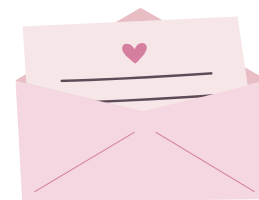




# DEXTER SENIOR VOICE

## February 2025



### MESSAGE FROM THE EXECUTIVE DIRECTOR

**Dear Dexter Senior Center Members,**

I am excited to introduce myself as your new Executive Director. For those I haven't met yet, my name is Anna. I have a Bachelor's Degree of Social Work from Eastern Michigan University and a Master's Degree of Social Work from the University of Michigan. My concentration areas were older adults and social policy.

Before stepping into this role, I worked with DSC for two years as a consultant, assisting with grants, special projects, and daily operations. During that time, I grew to love the Center and all of you. Becoming your Executive Director is truly an honor, and I look forward to what we can achieve together.

Our goal is to move into the new space by mid-to-late spring. It will take teamwork, but with the support of our amazing staff, volunteers, trustees, and members, I know we can make it happen.

One of my top priorities is hiring a Program Manager to bring exciting new opportunities to DSC. The job is posted online, and I encourage you to share it with potential candidates. In the meantime, I'd love to hear your ideas for new programs.

Thank you all for the warm welcome. A special thanks to Suzanne, Emily, Judy, John, and Sharon for their support in helping me transition into this role. I believe 2025 will be an unforgettable year for DSC, and I'm grateful to be part of it with you.

**Sincerely,  
Anna Pekrul**



#### Contact Information

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

#### Executive Director

[anna.pekrul@dexterseniors.org](mailto:anna.pekrul@dexterseniors.org)

#### Website

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

#### Hours

Monday - Fridays  
9:00 am - 3:00 pm

#### Next Board Meeting

Dexter Wellness Center  
February 19th at 3:00 pm

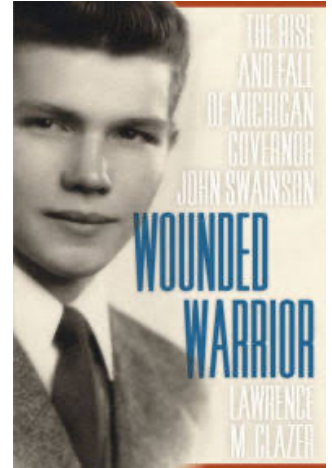
#### Meals on Wheels/Senior Cafe

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

# FEBRUARY HIGHLIGHTS & ANNOUNCEMENTS

**FEBRUARY BIRTHDAY CELEBRATION:** Join us for lunch, cake, and ice cream on **Wednesday, February 19th at 12:00 pm** to celebrate February 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: Friday, February 28th at 10:00 am.** February's book discussion is about ***Wounded Warrior: The Rise and Fall of Michigan Governor John Swainson***. This fascinating read tells the story of John Swainson, a war hero turned Michigan governor whose promising career took a heartbreaking turn. It's a story of resilience, ambition, and the challenges that come with public life.



**CARD MAKING CLASS: February 17th at 10:00 am.** Cost is \$10, call Judy Welsh at (630) 240-2603 to **register by February 14th**.

**MONDAY GATHERINGS: Mondays at 1:00 pm.** Connect with friends after lunch. Enjoy engaging speakers, explore new topics, and relax in a welcoming atmosphere. Sign up at the center to reserve your spot!

- **FEBRUARY 10TH:** The **Polenick Research team** at the University of Michigan invites you to learn more about their current exciting **research opportunities**. Their research program aims to understand experiences in everyday life that help them find ways to improve the well-being of people living with dementia and their care partners. They look forward to sharing more details with you and answering any questions you have!
- **FEBRUARY 17TH:** Join us for a special presentation by **Our Family Friend** to learn about their personalized senior care services. Enjoy light refreshments and meet Moose, their **certified therapy dog**, while exploring the unique benefits of their home care offerings.
- **FEBRUARY 24TH:** "Muscle cramps – call them Charley Horses, Spasms – by any name they hurt. And they seem to happen more often at night when we're asleep. Join Betty Chaffee, PharmD, of Better My Meds at 1pm on Monday, February 24 to talk about why muscle cramps happen and what you can do to prevent and treat them."

## UPCOMING MARCH EVENTS:

**OPTIMIZING BRAIN HEALTH: March 5th at 12:00 pm at the Wellness Center.** Learn how to optimize brain health with lifestyle medicine. Call (734) 580-2500 to register (FREE TO THE PUBLIC).

# MUSIC & LANGUAGE

**CHOIR “Friends in Harmony”:** Wednesdays at 1:00 pm. Please contact Janet Potter at (734) 253-2474 for information or questions.

**DULCIMER GROUP:** Thursdays at 10:00 am. New members are welcome to join. Loaner instruments are available. Contact Sally at (734) 426-0841 for more information.

**BEGINNERS DULCIMER GROUP:** Tuesdays at 10:00 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 12:00 pm - 1:00 pm 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.

- **ALL INSTRUMENT JAM:** 2nd Wednesdays of the month 6:30 pm - 8:30 pm, at Crossroads Community Center. 5501 Webster Church Rd, off of Farrel Rd.

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

# FITNESS

**CHAIR YOGA:** Mondays 11:00 am - 12:00 pm in the Wellness Center Conference Room. A slow-paced, accessible stretch session for all abilities, including those with arthritis or mobility challenges. Led by certified instructor and life coach Dianna Kause.

**STRENGTH & STRETCH CLASS:** Tuesdays with Marta 9:00 - 10:00 am, and Thursdays with Roo Morgan 10:00 - 11:00 am at 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 8:00 - 9:00 am at Dexter Senior Center. Led by Joslyn from Verapose Yoga Studio, this class is designed for active seniors comfortable with floor movements. Modifications are available. Please bring a yoga mat, cushion or blanket, and an open mind and heart.

**CHAIR ZUMBA:** Tuesdays 10:00 - 10:30 am 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 9:00 - 11:00 am at Dexter Senior Center. Join instructor Karen Fazioli for a fun, engaging class focused on improving strength, balance, and mobility through resistance training and functional movements. Build confidence and independence in a supportive, social setting. **NOTE: No class on February 5th.**

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

# GAMES

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

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

**CRIBBAGE: Thursdays at 12:30 pm.** 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 9:00 am.** Contact Mary Robinson at (734) 223-5646 for more information.

**NEEDLE ARTS, COLORING & CRAFTS: Mondays at 10:00 am.** Bring your knitting, crocheting, cross-stitch, or other projects and enjoy creative time with fellow members in a fun and inspiring environment.



At January's Birthday Luncheon, members celebrated and had the opportunity to meet the new Executive Director, Anna.

# RESOURCES

**Resources from JFS:** Lisa Gdaniec, MSW, from JFS is available weekly, typically on Thursdays, to provide care management support through WISE Aging Services. She can connect you to resources that meet your needs. Visit Lisa during Center hours or call (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 12:15 pm or called ahead, your meal may go to those on the waitlist.

**Footcare: Tuesday, February 18th, 9:00 am - 2:00 pm.** Call Heather Schanz at (414) 436-6876 to schedule an appointment.

**Reflexology: Thursday, February 13th and February 27th.** Call Barb Fisher 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 6:00 am - 11:00 pm, and Saturdays 8:30 am - 6:00 pm. Call (734) 259-4125 to schedule.

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



## Washtenaw Area Value Express (WAVE):

### 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.  
 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 February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge</p>	<p>4</p> <p>8:00 - Rise &amp; Shine Gentle Yoga 9:00 - Strength &amp; Stretch 10:00 - Chair Zumba 10:00 - Dulcimer (Beginners) 12:00 - Pinochle</p>	<p>5</p> <p>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>6</p> <p>10:00 - Strength &amp; Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo</p>	<p>7</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 - Chinese Mahjong</p>
<p>10</p> <p>10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge <b>1:00 - Monday Gathering</b></p>	<p>11</p> <p>8:00 - Rise &amp; Shine Gentle Yoga 9:00 - Strength &amp; Stretch 10:00 - Chair Zumba 10:00 - Dulcimer (Beginners) 12:00 - Pinochle</p>	<p>12</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 <b>6:30 - All Instrument Jam</b></p>	<p>13</p> <p>10:00 - Strength &amp; Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo <b>*Reflexology Appointments</b></p>	<p>14</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 - Chinese Mahjong</p>
<p>17</p> <p>10:00 - Coloring, Crafts, Needlework <b>10:00 - Cardmaking Class</b> 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge <b>1:00 - Monday Gathering</b></p>	<p>18</p> <p>8:00 - Rise &amp; Shine Gentle Yoga 9:00 - Strength &amp; Stretch 10:00 - Chair Zumba 10:00 - Dulcimer (Beginners) 12:00 - Pinochle <b>*Footcare Appointments</b></p>	<p>19</p> <p>9:00 - Seniors Obtaining Strength 9:30 - Pinochle 12:00 - Seniors Ukles Group (Dexter Library) <b>12:00 - Birthday Lunch</b> 12:30 - Euchre/313 1:00 - Friends in Harmony Choir</p>	<p>20</p> <p>10:00 - Strength &amp; Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo</p>	<p>21</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 - Chinese Mahjong</p>



# Dexter Senior Center Activities Calendar February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
24 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:30 - Bridge <b>1:00 - Monday Gathering</b>	25 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:00 - Dulcimer (Beginners) 12:00 - Pinochle	26 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	27 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo <b>*Reflexology Appointments</b>	28 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving <b>10:00 - Book Club</b> 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong





# Dexter Senior Center Meal Calendar February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Breaded Chicken Patty Sandwich w/ Mayo &amp; Ketchup, Green Beans, California Blend Vegetables, Diced Peas, WW Hamburger Bun, 1% milk</p>	<p>4 Brunswick Stew w/ Chicken, Pork &amp; Hearty Vegetables, Spinach Salad w/ Egg &amp; Fresh Mushroom garnish w/ French Dressing, Warm Diced Spiced Peaches, Fresh Red or Yellow Apple Cornbread w/ Margarine; Milk</p>	<p>5 Chef Salad: Diced Ham (1 oz.), Diced Turkey (1 oz.) &amp; Shredded American Cheese (1 oz.), Garden Green Salad w/ Romaine, Carrots, Cucumbers &amp; Tomatoes, Minestrone Soup w/ LS Crackers, Fresh Orange, Pita Bread w/ Margarine, ranch dressing; milk</p>	<p>6 Turkey a la King served over Biscuit, Diced Carrots w/ Dill, Brown Bean Salad, Pineapple Tidbits, Biscuit w/ Margarine; Milk</p>	<p>7 Beef Hotdog w/ Diced Onion garnish w/ Mustard &amp; Ketchup, Chili con Carne w/ Beans, Baked Potato w/ Sour Cream, Mixed Berries w/ Whip Topping, WW Hotdog Bun, Peanut Butter Cookie; Milk</p>
<p>10 Cheddar Cheese Omelet; O'Brien Potatoes; Apple Juice; Fresh Pear; Fruit Muffin w/ Margarine; Milk</p>	<p>11 Cheddar Smoked Sausage Sandwich w/ Ketchup &amp; Mustard, Savory Sauerkraut, Cauliflower Polonaise, Mandarin Oranges, WW Hotdog Bun; Milk</p>	<p>12 Turkey Pot Roast w/ Gravy from entrée serve over mashed potatoes, Creamy Confetti Coleslaw, Apricots, WW Dinner Roll w/ Margarine; Milk</p>	<p>13 Hamburger w/ Cheese &amp; Mustard &amp; Ketchup, Carrot Coins, Cucumber, Tomato &amp; Onion Salad; Fresh Red or Yellow Apple; Hamburger Bun; Milk</p>	<p>14 Chicken Breast Cacciatore, Garden Green Salad w/ Romaine w/ Italian Dressing, Green Beans, Strawberries w/ Whip Topping, Dinner Roll w/ Margarine; Milk</p>
<p>17 <b>NO Meals, Agency Closed</b></p>	<p>18 Teriyaki Beef Dippers w/ Teriyaki Sauce; Baked Beans; Dill Carrot Coins; Tropical Fruit Salad; Cornbread w/ Margarine; Milk</p>	<p>19 <b>BirthDay Luncheon at DSC</b> Cheesy Lasagna Roll Ups (2 each) w/ Parmesan Cheese, Green Beans, Italian Garden Green Salad w/ garbanzo bean garnish w/ Romaine w/ Ranch Dressing, Mixed Berries w/ Whip Topping, WW Bread w/ Margarine, Marinara; Milk</p>	<p>20 Tuna Salad Sandwich; Pasta Salad w/ Vegetables; Broccoli Cheese Soup w/ LS Crackers, Fresh Red or Yellow Apple; Croissant; Milk</p>	<p>21 Polynesian Chicken Breast, Mashed Redskin Potatoes, Key West Vegetable Blend; Fruited Gelatin; WW Dinner Roll w/ Margarine; Milk</p>
<p>24 Salisbury Steak w/ LS Beef Gravy, Zucchini &amp; Tomatoes, Diced Carrots; Cinnamon Applesauce, Dinner Roll w/ Margarine; Milk</p>	<p>25 Honey Mustard Chicken Breast Sandwich; Green Beans; Cauliflower w/ Cheese Sauce; Fresh Pear; Hamburger Bun, Milk</p>	<p>26 Stuffed Cabbage; Garden Green Salad w/ Romaine w/ Italian Dressing; Mashed Redskin Potatoes, Strawberries w/ Whip Topping; WW Dinner Roll w/ Margarine; Milk</p>	<p>27 Turkey Tetrazzini w/ Cheddar Cheese garnish, Garden Peas &amp; Pearl Onions, Cucumber, Tomato &amp; Onion Salad, Diced Peaches; WW Bread w/ Margarine; Milk</p>	<p>28 Potato Crunch Pollock w/ Tartar Sauce served over Rice, California Blend Vegetables, Diced Pickled Beets &amp; Onion Salad, Fresh Banana, WW Bread w/ Margarine, Wild &amp; WG Rice Milk</p>



## 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** - 10% off (Dexter only)

**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

## 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".

Where friends are...  
Smiles are generous,  
kindness is multiplied,  
sorrows are softened,  
laughter is healing,  
and years are celebrated.

Dexter Senior Center  
Supporters



**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