

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Dexter Senior Center July 2021	Pre-registration is required for activities in red.		10-11 Dulcimer 12:30 Cards & Games 1-2 Bingo	9:15-2:00 Footcare 12:30 Cards & Games 12:30-3pm Mahjong
5	6	7	8	9
9-10 Chair Yoga 10:30 Coloring for Adults	11:00 Ukulele 12:30 Cards 1-2:30 Acupuncture	10:30 Strength/Stretch 12:30 Needle Arts 1-2 Choir	10-11 Dulcimer 12:30 Cards & Games 1-2 Bingo	9:15-2:00 Footcare 12:30 Cards & Games 12:30-3pm Mahjong
12	13	14	15	16
9-10 Chair Yoga 10:30 Coloring for Adults 2-3pm Afternoon Talks: Intro to Home Care Lindsay Mamp, BS	11:00 Ukulele 12:30 Cards 1-2:30 Acupuncture	10:30 Strength/Stretch 12:30 Needle Arts 1-2 Choir	10-11 Dulcimer 12:30 Cards & Games 1-2 Bingo	Picnic at Noon 12:30 Cards & Games 12:30-3pm Mahjong
19	20	21	22	23
9-10 Chair Yoga 10:30 Coloring for Adults	10-12 Reflexology 10-12 Card making 11:00 Ukulele 12:30 Cards 1-2:30 Acupuncture	10:30 Strength/Stretch 12:30 Needle Arts 1-2 Choir 4:00 Board Meeting	10-11 Dulcimer 12:30 Cards & Games 1-2 Bingo	12:30 Cards & Games 12:30-3pm Mahjong
26	27	28	29	30
9-10 Chair Yoga 10:30 Coloring for Adults 1-3:00 Acrylic Painting	10-12 Reflexology 11:00 Ukulele 12:30 Cards 1-2:30 Acupuncture Last session with Ron	10:30 Strength/Stretch 12:30 Needle Arts 1-2 Choir	10-11 Dulcimer 12:30 Cards & Games 1-2 Bingo	12:30 Cards & Games 12:30-3pm Mahjong