



DEXTER SENIOR VOICE

October 2025



MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Dexter Senior Center Members,

September was such a wonderful month together. We launched new programs and activities, and our trip to the Motown Museum and Belle Isle was a highlight that everyone enjoyed.

Looking ahead, October is packed with even more to enjoy. There will be new Lunch and Learns, BINGO sponsors, entertainment at our Birthday Lunch, a Halloween party, trivia, tai chi, and much more.

A quick reminder: we have extended our hours on Thursdays. The center is now open until 5:30 pm, and we are hosting game nights with cards, board games, and ping pong. We would love to see you there.

Also, be sure to check out the Webster Township Historical Society (WTHS) soon. DSC member-made items, such as knit and crochet pieces, are available for purchase there. It's a wonderful way to support both of our organizations!

As we continue to settle into our new space, we could not be more thrilled. Membership has now grown to over 700, an incredible jump from 400 not long ago. Please help us keep DSC the warm and welcoming place it is by greeting new faces and encouraging them to join in.

We are grateful for each of you. Wishing you a wonderful October and we look forward to seeing you at the center.

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

Next Board Meeting

Dexter Senior Center
October 22nd at 3:00 pm

OCTOBER HIGHLIGHTS & ANNOUNCEMENTS

Birthday Celebration: October 15th at 12:00 PM. Join us for lunch, cake, and ice cream. October 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!

Entertainment: Oct. 15th at 12:30. With Rob Crozier. Singing guitarist who specializes in vintage pop, jazz, blues and country.



Book Club: Friday, Oct. 31st at 10:00 AM. Small Things Like these - by Claire Keegan. Is a poignant novella set in 1985 Ireland, focusing on Bill Furlong, a coal merchant who grapples with moral dilemmas amidst societal pressures and personal history.

Presentation: Insomnia. Oct. 1st at 1:00 PM. Sleeplessness affects many of us and is more likely as we age. Taking meds has its own risks. Join Betty Chaffee, PharmD, of Better My Meds.

Beginner Chinese Mahjong Class: Every first Friday of the Month, starting Oct. 3rd at 12:00 PM-1:00 PM. No experience needed to learn to play. Or you can learn to brush up on your skills.

Seasonal Craft Class: Make a Needle Felt Pumpkin Cat. Oct. 6th at 10:00 PM. Please sign up at DSC for only \$15.00. Instructor Nellie will be back every month with a seasonal craft.

Lunch & Learn: How to Be Your Own Care Manager. Oct. 6th at 12:00 PM. By Stephanie Sinks, LMSW Geriatric Manager. Identify needs promote strengths, locate resources, create helpful solutions for independence. (734) 649-9600, info@micaremanager.com **RSVP by Oct. 2nd.**

Behavioral Health Navigator Social: Oct. 6th at 1:00 PM. We will be focusing on gratitude and how it can positively impact our mental health. We have a letter writing activity and a short video.

Lunch & Learn: Healthy Aging While Managing Chronic Pain. Oct. 7th at 12:00 PM. By Dr. Marcie, from Angel Whispers Healing Center. BEP Medical Group, 734-215-5768. **RSVP by Oct. 3rd.**

Presentation: Loving Someone with Dementia. Oct. 8th at 1:00 PM. By Susan Reynold, Senior Caregiver Services Coordinator, sreynolds@ccwcwashtenaw.org Office: (734) 971-9781 ext. 511.

Fall Hike on the Dexter Trail: Oct. 8th at 2 PM. Join us for an hour slow-paced hike. Meet at DSC

Triva With Jason: Oct. 9th at 2:30 PM - 3:30 PM. Join us for with a special guest to test your knowledge & have some fun. Let's kick off game night early!

Presentation: Community Health Services information. Oct. 13th at 1:00 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. **(Appointments in Oct. on 13th & 20th)**

Presentation with Refreshments: Understanding Vertigo / Balance - Staying Steady as We Age. Oct. 14th at 12:00 PM. Explore inner ear problems, medication side effects, and age-related changes. We'll explain symptoms to watch for, when to seek help, and simple strategies to reduce fall risk. Attendees will also learn about available treatments, physical therapy options, and lifestyle changes that support better balance. By Orthopaedic Rehab Specialists, 734-476-2564.

Cooking for Less (Food Demonstration & Free Lunch): Oct. 17th at 12:30 PM. Join our exclusive food demonstration with Maureen from Pampered Chef. White bean chicken chili soup.

Coffee & Donuts: How to Advocate for Me While Aging. Oct. 20th at 9:00 AM. Navigating and knowing your options, better communication. By Julie Craft from Life Choices, craftj@ehmss.org, 734-679-0533. **RSVP by Oct. 17th.**

Lunch & Learn: Loris Hands (Community Service Learning) Oct. 20th at 12:00 PM. Local non-profit organization that builds mutually beneficial partnerships between community members with chronic illness and college students provide practical assistance to support independence at home. Senior Manager, Maddi (734) 896-5674. www.lorishands.org **RSVP by Oct. 16th.**

OCTOBER HIGHLIGHTS & ANNOUNCEMENTS

WAVE Bus Community Outreach Booth: Every third Tuesday of the Month, starting Oct. 21st at 10:00 AM - 11:30 AM. / BINGO Sponsor: Oct 23rd at 1:00 PM. / Town Hall Oct. 23rd at 2:00 PM.

Immunization Clinic: Oct. 22nd 9:00 AM- 11:00 AM. Sign up for a 5min. appointment time, for FLU, RSV or Covid, at Dexter Senter Center. By Jensen's Community Pharmacy.

Presentation: Friends of the Humane Society. Oct. 22nd at 1:00 PM. Friends for Life is a Humane Society of Huron Valley program that helps seniors, and others with exceptional need, protect and extend the bond with their companion animals. We can help with essential pet supplies, veterinary assistance, short-term emergency housing, pet behavior, animal visits and adoptions hshv.org/FriendsForLife,734-661-3550, FFL@hshv.org.

Lunch & Learn: Pearl Planning. Oct. 27th at 12:00 PM. Topic ideas include the financial aspects of the new tax law, how to pay for retirement in a tax-aware manner, investment with your values in mind, or other financial planning. Melissa Joy, CFP, CDFA, 734-274-6744. **RSVP by Oct 23rd.**

Wylie 4th Grade School Visit: Oct. 27th at 1:00 PM. They will share books they are making and asking your own "Best Part of Me," to write a page in their book. **(Back on Nov. 17th & Dec. 15th)**

Lunch & Learn: Care Patrol. Oct. 29th at 1:00 PM. Senior Advisory Business offering "no charge" senior living & care services to seniors and their families who are looking for safe, care appropriate and affordable, Independent Living, Assisted Living, Memory Care and In-Home Non-Medical services. By Rick Young, Certified Senior Advisor, (248) 207-8846. ryoung@carepatrol.com. Katie Rivest (517) 740-1992, krivest@carepatrol.com. **RSVP by Oct 27th.**

Presentation: Safety in the Home and Planning: Oct. 29th at 1:30 PM. Learn safety in the home and creating a safety plan related to weather. By Lisa, WISE Aging Services. www.jfsannarbor.org.

Halloween Costume Contest with Cider and Donuts: Oct. 31st at 12:30 PM!! RSVP by 10/29.

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.

Ukelele Jam Group: Every Wednesday at 12:00 PM. Must know basic chords and play in rhythm. Yellow book used for jamming.

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 Ukelele Only Group: FREE TO MEMBERS: Every Monday at 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.

French Study Group: Fridays at 11:00 AM.

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

Anyone interested in starting a Choir? We need a Choir Teacher. Please contact DSC.

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 AM - 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 AM - 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 AM - 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: Monday, Wednesday, Friday at 8:30 AM - 9:30 AM, 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 AM - 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 YOGA: Mondays 11:00 AM - 12:00 PM. 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.

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

Relax, Rest, and Recenter: First & Third Tuesday of the month at 2:00 PM. (Oct 7th & 21st) 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 on the Dexter Trail: Oct 8th at 2:00 PM. Join us for an hour slow-paced hike to see the Fall colors. Meet at Dexter Senior Center.

Square & Round Barn Dancing: Every Thursday 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: Every Tuesday, 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. Last class November 25th.**

Tai Chi: Every Friday 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. Last class December 5th.**

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 9:30 AM, and Friday at 12:00 PM. Beginners welcome on Wednesdays! We need more players to join!

Bingo: Every Thursday at 1:00 PM - 2:00 PM. Free!

Chinese Mahjong: Fridays at 1:00 PM. Questions, please text Katy at (810) 623-7465, or stop by while they're playing.

Beginner Chinese Mahjong Class: Every first Friday of the Month, starting Oct. 3rd at 12:00 PM - 1:00 PM. No experience needed to learn to play. Or you can learn how to brush up on your skills. **(Looking for American Mahjong players on Thursdays at 2:00 PM.)**

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. Play cards, board games, dominos, puzzles, dice, Canasta, Bunco, Scrabble, Chess, Cornhole, Trivial Pursuit, Flip 7, or bring your own. **(We also got a Ping Pong Table! We are looking for players.)**

ARTS & CRAFTS

Weaving Lessons: Fridays at 9:00 am. Contact Mary Robinson at (734) 223-5646 for more info.

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. **Oct. 16th, paint an OWL in a Christmas Hat.** You can take a picture of finished painting and make Christmas cards. **(Special Halloween painting class, Cat in a Pumpkin, on Wed. Oct 8th at 10:30 AM - 12:30 PM)**

Seasonal Craft with Nellie: On the first Monday of the month at 10:00 AM- 12:00 PM. Sign up at DSC 48hours prior to date. **(Oct. 6th- Needle Felt Pumpkin Cat - \$15.00)**

Resin Art Class: Tuesday 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. Please sign up 48 hours before at DSC.

TRAVEL GROUP & UPCOMING TRIPS

Travel Group Presentations: Oct 20th at 1:00 PM -Village Travelers presents. (Next presentation will be in 2026.) Sign up for trips on their website. <https://www.villagetravelers.net>. Recent Upcoming Trip: **Nov. 21st - Tour the Historic Howell Opera House and a private viewing of a miniature Christmas train display, lunch, and shopping at Historic Cleary's.**

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.**

Museums and Lunch: Wednesday Feb 11th at 9:30 AM - 4:00 PM: Take the WAVE Bus to the Fire House Museum for a guided tour. Includes a plated lunch at Bombers in Ypsilanti. Then travel to Bellville to the Michigan Flight Museum for a guided tour. **Ticket is \$65.**

The Classic King at Purple Rose Theatre: March 4th at 3:00 PM. World premiere, directed by Jeff Daniels. Sign up and pay at DSC. No bus provided. **Ticket is \$48.00. RSVP by Feb. 10th.**

Fiddler on the Roof at Encore Theatre: June 24th at 2:00 PM. Sign up and pay at DSC. No bus provided. **Ticket is \$50. RSVP by May 22nd.**

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 be here 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 as 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.

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.

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: Oct. 13th & 20th, 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. **(Informational Presentation Oct 13th at 1:00 PM)**

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 RESOURCE PARTNERS AS BINGO SPONSORS

Visiting Angels Senior Care: Help with homecare support; bathing & dressing, assistance with walking, medication, errands/shopping, light housekeeping, companion, respite, live-in, Alzheimer's care. [VisitingAngels.com](http://visitingangels.com). Call Julie Hartner at 734-385-2030. <http://visitingangels.com/> **(Bingo Sponsor, Oct. 3rd at 1:00 PM)**

Angel Whispers Healing Center: Angel Whispers Healing Center, a 501(c)(3) federal non-profit, is dedicated to helping individuals through holistic healing using a variety of modalities. For more information, visit www.angelwhispers.org, call 734-276-2682, or pop in for a tour at 3045 Baker Road in Dexter. **(Bingo Sponsor, Oct. 16th at 1:00 PM)**

WAVE BUS: Free transportation if a Washtenaw County Resident. Call WAVE Dispatch to schedule (734) 475-9494 **(Bingo Sponsor, Oct. 23rd at 1:00 PM)**

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. **(Special Halloween Bingo Sponsor, Oct. 30th at 1:00 PM)**

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

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: Safety in the Home and Planning: Oct 29th at 1:30 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.

Technology Help in your Home by Sandy Kreger: Help on Mac/apple computer, iPad, iPhone, and watch. Call 734-255-7345, sgkreger@gmail.com (Bingo Sponsor Nov. 6th at 1:00 PM)

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)

VOLUNTEERS

We are looking for Volunteers: We need help with various things such as setting up/decorating for events, serving food at parties, front desk help, answering phone, some data entry, giving tours, taking out garbage and recycling, wiping down tables and surfaces, making coffee, sweeping floor, cleaning exercise equipment. Also, Instructors for choir, Spanish, creative writing, canning/pickling, genealogy, arts, or any talent you would like to share with our members. Please Contact Dana at, ext. 8004.

Volunteer Informational Meeting, with Root Beer Floats: Oct 24th at 12:30 PM: Come out for some fun with friends and floats. While learning about volunteer opportunities. Please RSVP by Oct. 22nd.

Volunteer Appreciation Lunch: Nov. 21st 12:30 PM. (Invitations will be given out.)

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): Free transportation if a Washtenaw County Resident. \$1.00 within Western-Washtenaw County for under age 60. \$5.00 for rest of Washtenaw County. 50% off for Seniors 60 plus. Caregivers ride at no extra cost. WAVE does not provide personal care attendants.

Call WAVE Dispatch to schedule (734) 475-9494



October 2025

Meal Calendar

Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Meatloaf Mashed potato Wheat bread, Mixed vegetables, Mixed fruit Low fat milk, Margarine	2 Chicken Pasta / Veggies Wheat bread, Veggie & pasta Broccoli/Cauliflower Mandarin Oranges Low fat milk, Margarine	3 Paprika Chicken, Mashed potatoes, Wheat bread Green beans/carrots Peaches cup Low fat milk, Margarine
6 Salisbury Steak Rosemary roasted potatoes Wheat bread Mixed vegetables Pineapple Low fat milk, Margarine	7 Chicken Noodle Soup Potato salad Creamy coleslaw Mandarin Oranges Low fat milk Biscuit, Margarine	8 Roasted Turkey Mashed potatoes Wheat bread Broc/cauliflower/carrot blend Trop. Fruit salad Low fat milk, Margarine	9 Potato Crusted Pollack, Sweet Potato Wheat bread Peas and Carrots Strawberry applesauce Low fat milk, Margarine	10 Tikka Masala, Jasmine Rice Wheat bread, Green beans Papaya/mango fruit salad Low fat milk Margarine
13 Stir Fry Steak Brown Rice Wheat bread Oriental vegetables Mixed fruit, Low fat milk, Margarine	14 Shepherd's pie Beef, Mashed potatoes Wheat bread Mixed vegetables Pears Low fat milk, Margarine	15 Vegetable Lasagna Wheat bread Baby carrots, Mandarin oranges, Low fat milk, Margarine	16 Hamburger Stroganoff Wheat bread Peas and pearl onions Peaches Low fat milk, Margarine	17 Quinoa Corn Cakes Tofu sauce Wheat bread Mixed veggies Trop fruit blend Low fat milk, Margarine
20 Ginger and Garlic Beef Brown rice Wheat bread Cooked broccoli Mandarin oranges Low fat milk, Margarine	21 Maple Glazed Chicken Roasted redskin potatoes Wheat bread Cooked cabbage Peaches Low fat milk, Margarine	22 Braised Beef Mac and cheese Wheat bread Green beans Tropical fruit Low fat milk Margarine	23 Curried Chicken Breast Jasmine Rice Wheat bread Peas Diced pears Low fat milk Margarine	24 Chicken Enchilada Brown rice Mixed Veggies Pineapple Low fat milk Margarine
27 Meaty Ragu Wheat bread Green beans Strawberry applesauce Low fat milk Margarine	28 Mediterranean Chicken Rice, Bread, Garden vegetable blend Papaya/mango Low fat milk Margarine	29 Meatloaf Mashed potato Wheat bread, Mixed vegetables, Mixed fruit Low fat milk, Margarine	30 Chicken Pasta / Veggies Wheat bread, Veggie & pasta Broccoli/ Cauliflower Mandarin Oranges Low fat milk, Margarine	31 Paprika Chicken, Mashed potatoes, Wheat bread Green beans/carrots Peaches cup 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.



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Dexter Senior Center

Dexter Senior Center

2740 Baker Road
Dexter MI 48130

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