00 - *Zentangle - 9th 11:00 - Euchre 11:30 - Seals, Chair Volleyball 12:00 - Pinochle / 313 12:30 - History Presentation: on 911 & Refreshments - 9th 12:30 - Volunteer Information Meeting - 2nd 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) 2:00 - *Bunco - 9th
12 9:00 - Color, Crafts, Needlework 9:00 - *Beginners Knitting Class \$ 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 12:30 - Bridge / Euchre 1:00 - Presentation: Medicinal Herbs 1:00 - Uke Theory and Jam 2:00 - *Beginner Ukulele \$	13 9:00 - Yoga / *Weaving 9:30 - Strength & Stretch 10:00 - Writing Group 10:15 - *German 11:15 - Cardio Drumming 12:30 - *Cooking For Less 12:00 - Pinochle / 12:30-Dominos 12:30 - *Senior Bridge to Better Health / Dominos 2:00 - Line Dancing 4:00 - Dementia Friendly Training Community Health Worker *Trip to Chihuly and Gardens	14 9:00 - SOS / Beading Group 9:30 - Pinochle 9:00 - *Immunization Clinic 11:00 - Chair Yoga 11:00 - *Beginner Chinese Mahjong 12:00 - *Lunch & Learn 12:00 -Ukulele Jam Group 12:30 - Euchre / 313 1:00 -Needlework / Watercolor 2:00 - Latin Rhythms Dance 2:00 -*Fall Hike (1:30 Bus Ride) 3:00 - All Instrument Sing Jam	15 9:00 -Yoga/ Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer 11:15 - Cardio Drumming 12:00 - *Senior Cafe \$ 12:30 - Cribbage / 1:00 - BINGO 1:00 - French Study Group 1:30 - American Mahjong 3:00 - Spanish / Barn Dancing / Games *Medicare Open Enrollment Appt. *Reiki \$	16 9:00 - Tai Chi 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)
19 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\$ 12:30-*Beginner Watercolor Paint 12:30 - Bridge / Euchre 1:00 - Uke Theory and Jam 1:00 - *Junk Journaling \$ 2:00 - *Beginner Ukulele \$	20 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-Domino 12:30 - *Senior Bridge to Better Health / 2:00 - Line Dancing Community Health Worker *Foot Care Appointments \$	21 9:00 - SOS / Beading Group 9:30 - Pinochle 10:00 - *Reflective Art 11:00 - Chair Yoga 11:00 - *Beginner Chinese Mahjong 12:00 -Ukulele Jam Group 12:30 - Euchre / 313 12:00 - *BIRTHDAY LUNCH & MUSIC \$ (Oktoberfest) 1:00 - Needlework / Watercolor *Senior Support Consults	22 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 1:00 - French Study Group 1:00 - BINGO 1:30 - American Mahjong 3:00 - Spanish / Barn Dancing / Games *Reflexology \$	23 9:00 - *Weaving 10:00 - Circuit Workout 11:00 - Euchre 11:30 - Seals, Chair Volleyball 12:00 - Pinochle / 313 1:00 - Chinese Mahjong 12:30 - Presentation: Color 1:00 - Dulcimer (Beginners) 2:00 - *Bunco
26 9:00-Color, Crafts, Needle 9:30 - Neuro, Box, and Movement 10:00-Circuit/ Chess 11:00-Chair Yoga 12:00 - *Lunch & Learn 12:30 - Bridge / Euchre 1:00 - Uke Theory and Jam 2:00 - *Beginner Ukulele \$ *Medicare Open Enrollment Appointments by SHIP	27 9:00 -Yoga / *Weaving 9:30 - Strength & Stretch 10:00 - Writing Group 10:15 - *German 11:15 - Cardio Drumming 12:00 - Pinochle / 12:30-Dominos 12:30 - *Senior Bridge to Better Health 2:00 - Line Dancing Community Health Worker	28 Dementia Friendly Day. 9:00 - SOS / Beading Group 9:30 - Pinochle 10:00 - Donuts and Chat: Robots for Better Living with Dementia 11:00 - Technology Help 11:00 - *Watercolor Painting 11:00 - *Beginner Chinese Mahjong / 12:00 Ukulele 11:00 - Chair Yoga 12:00 - *Lunch & Learn 12:30 - Euchre/313 1:00 - Music and Reminiscing 1:00 - Needlework / Watercolor	29 9:00 - Yoga / Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer 12:00 - *Potluck Halloween Costume Party With Dulcimer Concert 12:00 - *Senior Cafe \$ 12:30 - Cribbage 1:00 - Halloween BINGO 1:00 - French Study Group 1:30 - American Mahjong 3:00 - Spanish	30 9:30 AM - 1:30 PM - Craft Fair 9:00 - Tai Chi / *Weaving 10:00 - Book Club 10:00 - *Circuit Workout 10:45 - *Circuit Workout 11:00 - Euchre 11:35 - Chair Volleyball 12:00 - Pinochle / 313 1:00 - Dulcimer (Beginners) 2:00 - Chinese Mahjong