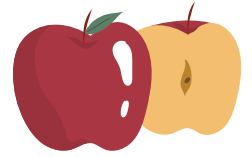




DEXTER SENIOR VOICE

September 2025



MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Dexter Senior Center Members,

It's hard to believe that fall is upon us, but we are so excited to celebrate our very first autumn in the new facility.

Thank you to everyone who joined us for our Open House on September 22. The day was filled with fun and connection, and it was such a joy to see so many familiar faces while also meeting new friends from the community. We are already looking forward to planning more events like this in the future that bring people together and help us continue to grow.

This fall is shaping up to be full of opportunities to connect, learn, and enjoy. We have trips on the calendar, new activities beginning, and fresh programs to try out. Your ideas always help us make the center even better, so if you have a suggestion for something new you would like to see, please do not hesitate to share it with us.

A couple of housekeeping notes to keep in mind. We will be closed on Labor Day, Monday, September 1. In addition, beginning in September, Washtenaw County has transitioned us to a new caterer for our nutrition program. If you have never joined us for a meal, now is the perfect time to stop in and try it for yourself.

We are looking forward to a wonderful September together and cannot wait to see all that this new season brings.

With gratitude,

Anna Pekrul | Executive Director



Contact Information

Dexter Senior Center
2740 Baker Rd
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

dexterseniors.org

Hours

Monday - Fridays
9:00 am - 3:00 pm
Thursdays 9 am - 5:30 pm
(Starting Sept 11th)

Next Board Meeting

Dexter Senior Center
September 24th at 3:00 PM

SEPTEMBER HIGHLIGHTS & ANNOUNCEMENTS

Birthday Celebration: Join us for lunch, cake, and ice cream on Wednesday, September 17th at 12:00 pm. September birthday members eat free, others are **\$5. You must sign-up and pay 48-hours in advance.** Thanks to 5 Healthy Towns Foundation for their support!

Book Club: Friday, Sept. 26th at 10:00 AM. The Women, by Kristin Hannah's. Frankie McGrath is a young woman from a wealthy family who decides to enlist as a nurse in Vietnam War. She leaves her comfortable life in California to serve under dangerous conditions. When she returns, atmosphere in America is hostile to veterans, dismissive of women's contributions in the war & she struggles to reassimilate. The Women tells an often-overlooked story of the courageous women who served in Vietnam.



Understanding Dementia Presentation - Navigating the Maze: Sept 3rd at 1:00 PM. Join dementia care expert Joanna LaFleur for a practical and compassionate look at dementia. Learn about the different types of dementia, how they differ in symptoms and progression, and discover tailored care strategies to improve quality of life. For more information, contact joanna@joannadementiaexpert.com or visit www.joannadementiaexpert.com

Community Health Worker Appointments: Starting Every Monday Sept 8th from 11:00 AM to 3:00 PM. Free service for community members through Chelsea Hospital. Meets one-on-one with the individuals at Dexter Senior Center. To understand and address social needs. This includes help navigating resources to access food, transportation, insurance, housing, and health literacy support. If interested in the CHW program, contact Kara Nold by emailing at kara.nold@trinity-health.org or by calling 517-985-8732.

Wild Herb: Medicinal Herb Class: Sept 8th at 1:00 PM. How to identify & use what's in your own yard. Pick dry & infuse the herb into an oil. Take that oil to a salve and ointment. What different herbs are used for and how to best keep them. by Bonnie. Sign up at DSC.

Secretary of State Mobile Office: Sept 9th at 1:00 PM - 3:00 PM. Get your Transaction done in a 10 min. Appointment. Sign up at DSC. Information on what identification documents to bring call or check out website. (888)767-6424 <https://www.michigan.gov/sos>

BINGO Sponsored by Penni from HIIT HAPPY: Sept. 11th at 1:00 PM. Check them out for Silver Sneakers on Saturdays at 10:00 am at 7430 Dexter Ann Arbor Rd., dexter MI. 48130, #734-288-7990

Barn (Square & Round) Dancing: Starting Thursday Sept. 11th at 4:00 PM - 5:30 PM. Dexter was known for its barn dancing. Let's learn some of the traditional round and square dances. Maybe a few new-fangled 'line dances.' Bring a partner or come by yourself, we will mix it up with a variety of combinations. Good for your brain and body! **Recommended Donation \$3.00.**

New! Game Night: Every Thursday at 3:00 PM - 5:30 PM. Starting Sept. 11th. Play cards, board games, dominos, puzzles, dice, Bunco, Scrabble, Trivia Pursuit, Corn Hole, or bring your own. (Will be open later only on Thursdays to also accommodate Square Dancing from 4-5:30 PM.)

Presentation Safety in the Home and Planning: Sept. 11th at 2:00 PM. Learn safety in the home and creating a safety plan related to weather. By Lisa, WISE Aging Services. www.jfsannarbor.org

Cooking for Less (Free Food Demonstration and Lunch): Sept 12th at 12:30 PM. Join our exclusive food demonstration with Maureen from Pampered Chef. Where we will be making a harvest chicken salad with mandarin oranges. **This Class is Full, next Class will be Oct. 17th at 12:30 PM.**

Travel Presentation to Galapagos Island and Ma chu Pichu: Sept 15th at 2:00 PM. Ruth Hamilton, a DHS science teacher, will be presenting a once-in-a-lifetime educational adventure opportunity for adults, through the breathtaking Galápagos Islands and awe-inspiring Machu Picchu!

BINGO Sponsored by Brookdale Senior Living Ann Arbor: Sept. 18th at 1:00 PM. By Lorrie Kesckes at 734-213-1708. lorkec@brookdale.com, <https://www.brookdale.com>

Line Dancing Class: Every Tuesday, Starting Sept. 16th - November 25th at 2:00 PM - 3:00 PM. Back by popular demand with instructor Dee Grantham from WCC. Free instructional dance classes. Many different line dancing and genres of music. **No class November 4th.**

SEPTEMBER HIGHLIGHTS & ANNOUNCEMENTS

Donuts & Coffee Chat with Dermatology Specialists of Dexter: Wed. Sept 17th at 9:00 AM.

Canvas Painting: Sept 18th at 10:30 AM - 12:30 PM - (Every 3rd Thursday) \$25.00 for supplies and taught by Sheila from Canvas Creations. Please sign up at Dexter Senior Center.

Lunch and Learn Family Heritage Insurance: Sept. 18th at 12:00 PM. With William an Insurance Benefits Specialist. Sign up at Dexter Senior Center.

Tai Chi: Every Friday, Starting Sept 19th - December 5th at 9:00 AM - 10:00 AM. Tai Chi is a great way to relax, have fun, enhance mobility maintenance & aid our immune system. Body movement, energy work, meditation, soft martial art & dance; all at the same time. Exercises include: stretching, strengthening, joint revolutions & balance work. Includes deep breathing and mental focus. With instructor Karla from WCC. No Class Oct. 24th & Nov. 28th.

Lunch & Learn: Tips on Aging with Confidence: Sept 24th at 12:00 PM. From Care Mangement by Natalie. Please Sign up at DSC 48 hours before, to be provided with a free lunch.

Fall Hike at the Dexter-Huron Metropark: Sept 24th at 9:30 AM. \$5.00. Presentation and a guided slow informative walk with Abby for one hour. Come see all the leaves Change Colors! **Sign up at DSC & must purchase a pass. Meet at: Central Picnic Shelter (B) 6535 Huron River Dr, Dexter, MI 48130.**

Resin Art Class: Sept 30th at 12 PM. Learn how to create beautiful functional art with plaster and resin by Ron the Resin Guy. **This class is full. Next class will be Oct. 28th at 12 PM.**

MUSIC, LANGUAGE & WRITING

DULCIMER GROUP: Thursdays at 10:30 AM. New members are welcome to join. Loaner instruments are available. Contact Sally at (734) 426-0841 for more information.

BEGINNERS DULCIMER GROUP: Fridays at 1:00 PM. Beginners and new members are welcome to join. Loaner instruments are available. Contact Sally at (734) 426-0841 for more information.

SENIOR UKE ORCHESTRA: Every Wednesday at 12:00 PM. 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.

SPECIAL UKE: Every Wednesday at 1:05 PM - 1:30 PM. For experienced people only.

UKULELE NEWS: Beginner Ukulele Workshop from Scratch, 8-week course: Starting Mondays, September 8th - October 27th, 1:00 PM - 2:00 PM at DSC. For \$25 to DSC. Learn basic strumming and Major keys. All classes build on the previous class. Practice 5 minutes daily encouraged. Six ukes available to rent for the class. \$10 fee to Mary Lou Rudner. Fee returned when uke is returned at end of 8-week session. Yellow book 365 days of uke available to use during class. For Info leave message for Mary Lou 734 255-1925.

EASY UKE ONLY JAM, FREE TO MEMBERS: Starting Mondays, September 8th and follows DSC schedule time: 2:00 PM - 3:00 PM. Immediately follows Uke from scratch. For new uke scratchers to strengthen chord skills. Knowing basic chords encouraged for others. Will be at a slow pace, 1-5 chord songs. Some basic theory occasionally. Use the Yellow book 365 days of uke, some are available for in class use. Bring your own uke * For Info leave message for Mary Lou 734 255-1925

CROSSROADS BLUEGRASS, OLD TIME, SINGING JAM "All instruments welcome": At Webster Crossroads Community Center off Farrell Rd and Webster Church. The second Wednesday of the month from 6:30 PM-8:30 PM. Donation \$5. Information call Mary Lou Rudner. 734 255-1925 leave a message.

Karaoke / Choir: Wednesdays at 2:00 PM. We will have fun with sing-a-longs, until we find a new choir director. Any interest in becoming the choir director please contact the center.

French Study Group: Fridays at 11:00 AM.

Creative Writing Group: Every Last Monday of the Month, at 1:00 PM. *The topic for September is New Beginnings.* Come write your stories, recipes, and poems while meeting new pen pals. Supplies are provided or bring your own. No Instructor at this time.

FITNESS

STRENGTH & STRETCH CLASS: Tuesdays with Marta 9:00 - 10:00 AM, and Thursdays with Roo Morgan 9:00 - 10:00 AM. At Dexter Senior Center. Exercises are designed to help increase range of motion, flexibility, strength, and endurance for activities of daily living.

FLEXIBILITY AND MOBILITY CLASS: Thursdays at 10:00 AM, with Roo. Stretching & myofascial release using lacrosse balls. Meaning, you'll have stretching and learn techniques for self-massage. Benefits from this class include improved flexibility, and range of motion. Floor, wall and chair adaptations will be given.

RISE & SHINE GENTLE YOGA: Tuesdays & Thursdays 9:00 - 10:00 AM. 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.

ZUMBA GOLD: Tuesdays 10:00 - 10:45 AM. 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 an engaging class focused on improving strength, balance, and mobility through resistance training and functional movements. Build confidence and independence in a supportive, social setting.

SENIOR SWIM: 8:30 - 9:30 am Monday, Wednesday, Friday at Wylie Elementary School. \$1

Cardio Drumming: Tuesdays & Thursdays at 11:00 AM- 12:00 PM. Free cardio and strength class. Drumming to all genres of music. Taught by Bonnie. All supplies included.

Circuit Workout Class: Fridays at 10:00 - 11:00 AM. Get fit head to toe with Susan. Classes include Warm-Up, Cardio, Weights, Bands, Balls, Cool-Down. Standing and seated options for all exercises. Finish your week with fitness!

Chair Volleyball: Every Friday at 11:30 AM. Fun beach volleyball game in our chairs. No Experience needed. Looking for team captains.

Relax and Recenter: First & Third Thursday of the month at 2:00 PM, Sept. 4th & 18th. Instructor Chuck Pippi will help you explore many ways that we can become more mindful. Learn practical techniques to lessen stress, anxieties and develop a meditative approach that works for you.

Fall Hike at the Dexter-Huron Metropark: Sept 24th at 9:30 AM - 10:30 AM. \$5.00. Presentation and guided slow informative walk with Abby. Come see all the leaves change colors! **Sign up at DSC & must purchase a pass. Meet at: Central Picnic Shelter (B) 6535 Huron River Dr, Dexter, MI 48130.**

Barn (Square & Round) Dancing: Starting Thursday Sept. 11th at 4:00 PM - 5:30 PM. Dexter was known for its barn dancing. Let's learn some of the traditional round and square dances. Maybe a few new fangled 'line dances.' Bring a partner or come by yourself, we will mix it up with a variety of combinations. Good for your brain and body! **Recommended Donation \$3.00.**

Line Dancing Class: Starting Every Tuesday, Sept 16th - November 25th at 2:00 PM - 3:00 PM. Back by popular demand with instructor Dee Grantham from Washtenaw Community College. Join for a free instructional fun dance class. No experience needed. Many different line dancing and genres of music. **No class November 4th.**

Tai Chi: Starting Every Friday, Sept 19th - December 5th at 9:00 AM - 10:00 AM. Tai Chi is a great way to relax, have fun, enhance mobility maintenance & aid our immune system. Body movement, energy work, meditation, soft martial art & dance; all at the same time. Exercises include stretching, strengthening, joint revolutions & balance work. Includes deep breathing and mental focus. With instructor Karla Groesbeck for Washtenaw Community College. **No Class October 24th & November 28th.**

GAMES

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

Euchre: Wednesdays at 12:30 pm. Drop-ins welcome! **(Looking for interested members in playing Euchre on Fridays. If so, please contact DSC.)**

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! We need more players to join!

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: Every Tuesday at 1:00 pm. All levels are welcome to play Mexican Train Dominos and easier version Chicken Foot Dominos.

Chess & 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.

Looking for Chess Players: Call Jack at # 734-323-6230

Euchre: Every Monday at 11:30 am.

Puzzle Palooza: Every Day. Come in and do a puzzle or take one home. Donate or trade on in for a new one.

New! Game Night: Every Thursday at 3:00 pm - 5:30 pm. Starting Sept. 11th Play cards, board games, dominos, puzzles, dice, Bunco, Scrabble, chess, Cornhole, Trivial Pursuit, or bring your own. (We will be staying open later on Thursdays to accommodate Country Dancing from 4-5:30 pm.)

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 9:00 am - 11:00 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: (Every third Monday) at 10:00 am. RSVP 8/15. Cost is \$10, call Judy Welsh at (630) 240-2603 to register by the Friday before.

Canvas Painting Class: (Every third Thursday) at 10:30 am - 12:30 pm. \$25.00 for supplies and taught by Sheila from Canvas Creations. Please sign up at DSC.

Get Crafty: Sept 10th at 11:00 am - Paint and glue pots and add your style to make an adorable turtle for your garden. Sign up at DSC. Sponsored by Dermatology Specialists.

Resin Art Class: Sept 30th and Oct 28th at 12:00 PM - 2:00 PM. Learn how to create beautiful functional art with plaster and resin by Ron the Resin Guy. Only \$10. Sept. 30th class is full.

TRAVEL GROUP & UPCOMING TRIPS

Travel Group Presentations: Sept. 15th at 2:00 PM - Ruth Hamilton, a DHS science teacher, will be back presenting a once-in-a-lifetime educational adventure opportunity for adults only through the breathtaking Galápagos Islands and awe-inspiring Machu Picchu. Village Travelers present new trips every other month. Check out upcoming trips and sign up on their website. <https://www.villagetravelers.net>

Motown Museum, Lunch at Polonia's, & Belle Isle: Sept 5th at 9:30 AM - 4:00 PM. Ticket is \$80.00 (This trip is full but you can be added to our waitlist.)

Harvest Adventure with Bianco Tours & Transportation: Oct 10th 10:00 AM - 5:45 PM. Trip to Metamora, MI. to Westview Orchards & Winery. Includes lunch at the White Horse Inn, hayride, bag of apples, and wine tasting. Ticket is \$109.00, no refunds 72 hours prior to departure.

Henry Ford Museum: Nov. 6th at 10:00 AM - 3:00 PM. Opportunity to see two exhibits; Leonardo de Vinci & History of Bikes, film on the large screen theatre, and a public tour at 1:00 pm. Lunch is not provided. There are 2 restaurants in the museum. Transportation by Bianco Charter Bus. **Ticket is \$70.00, RSVP by OCT 16th.**

Frankenmuth Shopping, Lunch, & Christmas Concert: Wed. Dec. 3rd 9:00 AM - 5:00 PM. A couple hours of shopping at Bronner's Christmas wonderland, plated lunch provided and followed by a Christmas Concert at Zehnder's. Transportation by Bianco Charter Bus. **Ticket is \$105.00, RSVP by Oct 20th.**

Fiddler on the Roof at Encore Theatre: June 24th at 2:00 PM. Grab a friend or family member and sign up at Dexter Senior Center for discounted group Tickets, \$50 each. No bus.

Cancellation Policy for DSC Trips:

Cancellations made more than 14 days before the trip - Full refund.

Cancellations made within 7-14 days before the trip - 50% refund.

Cancellations made less than 7 days before the trip - No refund. Exceptions for extenuating circumstances. Refunds will be given after the trip date.

RESOURCES

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 12:00 PM. 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

Medicare Counseling from State Health Insurance Program (SHIP) Certified Counselors: Every Last Monday of the Month. (Will not be here Sept. 29th, instead Oct. 1st) Appointment sign-up at Dexter Senior Center, times are at 10:00 AM, 11:30 AM, & 1:00 PM. Getting started with Medicare, choosing a Part D drug plan, Medicare Advantage options. **Medicare special open enrollment dates: Oct 27th, 29th and Nov. 24th. 9:30 AM, 11 AM, 12:30 PM. (Make an Appointment with local SHIP at AgeWays for Medicare Assistance at 248-262-0545)**

Medicare Open Enrollment by Tim Dayney: Oct. 16th and Nov. 19th. Make Appointments at DSC, 10 AM & 1:00 PM. www.DayneyAgency.com # 734-646-6885

Medicare Counseling: Appointments available with Lois Beerbaum (734) 726-5292.

RESOURCES

Footcare: Every Third Tuesday at 9:00 am - 2:00 pm. Call Heather Schanz, RN at (414) 436-6876 to schedule an appointment. (Trim, thin, and file toenails. File corns and calluses.) \$45.00

Reflexology: Second and Fourth Thursdays. Call Barb Fisher at (734) 664-7465 to schedule an appointment. \$30.00

Massage Appointments, every Third Friday of the month. Make appointments between 9:00 AM - 2:00 PM. Call Lilly (810)-986-2477

Notary Service: Available by appointment with Jeanne Bradish at (734) 223-1423.

2U Vision: Call to make home appointments! info@2Uvision.com. (248) 232-6584. Yaakov Zacks OD # 248-376-6046

Social Wellness Hour, with Chelsea Hospital Behavioral Health Navigators (every first Monday of the month): Featuring a monthly topic related to mental wellness and a fun, interactive activity. Focusing on diverse experiences, acceptance, and how those themes relate to mental wellness. **(No Social on Sept 1st due to Holiday)**

Blood Pressure Check: Every first Tuesday of the month at 1:00 PM. No appointment needed. Blood pressure checks will be done by a registered nurse, from Faith Community Chelsea Hospital.

Community Health Worker Appointments: Starting Every Monday Sept 8th from 11:00 AM to 3:00 PM. Free service for community members through Chelsea Hospital. Meets one-on-one with the individuals at Dexter Senior Center. To understand and address social needs. This includes help navigating resources to access food, transportation, insurance, housing, and health literacy support. If interested in the CHW program, contact Kara Nold by emailing at kara.nold@trinity-health.org or by calling 517-985-8732.

Immunization Clinic with Jensen's Community Pharmacy: Oct. 22nd from 9:00 AM - 11:00 AM. Sign up for 5 min. Appointment times with your phone number. 3 immunizations available including RSV (one time injection), the new Covid, and this year's high dose Flu vaccine (both are yearly). Medicare covers all 3 and people can have all three at once or get some and others at the pharmacy later. Need to be completed in October or early November as these illnesses are Fall and early Winter issues. **Please bring your insurance cards.**

THANK YOU TO OUR PARTNERS AS BINGO SPONSORS, PRESENTERS, AND LUNCH & LEARNS.

Dementia care expert Joanna LaFleur: For a practical and compassionate look at dementia. Learn about the different types of dementia, how they differ in symptoms and progression, and discover tailored care strategies to improve quality of life. For more information, contact joanna@joannadementiaexpert.com or visit www.joannadementiaexpert.com **(Presentation Sept 3rd, at 1 PM)**

Brookdale Senior Living: #1 memory care community in Washtenaw County by US News. A standalone exclusive safe memory community. A dedicated and trained staff that specializes in dementia care. 705 W. Eisenhower Pkwy, Ann Arbor, MI 88103. Call Lorrie Kesckes at 734-213-1708. lorkec@brookdale.com, <https://www.brookdale.com> **(BINGO Sponsor Sept. 18th at 1 PM)**

Care Management by Natalie: Help with homecare support, scheduling, transportation, advocate, connecting to services, and planning to fit your needs. Call 734-224-4144. caremanagementbynatalie.com, info@cmbynatalie.com. **(Lunch & Learn Sept. 24th at 12 PM)**

THANK YOU TO OUR PARTNERS AS BINGO SPONSORS, PRESENTERS, AND LUNCH & LEARNS.

Penni from HIIT HAPPY: Check them out for Silver Sneakers on Saturdays at 10 am at 7430 Dexter Ann Arbor Rd., dexter MI. 48130 , #734-288-7990 **(BINGO Sponsor, Sept. 11th at 1 PM)**

WISE Aging Services: Safety in the home and safety planning Program Manager Lisa Gdaniec, LMSW Jewish Family Services of Washtenaw County Tel: 734.769.0209 x356 www.jfsannarbor.org **(Presentation Sept. 11th at 2:00 PM)**

Dermatology Specialists of Ann Arbor / Dexter: Good Skincare and importance of yearly skin exams with Dr. Daniel Cole. 7200 Dan Hoey Rd. Ste A Dexter, MI 48310, Phone: 734-726-9992. **(Turtle Craft Sponsor, Sept. 10th at 11:00 AM. Coffee & Donuts Chat, Sept 17th at 9:00 AM)**

Visiting Angels: Help with homecare support; bathing & dressing, assistance with walking, medication, errands/shopping, light housekeeping, companion, respite, live-in, Alzheimer's care. VisitingAngels.com. Call Julie Hartner at 734-385-2030. <http://visitingangels.com/> **(Bingo-Oct. 2)**

Comfort Keepers Home Care: Help with homecare support; companion, personal, transportation, end-of-life, & post hospital, and Alzheimer's Care. 7910 Ann Arbor St. #2, Dexter, MI 48130. Call Kate Tselios at 734-234-8277. www.comfortkeepers.com. **(Halloween Bingo Sponsor on Oct 30th and Sponsor on Dec. 18th at 1:00 PM.)**

Technology Help in your Home by Sandy Kreger: Help on Mac/apple computer, iPad, iPhone, and watch. Call 734-255-7345, sgkreger@gmail.com

Catholic Charities of Washtenaw County /Senior Resource Connect: Help find resources, connect older adults, and caregivers. (SeniorResourceConnectMI.org) RSVP - Senior Volunteer Program: Volunteer opportunities for older adults to use their valuable life experiences to make a real impact in the community. (csswashtenaw.org/seniors/rsvp-senior-volunteer-program) 4925 Packard Street, Ann Arbor, MI 48108 rdawsonbaglien@ccwcwashtenaw.org (734) 971-9781

Volunteer Caregiver Respite Program and the Grandparents Raising Grandchildren Program: Are you caring for a loved one and need some respite? Are you raising your grandchildren or other family members under 18? If you are, Catholic Charities can help. Contact, Sue Reynolds sreynolds@ccwcwashtenaw.org. Office: (734) 971-9781 ext. 511. **Presentation: (Loving Someone Living with Dementia: Oct 8th at 1:00 PM)**

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): \$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.

Call WAVE Dispatch to schedule (734) 475-9494



September 2025Activity Calendar					Dexter Senior Center				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
1 Center is closed Labor Day. Key: Black- New Event Blue - Specific Date	2 9:00 - Rise Gentle Yoga 9:00 - Strength & Stretch 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Pinochle 1:00 - Dominos 1:00 - Blood Pressure Checks	3 9:00 - SOS 9:30 - Pinochle 12:00 - Senior Cafe 12:00 - Senior Uke Orchestra 12:30 - Euchre/313 1:00 - Presentation: Understanding Dementia 1:05 - 1:30 Special Uke 2:00 - Karaoke	4 9:00 - Rise Gentle Yoga 9:00 - Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 11:00 - Cardio Drumming 12:00 - Senior Cafe 12:30 - Cribbage 1:00 - BINGO 2:00 - Relax & Recenter Class	5 9:00 - Weaving 10:00 - Circuit Workout 11:30 - Chair Volleyball 11:00 - French Study Group 12:00 - Pinochle/313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) *Motown Museum & Belle Isle					
8 10:00 - Coloring, Crafts, Needlework 11:00 - Chair Yoga 11:30 - Euchre 12:00 - Senior Cafe 12:30 - Bridge 1:00 - Wild Herb, Medicinal Herb Class 1:00-Beginner Uke Workshop 2:00 - Easy Uke Jam	9 9:00 - Rise Gentle Yoga 9:00 - Strength & Stretch 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Pinochle 1:00 - Dominos 1:00 - 3:00 - Secretary of State Mobile Office	10 9:00 - SOS 9:30 - Pinochle 11:00 - Turtle Craft with Dermatology Specialists 12:00 - Senior Cafe 12:00 - Senior Uke Orchestra 12:30- Euchre/313 1:05- 1:30 Special Uke 2:00 - Karaoke	11 9:00 - Rise Gentle Yoga 9:00 - Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 12:00- Senior Cafe 11:00 - Cardio Drumming 12:30 - Cribbage 1:00 - BINGO Sponsor, HIIT Happy 2:00 - Safety in the Home 4:00 - Barn Dancing *Reflexology Appointments	12 9:00 - Weaving 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Chair Volleyball 12:00 - Pinochle/313 12:30 - Food Demo & Lunch with Pampered Cheff 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)					
15 10:00-Card making class 10:00 - Color, Crafts, Needlework 11:00 - Chair Yoga 11:30 - Euchre 12:00 - Senior Cafe 12:30 - Bridge 1:00 - Village Travelers Present 1:00 - Beginner Uke Workshop 2:00 - Easy Uke Jam 2:00 - Galapagos Island & Machu Pichu	16 9:00 - Rise Gentle Yoga 9:00 - Strength & Stretch 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Pinochle 1:00 - Dominos 2:00 - Line Dancing Lessons *Footcare Appointments	17 9:00 - SOS 9:30 - Pinochle 12:00 - Seniors Uke Orchestra 12:00 - BIRTHDAY LUNCH 12:30 - Euchre/313 1:05- 1:30 Special Uke 2:00 - Karaoke	18 9:00 - Rise Yoga 9:00 - Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 10:30 - Canvas Painting Class 11:00 - Cardio Drumming 12:00 - Lunch & Learn: Family Heritage Life Insurance 12:30 - Cribbage 1:00 - BINGO Sponsor, Brookdale 2:00 - Relax and Recenter Class 4:00- Barn Dancing	19 9:00 - Weaving 9:00 - Tai Chi 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Chair Volleyball 12:00 - Pinochle/313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) *Massage Appointments					
22 / 29 10:00-Coloring, Crafts, Needlework 11:00 - Chair Yoga 11:30 - Euchre 12:00 - Senior Cafe 12:30 - Bridge 1:00 - Creative Writing - 29th 1:00-Beginner Uke Workshop 2:00 - Easy Uke Jam	23 / 30 9:00 - Rise Gentle Yoga 9:00 - Strength & Stretch 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Pinochle 12:00 -Resin & Plaster Art Class - 30th 1:00 - Dominos 2:00 - Line Dancing Lessons	24 9:00 - SOS 9:30 - Pinochle 9:30 - Fall Hike at the Dexter-Huron Metropark 12:00 - Seniors Uke Orchestra 12:00 - Lunch & Learn: Tips on Aging with Confidence 12:30 - Euchre/313 1:05- 1:30 Special Uke 2:00 - Karaoke	25 9:00 - Rise Gentle Yoga 9:00 - Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 12:00- Senior Cafe 11:00 - Cardio Drumming 12:30 - Cribbage 1:00 - BINGO 4:00 - Barn Dancing *Reflexology Appointments	26 9:00 - Weaving 9:00 - Tai Chi 10:00 - Circuit Workout 10:00 - Book Club 11:00 - French Study Group 11:30 - Chair Volleyball 12:00 - Pinochle/313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)					

September 2025 Meal Calendar

Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Labor Day No Meals	2 Mediterranean chicken Rice, Bread, Garden vegetable blend, Papaya/mango, Low fat milk Margarine	3 Meatloaf, Mashed potato Wheat bread Mixed vegetables Mixed fruit Low fat milk, Margarine	4 Chicken Pasta with Veggies Wheat bread, Broccoli/Cauliflower, Mandarin Oranges, Low fat milk, Margarine	5 Paprika chicken, Mashed potatoes, Wheat bread Green beans/carrots, Peaches cup, Low fat milk, Margarine
8 Salisbury steak Rosemary roasted potatoes Wheat bread, Mixed vegetables, Pineapple, Low fat milk, Margarine	9 Chicken Noodle Soup Potato salad Creamy coleslaw Mandarin Oranges Low fat milk Biscuit, Margarine	10 Roasted Turkey Mashed potatoes Wheat bread Broc/cauliflower/carrot blend Trop. Fruit salad Low fat milk, Margarine	11 Potato Crusted Pollack, Sweet Potato Wheat bread Peas and Carrots Strawberry applesauce Low fat milk, Margarine	12 Tikka Masala, Jasmine Rice Wheat bread, Green beans Papaya/mango fruit salad Low fat milk Margarine
15 Stir fry steak Brown Rice Wheat bread Oriental vegetables Mixed fruit, Low fat milk, Margarine	16 Entree: Shepherd's pie Beef, Mashed potatoes Wheat bread Mixed vegetables Pears Low fat milk, Margarine	17 Vegetable Lasagna Wheat bread Baby carrots, Mandarin oranges, Low fat milk, Margarine	18 Hamburger Wheat bread Peas and pearl onions Peaches Low fat milk, Margarine	19 Quinoa corn cake/tofu sauce Wheat bread Mixed veggies Trop fruit blend Low fat milk, Margarine
22 Ginger and garlic beef Brown rice Wheat bread Cooked broccoli Mandarin oranges Low fat milk, Margarine	23 Maple glazed chicken Roasted redskin potatoes Wheat bread Cooked cabbage Peaches Low fat milk, Margarine	24 Braised Beef Mac and cheese Wheat bread Green beans Tropical fruit Low fat milk Margarine	25 Curried chicken breast Jasmine Rice Wheat bread Peas Diced pears Low fat milk Margarine	26 Chicken Enchilada Brown rice Mixed Veggies Pineapple Low fat milk Margarine
29 Meaty Ragu Wheat bread Green beans Strawberry applesauce Low fat milk Margarine	30 Mediterranean chicken Rice, Bread, Garden vegetable blend Papaya/mango Low fat milk Margarine			

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".

Thank you to our community for donating gift baskets and gift cards to our silent auction for our open house!

Dexter Senior Center
Supporters



Mary Thompson Foundation



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

Autumn

WORD SEARCH

E	A	X	W	A	L	R	S	T	S	T	
T	K	W	Q	U	E	E	F	G	C	N	Y
F	B	O	O	T	S	F	A	E	I	D	L
H	A	E	A	R	C	I	L	S	K	A	I
M	F	E	O	E	A	P	L	S	C	S	E
A	W	H	H	E	P	U	M	P	K	I	N
S	I	H	K	A	R	B	E	T	P	R	D
E	A	A	N	E	Y	N	M	R	O	A	C
O	R	J	X	K	V	S	N	C	G	R	Q
H	L	E	A	F	S	C	A	R	F	I	O

SCARF	APPLE	BOOTS
TREE	FALL	RAKE
ACORN	PUMPKIN	PIE
HAY	SWEATER	LEAF

Dexter Senior Center Board Members

Jim Carson	President
Laurel Capobianco	Vice President
John Scharf	Treasurer
Joanne Grosh	Secretary

Dan Chapman	Trustee
David Chapman	Trustee
Ann Davis	Trustee
Mike Fitzpatrick	Trustee
Cooper Holland	Trustee
Ron Miller	Trustee
Mary Westhoff	Trustee
Joanne Westman	Trustee

Dexter Senior Center

Dexter Senior Center

2740 Baker Road
Dexter MI 48130

PLEASE
PLACE
STAMP
HERE