



# DEXTER SENIOR VOICE DECEMBER 2024



## MESSAGE FROM THE BOARD PRESIDENT

Dear Members,

As we approach the end of another year, I want to take a moment to reflect on the great moments we've shared and the connections we've built at our Center. Your participation and enthusiasm have truly made this year special, and I am grateful for each of you.

This year has been filled with activities and events that brought us together. From our fitness classes to arts and crafts sessions, every moment has been enriched by your presence. We witnessed laughter, shared stories during our book club meetings and celebrated milestones together during our social gatherings. These experiences have not only created friendships but have also created a sense of community that we cherish deeply.

I want to extend my thanks to all of you for your commitment and involvement. Whether you've been with us for years or joined recently, each of you adds a unique spirit to our center. Your enthusiasm encourages us to continually enhance our offerings, so that we meet your interests and needs.

As we look forward to the New Year in our new building, we are excited to be able to offer a broader range of programs and events. We stay committed to promoting health, well-being, and connection among our members. Your feedback and suggestions are invaluable to us, so please feel free to share any ideas you may have.

Thank you for being a vital part of our Senior Center family. Wishing you and your loved ones a joyful holiday season filled with warmth and happiness, and a New Year that brings health, joy, and new adventures.

Warm regards,

Jim Carson

## Contact Information

Dexter Senior Center  
2810 Baker Rd., Suite 100  
Dexter, MI 48130  
(734) 426-7737

[www.dexterseniors.org](http://www.dexterseniors.org)

Monday - Friday  
9am - 3pm

Board President  
Jim.Carson@dexterseniors.org

## Next Board Meeting

Dexter Wellness Center  
December 18th at 3pm

## Senior Nutrition/Meals on Wheels/Senior Cafe

Emily Kiesler, Coordinator &  
Suzanne Rossi, Administrative  
Assistant  
(734) 253-2370

# DECEMBER HIGHLIGHTS & ANNOUNCEMENTS

**DECEMBER BIRTHDAY CELEBRATION:** Join us for lunch, cake, and ice cream on Wednesday, December 18th to celebrate December birthdays. Members with a birthday this month eat free, otherwise it is \$5. Sign up at least 48 hours in advance by adding your name to the sign-up sheet at the Center, or call (734) 426-7737.

Thank you to the 5 Healthy Towns Foundation for supporting the Birthday Celebration!

**BOOK CLUB:** Will meet Friday, January 3rd at the Center to discuss "James" by Percival Everett. Everyone welcome!

**Card Making Class:** with Judy Welsh at the Center, **December 16th.** Cost is \$10, call Judy Welsh at (630) 240-2603 to register by December 13th.

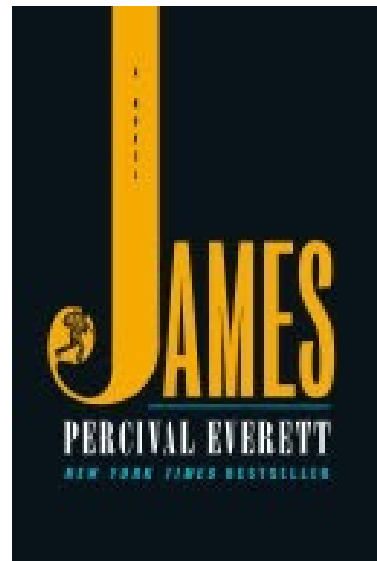
**Dexter 3rd Grade Visit: December 16th at 1pm** for cookie decorating and a reading of the Night Before Christmas. Everyone welcome!

**Dulcimer Group Sing-Along on Thursday, December 19th.** The Dulcimer Group invites everyone to a Christmas Sing at 10am at the Center. Everyone is welcome, we don't care how you sing!

**MONDAY GATHERINGS:** What are **Monday Gatherings**? They are an opportunity for friends to gather once or twice a month after lunch, where you'll be inspired by fascinating speakers and subjects and simply have fun. Examples of Gathering topics include educational talks by naturalists, travelogues by members, cooking demonstrations, elder law attorneys, gardening experts, health specialists and craft demonstrations. If you'd like to help with program planning, call the Center and leave a message for Cooper Holland or Joanne Westman at (734) 426-7737. We're eager to begin this stimulating new offering to our members!

The first Monday Gathering will be **Monday, December 2nd at 1pm** for a **Better My Meds Information Session.** We know a healthy diet can keep the heart healthy. But can dietary supplements improve heart health too? Join Betty Chaffee, PharmD, of Better My Meds to talk about the use of dietary supplements for heart health.

Our second Gathering will be a **Holiday Greenery Arrangement Workshop** on Monday, **December 9th at 1:00pm.** The Senior Center will supply containers, fresh greenery and pine cones. Eighteen spots are available. Registration is required by calling the Center at (734) 426-7737. An example of the arrangements will be on the entrance desk at the Center.



# MUSIC & LANGUAGE

**CHOIR "Friends in Harmony": Wednesdays at 1pm.** Please contact Janet Potter at (734) 253-2474 for more information or questions.

**DULCIMER GROUP: Thursdays at 10am.** New members are welcome to join. Loaner instruments are available. Contact Sally at (734) 426-0841 for more information.

**BEGINNERS DULCIMER GROUP: Tuesdays at 10:45 am.** Beginners and new members are welcome to join. Loaner instruments are available. Contact Sally at (734) 426-0841 for more information.

**UKELELE GROUP: Wednesdays at 12pm** in the Lower Level of Dexter Library. Must know basic chords and play in rhythm. Yellow book used for jamming. Contact Mary Lou at (734) 255-1925 for information. Leave a message. Masks are suggested.

**FRENCH STUDY GROUP:** Fridays at 11:00 am at the Dexter Library.

# FITNESS

**CHAIR YOGA: Mondays 11am-12pm** in the Wellness Center Conference Room. A slow paced, gentle stretch that is accessible for everybody, facilitated by Dianna Kause, a registered Yoga and Meditation Instructor and Life Transition Coach. Suitable for people with arthritis and those unable to get on the floor without assistance.

**STRENGTH & STRETCH CLASS: Tuesdays with Marta 9-10am, and Thursdays with Roo Morgan 10-11am** at the Dexter Senior Center. Exercises are designed to help increase range of motion, flexibility, strength, and endurance for activities of daily living.

**RISE & SHINE GENTLE YOGA: Tuesdays and Fridays 8-9am** in the Dexter Wellness Center Conference Room. 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. Please bring a yoga mat, meditation cushion or blanket for elevation while seated, along with an open mind and heart.

**CHAIR ZUMBA: Tuesdays 10-11am** in the Dexter Senior Center. Join the party, with instructor Marta, for active older adults that combines Latin and International dance moves and music.

**SENIORS OBTAINING STRENGTH (SOS): Wednesdays 9-11am** in the Dexter Senior Center. A fun and engaging class designed to improve strength, balance and mobility. This class, with instructor Karen Fazioli, combines resistance training and functional movements to enhance fitness and independence. Build your strength and confidence in a supportive social environment!

**SENIOR SWIM:** Mondays, Wednesdays, Friday at Wylie Elementary School (cold pool). Cost is \$1

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# GAMES

**BRIDGE: Mondays at 12:30pm.** All skill levels are welcome. Please contact Tony Doepken at (317) 437-1644 if you have questions.

**EUCHRE: Wednesdays at 12:30pm.** Drop-ins welcome!

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

**PINOCHLE: Tuesday 12:00 pm, Wednesday 9:30am and Friday at 12:00 pm.** Beginners welcome on Wednesdays!

**BINGO: Thursdays at 1:00 pm.**

**CHINESE MAHJONG: Fridays at 1:00 pm.** Questions, please text Katy at (810) 623-7465.

~ All games are located at Dexter Senior Center ~

# ARTS & CRAFTS

**WEAVING LESSONS: Fridays at 9am.** Contact Mary Robinson at (734) 223-5646 for more information.

**NEEDLE ARTS, COLORING & CRAFTS:** Bring your knitting, crocheting, cross-stitch or other projects, and enjoy the company of other creative and inspiring members! **Mondays at 10am** at the Center.

## Volunteer Opportunities

Volunteers needed for Senior Cafe lunch. Mondays, Wednesdays, Thursdays and Fridays 11am-12:30pm. See Judy or Sharon at the front desk or call the Center at (734) 426-7737

# RESOURCES

**Resources from JFS:** Lisa Gdaniec, MSW from Jewish Family Services is onsite once a week, typically Thursdays, to offer care management support through WISE Aging Services. She can help connect you to services that address your needs. Visit Lisa during Center hours or contact her directly at (734) 769-0209 ext 356.

**Medicare Counseling:** Appointments available with Lois Beerbaum (734) 726-5292.

**Meals on Wheels:** Delivered Monday-Friday at lunchtime, offering a low-cost meal and a friendly visit. Monthly menus are in the newsletter. Call Emily at (734) 253-2370 for details to reserve your meal 48 hours in advance. Suggested donation: \$3 per meal.

**Senior Cafe:** Mondays, Wednesdays and Thursdays at noon. Enjoy a low-cost meal and socialize. Monthly menus are in this newsletter. Reserve your meal 48 hours in advance by calling (734) 253-2370. Suggested donation is \$3 (cash or check). If you haven't arrived by 12:15pm or called ahead, your meal may go to those on the waitlist.

**Footcare:** with Heather Schanz: Tuesdays at noon. Call Heather at (414) 436-6876 to schedule an appointment.

**Chair Massage:** with Jenny Miller: Wednesday December 11th and Monday December 23rd.. Call Jenny at (734) 645-6166 to schedule an appointment. 15 minute minimum (\$15). December will be Jenny's last month at the Center.

**Reflexology:** with Barb Fisher: Friday December 13th & Friday December 20th. Call Barb at (734) 664-7465 to schedule an appointment.

**Notary Service:** Available by appointment with Jeanne Bradish at (734) 223-1423.

# TRANSPORTATION

**Feonix Transportation:** No cost transportation for older adults. Monday through Friday 6:00am - 11pm, and Saturdays 8:30am - 6:00pm. Call (734) 259-4125 to schedule.

Open to all Washtenaw County residents ages 60+ seeking transportation to:  
\* Medical Care \* Health Care \* Grocery Shopping \* Food Pantry Appointments



**Washtenaw Area Value Express**  
**Provides two transportation services:**



**Regular WAVE program:**

**Rates:**  
\$2.50 withing city limits, \$3.00 local outside city limits, \$5.00-\$6.00 for those under 60. Caregivers ride at no extra cost. WAVE does not provide personal care attendants.

**WAVE vouchers** are paid for by Chelsea Senior Center's ROAM program with funds from the AACF Vital Seniors Initiative. Vouchers are available while funding lasts. Must be 60 or older and live in Chelsea or Dexter school district.

**Call WAVE Dispatch to schedule (734) 475-9494**



**Rural Older Adults  
in Motion**



**Dexter Senior Center**  
 2810 Baker Rd Suite 101  
 Dexter MI 48130  
**734-426-7737**

www.dexterseniors.org

# Membership Form

## Annual Dues \$25

Please make checks payable to Dexter Senior Center  
 Dues are for one year from the time of payment

Renewal \_\_\_\_\_ New \_\_\_\_\_  
 Date Submitted \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Email Address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Township: City of Dexter    Dexter Twp    Scio Top.    Webster.    Other: \_\_\_\_\_

**How would you like to receive your newsletter?**                      Email                      Mail

**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 to 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 judgements 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. Sign 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# \_\_\_\_\_



# Dexter Senior Center Activities Calendar December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga (WC Conf Room) 12:00 - Senior Cafe 12:30 - Bridge 1:00 - Monday Gathering: Better My Meds</p>	<p>3</p> <p>8:00 - Rise &amp; Shine Gentle Yoga (WC Conf Room) 9:00 - Strength &amp; Stretch (DSC) 10:00 - Chair Zumba (DSC) 10:45 - Dulcimer (Beginners) 12:00 - Pinochle</p>	<p>4</p> <p>9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Seniors Ukles Group (Dexter Library) 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)</p>	<p>5</p> <p>10:00 - Strength &amp; Stretch (WC Conf Room) 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo</p>	<p>6</p> <p>8:00 - Rise &amp; Shine Gentle Yoga (WC Conf Room) 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese</p>
<p>9</p> <p>10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga (WC Conf Room) 12:00 - Senior Cafe 12:30 - Bridge 1:00 - Monday Gathering: Greenery Workshop</p>	<p>10</p> <p>8:00 - Rise &amp; Shine Gentle Yoga (WC Conf Room) 9:00 - Strength &amp; Stretch (DSC) 10:00 - Chair Zumba (DSC) 10:45 - Dulcimer (Beginners) 12:00 - Pinochle</p>	<p>11</p> <p>9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Seniors Ukles Group (Dexter Library) 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)</p>	<p>12</p> <p>10:00 - Strength &amp; Stretch (WC Conf Room) 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo</p>	<p>13</p> <p>8:00 - Rise &amp; Shine Gentle Yoga (WC Conf Room) 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese</p>
<p>16</p> <p>10:00 - Coloring, Crafts, Needlework 10:00 - Card Making 11:00 - Chair Yoga (WC Conf Room) 12:00 - Senior Cafe 12:30 - Bridge 1:00 - Dexter 3rd Grade Visit</p>	<p>17</p> <p>8:00 - Rise &amp; Shine Gentle Yoga (WC Conf Room) 9:00 - Strength &amp; Stretch (DSC) 10:00 - Chair Zumba (DSC) 10:45 - Dulcimer (Beginners) 12:00 - Pinochle</p>	<p>18</p> <p>9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Seniors Ukles Group (Dexter Library) 12:00 - Birthday Lunch &amp; Choir 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)</p>	<p>19</p> <p>10:00 - Strength &amp; Stretch (WC Conf Room) 10:00 - Dulcimer Sing-Along 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo</p>	<p>20</p> <p>8:00 - Rise &amp; Shine Gentle Yoga (WC Conf Room) 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese</p>





# Dexter Senior Center Activities Calendar December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
23 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga (WC Conf Room) 12:00 - Senior Cafe 12:30 - Bridge	24 CLOSED	25 CLOSED	26 10:00 - Strength & Stretch (WC Conf Room) 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo	27 8:00 - Rise & Shine Gentle Yoga (WC Conf Room) 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese
30 CLOSED	31 CLOSED			





# Dexter Senior Center Meal Calendar December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sloppy Joe Sandwich, O'Brien Potatoes, Green Beans, Diced Peaches, WW Hamburger Bun, Milk - 1%	3 Maurice Salad: Diced Ham (1 oz.), diced turkey (1 oz.) & shredded swiss cheese (1 oz). Garden green salad w/romaine, carrots, cucumbers and tomatoes, twice baked potato chowder w/LS crackers (2), fresh banana, pita bread w/margarine, salad dressing milk - 1%	4 Baked Ziti w/ Four Cheeses, Diced Carrots, Italian Garden Green Salad w/garbanzo bean garnish, w/ Romaine, French Dressing (1 oz.), Strawberries w/Whip Topping, Italian Bread w/Margarine, Milk - 1%	5 Turkey Broccoli Rice Casserole w/ Cheddar Cheese garnish, Zucchini & Tomatoes, Brown Bean Salad, Fruited Gelatin, WW Bread w/ Margarine, Milk - 1%	6 Roast Beef w/ LS Beef Cravy (1 oz.), Garlic Mashed Redskin Potatoes, Creamy Confetti Coleslaw, Fresh Banana, WW Dinner Roll w/ Margarine, Oatmeal Raisin Cookie, Milk - 1%
9 Hawaiian Meatballs over brown rice, Whole Kernel Corn, Green Beans, Apricots, WW Dinner Roll w/ Margarine, Brown Rice, Milk - 1%	10 Turkey Enchilada Casserole, Refried Beans w/ Cheddar Cheese garnish, Broccoli, Cauliflower & Tomato Salad, Mandarin Oranges & Pineapple Tidbits, WW Bread w/margarine, Milk - 1%	11 Stuffed Pepper, Garden Green Salad w/Romaine w/Italian Dressing (1 oz.), Garlic Mashed Redskin Potatoes, Mixed Berries w/ Whip Topping, WW Dinner Roll w/ Margarine, Milk - 1%	12 Oven Baked Crispy Chicken, Cauliflower with Cheese Sauce, Steamed Collard Greens, Fresh Orange, Biscuit w/ Margarine, Milk - 1%	13 Potato Crunch Pollock w/ Tartar Sauce over Wild & WG Rice (1/2 cup), Garden Peas & Pearl Onions, Diced Pickled Beets & Onion Salad, Fresh Banana, WW Bread w/margarine, Milk - 1%
16 Pepper Steak over Brown Rice, Carrot Coins, Zucchini & Tomatoes, Tropical Fruit Salad, WW Bread w/ Margarine, Milk - 1%	17 Marinated Boneless Pork Cutlet, Baked Potato, Creamy Confetti Coleslaw, Warm Cherry Crisp, WW Dinner Roll w/Margarine, Sour Cream, Milk - 1%	18 Birthday lunch at DSC BBQ Chicken Breast w/BBQ Sauce, Baked Beans, Cucumber, Tomato & Onion Salad, Fresh Red or Yellow Apple, Corn Bread w/ Margarine, Milk - 1%	19 Submarine Sandwich: Ham (1 oz.), Turkey (1 oz.) & American Cheese (1 oz.) w/ Mustard & Mayo, Pasta Salad w/Vegetables, Minestrone Soup w/LS Crackers (2), Fresh Banana, Submarine Roll, Milk - 1%	20 Florentine Stuffed Shells in Marinara Sauce, Italian Garden Green Salad w/ garbanzo bean garnish, Romaine and Ranch Dressing, Green Beans, Strawberries w/Whip Topping, WW Bread w/Margarine, Milk-1%
23 Baked Macaroni & Cheese, Stewed Tomatoes, Diced Carrots, Pineapple Tidbits, WW Bread w/ Margarine, Milk - 1%	24 No meals	25 No meals	26 Breaded Chicken Tenders w/ BBQ Sauce, Cauliflower w/ Cheese Sauce, Green Beans, Fresh Orange, WW Dinner Roll w/ Margarine, Milk - 1%	27 Turkey Burger w/Lettuce & Tomato garnish w/Mayo & Mustard, Baked Beans, Spinach Salad w/Egg & Fresh Mushroom garnish & French Dressing, Mixed Berries w/Whip Topping, WW Hamburger Bun, Milk - 1%

# Moving In and Moving FORWARD

**Support Dexter Senior Center in your year-end giving.**

**We need your support to furnish, equip and bring our space to life! With government appropriations, we've built our new building - but it's what's inside that makes it a home!**

**The first \$5000 in donations will be MATCHED by the DSC Board of Trustees!**



## WAYS TO DONATE

✓ MAIL OR DROP OFF CHECKS AT 2810 BAKER RD, DEXTER, MI 48130

✓ CLICK THE DONATE BUTTON ON [DEXTERSENIORS.ORG](http://DEXTERSENIORS.ORG)

## 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
- Cottage Inn Dexter - 10% off

## The Dexter Senior Center

### Major Supporters



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



Trinity Health

CHELSEA  
HOSPITAL



## 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.

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".



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

## Dexter Senior Center Board Members

**Jim Carson  
Laurel Capobianco  
John Scharf  
Joanne Grosh**

**President  
Vice President  
Treasurer  
Secretary**



**Dan Chapman  
David Chapman  
Ann Davis  
Mike Fitzpatrick  
Cooper Holland  
Ron Miller  
Mary Westhoff  
Joanne Westman**

**Trustee  
Trustee  
Trustee  
Trustee  
Trustee  
Trustee  
Trustee**

**“Where Seniors Thrive”**

### **Dexter Senior Center**

2810 Baker Road, SUITE 101  
Dexter MI 48130

PLEASE  
PLACE  
STAMP  
HERE