



DEXTER SENIOR VOICE

December 2025



MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Dexter Senior Center Members,

We have officially entered the busiest time of the year, and I want to wish each of you a beautiful holiday season filled with fun, laughter, and good moments with family and friends. There's an exciting month of activities ahead, and we hope you will join in.

With the end of the year quickly approaching and it being the season of giving, I want to ask that you consider supporting Dexter Senior Center on the biggest giving day of the year. "Giving Tuesday" is the first Tuesday after Thanksgiving and is a national movement that encourages people to support the organizations that strengthen their communities. Whether you participate on Giving Tuesday or choose to give anytime before December 31, your support makes an enormous difference.

Your donations help us manage the day to day expenses that keep our doors open, our programs running, and our community thriving all year long. You can make a donation on our website, by mail, or in-person. Thank you for considering DSC in your end of year giving. Note: Thank you so much to the anonymous person who gave DSC a generous cash and gift card donation in November. We appreciate you.

What an incredible year 2025 has been for our organization. We experienced the biggest transition in our history, including moving into our beautiful new facility, building out a full staff team, and watching our membership grow from 400 to more than 800. It has been amazing to see so many people enjoying the welcoming and fun space we have created together. The building is where we gather, but what truly makes this place special is you.

Thank you for being part of the DSC family. I hope you stay engaged with everything DSC has to offer in 2026 and beyond. We are so grateful for all of you.

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 - 4:30 pm

Next Board Meeting

Dexter Senior Center
December 22, at 3:00 pm

Holiday Closures

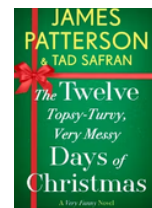
- Thursday, December 25
- Friday, December 26
- Thursday, January 1

DECEMBER HIGHLIGHTS & ANNOUNCEMENTS

Birthday Celebration: December 17th at 12:00 PM. Join us for lunch, cake, and ice cream. December 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!

Followed by Entertainment at 12:30 PM: Holiday Concert & Carols, by Dulcimers members.

Book Club: Friday Dec. 5th at 10:00 AM. The Twelve Topsy-Turvy, Very Messy Days of Holiday by, James Patterson. Follows the adventures of the Sullivan family in South London as they navigate twelve days leading up to Holiday time. A family of three are missing someone dear to them. Until guests begin to arrive at their empty house, filling it with Holiday memories. **Jan. 30th, The Arsenal of Democracy, by A. J Baime.**



Behavioral Health Navigator Social: Dec. 1st at 1:00 PM: Focus on “thinking traps” and how to reframe unhelpful thinking habits.

Elder Law/ Estate Planning Q & A: Dec. 1st at 2:00 PM. Facilitated by Leigh A. Beauchamp, Estate Planning Attorney. Q&A. Topics include Estate Tax; Probate; Planning for special needs beneficiaries; and planning for incapacity. We will discuss the benefits of Wills, Trusts, Lady Bird Deeds, Medical Durable Powers of Attorney, and Financial Durable Powers of Attorney. The session is not intended to replace a meeting with a lawyer regarding your specific needs. Facilitator contact information: Leigh A. Beauchamp, Attorney at Law, PLLC. Beauchampstatelaw.com. 1171 S. Main St., Ste. 6, Chelsea MI 48118. (734) 433-9490.

Holiday Photo Booth: Dec. 2nd from 11:00 AM - 4:30 PM: Ursula Hoppe Photography will be at DSC for one day to take photos, perfect for cards, gifts, and holiday portraits. \$40 for 1 pose and 1 (5x7) with a matching digital file. Or \$60 for 2 poses and 2 prints (5x7) with matching digital files. Each additional print is \$25.00. Please sign up at DSC and reserve your spot today.

Presentation, Ancient Medicine: Dec. 2nd at 12:00 PM. By presenter Peisy Sulimin. Inspired by her grandmother in Indonesia, who used traditional remedies to care for many in her community. I hope to share that wisdom and encourage healthier living through natural approaches. The class will be interactive with a brief 5-minute introduction about Thrivent as the sponsor.

Presentation: By Eastern Michigan University Community Health School of Nursing: Dec. 3rd at 10:00 AM. The topics: Chronic disease in Washtenaw County, effective community programs addressing substance abuse, ideas for improving physical activity in the community, International: what we can learn from how Italy builds its infrastructure for an aging population, nutrition and food security, potential implementation of transportation for medical appointments, simple engineering changes that affect health, social connection and mental health.

Seasonal Crafts with Nellie: Dec. 8th at 10:00 AM. Paint wood holiday ornaments. (Snowmen, trees, mountains, cute little cottage, etc.) Sign up at Dexter Senior Center for \$15.00, 48 hours.

Presentation, US History: Dec. 8th at 1:00 PM: Join retired U.S. History teacher Jason Schmier for an engaging journey through the Roaring 1920s—a decade of jazz, innovation, and cultural transformation brought to life with his signature passion, humor, and storytelling.

Presentation, Osteoarthritis: Dec. 9th at 1:00 PM. Loss of bone structure and strength is common as we get older. It puts us at risk of bone fractures and loss of independence. Join Betty Chaffee, PharmD, of Better My Meds. to discuss osteoporosis – what it is, why it happens, and what you can do to protect yourself from fractures.

Presentation, Matter of Balance, How to Prevent Falls: Dec. 10th at 1 pm - 3:00 PM. The leading cause of death and injury in seniors. Evidence-based fall prevention program, by Joseph F. Keen, BSN, RN, OSH, Paramedic, CSPT, IPS, Injury Prevention Education Coordinator, Trinity Health Ann Arbor Hospital. Take away knowledge to live life to the fullest. **Followed by an 8-week workshop every Tuesday starting Jan. 7th - Feb 25th from 10:00 AM - 12:00 PM.**

Making Holiday Cookies Exchange with Pampered Chef: Dec. 12th at 12:30 PM. Join us for a fun time making 40 cookie balls of different flavors to take home & bake. Maureen will bring the flavors and ingredients with a container for your cookies. **You bring 2 lbs. of cookie dough, spoon, and a bowl.** Sing up at DSC.

Holiday Concert by the Dexter Community Chorale: Dec. 15th at 2:00 PM. Join us for festive concert!

Holiday Caroling every Wednesday in Dec. at 2:00 PM. No talent needed singing Holiday Songs.

DECEMBER HIGHLIGHTS & ANNOUNCEMENTS

Wylie Elementary, 4th Grade Class Visit: Dec. 15th at 1:00 PM. Come out and join us for some fun Holiday singing and activities.

WAVE Bus Community Outreach Booth: Dec. 16th at 10:00 AM - 11:30 AM. Every third Tuesday of the month at Dexter senior Center.

Holiday Crafts and Hot Cocoa: Dec. 16th at 12:00 Pm. Sign up for a Holiday workshop using natures supplies to make beautiful decorations. Abbey, from Hudson Mills Metropark. **Recommend donate \$5**

Social Holiday Dance Party: Dec. 16th at 2:00 PM to 4:00 PM. Bring your dancing shoes and a snack to pass. No partner or training required. Invite a friend for free and dance your way into the new year!

Dexter High School Choir Quartet Holiday Concert: Dec 19th at 10:00 AM.

Presentation: Dementia Friendly Services: Dec. 29th at 1:00 PM. Learn about Dementia friendly free services and memory cafe. By Jim Mangi, (517) 448-0678. www.dementiafriendlyservices.org

Secretary of State Mobile Office: January 6th, 2026, at 1:00 - 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>

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 mcramton@outlook.com or 734-272-1866.

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

Easy Ukulele 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

UKULELE NEWS: Beginner Ukulele Workshop from Scratch, 8-week course: Starting Mondays, Jan. 12th. 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.

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 10-week Study Group: Starting Thursday Jan. 8th - March 12th, 3:00 PM to 4:30 PM With instructor, Gregorio, from WCC.

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.

Holiday Caroling Every Wednesday in Dec. at 2:00 PM: Any level of singing welcome! 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. **(Team name: SEALS)**

Relax, Rest, and Recenter: Dec. 16th & 30th at 2:00 PM. (No Class Dec. 2nd) 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: Dec. to April, walk the track at the Wellness Center. (With a Wellness Center membership and waived membership fee.)

Line Dancing Class: Every Tuesday, Starting Jan. 13th at 2:00 PM - 3:00 PM. By instructor Dee Grantham from Washtenaw Community College. Join for a free instructional fun dance class. No experience needed. Many different line dancing & genres of music. **(No Classes in December)**

Social Line Dance Party: Dec. 16th at 2:00 PM to 4:00 PM. Bring your dancing shoes and a snack to pass. No partner or training required. Dance your way into the new year with instructor Dee & Friends.

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 body!

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. **Last class December 5th. (Back again Jan. 16th to 3/27, Skip 2/20)**

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 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 - 4:30 PM.

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. **(Dec. 20th)**

Watercolor Painting Meetup: Every first & third Wed. of the Month at 1:00 PM: (Starts Dec. 3rd and 17th) Paint with friends and bring your own supplies, with no instructor.

Instructional Holiday Watercolor Class: Dec. 10th at 10:00 AM. Sign-up and pay \$5.00, 48 hours prior. Supplies will be given. Contact Instructors Cooper or Mary for more information.

Seasonal Crafts with Nellie: Dec. 8th at 10:00 AM- 12:00 PM. Paint wood ornaments. (Snowmen, trees, mountains, cute little cottage, etc.) Sign up at DSC 48 hours prior to date. \$15.00.

LEGO Club: Every day. Recommended yearly donation membership \$10.00 to help get new sets.

DEMENTIA FRIENDLY EVENTS & INFORMATION

Presentation: Dementia Friendly Services: Dec. 29th at 1:00 PM. Learn about Dementia friendly free services whose mission is to make living with dementia less difficult & more dignified. By Jim Mangi. For more information, including the Memory Cafe, visit www.dfsaline.org, (517) 448-0678

Presentation by Alzheimer's Association: Healthy Living for Your Brain and Body: January 13th at 12:30 PM: Learn what research has shown about lifestyle choices that may help keep your brain and body healthy. **Know the 10 Warning Signs of Alzheimer's: February 10th at 12:30 PM:** Alzheimer's and other dementias cause changes in memory, thinking, and behavior. Learn what to look for in yourself & others. helplinegmc@alz.org, 800-272-3900.

TRAVEL GROUP & UPCOMING TRIPS

Village Travelers: Dec. 5th - Historic Holy Trinity Lutheran Church Holiday 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 off of US23 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. **(Upcoming Travel Meeting Jan. 12th at 1:00 PM)**

Frankenmuth Shopping, Lunch, & Holiday Concert: Wed. Dec. 3rd 9:00 AM - 5:00 PM. A shopping at Bronner's Holiday wonderland and downtown, plated lunch provided and followed by a Holiday 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 The Bomber in Ypsilanti. Then travel to Belleville 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 Charter Bus Bianco for a guided tour, Lunch included at Otta Via, after Lunch visit a former speakeasy to toast to the end of Prohibition. **Ticket is \$133.00. No Refunds 72 hours prior.**

Huron Lady II & Lunch at the Voyageur: Friday July 24th, at 8:00 AM - 7:00 PM. Take a Charter bus Bianco to Port Huron for a narrated tour of great lake freighters and the 2 water bridges. Lunch buffet at the St. Clair River with view of the waterway. **Ticket is \$114.00. No Refunds within 1 week.**

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 & CAFE)

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.

RESOURCES

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 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: No December appointments. Will resumes in Jan. every first and third Thursdays Call Barb Fisher at (734) 664-7465 to schedule an appointment. \$30.00

Massage Appointments: (Dec. 12th) Make appointments between 9:00 AM - 2:00 PM. Call Lilly (810)-986-2477. **Every third Thursday of the Month, starting Thursday Jan. 15th from: 9:00 AM - 4:30 PM. Call to make appointments with Lisa: # 734-548-7762** \$15.00 for 15 min. up to 30 min.

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: Every Tuesday 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.

Free Senior Support Consultations with CMN: Starting Wed. January 21st, 2026, at 11:00 AM or 12:00 PM. Care Management by Natalie will offer free consultations every third Wednesday at the Dexter Senior Center, with two 45-minute appointments. Help you plan to stay independent, navigate new diagnoses, or find the right resources. Call 734-224-4144 or email info@cmbynatalie.com to schedule. **(Lunch & Learns: Wed. April 8th & October 14th at 12 PM)**

THANK YOU TO THIS MONTH'S BINGO SPONSORS

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 on Dec. 4th at 1:00 PM)**

HomeWell Care Services: We specialize in offering personalized care plans that promote independence, dignity, and comfort for our clients. Here is a link to our website : HomewellCareServices.com Julie McCarthy, Senior Care Advisor, 734-237-7900, jmccarthy@homewellcares.com **(BINGO Sponsor on Dec. 11th 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)**

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 New Years Eve, Wednesday, Dec. 31st at 1:00 PM)**

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

Ohioans Home Health Care and Hospice: Currently providing home care services in Washtenaw, Wayne, Lenawee and Monroe counties. Lindsay Mamp BS, Home Health Liaison, (419) 843-4422 Ext 3350. **(BINGO Sponsor on Jan. 8th at 1:00 PM)**

Texas Roadhouse: Thank you for sponsoring our Veterans Lunch. 3133 Ann Arbor Saline Rd, Ann Arbor, MI 48103, (734) 332-8850. **(BINGO Sponsor on Jan. 15th at 1:00 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. **(BINGO Sponsor on Jan. 22nd 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, Jan. 29th 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 (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: Care giver or raising your grandchildren or other family members under 18? Catholic Charities can help. Contact, Sue Reynolds sreynolds@ccwcwashtenaw.org Office: (734) 971-9781 ext. 511.

WISE Aging Services: Lisa Gdaniec, LMSW Jewish Family Services of Washtenaw County Tel: 734.769.0209 x356 www.jfsannarbor.org

Loris Hands: 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 the floor, cleaning exercise equipment, watering flowers, and Meals on Wheels drivers. Also, Instructors for choir, creative writing, canning/pickling, genealogy, creative arts, flower arranging, or any talent you would like to share. Please Contact Dana at, ext. 8004. **(Next informational meeting and hot chocolate, will be Jan. 9th 12:30 - 1:30 PM.)**

TRANSPORTATION

Feonix Transportation: No cost transportation for older adults 60 plus in Washtenaw County. Monday through Friday 6:00 am - 11:00 pm, and Saturdays 8:30 am - 6:00 pm. **Call 734), 259-4125, <https://feonix.org>. Or call #833-653-6544.**

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.**

Jewish Family Services - Call (734) 769-0209 prompt #2 or ext. 305
<https://www.jfsannarbor.org/jfsgo.html>

December 2025 Activity Calendar Dexter Senior Center					Key: * Make Appointments, Bold Print - New Events
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 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: Elder Law	2 9:00 - Yoga / Strength & Stretch / Weaving 11:00 - Cardio Drumming 12:00 - Pinochle 12:00 - Presentation: Ancient Medicine 1:00 - Dominos 1:00 - Blood Pressure Checks *Community Health Worker *Holiday Photo Booth	3 9:00 - SOS / 9:30 - Pinochle 10:00 - Presentation: EMU Nursing Students 12:00 - Senior Cafe 12:00 - Ukelele Jam Group 12:30 - Euchre / 313 1:00 - Needlework / Watercolor 2:00 - Holiday Caroling *Frankenmuth Trip	4 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 3:00 - Games / Barn Dancing	5 9:00 - Weaving / Tai Chi 10:00 - Circuit Workout 10:00 - Book Club 11:30 - Seals, Chair Volleyball 11:00 - French Study Group 12:00 - Pinochle/313 12:00 - Beginner Chinese Mahjong 1:00 - Mahjong 1:00 - Dulcimer (Beginners)	
8 9:00 - Color, Crafts, Needlework 10:00 - Craft: Paint Wood Holiday Ornaments 11:00 - Chair Yoga 11:30 - Euchre 12:00 - Senior Cafe 1:00 - Presentation: US History 12:30 - Bridge 1:30 - Uke Scratch Workshop 2:00 - Easy Ukelele Only Group	9 9:00 - Yoga / Strength & Stretch / Weaving 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Pinochle 1:00 - Dominos 1:00 - Presentation: Osteoarthritis *Community Health Worker	10 9:00 - SOS 9:30 - Pinochle 10:00 - Holiday Watercolor class 12:00 - Senior Cafe 12:00 - Ukelele Jam Group 12:30 - Euchre/313 1:00 - Needlework 1:00 - 3:00 - Presentation: Matter of Balance 2:00 - Holiday Caroling	11 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 3:00 - Games / Barn Dancing	12 9:00 - Weaving / Tai Chi 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Seals, Chair Volleyball 12:00 - Pinochle/313 12:30 - Holiday Cookie Making Class, Pampered Chef 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) *Massage Appointments	
15 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 - Holiday Concert by the Dexter Community Choral 2:00 - Easy Ukelele Only Group	16 9:00 - Yoga / Strength & Stretch / Weaving 10:00 - Zumba / WAVE Outreach 11:00 - Cardio Drumming 12:00 - Pinochle 12:00 - Eco - Holiday Crafts 1:00 - Dominos 2:00 - Relax & Recenter Class 2:00 - Holiday Dance Social *Community Health Worker *Foot Care Appointments	17 9:00 - SOS 9:30 - Pinochle 12:00 -Ukelele Jam Group 12:30 - BIRTHDAY LUNCH by Dulcimer Members. 12:30 - Euchre/313 1:00 - Needlework / Watercolor 2:00 - Holiday Caroling	18 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 - American Mahjong 3:00 - Games / Barn Dancing	19 9:00 - Weaving / Tai Chi 10:00 - Circuit Workout 10:00 - DHS Choir Quartet Concert 11:00 - French Study Group 11:30 - Seals Chair Volleyball 12:00 - Pinochle/313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)	
22 9:00 - Color, Crafts, Needlework 11:00 - Chair Yoga / 11:30 - Euchre 12:00 -Senior Cafe/ 12:30 -Bridge 1:00 - Creative Writing 1:30 - Uke Scratch Workshop 2:00 - Easy Ukelele Only Group	23 9:00 -Yoga / Strength & Stretch / Weaving 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Pinochle 1:00 - Dominos *Community Health Worker	24 Christmas Eve 9:00 - SOS 9:30 - Pinochle 12:00 -Ukelele Jam Group 12:00 - Senior Cafe 12:30 - Euchre/313 1:00 - Needlework 2:00 - Holiday Caroling	25 Closed Christmas Day 	26 Closed	
29 9:00 - Color, Crafts, Needlework 11:00 - Chair Yoga / 11:30 - Euchre 12:00 -Senior Cafe / 12:30 -Bridge 1:00 - Creative Writing 1:30 - Uke Scratch Workshop 1:00 - Presentation: Dementia Friendly Services 2:00 - Easy Ukelele Only Group *Medicare Counseling	30 9:00-Yoga / Strength & Stretch / Weaving 10:00 - Zumba 11:00 - Cardio Drumming 12:00 - Pinochle 1:00 - Dominos 2:00 - Relax & Recenter Class *Community Health Worker	31 9:00 - SOS 9:30 - Pinochle 12:00 -Ukelele Jam Group 12:00 - Senior Cafe 1:00 - New Years Eve BINGO! - Sponsored 12:30 - Euchre/313 1:00 - Needlework	Jan. 1 Closed New Years Day 	Jan. 2 9:00- Weaving/Tai Chi 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Seals Chair Volleyball 12:00 - Pinochle/313 12:00 - Beginner Mahjong 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)	

December 2025

Meal Calendar

Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Parmesan Wheat bread Green beans Apple Low fat milk, Margarine	2 Hamburger Stroganoff Wheat Bread Peas and pearl onions Mixed fruit Low fat milk , Margarine	3 Oven Roasted Tilapia Citrus lentil rice Whole wheat bread Broccoli, Apple Low fat milk, Margarine	4 Meatballs Brown rice Wheat bread Cauliflower, Papaya/Mango Low fat milk, Margarine	5 Black bean burger Whole wheat bun Brown lentils Mixed veggies, Pineapple Low fat milk Cilantro/creme sauce
8 Cheesy Squash Chicken Bake Wheat roll Broccoli, Apple Low fat milk, Margarine	9 Beef Barley Casserole Wheat bread Side garden salad Carrots, Orange, Low fat milk Margarine FF Italian dressing	10 Dijon baked salmon Seasoned black beans Whole wheat bread Malibu Veg Blend Peaches Low fat milk, Margarine	11 Beef Goulash Wheat bread California blend Tomatoes in sauce, Apple Low fat milk Margarine	12 Tuna Noodle Casserole Wheat Bread Side salad Papaya and Mango Low fat milk, Margarine FF Italian dressing
15 Chicken A La King Egg noodles Wheat Bread Carrots, Gala Apple Low fat milk, Margarine	16 Meaty Spaghetti Whole wheat bread Broccoli Pineapple Low fat milk, Margarine	17 Beef Chili Wheat Bread, WW crackers Spinach salad, Orange Low fat milk, Margarine FF Italian dressing	18 Turkey Barley Soup Menu Item Wheat bread Side garden salad Papaya and Mango Low fat milk, Margarine	19 Lentil Bolognesi Wheat rotini Wheat bread, Green Beans Tropical Fruit Low fat milk, Margarine
22 Chicken Fettucine Alfredo Wheat Bread Prince Charles blend Peaches Low fat milk, Margarine	23 Pot Roast Roasted sweet potato Wheat bread California blend Gala apple, Low fat milk Margarine	24 Christmas Eve White bean chicken chili Crackers Side salad Orange Low fat milk, Fat free Italian	25 Christmas Day (Closed) Meals on Wheels, Chelsea Hospital Holiday Meal	26 (Closed)
29 Chicken Parmesan Wheat bread Green beans Apple Low fat milk Margarine	30 Hamburger Stroganoff Wheat Bread Peas and pearl onions Mixed fruit Low fat milk Margarine	31 Oven Roasted Tilapia Citrus lentil rice Whole wheat bread Broccoli, Apple, 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 2026 Cash for Education. Then, choose Dexter Senior Center for each quarter of 2026 and click on "Add". **Must renew this every year!**
(Please join us Wednesday, Jan. 7th from 2:00 PM - 3:00 PM, to get one on one help on signing up on the computer. Treats will be served!)

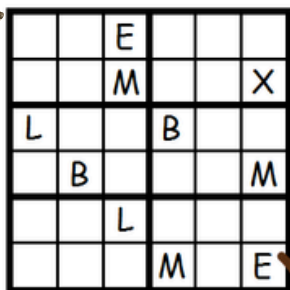
Dexter Senior Center
Supporters



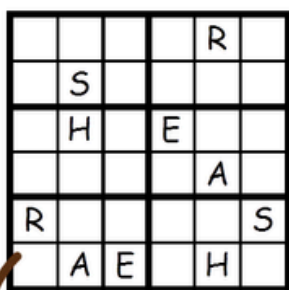
REINDEER SUDOKU



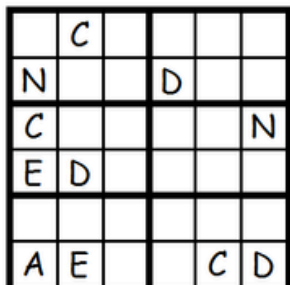
Fill every row, column & 3x3 region with each given letter exactly once.



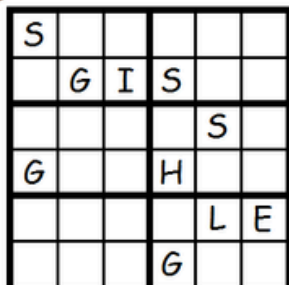
BLIXEM



DASHER



DANCER



SLEIGH



Mary Thompson Foundation



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

**Dexter Senior Center
Board of Directors**

**John Scharf
Jim Carson
Ron Miller**

**President
Treasurer
Secretary**

**Dan Chapman
David Chapman
Joanne Grosh
Cooper Holland
Mary Westhoff**

**Director
Director
Director
Director
Director**

Dexter Senior Center

Dexter Senior Center

2740 Baker Road
Dexter MI 48130

PLEASE
PLACE
STAMP
HERE