



# DEXTER SENIOR VOICE

## March 2025



### MESSAGE FROM THE EXECUTIVE DIRECTOR

**Dear Dexter Senior Center Members,**

It's hard to believe two months have passed since I stepped into the role of Executive Director. These truly have been some of the best months of my life. Leading this organization has been a longtime dream, and the experience has been even more rewarding than I imagined.

With our current space, adding new programs can be a challenge, but I am working to bring in special activities and events each month to keep things fresh. I hope you enjoy them!

Since starting, I have been busy writing grants, meeting with community leaders, working with the board on our move to the new facility, hiring staff, and managing many other projects. Speaking of staff, we will have a new team member joining us soon, and I can't wait for you to meet them!

March always feels like a fresh start. It's a time when we begin to shake off the cold and look forward to longer days, brighter skies, and new opportunities. It's a month of transition, when we start to feel more energized and ready to take on what is ahead. As Sylvia Plath once said, *"In March, I'll be rested, caught up, and human."* I hope this month brings you a sense of renewal and excitement for what is to come at Dexter Senior Center.

**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  
March 19th at 3:00 pm

#### Meals on Wheels/Senior Cafe

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

# MARCH HIGHLIGHTS & ANNOUNCEMENTS

**MARCH BIRTHDAY CELEBRATION:** Join us for lunch, cake, and ice cream on **Wednesday, March 19th at 12:00 pm** to celebrate March 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, March 28th at 10:00 am.** March's book is *Remarkably Bright Creatures* by Shelby Van Pelt, a heartfelt story about a lonely widow who forms an unexpected bond with a mischievous octopus at the local aquarium. It's a tale of loss, friendship, and finding connection in the most surprising places.

**CARD MAKING CLASS: March 17th at 9:30 am.** Cost is \$10, call Judy Welsh at (630) 240-2603 to **register by March 14th.**

**OPTIMIZING BRAIN HEALTH: March 11th 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).

**WYLIE STUDENTS READ-ALONG: March 21st at 12:30 pm.** Celebrate National Reading Month with Wylie Students as they practice their reading skills and share stories with our members.

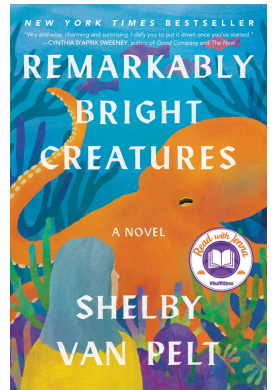
**ST. PATRICK'S DAY CELEBRATION & DULCIMER CONCERT: March 17th at 12:00 pm.** Celebrate St. Patrick's Day with fish & chips, root beer, and Irish treats while listening to a special performance by the DSC Dulcimer group. \$15 a person. You must sign-up at the center by March 10th to reserve your spot.

## **GOOD NEIGHBOR TAP AT ERRATIC ALE:**

This month, Dexter Senior Center is the featured nonprofit for Erratic Ale's "Good Neighbor Tap." For every pint sold from the Good Neighbor Tap, \$2 will be donated to the center. Spread the word and stop by to show your support!

Erratic Ale

8080 Grand St, Suite 3, Dexter, MI 48130



**W.A.V.E. INFORMATIONAL BINGO SESSION: Thursday, March 20th at 1:00 pm.** Join us for a fun Bingo session with Shasta from W.A.V.E.! She'll be calling Bingo and sharing helpful information about W.A.V.E. transportation services. Don't miss it!



# 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.

**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. **No yoga on 3/4 and 3/11.**

**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 SOS on 3/19.**

**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.

~ 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.

## In Loving Memory of John La Rock

John LaRock was a beloved member and dedicated volunteer at DSC. Every morning, he was there, ready to lend a hand wherever it was needed. You could always count on him to brighten your day with his kindness and humor. When asked how he was doing, he often said "triple outstanding," and to all who knew him, he truly was.

John joined our community just two years ago, but his impact will be lasting. We wish we had more time to hear his stories, share his laughter, and enjoy his friendship. Even so, we are grateful for the moments we had and the joy he brought.

Our thoughts are with his family and friends, and we hope they find comfort in the memories they shared with him. Rest in peace, John.



# 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.



We were so lucky to have students from Wylie stop by last month with Valentine's cards and gifts for our members. Thank you for making us all smile!



**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

# Meal Calendar

# March 2025


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> Sloppy Joe Sandwich, O'Brien Potatoes, Baked Beans, Diced Peaches, WW Hamburger bun, 1% milk</p>	<p><b>4</b> Chicken Jambalaya w/Vegetables and Rice, Creole Green Beans w/Tomatoes, Tropical Fruit Salad, Raspberry Filled Powered Donut, 1% Milk</p>	<p><b>5</b> Baked Ziti w/Four Cheeses, Brussels Sprouts, Italian Garden Green Salad w/garbanzo bean garnish, Romaine, French Dressing, Strawberries w/Whip Topping, Italian Bread w/Margarine; 1% Milk</p>	<p><b>6</b> Oven Baked Crispy Chicken, Cauliflower w/Cheese Sauce, Steamed Collard Greens, Fresh Orange, Biscuit w/Margarine; 1% Milk</p>	<p><b>7</b> Tuna Noodle Casserole, Diced Carrots, Creamy Confetti Coleslaw, Fresh Banana, WW Bread w/Margarine; 1% Milk</p>
<p><b>10</b> Hawaiian Meatballs Served Over Brown Rice, Whole Kernel Corn, Green Beans, Apricots, WW Dinner Roll w/Margarine; 1% Milk</p>	<p><b>11</b> Turkey Enchilada Casserole, Refried Beans w/Cheddar Cheese garnish, Broccoli, Cauliflower &amp; Tomato Salad, Mandarin Oranges &amp; Pineapple Tidbits, WW Bread w/Margarine; 1% Milk</p>	<p><b>12</b> Stuffed Pepper, Garden Green Salad w/Romaine w/Italian Dressing, Mashed Redskin Potatoes, Mixed Berries w/Whip Topping, WW Roll w/Margarine; 1% Milk</p>	<p><b>13</b> Chicken Broccoli Rice Casserole w/Cheddar Cheese garnish, Zucchini &amp; Tomatoes, Brown Bean Salad, Fresh Red or Yellow Apple, Corn Bread w/Margarine; 1% Milk</p>	<p><b>14</b> Potato Crunch Pollock w/Tartar Sauce, Garden Peas &amp; Pearl Onions, Diced Pickled Beets and Onion Salad, Fresh Banana, Dinner Roll w/Margarine; 1% Milk</p>
<p><b>17</b> Corned Beef, Parsley Round Potatoes, Cabbage &amp; Carrots, Lime Fruited Gelatin, WW Dinner Roll w/Margarine, Oatmeal Raisin Cookie; 1% Milk</p>	<p><b>18</b> Pepper Steak Served over Brown Rice, Whole Kernel Corn, Zucchini &amp; Tomatoes, Tropical Fruit Salad, WW Bread w/Margarine; 1% Milk</p>	<p><b>19</b> <b>BirthDay Luncheon at DSC</b> BBQ Chicken Breast w/BBQ Sauce, Baked Beans, Cucumber, Tomato, &amp; Onion Salad, Fresh Banana, Corn Bread w/Margarine; 1% Milk</p>	<p><b>20</b> Submarine Sandwich: Ham, Turkey &amp; American Cheese w/Mustard and Mayo, Pasta Salad w/Vegetables, Twice Baked Potato Chowder w/LS Crackers, Fresh Red or Yellow Apple; 1% Milk</p>	<p><b>21</b> Florentine Stuffed Shells w/Marinara Sauce, Italian Garden Green Salad w/garbanzo bean garnish, Romaine w/Ranch Dressing, Green Beans, Strawberries w/Whip Topping, Italian Bread w/Margarine; 1% Milk</p>
<p><b>24</b> Teriyaki Beef Dippers w/Teriyaki Sauce, California Blend Vegetables w/Cheese Sauce, Carrot Coins, Cinnamon Applesauce, Dinner Roll w/Margarine; 1% Milk</p>	<p><b>25</b> Chicken Pasta Primavera, Brussels Sprouts, Garden Green Salad w/Romaine &amp; Italian Dressing, Pineapple Dessert, Italian Bread w/Margarine, 1% Milk</p>	<p><b>26</b> Turkey Burger w/Lettuce &amp; Tomato garnish, Mayo &amp; Mustard, Baked Beans, Spinach Salad w/Egg &amp; French Dressing, Mixed Berries w/Whip Topping, WW Hamburger Bun, 1% Milk</p>	<p><b>27</b> Roast Beef w/LS Beef Gravy, Mashed Redskin Potatoes, Creamy Confetti Coleslaw, Fresh Red or Yellow Apple, WW Dinner Roll w/Margarine; 1% Milk</p>	<p><b>28</b> Baked Macaroni &amp; Cheese, Green Beans, Marinated Chick Peas &amp; Tomatoes, Fresh Banana, WW Bread w/Margarine, 1% Milk</p>



# Dexter Senior Center

# Activity Calendar

# March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge	<b>4</b> 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:30 - Dulcimer (Beginners) 12:00 - Pinochle	<b>5</b> 9:30 - Pinochle 12:00 - Seniors Ukles Group (Dexter Library) 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Choir	<b>6</b> 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo	<b>7</b> 8:00 - Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong
<b>10</b> 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge	<b>11</b> 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:30 - Dulcimer (Beginners) 12:00 - Pinochle	<b>12</b> 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	<b>13</b> 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo  <b>*Reflexology Appointments</b>	<b>14</b> 8:00 - Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Chinese Mahjong
<b>17</b> 9:00 - Coloring, Crafts, Needlework <b>9:30 - Cardmaking Class</b> 11:00 - Chair Yoga <b>12:00 - St. Patrick's Day Celebration</b> 12:30 - Bridge 	<b>18</b> 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:30 - Dulcimer (Beginners) 12:00 - Pinochle  <b>*Footcare Appointments</b>	<b>19</b> 9:30 - Pinochle 12:00 - Seniors Ukles Group (Dexter Library) <b>12:00 - Birthday Lunch</b> 12:30 - Euchre/313 1:00 - Choir	<b>20</b> 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage <b>1:00 - W.A.V.E Bingo</b>	<b>21</b> 8:00 - Gentle Yoga 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 <b>12:30 - Wylie Read-Along</b> 1:00 - Chinese Mahjong
<b>24</b> 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:30 - Bridge	<b>25</b> 8:00 - Rise & Shine Gentle Yoga 9:00 - Strength & Stretch 10:00 - Chair Zumba 10:30 - Dulcimer (Beginners) 12:00 - Pinochle	<b>26</b> 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	<b>27</b> 10:00 - Strength & Stretch 10:00 - Dulcimer 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - Bingo  <b>*Reflexology Appointments</b>	<b>28</b> 8:00 - 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
<b>31</b> 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 12:30 - Bridge				



## 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

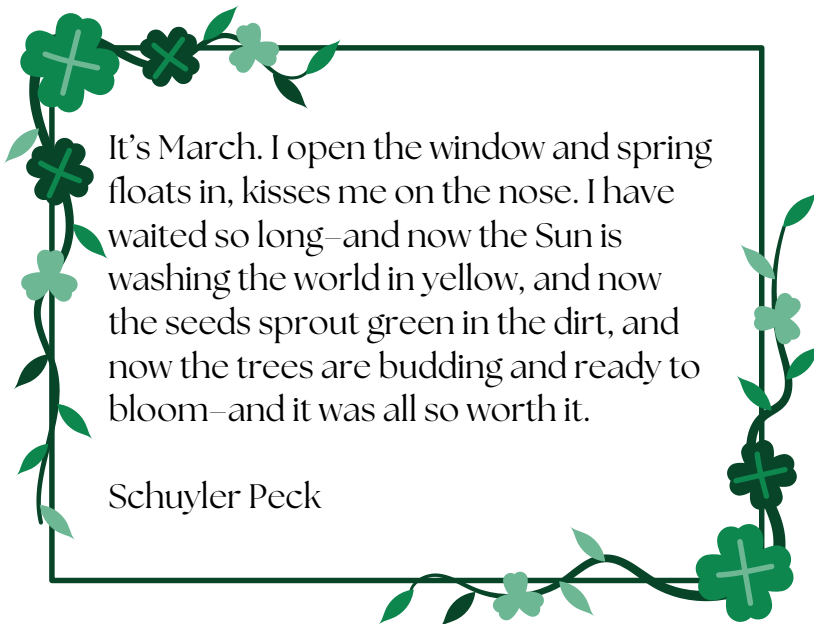
**Cottage Inn Dexter** - 10% off

## 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".



It's March. I open the window and spring floats in, kisses me on the nose. I have waited so long—and now the Sun is washing the world in yellow, and now the seeds sprout green in the dirt, and now the trees are budding and ready to bloom—and it was all so worth it.

Schuyler Peck

Dexter Senior Center  
Supporters



CHELSEA  
HOSPITAL



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



Thank you McDonald's on Baker Road for the coffee cup donation in February. We appreciate you!



**Dexter Senior Center  
Board Members**



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

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**“Where Seniors Thrive”**

**Dexter Senior Center**

2810 Baker Road, SUITE 101  
Dexter MI 48130

PLEASE  
PLACE  
STAMP  
HERE