



# DEXTER SENIOR VOICE JANUARY 2025



## MESSAGE FROM THE BOARD PRESIDENT

Dear Senior Center Members,

As we enter this New Year, it's a wonderful time for us to come together and reflect on the past year while looking forward to the exciting possibilities that lie ahead for us in our new building. Each of you has played an essential part in making our Senior Center a warm and welcoming community, and for that, we are incredibly grateful.

We recognize that the past year has brought its share of challenges. It's in times like that our community and maturity truly shine. The support and resilience you have demonstrated remind us of the strength we have when we all come together. Let's continue to uplift one another in the coming year, with a spirit of kindness and understanding.

As we enter the era of our new building, we will be excited to introduce a variety of new activities and programs designed to enhance your experience at the center. We are committed to fostering an environment that encourages creativity, physical well-being, and social interaction. Together, we can create even more joyful memories and support one another in our journeys.

Thank you for being an essential part of our center. Here's to a year filled with health, happiness, and cherished moments.

Warm wishes for a fantastic New Year!

Jim Carson

**NOTICE:** During winter-weather related events, the Executive Director will make the decision on whether the Center will be closed or open. The decision will be posted on Facebook, DSC website and DSC voicemail greeting.

## 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  
January 15th at 3pm

## Senior Nutrition/Meals on Wheels/Senior Cafe

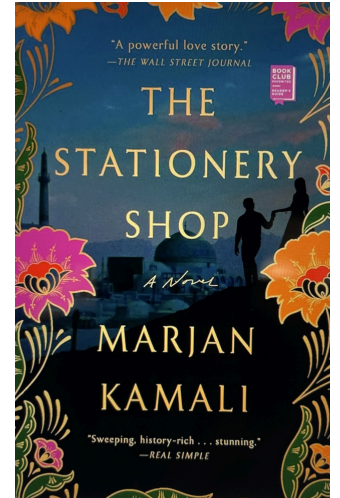
Emily Kiesler, Coordinator &  
Suzanne Rossi, Administrative  
Assistant  
(734) 253-2370

# JANUARY HIGHLIGHTS & ANNOUNCEMENTS

**JANUARY BIRTHDAY CELEBRATION:** Join us for lunch, cake, and ice cream on **Wednesday, January 15th at noon** to celebrate January 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 31st at 10am** at the Center to discuss “The Stationery Shop” by Marjan Kamali. Everyone is welcome! “The Stationery Shop” is a poignant, heartfelt new novel by the award-nominated author of Together Tea—extolled by the Wall Street Journal as a “moving tale of lost love” and by Shelf Awareness as “a powerful, heartbreaking story”—explores loss, reconciliation, and the quirks of fate.



**Card Making Class:** with Judy Welsh at the Center, **January 20th at 10am**. Cost is \$10, call Judy Welsh at (630) 240-2603 to register by January 17th.

**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.

**Monday, January 27th at 1:00pm: “Safeguarding your memory - What to know about medications and dietary supplements.”** We all want to protect our memory and thinking processes as we age. Join Betty Chaffee, PharmD, of Bettery My Meds to talk about medications and supplements that can impact brain health.



Members show off the holiday arrangements they created at the Monday Gathering holiday greenery workshop in December

## VOLUNTEERING



As we watch our new Senior Center growing day by day, now is an exciting time to consider volunteering at the Dexter Senior Center. You have the opportunity to make a difference by helping at lunches, special events, greeting members or as a driver for Meals on Wheels. To sign up, please see Judy or Sharon at the front desk or call (734) 426-7737.

# 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 Senior Center. 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 10-10:30am** in the Wellness Conference Room. 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

# 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.



Wylie School 3rd graders decorated cookies, sang Christmas carols, and made holiday cards for DSC members in December. It was a fun time for everyone!

Thank you Wylie School 3rd graders, teachers and parents!



# 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: Tuesday, January 21st at noon. Call Heather at (414) 436-6876 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 within 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.  
 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 January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED FOR HOLIDAY	2 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo	3 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese
6 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge	7 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:45 - Dulcimer (Beginners) 12:00 - Pinochle	8 9:00 - Seniors Obtaining Strength 9:30 - Pinochle 12:00 - Seniors Ukles Group (Dexter Library) 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Friends in Harmony Choir	9 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo	10 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese
13 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge	14 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:45 - Dulcimer (Beginners) 12:00 - Pinochle	15 9:00 - Seniors Obtaining Strength 9:30 - Pinochle 12:00 - Seniors Ukles Group (Dexter Library) 12:00 - Birthday Lunch 12:30 - Euchre/313 1:00 - Friends in Harmony Choir	16 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo	17 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese



# Dexter Senior Center

# Activities Calendar

# January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>10:00 - Coloring, Crafts, Needlework            10:00 - Card Making Class            11:00 - Chair Yoga            12:30 - Bridge</p>	<p>21</p> <p>8:00 - Rise &amp; Shine Gentle Yoga            9:00 - Strength &amp; Stretch            10:00 - Chair Zumba            10:45 - Dulcimer (Beginners)            12:00 - Pinochle</p>	<p>22</p> <p>9:00 - Seniors Obtaining Strength            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>23</p> <p>10:00 - Strength &amp; Stretch            10:00 - Dulcimer            12:00 - Senior Cafe            12:30 - Cribbage            1:00 - Bingo</p>	<p>24</p> <p>8:00 - Rise &amp; Shine Gentle Yoga            9:00 - Weaving            11:00 - French Study Group (Dexter Library)            12:00 - Pinochle/313            1:00 - Mahjong/Chinese</p>
<p>27</p> <p>10:00 - Coloring, Crafts, Needlework            11:00 - Chair Yoga            12:00 - Senior Cafe            12:30 - Bridge            1:00 - Monday Gathering            Better My Meds</p>	<p>28</p> <p>8:00 - Rise &amp; Shine Gentle Yoga            9:00 - Strength &amp; Stretch            10:00 - Chair Zumba            10:45 - Dulcimer (Beginners)            12:00 - Pinochle</p>	<p>29</p> <p>9:00 - Seniors Obtaining Strength            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>30</p> <p>10:00 - Strength &amp; Stretch            10:00 - Dulcimer            12:00 - Senior Cafe            12:30 - Cribbage            1:00 - Bingo</p>	<p>31</p> <p>8:00 - Rise &amp; Shine Gentle Yoga            9:00 - Weaving            10:00 - Book Club            11:00 - French Study Group (Dexter Library)            12:00 - Pinochle/313            1:00 - Mahjong/Chinese</p>





# Dexter Senior Center Meal Calendar January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
6 Cheddar Cheese Omelet, O'Brien Potatoes, Apple Juice, 100% Juice, Apricots, Fruit Muffin w/ Margarine, Milk	7 Turkey Burger w/ Lettuce & Tomato garnish w/ Mayo & Mustard, Diced Carrots, Creamy Confetti Coleslaw, Fruited Gelatin, WW Hamburger Bun, Milk	1 CLOSED FOR HOLIDAY	2 Roast Pork w/ LS Pork Gravy, Garlic Mashed Redskin Potatoes, Green Beans, Fresh Red or Yellow Apple, Dinner Roll w/ Margarine, Chocolate Chip Cookie, Milk	3 Potato Crunch Pollock w/ Tartar Sauce served over Wild and White Rice, California Blend w/ Cheese Sauce, Diced Pickled Beets & Onion Salad, Strawberries w/ Whip Topping, WW Bread w/ Margarine, Milk
13 Stir-fry Beef with Sugar Snap Peas served over confetti fried rice w/Asian vegetable blend, Tropical Fruit Salad, WW Bread w/ Margarine, Milk	14 Chicken Salad Sandwich, Pasta Salad w/ Vegetables, Garden Vegetable Soup w/ LS Crackers, Fresh Yellow or Red Apple, Croissant, Milk	8 Chicken w/ Cavatappi Pasta, Garden Green Salad w/ Romaine French Dressing, Brussels Sprouts, Fresh Banana, WW Bread w/ Margarine, Milk	9 Maurice Salad: Diced Ham and Turkey, Shredded Swiss Cheese, Green Salad w/ Romaine, Carrots, Cucumbers & Tomatoes, Twice Baked Potato Chowder w/ LS Crackers, Fresh Red or Yellow Apple, Pita Bread w/Margarine, Maurice Salad Dressing, Milk	10 Baked Meatloaf w/ LS Beef Gravy, Mashed Potatoes, Marinated Three Bean Salad, Mixed Berries w/ Whip Topping, WW Dinner Roll w/Margarine, Milk
20 NO MEAL DELIVERY DUE TO HOLIDAY	21 Breaded Chicken Patty Sandwich w/mayo & ketchup, Baked Beans, Diced Carrots, Apricots, WW hamburger bun, Milk	15 Birthday Lunch at DSC Beef Sauce w/ Parm Cheese served w/rotini pasta, Italian Garden Salad w/garbanzo bean garnish and Ranch Dressing, Green Beans, Strawberries w/ Whip Topping, WW Bread w/ Margarine, Milk	16 Balsamic Marinated Chicken Breast, Steamed Spinach, Scalloped Potatoes, Fresh Pear, WW Dinner Roll w/ Margarine, Milk	17 Baked Ham w/ Pineapple Sauce, Whipped Sweet Potatoes, California Blend w/ Cheese Sauce, Diced Peaches, Corn Bread w/ Margarine, Oatmeal Rasin Cookies, Milk
27 Potato Crunch Pollock w/ Tartar Sauce, Whipped Winter Squash, Peas & Pearl Onions, Applesauce, WW Dinner Roll w/ Margarine, Milk	28 Teriyaki Chicken Breast w/ Teriyaki Sauce, Italian Garden Salad w/garbanzo bean garnish and French Dressing, Cauliflower w/ Cheese Sauce, Fresh Pear, Dinner Roll w/Margarine, Milk	22 Stuffed Cabbage, Garden Green Salad w/ Romaine w/ Italian Dressing, Mashed Redskin Potatoes, Mixed Berries w/ Whip Topping, WW Dinner Roll w/ Margarine, Milk	23 Tuna Salad Sandwich, Macaroni Salad w/ Vegetables, Broccoli Cheese Soup w/ LS Crackers, Fresh Red or Yellow Apple, Croissant, Milk	24 Swedish Meatballs served over egg noodles, Whole Kernel Corn, Zucchini & Tomatoes, Mandarin Oranges & Pineapple Tidbits, WW Bread w/ Margarine, Milk
34 Potato Crunch Pollock w/ Tartar Sauce, Whipped Winter Squash, Peas & Pearl Onions, Applesauce, WW Dinner Roll w/ Margarine, Milk	35 Teriyaki Chicken Breast w/ Teriyaki Sauce, Italian Garden Salad w/garbanzo bean garnish and French Dressing, Cauliflower w/ Cheese Sauce, Fresh Pear, Dinner Roll w/Margarine, Milk	29 Beef Taco Salad: Warm Beef Taco Meat, Shredded Lettuce Mix w/ Ranch Dressing, Warm Refried Beans w/ Cheddar Cheese garnish, Tropical Fruit Salad, WG Tostitos Scoops & Salsa, Milk	30 Breaded Chicken Tenders w/ BBQ Sauce, Dill Carrot Coins, Creamy Confetti Coleslaw, Strawberries w/ Whip Topping Biscuit w/ Margarine, Milk	31 Beef Pepper Patty w/ LS Beef Gravy, Mashed Redskin Potatoes, Zucchini & Tomatoes, Fresh Banana, WW Dinner Roll w/ Margarine, Milk



**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.™



**Busch's Donation Program Raises over \$2,500 for the Dexter Senior Center.**

By turning your shopping into support, Busch's donated over \$2,500 this year to Dexter Senior Center. Thank you to everyone who chose to support the Dexter Senior Center!

**How the Donation Program Works:**

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".



Dexter Senior Center was chosen as the December recipient by Chelsea State Bank employees as part of their Blue Jeans for Charity program.

Thank you CSB and your employees for your \$1251.40 donation!



## 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