



DEXTER SENIOR VOICE NOVEMBER 2024



Message from the Board President

Dear Members,

Welcome to our November newsletter! As always, we are excited to share the latest news, activities, and opportunities available at the Center.

Whether you're a longtime member or new to the Center, there's always something fun and engaging for everyone. Your participation and presence continue to make the Dexter Senior Center a vibrant and welcoming community for all.

All of you should have received our member opinion survey either in your mailbox or by email by now. The survey is very important to us as we plan our move into your new building to include the things that are equally important to you and will help us improve your member experience at the Senior Center.

Hopefully, you were able to return your survey by the October 18th deadline to be eligible to receive one of the \$25 gift cards. If you didn't make the deadline, we hope you will still participate and return your opinion survey. We look forward to hearing from all of you.

As Thanksgiving Day approaches, we want to express our gratitude for each one of you. May your day be filled with love, laughter and the joy of time spent with family and friends. We hope that your day is special! From all of us at the Senior Center, Happy Thanksgiving!

Sincerely,
Jim Carson

INSIDE THIS ISSUE

Highlights &
Announcements pg 2

Programs & Activities pg 3

Music & Fitness pg 4

Services & Transportation pg 5

Membership Form pg 6

November Activity Calendar
pgs 7 & 8

November MOW & Senior Cafe
Lunch Menu pg 9

DSC Supporters pg 11

Contact Information pg 12

Next Board Meeting

Dexter Wellness Center
November 20th at 3pm

Medicare Counseling

Kris DeLong
kjdelong52@gmail.com

And

Lois Beerbaum
(734) 726-5292

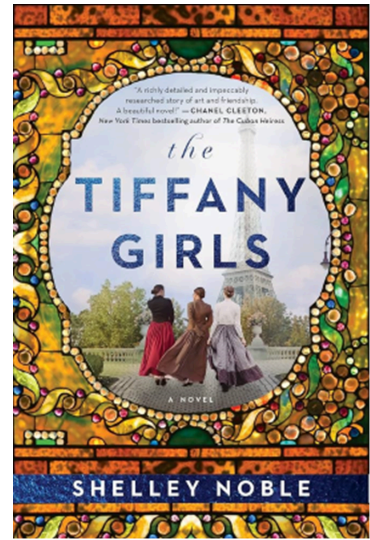
Meals on Wheels

Make reservations for Meals on
Wheels at least 48 hours in
advance by calling **(734) 253-2370**
To cancel, notify us within 24
hours to avoid a \$5.50 charge per
meal.

NOVEMBER HIGHLIGHTS & ANNOUNCEMENTS

NOVEMBER BIRTHDAY CELEBRATION: Join us for lunch, cake, and ice cream on Wednesday, November 20th to celebrate November 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.

BOOK CLUB: Friday, November 1st at 10am, the Book Club will meet to discuss **The Tiffany Girls** by Shelley Noble. “*The Tiffany Girls* is a historical novel that follows three women working for Louis Comfort Tiffany in 1899 New York. Part of the secretive team behind Tiffany’s famous stained-glass designs, these women navigate artistic ambition, friendship, and personal challenges, while working to be recognized in their male-dominated world.”



Ballet Chelsea Outreach will provide a mini presentation of their upcoming Potter Center performance of the Nutcracker. Get a free sneak preview of this incredible performance on November 12th at 2:00pm at the Center.

CANCELLED

Bank of Ann Arbor Greenlight Presentation: Thursday, November 7th at 2pm at the Center. Join us for a 30-minute presentation on Greenlight, which is a popular tool seniors can use to safely transfer funds to their grandchildren.

PROGRAMS & ACTIVITIES

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 and to reserve your meal 48 hours in advance.** Suggested donation: \$3 per meal.

SENIOR CAFE: Open **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: November 13th & 27th.** Call Jenny at (734) 645-6166 to schedule an appointment. 15 minute minimum (\$15)
- **REFLEXOLOGY with Barb Fisher: November 1st & 22nd.** Call Barb at (734) 664-7465 to schedule an appointment.
- **BRIDGE: Mondays at 12:30pm.** All skill levels are welcome. Please contact Sandy Hill at (734) 424-2847 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 contact Jo Dolecki-Lane at (734) 216-7031.
- **FRENCH STUDY GROUP: Fridays at 11:00 am** at the Dexter Library.
- **NOTARY SERVICE:** Available by appointment with Jeanne Bradish at (734) 223-1423

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! **Monday mornings 10am.**

MUSIC

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 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.

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 Wellness Center Conference Room. 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 Senior Center space. 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!

LINE DANCING: Thursdays 1:30-2:30pm in the Dexter Wellness Center Gym. Come dance your stress away and make new friends while keeping your mind and body active, with instructor Sally Shock. **Line Dancing CANCELLED for November**

SERVICES

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.

MMAP Counseling: MMAP counselor Kris DeLong will be available on select Fridays for confidential one-on-one appointments to discuss healthcare coverage options. Appointments available from 9:30 - 11:00am, 11:00am - 12:30pm, and 1:00 - 2:30pm. Call 1-800-803-7174 to schedule.

Appointment Dates: November 1st, 15th and 22nd and December 6th

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 on **Monday, November 11th at 1pm** to talk about the use of dietary supplements for heart health.

MMAP
MICHIGAN MEDICARE
ASSISTANCE PROGRAM



Navigating Medicare

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

feonix
MOBILITY RISING

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



Ann Arbor Area
Community Foundation

For good. For ever.™



Chelsea
Senior Center



Rural Older Adults
in Motion



Dexter Senior Center
 2810 Baker Rd.
 Dexter MI 48130
 734-426-7737

www.dexterseniors.org

Membership Form

Dues \$25

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

Renewal _____ New _____

Date Submitted _____

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 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 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 _____

Dexter Senior Center

Activities Calendar

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>8:00 - Rise & Shine Gentle Yoga (DSC) 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese</p>
<p>4</p> <p>10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga (WC Conf Room) 12:00 - Senior Cafe 12:30 - Bridge</p>	<p>5</p> <p>8:00 - Rise & Shine Gentle Yoga (DSC) 9:00 - Strength & Stretch (WC Conf Room) 10:00 - Chair Zumba (DSC) 12:00 - Pinochle 10:45 - Dulcimer (Beginners)</p>	<p>6</p> <p>9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)</p>	<p>7</p> <p>10:00 - Strength & Stretch (WC Conf Room) 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo 2:00 - Bank of Ann Arbor Greenlight Presentation</p>	<p>8</p> <p>8:00 - Rise & Shine Gentle Yoga (DSC) 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese</p>
<p>11</p> <p>10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga (WC Conf Room) 12:00 - Veteran's Day Pizza Lunch 12:30 - Bridge 1:00 - Better My Meds Discussion</p>	<p>12</p> <p>8:00 - Rise & Shine Gentle Yoga (DSC) 9:00 - Strength & Stretch (WC Conf Room) 10:00 - Chair Zumba (DSC) 12:00 - Pinochle 10:45 - Dulcimer (Beginners)</p>	<p>13</p> <p>9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)</p>	<p>14</p> <p>10:00 - Strength & Stretch (WC Conf Room) 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo</p>	<p>15</p> <p>8:00 - Rise & Shine Gentle Yoga (DSC) 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese</p>

Dexter Senior Center

Activities Calendar

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>18</p> <p>10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga (WC Conf Room) 12:00 - Senior Cafe 12:30 - Bridge</p>	<p>19</p> <p>8:00 - Rise & Shine Gentle Yoga (DSC) 9:00 - Strength & Stretch (WC Conf Room) 10:00 - Chair Zumba (DSC) 12:00 - Pinochle 10:45 - Dulcimer (Beginners)</p>	<p>20</p> <p>9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 11:30 - Member Forum 12:00 - Birthday Lunch 12:00 - Seniors Ukes Group (Dexter Library) 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)</p>	<p>21</p> <p>10:00 - Strength & Stretch (WC Conf Room) 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo</p>	<p>22</p> <p>8:00 - Rise & Shine Gentle Yoga (DSC) 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese</p>
<p>25</p> <p>10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga (WC Conf Room) 12:00 - Senior Cafe 12:30 - Bridge</p>	<p>26</p> <p>8:00 - Rise & Shine Gentle Yoga (DSC) 9:00 - Strength & Stretch (WC Conf Room) 10:00 - Chair Zumba (DSC) 12:00 - Pinochle 10:45 - Dulcimer (Beginners)</p>	<p>27</p> <p>9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)</p>	<p>28</p> <p>CLOSED</p>	<p>29</p> <p>CLOSED</p>

Dexter Senior Center Meal Calendar November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
4 Smoked Sausage Sandwich w/ Ketchup & Mustard, Savory Sauerkraut, Cauliflower Polainase, Mandarin Oranges, WW Hotdog Bun, Milk-1%	5 No Meals	6 Cheddar Cheese Omelet, O'Brien Potatoes, 100% Apple Juice, Apricots, Fruit Muffin w/ Margarine, Milk-1%	7 Maurice Salad: Diced Ham (1 oz.), Diced Turkey (1 oz.) & Shredded Swiss Cheese (1 oz.), Garden Green Salad w/ Romaine, Carrots, Cucumbers & Tomatoes, Twice Baked Potato Chowder w/ LS Crackers (2), Fresh Banana, Pita Bread w/ Margarine, salad dressing, Milk-1%	8 Turkey Pot Roast, Mashed Potatoes w/ LS Gravy, Cucumber, Tomato & Onion Salad, Strawberries w/ Whip Topping, WW Dinner Roll w/ Margarine, Oatmeal Cookie, Milk 1%
11 No Meals	12 Teriyaki Beef Dippers w/ Teriyaki Sauce, Baked Beans, Dill Carrot Coins, Tropical Fruit Salad, Cornbread w/ Margarine, Milk - 1%	13 Stuffed Cabbage, Garden Green T Salad w/Romaine, Italian Dressing (1 oz.), Garlic Mashed Redskin Potatoes, Mixed Berries w/ Whip Topping, WW Dinner Roll w/ Margarine, Milk-1%	14 Tuna Salad Sandwich, Pasta Salad w/ Vegetables, Broccoli Cheese Soup w/ LS Crackers (2), Vegetable Blend, Pineapple Dessert, WW Dinner Roll w/ Margarine, Milk - 1%	15 Polynesian Chicken Breast, Baked Potato, Key West Dessert, WW Dinner Roll w/ Margarine, Milk - 1%
18 Salisbury Steak w/ LS Beef Gravy (1 oz.), Zucchini & Tomatoes, Diced Carrots, Cinnamon Applesauce, WW Dinner Roll w/ Margarine, Milk - 1%	19 Cheesy Lasagna Roll Ups (2 each) w/ Parmesan Cheese, Green Beans, Italian Garden Green Salad w/ (garbanzo bean garnish 1oz.) w/ Romaine w/ Ranch Dressing (1 Peaches, Fresh Red or Yellow Cranberry Sauce, Corn Bread Dressing, Pumpkin Pie w/ Whip Topping, Milk - 1%	20 Birthday Luncheon at DSC Chili con Carne w/ Beans, Spinach Salad with Egg & Fresh Mushroom garnish w/French dressing, Garlic Mashed Redskin Dressing (1 oz.), Warm Spiced Apples, Fresh Red or Yellow Cranberry Sauce, Corn Bread Dressing, Pumpkin Pie w/ Whip Topping, Milk - 1%	21 Roast Turkey w/ LS Poultry Gravy (1 oz.) serve over corn bread Dressing, Pumpkin Pie w/ Whip Topping, Milk-1%	22 Submarine Sandwich: Ham (1 oz.), Turkey (1 oz.) & American Cheese (1 oz.) w/ Mustard & Mayo, Pasta Salad w/ Vegetables, Italian Wedding Soup w/ Vegetables w/ LS Crackers (2), Fresh Banana, Submarine Roll, Milk - 1%
25 Potato Crunch Pollock w/ Tartar Sauce, Stewed Tomatoes, Peas & Pearl Onions, Mixed Berries w/ Whip Topping, WW Dinner Roll w/ Margarine, Milk - 1%	26 Baked Meatloaf w/ LS Beef Gravy (1 oz.), Garlic Mashed Redskin Potatoes, Marinated Three Bean Salad, Fresh Red or Yellow Apple, Corn Bread w/ Margarine, Milk-1%	27 Teriyaki Chicken Breast w/ Teriyaki Sauce, Cauliflower w/ Cheese Sauce, Cucumber, Tomato & Onion Salad, Fruited Gelatin, WW Dinner Roll w/ Margarine, Milk - 1%	28 No Meals	29 No Meals

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



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

Support Dexter Senior Center

Please consider Dexter Senior Center as part of your year-end giving.

Appropriation funds helped us build a new center, but it doesn't cover furniture, equipment, or daily operations. We need your support to turn this space into a vibrant hub where older adults can engage, grow, and thrive.

Way to donate:

- Mail or drop off checks at 2810 Baker Rd, Dexter MI 48130
- Click on the donate button of website dexterseniors.org

PROP 03

SAY Yes TO SENIORS

VOTE NOV 5TH

This senior millage will help both vulnerable and thriving adults as many take on care giving, strive to age in place, and manage finding independence in new ways.

FOLLOW US ON FACEBOOK TO STAY IN THE LOOP

To get in touch email sayyes2seniors@gmail.com



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

www.dexterseniors.org

Monday - Friday
9am - 3pm

Board President
Jim.Carson@dexterseniors.org

Emily Kiesler & Suzanne Rossi
Senior Nutrition/Meals on Wheels
Coordinators
(734) 253-2370

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