



DEXTER SENIOR VOICE MARCH 2024

PATH FORWARD - DEXTER SENIOR CENTER
Permanent home— 9000 sq. ft Move to temporary
space at Wellness Center (see page 2).



DEXTER SENIOR CENTER RENDERING

MOW Volunteer Needed

At some time in our temporary space at the Wellness Center (old ATI space), the MOW (Meals on Wheels) program and Senior Café will also be moved to that space. Additional staff will be hired within the next few months however, until then, the MOW program needs a volunteer one day a week to assist the Meals on Wheel Coordinator to ensure meals are received, delivered by drivers, and daily paperwork completed. For more details or if interested, contact Emily at (734) 253-2370.

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Board Meeting

Dexter Wellness Center
March 20 @ 4pm

Medicare/Medicaid Counseling

Jim Pickard, Certified
Medicare Counselor
(734) 426-4366

And

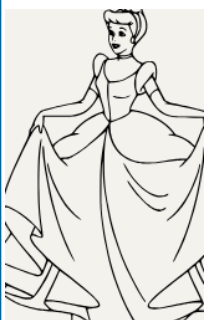
Lois Beerbaum
(734) 726-5292

Meals on Wheels

Please make reservations at least 48 hours in advance for Meals on Wheels deliveries by calling **(734) 253-2370**. If you need to cancel a meal, please do so within 24 hours or you will need to reimburse the center \$5.50 per meal.

UPCOMING SPECIAL EVENTS

NO FITNESS CLASSES from Monday, March 25th through Friday, March 29th since the Dexter Schools are closed for Spring Break. The Dexter Senior Center will also be closed from Monday, March 25th through Friday, March 29th with no programming as well. We will be preparing to move from our current location to our temporary space at the Dexter Wellness Center. The actual move may be that week or at a later date (TBD). The DSC will be in the temporary space at the Wellness Center until our new building is completed!



CINDERELLA is coming to the Dexter Senior Center on **March 14th at 10:30am** for a short performance (30 minutes) of their Cinderella production which is slated to start at the Chelsea High School on April 21st and 22nd.

IRISH SONGS—DULCIMER

Immediately after the Cinderella performance, **March 14th at 11:30am** please continue joining us while our **Dulcimer group plays a variety of Irish songs to get us ready for St. Patrick's Day!** Who knows, there might be green treats

to indulge in!



COFFEE HOUR WITH STATE REPRESENTATIVES RHEINGANS AND CONLIN

Please join us on **Friday, March 15th at 10—11am**, for a coffee hour with the representatives.

Carrie Rheingans believes that every policy issue is a health issue. Community and individual health depend on the building blocks of our daily lives—community safety, economic well-being, meaningful relationships,

affordable food, the built and natural environment, high-speed internet access and functioning government with functioning services.

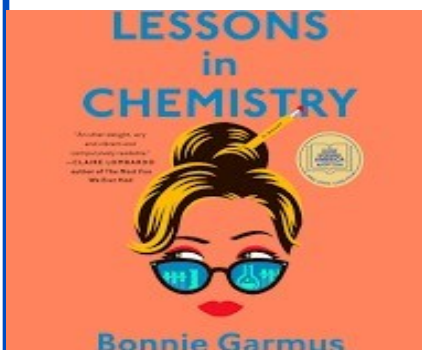
Jennifer Conlin as a state representative, her legislative priorities include strengthening infrastructure, protecting Michigan's natural resources, improving health care access and affordability, increasing school

ITEMS NEEDED!

We are always in need of the following items: Kleenex, copy paper, hot/cold disposable cups, for-ever postage stamps, and BINGO prizes. For any other donations please contact the center first at (734) 426-7737.

SPECIAL ACTIVITIES

MARCH BIRTHDAY CELEBRATION: On **Wednesday, March 20th at 12pm**, we will celebrate March birthdays with lunch, cake, and ice cream. If you have a birthday in March and are a member of the Dexter Senior Center, your lunch is free, otherwise it is \$5. I guess the big question will it be fried chicken or something equally as yummy.....join us to find out. **You must sign up 48 hours in advance by listing your name on the designated sign-up sheet or by calling the center at (734) 426-7737.**



BOOK CLUB: On **Friday, April 26th at 10am**, our Book Club will meet to discuss ***Lessons In Chemistry*** by Bonnie Garmus. Come prepared to discuss the book, as well as to suggest titles for upcoming Book Club meeting. All members are welcome.

This novel is “irresistible, satisfying and full of fuel” (*The New York Times Book Review*) and “witty, sometimes hilarious...the *Catch-22* of early feminism” (Stephen King, via Twitter).

JEWELRY MAKING: On **Friday, April 19th from 10—12pm**, join member, Anne Kornow, to learn basic design principles and jewelry making technics in order to create your own “one of a kind” jewelry. *Space is limited*, so please sign up on the signup board, or by calling (734) 426-7737. **Cost is \$10 per person.**



Join us at **10:30am on March 14th** for a short performance from **Ballet Chelsea of Cinderella**. The **Dulcimer group will follow at 11:30 am with a treat of Irish music** (see page 2 for additional information).

INCLEMENT WEATHER POLICY: With the continued partnership of Dexter Community Schools as an extension site for the Dexter Senior Center, we will follow the school policy on inclement weather. Therefore, **when Dexter Community Schools are cancelled for weather related reasons, the Dexter Senior Center will be closed as well.** Every effort will be made to ensure that the Center voicemail message at (734) 426-7737 reflects any weather-related cancellations.



DCS Closure for other reasons: If DCS are closed for other purpose, NO Fitness classes will be held however the center will be open.

PROGRAMS AND ACTIVITIES

MEALS ON WHEELS: Our Meals on Wheels are delivered Monday-Friday at lunchtime. This is a great opportunity to have a low cost meal and see a daily friendly face. The menu for the month is included in the newsletter. Call and find out more/requirements and **reserve your meal 48 hours in advance by calling (734) 253-2370**. The suggested donation is \$3 per meal and we accept credit card or check at this time.



MEALS



SENIOR CAFE: Our Senior Café is open on **Mondays, Wednesdays, and Thursdays** at noon. Our Café is a great opportunity to have a low cost meal, socialize, and enjoy a game of cards. The menu for the month is included in the newsletter. **Reserve your meal 48 hours in advance by calling (734) 253-2370**. The suggested donation is \$3 per meal and we accept cash or check at this time. If you have not arrived by 12:15pm or have not called to let the staff know you are running late, your meal will be offered to those on the wait list.

FOOTCARE with Heather Schanz, call Heather at (414) 436-6876 to schedule an appointment.

CHAIR MASSAGE with Jenny Miller, call Jenny at (734) 645-6166 to schedule an appointment. 15 minutes minimum (\$15) 30 minutes maximum (\$30)

NOTARY SERVICE: is available on **Wednesdays from 10am to 12:30pm**, or by appointment with Jeanne Bradish at (734) 223-1423

REFLEXOLOGY with Barb Fisher, call Barb at (734) 664-7465 to schedule an appointment. The fees are \$10 for every 15 minutes for members and \$15 for nonmembers.

BRIDGE: Mondays at 12:30pm. All skill levels are welcome. Please contact **Sandy Hill at (734) 424-2847** if you have questions.

PINOCHLE: Tuesday 12pm, Wednesday 10am and Friday at 12:30pm. Beginners welcome on Wednesdays!

EUCHRE: Wednesdays at 12:30pm.

CRIBBAGE: Thursdays at 12:30pm. Drop-ins welcome!

BINGO: Thursdays at 1pm.

CHINESE MAHJONG: Fridays at 1pm. Any questions, please contact **Jo Dolecki-Lane** at (734) 216-7031.

FRENCH STUDY GROUP: Fridays at 11am. This is an intermediate French study group. Sign up at the Center or by calling **(734) 426-7737**. **Masks are suggested in this class.**

WEAVING LESSONS: Contact **Mary Robinson** to set up meeting times with Mary for free one-on-one weaving lessons. Students will have at least two hours weekly to work on one of the three

MUSIC

UKELELE ORCHESTRA: Tuesdays at 11am OFF-SITE LOCATION

Supplies you will need to bring: uke, Yellow Book (Beloff Daily Ukulele), music stand, clips or clothes pins to hold pages, mask and a 3 ring binder. Contact Mary Lou at **(734) 255-1925 (10am-7pm) or mlsr5283@gmail.com** if you have questions. **Masks are suggested.**

DULCIMER GROUP: Thursdays at 10am Beginners and new members are welcome to join. Loaner instruments are available. **Masks are suggested in this class.** Contact **Sally** at **(734) 426-0841** for more information.

FITNESS* NOW AT BATES SCHOOL

LINE DANCING: Instructor, Sally Shock leads this fun fitness class **EVERY FRIDAY AT 2:30pm** at our **Bates Extension Site, gym. Free to members.**

CHAIR YOGA: Mondays from 11am-12pm at our Bates Extension Site, Room 105.

A slow paced, gentle stretch that is accessible for everybody, facilitated by Diana Krause. Suitable for people with arthritis and those unable to get on the floor without assistance. **Free to members.**

STRENGTH & STRETCH CLASS: Tuesday and Thursday 9-10am at our Bates Extension Site, Room 105. Exercises are designed to help increase range of motion, flexibility, strength, and endurance for activities of daily living. Sign up at the Center. **Free to members.**

SENIORS OBTAINING STRENGTH: Led by Karen Fazioli on **Wednesdays at 10-11am at our Bates Extension Site, Room 105. Free to members.**

CARDIO DRUMMING: Wednesdays at 2:30-3:30pm at our Bates Extension Site, gym.

Bonnie Mullinex is a certified Drums Alive instructor who has been teaching for three years. All equipment will be provided. **Please remember to bring water.** Cardio Drumming can be done seated or standing. Music is everything from big band to funk, which is designed to get you moving while having fun! **Free to members.**

GENTLE YOGA: Tuesdays and Fridays from 11:15am-12:15pm at our Bates Extension Site, Room 105. Joslyn, from Verapose Yoga Studio in Dexter, leads a gentle yoga class for the active and mobile senior who feels comfortable getting up and down from the floor—Joslyn does have modifications. Joslyn is a retired physician from U/M and a registered yoga teacher. Please bring a yoga mat, meditation cushion or blanket for elevation while seated, along with an open mind and heart. **Free to members.**

SENIOR EXERCISE SWIM: Just a reminder, there is a senior exercise swim at the Community Ed pool at 3060 Kensington St on **Monday, Wednesday, and Friday mornings from 8:30-9:30am.** The cost is \$1.

ARTS & CRAFTS

ACRYLIC PAINTING WITH STEVE WOOD : A step-by-step approach MONDAY April 22nd at 12:30pm. Class fee is \$20 (\$25 for nonmembers) and needs to be paid in advance at the Dexter Senior Center by cash or check (made payable to Steve Wood). No experience or supplies necessary. **Minimum of 10 participants registered by April 19th for the class to take place.**

CARD MAKING with Judy Welsh: Minimum of 3 students Join us **Monday, March 18th from 10-12pm.** Judy Welsh is a great instructor and willing to help when needed. You will leave with three cards, **the fee is \$10** and can be paid at class time. Participants should bring their own glue and scissors. **Register before March 15th** by calling **(734) 426-7737** or signing up in the Center.

NEEDLE ARTS: The DSC Needle Arts Group is a great group of talented ladies who gather to work on individual projects. Great opportunity for you to bring questions you may have on projects you are working on. Bring your current knitting, crocheting, cross-stitch or other projects, and enjoy the company of other creative and inspiring members! This group now meets on **Monday morning at 9:30am, along with coloring and crafts!**

COLORING AND CRAFTS: Join us on **Monday morning at 9:30am** to let your inner artist shine! Different options for everyone, no skill or experience needed! *If you would like to facilitate/teach a craft to fellow member, contact Anne at (734) 426-7737 to schedule!*



 **877-202-2175**
TO SCHEDULE THIS WEEK
    
ORSMI.COM



Physical Therapy
Sports Injury Rehabilitation
Vestibular Therapy
Graston® Technique
Myofascial Decompression (Cupping)
TMJ Dysfunction Therapy
Manual Therapy
Dry Needling

serving
ANN ARBOR | DEXTER | CHELSEA | NAPOLEON | SALINE | MANCHESTER

DEXTER SENIOR CENTER ACTIVITIES MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 8:30 Senior Swim 9:30 Coloring/Crafts/Needlework 11:00 Chair Yoga 12:00 Senior Café 12:30 Bridge	5 9:00 Strength & Stretch 11:00 Ukulele Orchestra 11:15 Gentle Yoga 12:00 Pinochle	6 8:30 Senior Swim 9:30 Pinochle 10:00 Seniors Obtaining Strength 12:00 Senior Café 12:30 Euchre/313 1:00 Beginners Tai-Chi 2:15 Cardio Drumming	7 9:00 Strength & Stretch 10:00 Dulcimer 12:00 Senior Café 12:30 Cribbage 1:00 Bingo	1 8:30 Senior Swim 9:00 Weaving 1:00 French Study Group 12:30 Pinochle/313 Mahjong/Chinese <div> 11:15 Gentle Yoga 2:15 Line Dancing </div>
11 8:30 Senior Swim 9:30 Coloring/Crafts/Needlework 11:00 Chair Yoga 12:00 Senior Café 12:30 Bridge	12 9:00 Strength & Stretch 11:00 Ukulele Orchestra 11:15 Gentle Yoga 12:00 Pinochle	13 8:30 Senior Swim 9:30 Pinochle 10:00 Seniors Obtaining Strength 12:00 Senior Café 12:30 Euchre/313 1:00 Beginners Tai-Chi 2:15 Cardio Drumming	14 9:00 Strength & Stretch 10:00 Dulcimer 10:30 Cinderella 11:30 Irish Music 12:00 Senior Café 12:30 Cribbage 1:00 Bingo	15 8:30 Senior Swim 9:00 Weaving 10:00 Coffee Hour with Reps Rheingans & Conlin 11:00 French Study Group 12:30 Pinochle/313 1:00 Mahjong/Chinese <div> 11:15 Gentle Yoga 2:15 Line Dancing </div>
18 8:30 Senior Swim 9:30 Coloring/Crafts/Needlework 10:00 Cardmaking with Judy 11:00 Chair Yoga 12:00 Senior Café 12:30 Bridge	19 9:00 Strength & Stretch 11:00 Ukulele Orchestra 11:15 Gentle Yoga 12:00 Pinochle	20 8:30 Senior Swim 9:30 Pinochle 10:00 Seniors Obtaining Strength 12:00 Birthday Luncheon 12:30 Euchre/313 1:00 Beginners Tai-Chi 2:15 Cardio Drumming	21 9:00 Strength & Stretch 10:00 Dulcimer 12:00 Senior Café	22 8:30 Senior Swim 9:00 Weaving 11:00 French Study Group 12:30 Pinochle/313 1:00 Mahjong/Chinese <div> 11:15 Gentle Yoga 2:15 Line Dancing </div>
25 <div>C</div>	26 <div>L</div>	27 <div>O</div> <div> We are closed this week to prepare for our move to the Wellness Center. </div>	28 <div>S</div>	29 <div>E D</div>

Dexter Senior Center

Meal Calendar

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	
				<div>1</div> <div>Baked macaroni & cheese; zucchini & tomatoes; diced carrots; blueberries w/ whipped topping; bread w/ margarine</div>	
<div>4</div> <div>Hawaiian meatballs served over brown rice; whole kernel corn; green beans; fresh orange; dinner roll w/ margarine</div>	<div>5</div> <div>Oven baked crispy chicken; cauliflower-w/cheese sauce; steamed collard greens; cinnamon applesauce; biscuit w/ margarine</div>	<div>6</div> <div>Stuffed pepper; garden green salad w/ romaine & French dressing; garlic mashed potatoes; strawberries w/ whip topping; dinner roll w/ margarine</div>	<div>7</div> <div>Turkey enchilada casserole; refried beans w/cheddar cheese garnish; broccoli, cauliflower, & tomato salad; mandarin oranges & pineapple tidbits; bread w/ margarine</div>	<div>8</div> <div>Baked ziti w/four cheeses; California blend; cucumber, tomato & onion salad; fresh banana; Italian bread w/ margarine</div>	
<div>11</div> <div>Pepper steak served over brown rice; green beans; zucchini & tomatoes; mixed berries w/whip topping; dinner roll w/ margarine</div>	<div>12</div> <div>BBQ chicken breast w/BBQ sauce; parsley round potatoes; Italian garden green salad w/garbanzo bean garnish w/romaine & ranch dressing; tropical fruit salad; cornbread w/ margarine</div>	<div>13</div> <div>Potato crunch pollock w/tartar sauce; garden peas & pearl onions; creamy confetti coleslaw; fresh red or yellow apple; roll w/ margarine</div>	<div>14</div> <div>Chicken salad sandwich, pasta salad w/vegetables; minestrone soup w/ crackers; fresh orange; croissant w/ margarine</div>	<div>15</div> <div>Corned beef; steamed cabbage & carrots; buttered parsley round potatoes; fruited lime gelatine; oatmeal raisin cookie; seedless rye bread w/ margarine</div>	
<div>18</div> <div>Cheddar cheese omelet; parsley round potatoes; apple juice; apricots; fruit muffin w/ margarine</div>	<div>19</div> <div>Florentine stuffed shells w/marinara sauce; green beans; garden green salad w/romaine & ranch dressing; pineapple dessert; bread w/ margarine</div>	<div>20</div> <div>Birthday Luncheon – Surprise MOW: roast pork w/gravy; garlic mashed potatoes; dill diced carrots; blueberries w/whip topping; dinner roll w/ margarine</div>	<div>21</div> <div>Chicken a la king over biscuit w/ margarine; brussels sprouts; cucumber, tomato, & onion salad; fresh banana</div>	<div>22</div> <div>Tuna salad sandwich on croissant; pasta salad w/vegetables; broccoli cheese soup w/crackers; fresh orange</div>	
<div>25</div> <div>Sweet & sour chicken w/vegetables served over rice; confetti fried rice w/ vegetables;</div>	<div>26</div> <div>Sloppy joe sandwich, baked beans; cucumber, tomato & onion salad; fresh red or yellow apple</div>	<div>27</div> <div>Potato crunch pollock w/tartar sauce; carrot coins; creamy confetti coleslaw; tropical fruit salad; roll w/ margarine</div>	<div>28</div> <div>Baked ham w/pineapple sauce; whipped sweet potatoes; California blend w/cheese sauce; strawberries & angel food cake; cornbread w/ margarine</div>	<div>29</div> <div>Agency Closed</div>	

Blue Boxes are the days Senior Café is served at the Senior Center. Meals include milk and margarine. WW = Whole wheat Crackers and gravy are LS. Please make reservations for lunch 48 hours in advance. \$3 suggested donation. If you don't cancel 48 hours in advance, you will be charged \$5-.50.



Dexter Senior Center
7720 Ann Arbor Street
Dexter MI 48130
734-426-7737

www.dexterseniors.org

2024 Membership Form Annual Dues \$25

Please make checks payable to Dexter Senior Center

Renewal _____ New _____

Name: _____

Phone: _____ --- _____

Date of Birth: _____ Email Address: _____

Address: _____ City: _____ Zip: _____

Township: City of Dexter Dexter Twp Scio Twp Webster Other: _____

How would you like to receive your newsletter? Pick Up Email Mail

How would you like to stay up to date on center changes? Text Email Phone

In case of emergency, I authorize the Dexter Senior Center personnel to act in my behalf to authorize medical treatment to, upon, or for the benefit of myself and that such treatment shall be my full responsibility including transit to the nearest medical facility. I give permission for staff notify my emergency contact (s). Initial here: _____

Emergency contact: Name: _____

Phone: _____

Photo release: I give permission to the Dexter Senior Center to use my photo for any promotion materials if taken while participating in any of the Center's activities or events. Initial here: _____

Waiver of Liability: I understand that all programs/activities involve some risk of accident or injury. I agree to indemnify Dexter Senior Center and its affiliates and hold them harmless from any liability, claims, demands, and judgments arising at any time when I participate in any program or activity. My choice to participate at the Dexter Senior Center, including the use of its equipment, is at my own risk. I understand that Dexter Senior Center does not provide insurance for participants, nor does it assume responsibility for accidents or injuries. Initial here: _____

The Dexter Senior Center is a non-profit organization and depends on fundraising and donations to cover the cost of operations. Please consider donating now. Donations are tax deductible. You will receive an acknowledgement of your donation for tax purposes. _____ I have included a donation of \$_____ with my \$25 membership dues.

For Office Use Only: Renewal _____ New Membership _____ Notes _____

Date: _____ Total Paid \$_____ Cash/Check# _____ Card Issued _____



Transportation

WAVE bus passes are available by calling the Chelsea Senior Center at (734) 475-9242

Call WAVE Dispatch to schedule (734)475-9494

Dexter Senior Center Member Discounts

Present your DSC membership card to receive:

Classic Pizza—\$8 large 1 item
Dexter Pub—20% off M-TH
My Cleaners—10% off
Joe & Rosie —15% off
Aubree's (Dexter only)—10% off
Dexter Creamery—10% off
Dexter Bakery—15% off
Hearts & Flowers—15% off
Dairy Queen—15% off
Jensen's Community Pharmacy—10% off over the counter

**MAKE A SPECIAL DONATION TODAY TO SEE YOUR NAME
HERE! Contact (734) 426-7737 to find out how!**

Busch's Donation Program

For no extra cost, you can donate to the Dexter Senior Center just by shopping at Busch's. All you need is an email address and a Busch's MyWay account.

Just log on to your MyWay account through Buschs.com, click on your name in the top right hand corner, click on "Cash for Education," scroll down to 2024 Cash for Education. Then, choose Dexter Senior Center for each quarter of 2024 and click on "Add."

The Dexter Senior Center Major Supporters



Dexter Community Fund
For Good. For Ever. For Dexter.



**Ann Arbor Area
Community Foundation**
For good. For ever.™



**UNITED METHODIST
RETIREMENT COMMUNITIES
FOUNDATION**

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DEXTER SENIOR CENTER
7720 ANN ARBOR STREET
DEXTER, MI 48130
(734) 426-7737
www.dexterseniors.org
[Facebook.com/DexterSeniorCenter](https://www.facebook.com/DexterSeniorCenter)

Monday—Friday
9am-3pm

Board President
Jim.Carson@dexterseniors.org

Executive Director
Anne.Williams@dexterseniors.org

Emily Kiesler
Senior Nutrition/Meals on Wheels
Coordinator
(734) 253-2370

DEXTER SENIOR CENTER BOARD MEMBERS

Jim Carson President
Ron Miller Vice President
Joanne Grosh Secretary
Ann Davis Treasurer

Dan Chapman Trustee
David Chapman Trustee
Mike Fitzpatrick Trustee
Cooper Holland Trustee
John Scharf Trustee
Mary Westhoff Trustee
Joanne Westman Trustee

The Board meets the **third Wednesday of every month at 4pm** at the Dexter Wellness Center unless otherwise posted.



“Where Seniors Thrive”

DEXTER SENIOR CENTER
7720 ANN ARBOR STREET
DEXTER MI 48130

PLEASE
PLACE
STAMP
HERE