



DEXTER SENIOR VOICE

November 2025



MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Dexter Senior Center Members,

Wow, what an incredible month October was! There's so much to share as we step into November.

Board of Directors Update:

After 22 years of dedicated service as President, Jim Carson has passed the torch but will continue to serve on our board in a different role. Jim's leadership and commitment have shaped this organization in countless ways, and the Center simply wouldn't be what it is today without him. If you see him, please take a moment to thank him.

Our new Board President is John Scharf of Webster Township. John has been on our board for nearly two years and is eager to take on this new role! We're also saying thank you to several board members who recently stepped away: Joanne Westman, Ann Davis, Mike Fitzpatrick, and Laurel Capobianco. Each of them played an important part in bringing us into this new chapter, and we're deeply grateful for all they've done.

"Stuff the Seniors" Returns: After a few years away, the Dexter Lions Club is bringing back the beloved "Stuff the Seniors" meal on Friday, November 28, from 1:00 to 3:00 PM at the Center. It's a great way to enjoy a free meal and connect with friends and neighbors. Other than this event, the Center will be closed that day.

Extended Hours and Game Nights:

Our Thursday hours now run until 5:30 PM. Join us for game night with cards, board games, chess, and ping pong, or come early for American Mahjong at 2:00 PM.

Thank You to Chelsea State Bank:

We're so grateful to Chelsea State Bank for their generous \$2,500 donation in October. Their support helps us continue offering programs and activities for our community.

Housekeeping Reminder:

The Dexter Wellness Center and Dexter Senior Center are part of Dexter Community Schools' trash and recycling program. The dumpsters serving these buildings are not for public use. Waste Management photographs each pickup, and we've been fined for improper use. If you see anyone using our dumpsters, please let us know. Thank you for helping us stay in compliance.

As I approach my one-year anniversary as Executive Director, I'm so grateful for each of you. You make every day here special. Thank you for your friendship, your support, and the joy you bring to this place. I can't wait to see what the next year brings.

Warmly,
Anna Pekrul

Contact Information

Dexter Senior Center
2740 Baker Rd
Dexter, MI 48130
(734) 426-7737

Executive Director

anna.pekrul@dexterseniors.org

Program Manager

ext. 8004
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
November 26th at 3:00 pm

Holiday Closures

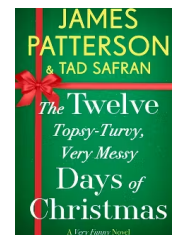
- Thursday, November 27
- Friday, November 28 (open only for the Stuff the Seniors event)
- Thursday, December 25
- Friday, December 26
- Thursday, January 1

NOVEMBER HIGHLIGHTS & ANNOUNCEMENTS

Birthday Celebration: November 19th at 12:00 PM. Join us for lunch, cake, and ice cream. November 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: Nov. 19th at 12:15 PM - 1:15 PM with Matt Watroba. Singing guitarist.

Book Club: Friday Dec. 5th at 10:00 AM. (Skipping Nov. due to the Holidays) The Twelve Topsy-Turvy, Very Messy Days of Christmas by, James Patterson. Follows the adventures of the Sullivan family in South London as they navigate twelve days leading up to Christmas time. A family of three are missing someone dear to them. Until guests begin to arrive at their empty house, filling it with Christmas memories.



Behavioral Health Navigator Social: Nov. 3rd at 1:00 PM. "Activity around letting go."

Presentation: Dexter Area Historical Society: Nov. 3rd at 2:00 PM. Come join us for an informative fun history of Dexter, its founders, famous people, and buildings from Dexter.

Presentation: WCC Scholarships: Nov. 4th at 1:00 PM. Learn how WCC's Emeritus Scholarship makes non-credit Lifelong Learning classes more accessible for older adults—what it covers, who qualifies, and how to apply—plus tips to get registered smoothly. For Washtenaw County residents ages 65+ to take select classes at reduced or no cost. Contact for question at ECCD Operations (734) 677-5289. <https://www.wccnet.edu/afford/financial-aid/scholarships/emeritus.php>

Presentation: Nutrition for Bone Health, Frailty Prevention: Nov. 5th at 1:00 PM. By Heather Hutchins-Wiese PhD, RD, Interim Co-Director Dietetics Program, Professor Dietetics and Human Nutrition Programs at Eastern Michigan University.

Walking Club: November 5th at 2:00 PM. Walk the Dexter trail, starting from the Center.

String Orchestra Concert: Nov. 7th at 1:00 PM. By the Ann Arbor New Horizons String Ensemble.

Seasonal Crafts with Nellie: Nov. 10th, Felted Flat Turkey & Nov. 24th, Felted Stress Ball. Sign up at Dexter Senior Center for \$15.00, 48 hours before class.

Presentation: Introduction to Support Groups: Nov. 10th at 1:00 PM. Peaceful Mind Counseling.

Veterans Lunch: Nov. 11th at 12:00 PM. Veterans, please sign up by Nov. 7th for lunch, proudly sponsored by Texas Roadhouse – Ann Arbor. Fresh-baked rolls with honey and cinnamon butter, chicken tenders with sauces, house salad and dessert.

Holiday Grief Workshop: Nov. 11th at 1:00 PM - 2:30 PM. RSVP for free. By Susan Amsdill, LPC.

Fall Watercolor Painting Leaves: Nov. 12th at 10:00 AM. RSVP for a free class taught by members.

Presentation: How to Calm the Nervous System: Nov. 12th at 1:00 PM. Ways to calm the nervous system in a world that is full of anxiety and stress. www.angelwhispers.org or call 734-276-2682. By Reverend Vicky Lovell, from Angel Whispers Healing Center.

Lunch & Learn: Unlocking Mental Agility: Nov. 13th at 12:00 PM: Sign up at DSC for a free Lunch and learn on how to focus on challenging your brain for a healthy mind. By Julie Craft, from Life Choices, craftj@ehmss.org or 734-679-0533.

Cooking for Less (Food Demonstration & Free Lunch): Nov. 14th at 12:30 PM. Join our exclusive food demonstration with Maureen from Pampered Chef. (Making Oven Roasted Turkey Tenderloin & Turkey Biscuits.)

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

Presentation: Services and Resources from Catholic Charities of Washtenaw County: Nov. 17th at 2:00 PM. By Lisa Catledge, LMSW, Senior Prevention Coordinator. 734-971-9781 ext. 7

WAVE Bus Community Outreach Booth: Nov. 18th at 10:00 AM - 11:30 AM. Every third Tuesday of the month at Dexter senior Center. **(Bingo Sponsor Nov. 20th at 1:00 PM.)**

NOVEMBER HIGHLIGHTS & ANNOUNCEMENTS

Presentation and Small Exhibit: On Depression Glass: Nov. 18th at 1:00 PM. Local Artist, Charlie Hass, will display his glass works and a talk about his expertise.

Canvas Painting: Nov. 20th at 10:30 AM -12:30 PM. Paint a snowman with a Cardinal. By instructor Sheila, from Canvas Painting. Includes supplies and step by step instructions, with prior sketch of figures on canvas. Sign up at DSC for \$25.00.

Presentation: Dexter Water System: Nov. 20th at 2:00 PM. Where does Dexter's water come from, and how does it get to your tap? Also learn about the use of microplastics in the water and how to help preserve the quality of our water. By Andrea Dorney Dexter Water & Sewer Utilities. 734.426.4572

Presentation: "The Love, Lure, and Lore of the Laundry Line." Nov. 24th at 1:00 PM. Anne will take you on a nostalgic trip back in time to the days when everyone hung their wash on the line to dry – when they went online without the internet! There will be memories to share, links between the clothesline and social/cultural issues, history, feminism, psychology, sociology, and ecology. You will hear why "solar drying" – that wonderful free sun – is once again the way to go in today's eco-conscious world.

Presentation: Dementia: Nov. 25th at 1:00 PM. Dementia Virtual Tour, an interactive experience to help participants better understand Dementia. Information for Dementia Caregivers and families. By Lauren Barnes, Bright Star Care, 810-522-2881

Presentation: Genealogy Society of Washtenaw County: Nov. 26th at 1:00 PM. come learn about how to discover your family tree and the tools to do so. By Marcia McCrary, Vice-President of Genealogical Society of Washtenaw County, & is on their Research, Program, and the Family History Capers Editorial Committee. She is also on the board of the Ypsilanti Historical Society

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.

Ukulele Jam Group. Every Wednesday, 12:00 – 1:30 PM. A small, friendly group playing music just for the fun of it. Bring your Uke and the yellow Daily Ukulele book. Any questions contact Marge at mccramton@outlook.com or 734-272-1866.

Ukelele Scratch Free Workshop: Mondays at 1:30 PM - 2:00 PM.

Easy Ukelele Only Jam: Mondays at 2:00 PM - 3:00 PM. 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. Spanish 8-week study Group: In Jan. time TBD.

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.

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. **(No Class Nov. 4th)**

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. (Nov. 4th & 18th) Instructor Chuck Pippi will help you explore many ways that we can become more mindful. Learn practical techniques to lessen stress, anxieties & develop a meditative approach that works for you.

Walking Club: Walk Dexter Trail on Nov. 5th at 2:00 PM. Dec. to April, walk the track at the Wellness Center. (With a Wellness Center membership and waived enrollment fee.)

Square & Round Barn Dancing: Every Thursday at 3:00 PM - 4:30 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 your body.

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 Nov. 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. **Beginner Chinese Mahjong Class: Every first Friday of the Month, 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.

American Mahjong: Thursdays at 2:00 PM. All are welcome! For more help call Rose at 734-476-8345, to schedule instructional class at 1:30 PM on Thursdays.

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

Chess & New Games: 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.

Chess Players: All levels are welcome and can teach. Call Jack at # 734-323-6230 & Matt at # 734-253-2740. (Tend to meet on Thursdays at 3:00 PM, but this can be flexible.)

Euchre: Every Monday at 11:30 AM. (Contact the center if a better time works for you.)

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

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: Tuesdays & Fridays at 9:00 AM - 11:00 AM. Contact Mary Robinson at (734) 223-5646 for more information.

Needlework Arts, Coloring & Crafts: Mondays at 9:00 AM - 11:00 AM & Wednesdays at 1:00 PM. 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. **(Nov. 20th)**

Seasonal Crafts with Nellie: On the second and fourth Monday of the month at 10:00 AM- 12:00 PM. Sign up at DSC 48 hours prior to date. \$15.00 **(Nov. 10th, 24th & Dec 8th, 22nd)**

LEGO Club: Every day. We have a table set up for constructing adult Lego sets. Recommended yearly donation membership \$10.00 to help get new sets. Donations accepted with instructions.

TRAVEL GROUP & UPCOMING TRIPS

Village Travelers: Recent Upcoming Trips: **November 21st** - Tour the Historic Howell Opera House and a private viewing of a miniature Christmas train display, lunch, and shopping at Historic Cleary's. **Dec. 5th** - Historic Holy Trinity Lutheran Church Christmas tour in Detroit with large international Creche display and catered hot lunch. **Feb. 26th** - Trip to Turkeyville to see, "A Taste of Broadway" at Cornwell's Dinner Theatre. **March 28th** - "Mama Mia" Musical at the Fisher Theatre. **April 2nd** - Mural History tour, Lunch, and Underground Railroad Tour of Jackson. All pick - ups are in Brighton and ride a Charter Bus. **Sign up for trips on their website, www.villagetravelers.net.** Call Lois at **248-960-6505** or Margaret at **248-798-9609**, Mon. - Thurs. 10 AM - 4 PM.

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 WAVE, **Ticket is \$70.00.**

Frankenmuth Shopping, Lunch, & Christmas Concert: Wed. Dec. 3rd 9:00 AM - 5:00 PM. A shopping at Bronner's Christmas wonderland and downtown, plated lunch provided and followed by a Christmas Concert at Zehnder's. Transportation by WAVE, **Ticket is \$105.00**

Museums and Lunch: Wednesday Feb. 11th, 2026, 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.**

Detroit Prohibition Tour with Bianco Tours: Friday April 24th, 2026, at 8:00 AM - 4:30 PM. Take a Charter Bus for a guided tour, Lunch included at Otta Via, after Lunch visit a former speakeasy at toast to the end of Prohibition. **Ticket is \$133.00. No Refunds 72 hours prior to departure.**

The Classic King at Purple Rose Theatre: March 4th, 2026, 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, 2026, at 2:00 PM. Sign up and pay at DSC. No bus provided. **Ticket is \$50. RSVP by May 22nd, 2026**

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. 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: **Nov. 24th 9:30 AM, 11 AM, 12:30 PM.** **(Make an Appointment with local SHIP at Age Ways for Medicare Assistance as 248-262-0545)**

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

RESOURCES

Medicare Counseling: Appointments available with Lois Beerbaum (734) 726-5292.
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: November special Holiday dates are second & third Thursdays (Nov. 13th & 20th)
Holiday Dates Call Barb Fisher at (734) 664-7465 to schedule an appointment. \$30.00

Massage Appointments: (Special Holiday Dates Nov. 14th & Dec. 12th) 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: Tuesdays in November 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. **(Will not be here Nov. 4th)**

THANK YOU TO OUR RESOURCE PARTNERS AS BINGO SPONSORS

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 on Nov. 6th at 1:00 PM)**

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. Call Julie Hartner at 734-385-2030. <http://visitingangels.com/> **(Bingo Sponsor, Nov. 13th at 1:00 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 48103. Call Lorrie Kesckes at 734-213-1708. lorkec@brookdale.com, <https://www.brookdale.com> **(Bingo Sponsor on Dec. 4th 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. **(Bingo Sponsor on Dec. 18th 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. **(Presentation: How to Calm the Nervous System: Nov. 12th. At 1:00 PM.)**

WAVE BUS: Free transportation if a Washtenaw County Resident. Call WAVE Dispatch to schedule (734) 475-9494 **(Bingo Sponsor on Nov. 20th at 1:00 PM. Community outreach Day, every third Tuesday, Nov. 25th at 10:00 AM - 11:30 AM)**

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

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.

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.

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.

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

Loris Hands: Community Service, 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.

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, watering flowers, and Meals on Wheels drivers. Also, Instructors for choir, creative writing, canning/pickling, genealogy, creative arts, or any talent you would like to share with our members. Please Contact Dana at, ext. 8004.

Volunteer Appreciation Lunch: Nov. 21st 1:00PM. (Invite only, RSVP by Nov. 14th))

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

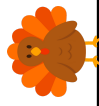


November 2025

Activity Calendar

Dexter Senior Center

Key: * Make Appointments
Bold Print - New Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 - Color, Crafts, Needlework 11:00 - Chair Yoga 11:30 - Euchre 12:00 - Senior Cafe 12:30 - Bridge 1:00- Behavioral Health Social 1:30 - Uke Scratch Workshop 2:00 - Easy Ukelele Only Group 2:00 - Presentation: Dexter Historical Society	4 9:00 - Yoga / Strength & Stretch / Weaving 11:00 - Cardio Drumming 12:00 - Pinochle 1:00 - Dominos 1:00 - Blood Pressure Checks 1:00 - Presentation: Emeritus Scholarship for Classes at WCC 2:00 - Relax & Recenter Class	5 9:00 - SOS 9:30 - Pinochle 12:00 - Senior Cafe 12:00 - Ukelele Jam Group 12:30 - Euchre / 313 1:00 - Presentation: Nutrition for Bone Health, Frailty Prevention 1:00 - Needlework 2:00 - Walk on the Dexter Trail	6 9:00 - Yoga / Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 11:00 - Cardio Drumming 12:00 - Senior Cafe/12:30-Cribbage 1:00 - BINGO - Sponsored 2:00 - American Mahjong 2:00 - Relax & Recenter Class 3:00 - Games / Barn Dancing Trip to Henry Ford Museum	7 9:00 - Weaving / Tai Chi 10:00 - Circuit Workout 11:30 - Chair Volleyball 11:00 - French Study Group 12:00 - Pinochle/313 12:00 - Beginner Chinese Mahjong 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) 1:00 - String Orchestra Concert
10 9:00-Color, Crafts, Needlework 10:00 - Craft: Felted Flat Turkey 11:00 - Chair Yoga 11:30 - Euchre 12:00 - Senior Cafe 12:30 - Bridge 1:00 -Presentation: Introduction to Support Therapy Groups by Peacefull Mind Counseling 1:30 - Uke Scratch Workshop 2:00 - Easy Ukelele Only Group	11 9:00 - Yoga / Strength & Stretch / Weaving 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Veterans Lunch 12:00 - Pinochle/1:00 - Dominos 1:00 - Holiday Grief Group Workshop 2:00 - Line Dancing Lessons 2:00 - Relax & Recenter Class *Community Health Worker	12 9:00 - SOS 9:30 - Pinochle 10:00 - Fall Watercolor Painting 12:00 - Senior Cafe 12:00 - Ukelele Jam Group 12:30- Euchre/313 1:00 - Presentation: How to Calm the Nervous System 1:00 - Needlework	13 9:00 - Yoga / Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 11:00 - Cardio Drumming 12:00 - Lunch and Learn: Unlocking Mental Agility 12:30 - Cribbage 1:00 - BINGO - Sponsored 2:00 - American Mahjong 3:00 - Games / Barn Dancing *Reflexology Appointments	14 9:00 - Weaving / Tai Chi 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Chair Volleyball 12:00 - Pinochle/313 12:30 - Pampered Chef, Cooking for Less Class 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) *Massage Appointments
17 9:00- Color,Crafts,Needlework 10:00 - Card Making Class 11:00 - Chair Yoga /11:30 - Euchre 12:00 - Senior Cafe/12:30 - Bridge 1:00 - Wylie 4th Grade Visit 1:30 - Uke Scratch Workshop 2:00 - Presentation: Services & Resources from Catholic Charities Washtenaw County 2:00 - Easy Ukelele Only Group	18 9:00 - Yoga / Strength & Stretch / Weaving 10:00 - Zumba 10:00 - WAVE Bus Community Outreach 11:00 - Cardio Drumming 12:00 - Pinochle/1:00 - Dominos 1:00 - Presentation: Depression Glass 2:00 - Line Dancing Lessons *Community Health Worker *Foot Care Appointments	19 9:00 - SOS 9:30 - Pinochle 12:00 - Ukelele Jam Group 12:00 - BIRTHDAY LUNCH 12:15 - Entertainment 12:30 - Euchre/313 1:00 - Needlework *Medicare Open Enrollment Appointments	20 9:00 -Yoga/ Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 10:30 - Canvas Painting 11:00 - Cardio Drumming 12:00 -Senior Cafe/12:30 - Cribbage 1:00 - BINGO - Sponsored 2:00 - Presentation: Dexter Water System / 2:00 - American Mahjong 3:00 - Games / Barn Dancing *Reflexology Appointments	21 9:00 - Weaving / 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)
24 9:00 - Color, Crafts, Needlework 10:00 - Craft: Felted Stress Ball 11:00 - Chair Yoga /11:30 - Euchre 12:00 -Senior Cafe / 12:30 - Bridge 1:00 - Presentation: The love of the Laundry Line 1:00 - Creative Writing 1:30 - Uke Scratch Workshop 2:00 - Easy Ukelele Only Group *Medicare Open Enrollment	25 9:00-Yoga / Strength & Stretch / Weaving 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Pinochle / 1:00- Dominos 1:00 - Presentation: Dementia 2:00 - Line Dancing Lessons 2:00 - Relax & Recenter Class *Community Health Worker	26 9:00 - SOS 9:30 - Pinochle 12:00 -Ukelele Jam Group 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Presentation: Genealogy Society of Washtenaw County 1:00 - Needlework	27 Closed Happy. Thanksgiving! 	28 Closed

November 2025

Meal Calendar

Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salisbury Steak Rosemary roasted potatoes Wheat bread Mixed vegetables Pineapple Low fat milk, Margarine	4 Chicken noodle soup Menu Item Potato salad Creamy coleslaw Diced veggies in soup Mandarin Oranges Low fat milk, Biscuit	5 Roasted Turkey Mashed potatoes Wheat bread Broc/cauliflower/carrot blend Trop. Fruit salad Low fat milk, Margarine	6 Potato Crusted Pollack, Sweet Potato Wheat bread Peas and Carrots Strawberry applesauce Low fat milk, Margarine	7 Tikka Masala, Jasmine Rice Wheat bread, green beans, Papaya/mango fruit salad Low fat milk Margarine
10 Stir Fry Steak Brown Rice Wheat bread Oriental vegetables Mixed fruit, Low fat milk, Margarine	11 Shepherd's pie Beef, Mashed potatoes Wheat bread Mixed vegetables Pears Low fat milk, Margarine	12 Vegetable Lasagna Wheat bread Baby carrots, Mandarin oranges, Low fat milk, Margarine	13 Hamburger Stroganoff Wheat bread Peas and pearl onions Peaches Low fat milk, Margarine	14 Quinoa Corn Cakes Tofu sauce Wheat bread Mixed veggies Trop fruit blend Low fat milk, Margarine
17 Ginger and Garlic Beef Brown rice Wheat bread Cooked broccoli Mandarin oranges Low fat milk, Margarine	18 Maple Glazed Chicken Roasted redskin potatoes Wheat bread Cooked cabbage Peaches Low fat milk, Margarine	19 Braised Beef Mac and cheese Wheat bread Green beans Tropical fruit Low fat milk, Margarine	20 Curried Chicken Breast Jasmine Rice Wheat bread Peas Diced pears Low fat milk, Margarine	21 Chicken Enchilada Brown rice Mixed Veggies Pineapple Low fat milk Margarine
24 Meaty Ragu Wheat bread Green beans Strawberry applesauce Low fat milk Margarine	25 Mediterranean Chicken Rice, Bread, Garden vegetable blend Papaya/mango Low fat milk Margarine	26 Meatloaf Mashed potato Wheat bread, Mixed vegetables, Mixed fruit Low fat milk, Margarine	27 (Closed) Thanksgiving Meal! Meals on Wheels Only Turkey, Green Beans, Mashed Potatoes, Roll, Peaches, Pumpkin Pie 	28 (Closed) Meals on Wheel Only 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 2025 and click on "Add".

Dexter Senior Center Supporters



Mary Thompson Foundation



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



HAPPY THANKSGIVING WORD SEARCH

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|-----------------|-------------|-------------|----------------|
| 1. THANKSGIVING | 5. THANKFUL | 9. STUFFING | 13. PUMPKIN |
| 2. HOLIDAY | 6. FOOD | 10. SALAD | 14. PIE |
| 3. FAMILY | 7. TURKEY | 11. BREAD | 15. VEGETABLES |
| 4. FRIENDS | 8. POTATOES | 12. YAM | 16. HAM |

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Dexter Senior Center

Dexter Senior Center

2740 Baker Road
Dexter MI 48130

PLEASE
PLACE
STAMP
HERE