



DEXTER SENIOR VOICE

April 2025

MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Dexter Senior Center Members,

April is here. As Michiganders, we know that might still mean a little snow, but we are keeping our fingers crossed for sunshine.

It is going to be a busy month. Our goal is to move into the new building by June 1st. The finishing touches are happening now, and I am working closely with the board and our wonderful staff to make sure everything goes smoothly.

You may have already met Dana, our new Program Manager. Dana jumped right in and has planned many new activities and programs, including some exciting trips. Our first outing is to the Detroit Institute of Arts. Make sure to sign up if you want to join.

Soon we will begin using a new system called MySeniorCenter, to help us track of who checks in each day and which programs are being used. You will be able to check in by scanning a small keytag or typing your name on the screen. Then, you just tap the activities you are attending and press Finish. Staff and volunteers will always be there to help if you need it.

I am so thankful for each of you. You make coming to work a joy. Here's to a great spring together!

**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

Program Manager

dana.waters@dexterseniors.org

Senior Nutrition

Emily Kiesler
Suzanne Rossi
(734) 253-2370

Reception

Judy Egeler
(734) 426-7737

Website

www.dexterseniors.org

Hours

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

Next Board Meeting

Dexter Wellness Center
April 16th at 3:00 pm

Dear Members of Dexter Senior Center,

It is my immense pleasure and excitement to introduce myself as your new Program Manager. I am truly honored to join the wonderful community and to have the opportunity to serve you. I am committed to maintaining the programs you love while exploring new and exciting possibilities.

My goal is to build upon the strong foundation already in place and to create programs that engage, enrich, and tailor to your needs. I believe in fostering a sense of community, promoting wellbeing, and providing opportunities for lifelong learning and enjoyment.

I'd love to chat with you all personally and hear your thoughts. I will be actively seeking your suggestions and ideas to ensure our programs are meeting your expectations. Any input would be greatly appreciated utilizing our Suggestion Box at the Dexter Senior Center reception desk.

I look forward to meeting you all soon, at DSC. My door is always open.

**Warmly,
Dana Waters**



New Events

Dexter Senior Center

APRIL
Every Tuesday
1:00PM
Dominos

APRIL
Every Tuesday
2:00PM
Tai Chi

APRIL
7
Every First Monday
1:00 PM
Behavioral Health
Social Hour

APRIL
14 & 21
Every Other Monday
12:30 PM
Seasonal
Ornament Making

APRIL
14
Monday
1:00 PM
Travel Group,
Planning Meeting

APRIL
17
Thursday
10 AM - 3 PM
DIA Day Trip!

APRIL
21
Every Third Monday
1:30 PM
Mindful Memories
Creative Writing

APRIL
23
Wednesday
12:00 PM
Lunch & Learn
"Aging with
Confidence"

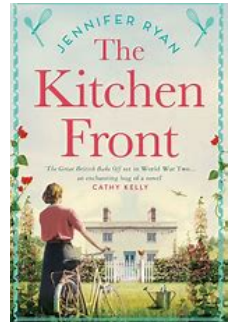
APRIL
28
Every Last Monday
Appointment
Times 10:00, 11:30,
1:00 PM
Medicare
Counseling

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

APRIL HIGHLIGHTS & ANNOUNCEMENTS

BIRTHDAY CELEBRATION: Join us for lunch, cake, and ice cream on Wednesday, April 16 at 12:00 pm. April birthday members eat free; others are \$5. Sign up at least 48 hours in advance at the Center or call (734) 426-7737. Thanks to 5 Healthy Towns Foundation for their support!

BOOK CLUB: Friday, April 25th at 10:00 am. April's book is *The Kitchen Front* by Jennifer Ryan. This book tells the engaging story of four women competing on a wartime cooking show. Set during World War II in England, they face personal struggles and food rationing. Their challenge? To create delicious meals using limited ingredients while navigating complex relationships.



2U Vision: April 21st at 12:30 pm - 2:30 pm, in the Dexter Senior Center. Free cleaning, repair, and adjustment. Or, bring your vision prescription and buy new eyeglasses. info@2Uvision.com, 248-232-6584.

Lunch and Learn: April 23rd, 12:00 pm - 1:00 pm. Enjoy a free lunch and hear from Care Manager Natalie as she shares tips on aging with confidence. She will cover health management, financial planning, and ways to stay independent.

Dominos: Starting In April, every Tuesday at 1:00 pm. All levels are welcome to play Mexican Train and the easier version called Chicken Foot.

TAI CHI: Starting April 1st, every Tuesday at 2:00 pm. In the Wellness Center Conference Room. Meditation and Movement with Wu Style Tai Chi Chuan. Pain control, muscle development, and balance.

Chess and Word Games Interest Form: Interested in starting a group for chess, checkers, dice games, or word games like Scrabble or Boggle? Call the Center with days and times that work for you. We're hoping to get groups started in May!

Travel Club Information and Planning Meeting: April 14th, at 1:00 pm, in the Wellness Center Conference Room. Come join the informational and planning meeting for day and overnight trips with Village Travelers. <https://www.villagetravelers.net>

Medicare Counseling, from State Health Insurance Program (SHIP) Certified Counselors: Appointments on the last Monday of the month, starting April 28th, at 10:00, 11:30, and 1:00 pm. Topics include getting started with Medicare, choosing a Part D drug plan, Medicare Advantage options, and more. Call the Center to make an appointment.

Social Wellness Hour, with Chelsea Hospital Behavioral Health Navigators (every first Monday of the month): April 7th, at 1:00pm In the Wellness Center Conference Room. We will be discussing the eight dimensions of wellness and how you can utilize self-reflection to deepen your sense of overall well-being. Special activity or craft every month to follow.

Mindful Memories Creative Writing: Every third Monday, starting April 21st at 1:30pm. Bring your writing supplies to write stories, recipes, poems, & letters.

Celebration of Life For John La Rock, April 6, 2025 | 12:00 - 4:00 pm. Dexter American Legion, Post 557, 8225 Dexter-Chelsea Rd, Dexter, MI 48130

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 10:30 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.

TAI CHI: Tuesdays 2:00 pm-3:00 pm in the Wellness Center Conference Room. Meditation and Movement with Wu Style Tai Chi Chuan. Pain control, muscle development, and balance.

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 - 10:00 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. **(No Class on April, 30th)**

SENIOR SWIM: 8:30 - 9:30 am Monday, Wednesday, Friday at Wylie Elementary School. 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, or stop by while they're playing.

Dominos: Starting In April, every Tuesday at 1:00 pm. All levels are welcome to play Mexican Train Dominos and easier version Chicken Foot Dominos.

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.

CARD MAKING CLASS: April 21st at 10:00 am. Cost is \$10, call Judy Welsh at (630) 240-2603 to register by April 18th.

Seasonal Ornament Making: Every 1st and 3rd Monday at 12:30 pm, April 7th & 21st. Help make Christmas ornaments with Sally and Jane for the DSC Seasonal Christmas Tree Decorations. **(This Month, April 7th only, will meet at 1:00 pm instead of 12:30 pm.)**

TRAVEL GROUP AND UPCOMING TRIPS

Travel Group Meeting: April 14th, 1:00 pm. This is a great chance to explore upcoming travel options and share your ideas for planning day and overnight trips.

Day Trip to DIA, for Art and Entertainment: Thursday, April 17th at 10:00 am - 3:00pm. Sign up for a fun day of Art and Music, for only \$15. Bus leaves and returns from DSC.

RESOURCES

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

Reflexology: Thursday, March 13th and March 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):

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





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 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".

1	4		
3			
	3	4	1
4	1	2	3

		3	2
			4
2	3		
	1	2	

How does an Easter Bunny stay in shape?



Egg-sercise!

Dexter Senior Center
Supporters



CHELSEA
HOSPITAL



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





Dexter Senior Center

Activity Calendar

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge 1:00 - Seasonal Ornament Making 1:00-BHN Social Hour</p>	<p>1 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:30 - Dulcimer (Beginners) 12:00 - Pinochle 1:00-Dominos 2:00-Tai Chi</p>	<p>2 9:30 - Pinochle 12:00 - Seniors Ukles Group (Dexter Library) 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Choir</p>	<p>3 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo</p>	<p>4 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong</p>
<p>14 10:00-Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:30 - Bridge 1:00 - Travel Group, Planning and Informational Meeting</p>	<p>8 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:30 - Dulcimer (Beginners) 12:00 - Pinochle 1:00-Dominos 2:00-Tai Chi</p>	<p>9 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 - Choir 6:30 - All Instrument Jam</p>	<p>10 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo *Reflexology Appointments</p>	<p>11 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong</p>
<p>21 10:00-Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:30 - Bridge 1:00 - Travel Group, Planning and Informational Meeting</p>	<p>15 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:30 - Dulcimer (Beginners) 12:00 - Pinochle 1:00-Dominos 2:00-Tai Chi *Footcare Appointments</p>	<p>16 9:30 - Pinochle 12:00 - Seniors Ukles Group (Dexter Library) 12:00 - Birthday Lunch 12:30 - Euchre/313 1:00 - Choir</p>	<p>17 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo *DIA Day Trip (10:00-3:00pm)</p>	<p>18 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong</p>
<p>28 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:30 - Bridge *Medicare Counseling Appointments</p>	<p>22 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:30 - Dulcimer (Beginners) 12:00 - Pinochle 1:00-Dominos 2:00- Tai Chi</p>	<p>23 9:00 - Seniors Obtaining Strength 9:30 - Pinochle 12:00 - Seniors Ukles Group (Dexter Library) 12:00-Lunch & Learn "Aging with Confidence" 12:30 - Euchre/313 1:00 - Choir</p>	<p>24 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo *Reflexology Appointments</p>	<p>25 8:00 - Rise & Shine Gentle Yoga 9:00 - Weaving 10:00 - Book Club 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong</p>
<p>29 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:30 - Dulcimer (Beginners) 12:00 - Pinochle 1:00-Dominos 2:00- Tai Chi</p>	<p>30 9:30 - Pinochle 12:00 - Seniors Ukles Group (Dexter Library) 12:00-Senior Cafe 12:30 - Euchre/313 1:00 - Choir</p>			



Dexter Senior Center

Meal Calendar

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31 Sweet & sour chicken w/ vegetables served over confetti fried rice, oriental vegetable blend, diced peaches, bread w/ Margarine, 1% milk</p>	<p>1 Diced ham, Turkey & shredded Swiss cheese, garden salad w/ romaine, carrots, cucumbers & tomatoes, minestrone soup w/ ls crackers, red or yellow apples, pita, 1% Milk</p>	<p>2 Roast Turkey w/ turkey gravy, mashed potatoes, diced carrots mandarin oranges & pineapple tidbits, ww dinner roll w/margarine, 1% Milk</p>	<p>3 Breaded chicken tenders w/ BBQ sauce, cauliflower w/cheese sauce, green beans, fresh pear, biscuit w/ margarine, 1% Milk</p>	<p>4 Potato crunch pollock w/ tater sauce served over wild & wg rice, stewed tomatoes, diced pickled beets & onion salad, strawberries w/ whip topping, ww bread w/ margarine, 1% Milk</p>
<p>7 Cheddar cheese omelet, O'Brien potatoes, 100 % apple juice, apricots, fruit muffin w/ margarine, 1% milk</p>	<p>8 Turkey Burger w/ lettuce & tomato garnish w/ mayo & mustard, baked beans, creamy confetti, coleslaw, fruited gelatin, ww hamburger bun, milk 1%</p>	<p>9 Stuffed Cabbage, garden green salad w/ romaine w/ Italian dressing, mashed potatoes, mixed berries w/ whip topping, ww dinner roll w/ margarine, 1% milk</p>	<p>10 Chicken broccoli casserole w/ cheddar cheese garnish, zucchini & tomatoes, brown bean salad, fresh orange, ww bread w/ margarine, 1% milk</p>	<p>11 Baked Meatloaf w/ ls beef gravy, diced carrots, marinated three bean salad, fresh banana, dinner roll w/ margarine, 1% milk</p>
<p>14 Pasta Toscano w/ sausage, vegetables & parmesan cheese, green beans, yellow & green zucchini, diced peaches, ww bread w/ margarine, 1% milk</p>	<p>15 Chicken Salad Sandwich, pasta salad w/ vegetables, chicken noodle soup w/ vegetables w/ ls crackers, fresh yellow or red apple, croissant, 1% milk.</p>	<p>16 Brunswick stew w/ chicken, pork & hearty vegetables, spinach salad w/ egg and fresh mushroom garnish w/ French dressing, warm diced spiced peaches, fresh banana, biscuit, 1% milk</p>	<p>17 Baked ham w/ pineapple sauce, whipped sweet potatoes, California blend w/ cheese sauce, strawberries served over angel food cake, corn bread w/ margarine, 1% milk</p>	<p>18 No Meals</p>
<p>21 Breaded chicken patty sandwich w/ Patty Sandwich w/mayo and ketchup, baked beans, diced carrots, tropical fruit salad, ww hamburger bun, 1% milk</p>	<p>22 Swedish Meatballs, served over egg noodles, whole kernel corn, zucchini, tomatoes, mandarin oranges & pineapple tidbits, ww bread w/ margarine, egg noodles, 1% milk</p>	<p>23 Tuna salad Sandwich, macaroni salad w/ vegetables, broccoli cheese soup w/ ls crackers, fresh red or yellow apple, croissant, 1% milk</p>	<p>24 Beef sauce w/ parmesan cheese served over rotini noodles, Italian garden salad w/ romaine w/Italian dressing, green beans, mixed berries w/ whip topping, Italian bread w/ margarine, 1% milk</p>	<p>25 Basalmlc marinated chicken breast, steamed spinach, scalloped potatoes, fresh pear, ww dinner roll w/ margarine, 1% milk</p>
<p>28 Roast Pork w/ ls pork gravy, garlic mashed potatoes, green beans, red or yellow apple, ww dinner roll w/ margarine, oatmeal raisin cookie, 1% milk</p>	<p>29 Teriyaki chicken breast w/ teriyaki sauce, cauliflower w/ cheese sauce, creamy confetti coleslaw, apricots, dinner roll w/ margarine, 1% milk</p>	<p>30 Diced Ham, turkey & shredded American cheese, garden salad w/ romaine, carrots, cucumbers & tomatoes, beef barley soup w/ ls crackers, banana, pita, ranch dressing, 1% milk</p>	<p>1 Potato crunch pollock w/ tater sauce over wild & wg rice, whipped winter squash, diced pickled beets and onion, cinnamon applesauce, ww bread w/ margarine, 1% milk</p>	<p>2 Chicken breast caccitore, garden salad w/ romaine w/ italian dressing, dill carrot coins, strawberries w/ whip topping, italian bread w/ margarine, 1% milk</p>

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
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**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