



# DEXTER SENIOR VOICE

## January 2026

### MESSAGE FROM THE EXECUTIVE DIRECTOR

**Hello DSC Members,**

Happy 2026! This may be our first winter in the new space, but we are not letting the cold and snow slow us down! We have a full month of activities planned and plenty of reasons to get out of the house and stay connected.

With winter weather in mind, we wanted to share a quick reminder about our **inclement weather policy**. When Dexter Community Schools close due to weather, the Senior Center will also be closed. On those days, we will notify you by text and email and post an announcement on Facebook, so please be sure your contact information is up to date.

While we follow the school district for weather-related closures, we do not follow the full school calendar. Any holiday or planned closures for the Senior Center are always shared in advance in the newsletter.

January is shaping up to be a fun and busy month. Dana has put together a great lineup of activities, so be sure to check the calendar. New programs starting this month include a 10-week Spanish study group in partnership with Washtenaw Community College, along with new 8-week ukulele and fretboard workshops. We will also be offering several new Lunch and Learns and other educational presentations throughout the month.

Don't forget to sign up for one of our upcoming trips as well. I am especially excited for the visit to the Michigan Flight Museum, followed by breakfast at my favorite spot, The Bomber in Ypsilanti.

I hope you have a wonderful start to the new year. We look forward to seeing you at the center soon.

**Warmly,**  
Anna

### 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  
January 21<sup>st</sup> at 3:00 pm

### Holiday Closure

- Thursday, January 1

# JANUARY HIGHLIGHTS & ANNOUNCEMENTS

**Support Group: Every Monday in Jan. at 11:00 AM:** \$20 per class. Pay the day of service to counselor, Z.G. Martinchek, MA, LLPC from Peaceful Minds Counseling Center, Dexter. [zmartinchek@proton](mailto:zmartinchek@proton). **Sign up at DSC.**

**Behavioral Health Navigator Social: Jan. 5th at 1:00 PM:** Focus on “thinking traps” & how to reframe.

**Secretary of State Mobile Office: January 6th, 2026, at 12:30 PM - 2:00 PM.** Get your Transaction done in a 10 min. Appointment. Information on what identification documents to bring call or check out website. (888)767-6424 <https://www.michigan.gov/sos> **Sign up for an appointment time at DSC.**

**Busch's Donation Program: Wed. Jan. 7th from 2:00 PM - 3:00 PM.** Get one on one help with signing up on the computer. Every you time you shop at Busch's they donate to the Center. Treats served!

**Technology Help: Jan. 8<sup>th</sup> at 11:30 AM - 12:30 PM.** Bing in your phone, laptop, or iPad for help by Dexter High school volunteers.

**Beginner Spanish 10-week Study Group: Starting Thursday Jan. 8th - March 12th, 3:00 PM to 4:30 PM.** With instructor, Gregorio, from WCC. **Sign up at DSC.**

**How to Prevent Falls, free 8-week workshop: Every Wed. starting Jan. 7th - Feb. 25th, from 10:00 AM - 12:00 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. Knowledge to live life to the fullest.

**Lunch & Learn: (SAD) Seasonal Affect Disorder: Jan. 7th at 12:00 PM.** Learn Tips to help you get by with the winter blues. Hosted by Crystal Hughes LPN, hospice Care Consultant from Heartland Hospice, # 734-973-1145. [heartlandhospice.com](http://heartlandhospice.com). **Sing up at DSC 48 hours Prior.**

**Presentation: Staying Safe Online, Cybersecurity: Jan. 7th at 1:00 PM.** We're living in an increasingly digital world. Learn important cybersecurity definitions, warning signs, and steps to take if you fall victim to an online scam. By Rachel for Catholic Charities (734) 971-9781, Ext. 390

**Village Travelers Meeting: Jan. 12th at 1:00 PM.** Come learn about all the upcoming trips.

**Presentation: Healthy Living for Your Brain & Body: Jan. 13th at 12:30 PM:** Learn what research has shown about lifestyle choices that may help keep your brain and body healthy. By Alzheimer's Association.

**Lunch and Learn: Fall Prevention: Jan 14th at 12:00 PM.** Learn about the most common risk to injury we face, falls, and how to prevent them. By Amanda Graff, Regency at the Bluffs Nursing Home Ann Arbor. [amanda.graff@cienahealthcare.com](mailto:amanda.graff@cienahealthcare.com), # 734-887-8700. **Sing up at DSC by Jan. 12th.**

**Presentation: Planning with Purpose, Essential Documents for End-of-Life Peace of Mind: Jan. 14th at 1:00 PM.** Hosted by Kevin Sebastian Mondloch, Licensed Advanced Planner, State of Michigan. Borek Jennings Funeral Home # 810-231-0200

**Presentation: Gut Reaction: Jan. 15th at 2:00 PM.** The Science behind the gut microbiome and the brain-gut connection. By Sarah a volunteer from Novi Christian School.

**Cooking For Less: Jan 16th at 12:30 PM.** Come out for a free lunch & demonstration, making loaded baked potato soup with sourdough bread, Maureen from pampered Chef. **Sign up at DSC.**

**Presentation: Kidney Health: Jan. 19th at 1:00 PM.** You will learn about chronic kidney disease, diabetes, your risk level, and steps you can take to keep your kidneys healthy. Contact Caitlin Buechley of the National Kidney Foundation of Michigan at 734-222-9800 ext. 2400 / [cbuechley@nkfm.org](mailto:cbuechley@nkfm.org), or visit us online at [www.nkfm.org](http://www.nkfm.org).

**WAVE Bus Community Outreach Booth: Jan. 20th at 10:00 AM - 11:30 AM.** Every third Tuesday of the month at Dexter senior Center.

**Lunch and learn with Huron Valley PACE: Jan 20th at 12:00 PM.** Discover the wide range of services that PACE offers to live safely and comfortably at home. **Sign up by Jan. 16<sup>th</sup> at DSC.**

**Presentation: AARP TAX AIDE Program: Jan. 20th at 1:00 – 2:00 PM:** By Lynn Fox, Volunteer Coordinator for the Washtenaw County AARP TAX AIDE. Program will speak about the free current appointment dates, times and locations to have your tax return completed in 2026. Need Volunteers.

**Canvas Painting Class: Jan. 15th at 10:30 AM - 12:30 PM.** \$25.00 for supplies and taught by Sheila, from Canvas Creations. Please sign up at DSC. (Every third Thursday)

# JANUARY HIGHLIGHTS & ANNOUNCEMENTS

**Free Senior Support Consultations with Care Management by Natalie: Every third Wednesday Starting January 21st at 11:00am – 1:00pm.** Call CMN to make a 45 min. appointment at 11:00 AM Or 12:00 PM, at the Dexter Senior Center. Call to make an appointment time at # 734-224-41444

**Birthday Celebration: January 21st at 12:00 PM.** Join us for lunch, cake, and ice cream. January birthday members eat free, others are **\$5. You must sign-up and pay 48-hours in advance.** Thank you to 5 Healthy Towns Foundation for their support!

**Presentation: Housing Bureau for Seniors: Mon. Jan. 26th at 1:00 PM.** Learn about services by Yvonne Nicole Atkin, LMSW-C, Foreclosure Prevention Coordinator, U-M Health Department of Community Health Services. 3621 S. State Street| Ann Arbor, MI 48108 # 734.998.9341 [natkin@med.umich.edu](mailto:natkin@med.umich.edu)

**Wylie Elementary, 4th Grade Class Visit: Tues. Jan. 27th and Mon. Feb. 23rd at 1:00 PM.**

**Presentation: Medications for Type 2 Diabetes. Jan. 28<sup>th</sup> at 1:00 PM.** There are many meds to treat Diabetes, how does your Dr. know which is right for you? By, Betty from Better My Meds.

**Book Club: Friday Jan. 30th at 10:00 AM. The Arsenal of Democracy, by A. J Baime.** In 1941, President Roosevelt recognized the urgency of arming the nation. Turning to Detroit's auto industry, he sparked a transformation led by Henry Ford and his son Edsel. Story weaves a captivating narrative of innovation and resilience, drawing on research from historical archives to unveil the story of America's industrial mobilization during WWII.



## 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 [mcrampton@outlook.com](mailto:mcrampton@outlook.com) or 734-272-1866.

**Ukulele Scratch Free Workshop: Mondays at 1:30 PM - 2:00 PM. (Jan 5<sup>th</sup> only)**

**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: Sign up for Beginner Ukulele Class from Scratch, 8-week course: Starting Mondays, Jan. 12th. to March 2<sup>nd</sup> at 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. **COMING SOON: Ukulele Fretboard for beginners in Key of C. Mondays March 9 through May 4, 2025, at 1:00 pm- 2:00 PM.** Cost \$25 to DSC. SIGN UP ahead. Pick melody notes by sight reading music, based on James Hill Ukulele Initiative. REQUEST 8-week scratch uke or confident beginner. GOAL: give structure to your improvisation, pick melody notes by sight reading music. This is NOT a strumming class. Practice required. Must have own uke. Contact Mary Lou 734- 255-1925 **(No Uke class on March 23rd)**

**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.**

**Beginner 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 first and third Monday of the Month, at 1:00 PM.** Write your stories, recipes, and poems while meeting new pen pals. Supplies provided or bring your own.

# 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 & music. **(Beginners Welcome)**

**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. **(No Class on Wed. Jan. 28th)**

**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: First & Third Tuesday of the month at 2:00 PM.** 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.

**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.

**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. Starting Jan. 16<sup>th</sup> to March 27<sup>th</sup>.** 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 2/20)**

**Balance Class: How to Prevent Falls, free 8-week workshop: Every Wed. starting Jan. 7th - Feb 25th, from 10:00 AM - 12:00 PM.** By Joseph F. Keen, BSN, RN, OSH, Paramedic, CSPT, IPS, Injury Prevention Education Coordinator, Trinity Health Ann Arbor Hospital. **(Sign up at DSC)**



# GAMES

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

**Euchre: Monday and 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!

**313: Wednesdays and Fridays at 12:30 PM.**

**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 12:30 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 12:30 PM.** (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.** Play cards, board games, dominos, puzzles, dice, Canasta, Bunco, Scrabble, Chess, Cornhole, Trivial Pursuit, Flip 7, or bring your own. **(We also have 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.** Bring your knitting, crocheting, cross-stitch, or other projects and enjoy creative time with fellow members in a fun and inspiring environment.

**Needlework: Wednesdays at 1:00 PM.** We added an extra day a week to do needlework.

**Card Making Class: This month only moved to second Monday the 12th at 10:00 AM.** RSVP by 12/9. 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.

**Watercolor Painting Meetup: Every first & third Wed. of the Month at 1:00 PM:** Paint with friends and bring your own supplies, with no instructor.

**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.

# MEMORY CARE INFORMATION

**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 10<sup>th</sup> 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](mailto:helplinegmc@alz.org), 800-272-3900.

**Presentation: Virtual Dementia Tour: Feb 12<sup>th</sup> at 2:00 PM.** Discussion on Dementia & try on some of supplies that gives representation of what it's like to have dementia. By Lauren, from BrightStar Care

## TRAVEL GROUP & UPCOMING TRIPS

**Village Travelers: Meeting Jan. 12<sup>th</sup> at 1:00 PM. Learn about upcoming trips!** Historic Holy Trinity Lutheran Church Christmas tour in Detroit with large international Creche display and catered hot lunch. **Feb. 26<sup>th</sup>** - Trip to Turkeyville to see, "A Taste of Broadway" at Cornwell's Dinner Theatre. **March 28<sup>th</sup>** - "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](http://www.villagetravelers.net). Call Lois at 248-960-6505 or Margaret at 248-798-9609, Mon. - Thurs.**

**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. **Pay \$65 at sign up, at DSC.**

**The Classic King at Purple Rose Theatre: March 4<sup>th</sup>, 2026, at 3:00 PM.** World premiere, directed by Jeff Daniels. **Pay \$48 at sign up, at DSC. Deadline is Feb 10th. No bus provided.**

**Detroit Prohibition Tour with Bianco Tours: Friday April 24th, 2026, at 8:00 AM - 4:30 PM.** Take charter bus for a guided tour, lunch included at Ottawa Via. Will visit a former Detroit Speakeasy & toast to the end of prohibition. **Pay \$133 at sign up, at DSC. No Refunds 72 hours prior.**

**Fiddler on the Roof at Encore Theatre: June 24<sup>th</sup>, 2026, at 2:00 PM.** Pay \$50 at sign up, at Dexter Senior Center. **Deadline is May 22nd. No bus provided.**

**Huron Lady II & Lunch at the Voyageur with Bianco Tours: Friday July 24<sup>th</sup>, at 8:00 AM - 7:00 PM.** Visit Port Huron on a Charter bus, 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. **Pay \$114 at sign up, at Dexter Senior Center. No Refunds within 1 week.**

### 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 day.**

## 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:**

Appointment 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. Sign up at and meet at DSC for dates: January 19, February 23, March 30th, April 27th and May 18th.

**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: Every second and fourth Thursdays.** Call Barb Fisher at (734) 664-7465 to schedule an appointment. \$30.00

**Massage Appointments: Every Third Thursday Starting: Jan. 15<sup>th</sup> at 9:00 AM - 4:30 PM.** Call to make appointments with Lisa: # 734-548-7762. At: Dexter Senior Center.

**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

**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: Jan. 8<sup>th</sup> 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: Jan. 15<sup>th</sup> 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: Jan. 22<sup>nd</sup> 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. 29<sup>th</sup> at 1:00 PM)**

**American House Senior Living Communities:** Cari Cowen, # 734-557-4038, 3470 Carpenter Rd. Ypsilanti, MI 48197. Americanhouse.com **(Lunch and Learn: Feb. 5<sup>th</sup> at 12:00 PM, Bingo Sponsor: Feb. 5th & March 5<sup>th</sup> at 1:00 PM)**

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

**BrightStar Care:** Provides reliable, compassionate private-duty care to help clients remain safe, supported, and independent in the comfort of their own homes. Office #734-302-4215.  
**(Bingo Sponsor: at 1:00 PM & Virtual Dementia Tour: at 2:00 PM, on Feb. 12th)**

**Regency at Bluffs Park:** Amanda Graff, Admissions and Marketing Director, email: [amanda.graff@cienahealthcare.com](mailto:amanda.graff@cienahealthcare.com) and phone: 734-887-8700. **(Lunch & Learn: Wed. Jan. 14th at 12:00 PM. Bingo Sponsor: Thurs. Feb. 19<sup>th</sup> at 1:00 PM)**

**Washtenaw Area Value Express (WAVE):** Community Outreach Days with Shasta. Every third Tuesday of the month at 10:00 – 11:30am **(Bingo Sponsor: Feb. 29th)**

**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](mailto:lorkec@brookdale.com), <https://www.brookdale.com> **(Bingo Sponsor March 19th)**

**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](http://www.comfortkeepers.com). **(Bingo Sponsor: April 2<sup>nd</sup> at 1:00 PM)**

**Catholic Charities of Washtenaw County / Senior Resource Connect:** Help find resources, connect older adults, and caregivers. (SeniorResourceConnectMI.org) Catholic Relief Services <https://www.crs.org>. RSVP - Senior Volunteer Program: Volunteer opportunities for older adults ([csswashtenaw.org/seniors/rsvp-senior-volunteer-program](https://csswashtenaw.org/seniors/rsvp-senior-volunteer-program)) 4925 Packard Street, Ann Arbor, MI 48108 [rdawsonbaglien@ccwcwashtenaw.org](mailto: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](mailto: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](http://www.jfsannarbor.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 with hot chocolate, will be Jan. 9<sup>th</sup> at 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>**



January 2026 Activity Calendar					Dexter Senior Center					Key: *Make Appointment    Bold Print - New Events				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
5 9:00 - Color, Crafts, Needlework 11:00 - Chair Yoga <b>11:00 - Support Group</b> 12:30- Euchre 12:00 - Senior Cafe 12:30 - Bridge / <b>Euchre</b> <b>1:00 - Behavioral Health Social</b> <b>1:00 - Creative Writing</b> 1:30 - Uke Scratch Workshop 2:00 - Easy Ukelele Only Group		6 9:00 - Yoga / Strength & Stretch / Weaving 10:00 - Zumba Gold 11:00 - Cardio Drumming 12:00 - Pinochle <b>12:30-Dominos</b> <b>12:30 - 2:00 - Secretary of State Appointments</b> <b>1:00 - Blood Pressure Checks</b> 2:00 - Relax & Recenter Class <b>Community Health Worker</b>		7 9:00 - SOS 9:30 - Pinochle <b>10:00 - Balance Class</b> <b>12:00 - Lunch &amp; Learn: Seasonal Affect Disorder</b> 12:00 - Ukelele Jam Group <b>12:30 - Euchre / 313</b> 1:00 - Needlework <b>1:00 - Watercolor</b> <b>1:00 - Presentation: Cyber Security</b> <b>2:00 - Sign-up Help (Busch's Donations Program)</b>		<b>Jan. 1st Closed, Happy New Year!</b> 8 9:00 - Yoga / Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 11:00 - Cardio Drumming <b>11:30 - 12:30 - Technology Help</b> 12:00 - Senior Cafe 12:30 - Cribbage <b>1:00 - BINGO - Sponsored</b> 2:00 - American Mahjong 3:00 - Games / Barn Dancing / <b>Spanish</b> <b>*Reflexology Appointments</b>		<b>2nd / 9th</b> 9:00 - Weaving 10:00 - Circuit Workout 11:30 - Seals, Chair Volleyball 11:00 - French Study Group 12:00 - Pinochle/313 <b>12:00 - Beginner Chinese Mahjong</b> <b>12:30 - Volunteer</b> <b>Informational Meeting with Hot Chocolate</b> 1:00 - Mahjong 1:00 - Dulcimer (Beginners)						
12 9:00- Color, Crafts, Needlework <b>10:00 - Card Making Class</b> 11:00 - Chair Yoga <b>11:00 - Support Group</b> 12:00 - Senior Cafe 12:30 - Bridge / <b>Euchre</b> <b>1:00 - Village Travelers Meeting</b> <b>1:00 - Beginner Uke Class</b> 2:00 - Easy Ukelele Only Group		13 9:00 - Yoga / Strength & Stretch / Weaving 10:00 - Zumba Gold / WAVE Outreach 11:00 - Cardio Drumming 12:00 - Pinochle <b>12:30 - Dominos</b> <b>2:00 - Line Dancing</b> <b>12:30 - Presentation: Healthy Living for Your Brain &amp; Body</b> <b>Community Health Worker</b>		14 9:00 - SOS 9:30 - Pinochle <b>10:00 - Balance Class</b> <b>12:00 - Lunch &amp; Learn: Fall Prevention</b> <b>1:00 - Presentation: End of Life Planning</b> 12:00 -Ukelele Jam Group <b>12:30 - Euchre / 313</b> 1:00 - Needlework		15 9:00 -Yoga/ Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer <b>10:30 - Canvas Painting</b> 11:00 - Cardio Drumming 12:00 -Senior Caf /12:30 - Cribbage <b>1:00 - BINGO - Sponsored</b> <b>2:00 - Presentation: Gut Reaction, The Science Behind</b> 2:00 - American Mahjong 3:00 -Games / Barn Dancing / <b>Spanish</b> <b>*Massage Appointments</b>		16 9:00 - Weaving 9:00 - <b>Tai Chi</b> 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Seals Chair Volleyball 12:00 - Pinochle/313 <b>12:30 - Cooking for Less, Pampered Chef</b> 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)						
19 9:00 - Color, Crafts, Needlework 11:00 - Chair Yoga <b>11:00 - Support Group</b> 12:00 -Senior Cafe 12:30 - Bridge / <b>Euchre</b> <b>1:00 - Presentation: Kidney Health</b> <b>1:00 - Creative Writing</b> <b>1:00 - Beginner Uke Class</b> 2:00 - Easy Ukelele Only Group <b>*Medicare Counseling</b>		20 9:00 - Yoga / Strength & Stretch / Weaving 10:00 - Zumba Gold <b>10:00 - WAVE Bus Community Outreach</b> 11:00 - Cardio Drumming <b>12:00 - Lunch and Learn: PACE Services</b> 12:00 -Pinochle / <b>12:30-Dominos</b> <b>1:00-Presentation: Taxe Aide</b> <b>2:00 -Line Dancing</b> 2:00 -Relax & Recenter Class <b>Community Health Worker</b> <b>*Foot Care Appointments</b>		21 9:00 - SOS 9:30 - Pinochle <b>10:00 - Balance Class</b> <b>12:00 - BIRTHDAY LUNCH</b> 12:00 -Ukelele Jam Group 12:00 - Senior Cafe <b>12:30 - Euchre / 313</b> 1:00 - Needlework <b>1:00 - Watercolor</b> <b>*Senior Support Consultations</b>		22 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 <b>1:00 - BINGO - Sponsored</b> 2:00 - American Mahjong 3:00 -Games / Barn Dancing / <b>Spanish</b> <b>*Reflexology Appointments</b>		23 9:00 - Weaving 9:00 - <b>Tai Chi</b> 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Seals, Chair Volleyball 12:00 - Pinochle/313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)						
26 9:00 - Color, Crafts, Needlework 11:00 - Chair Yoga <b>11:00 - Support Group</b> 12:00 -Senior Cafe 12:30 -Bridge / <b>Euchre</b> <b>1:00 - Presentation: Housing Bureau for Seniors</b> <b>1:00 - Beginner Uke Class</b> 2:00 - Easy Ukelele Only Group		27 9:00-Yoga / Strength & Stretch / Weaving 10:00 - Zumba Gold 11:00 - Cardio Drumming 12:00 - Pinochle <b>12:30 - Dominos</b> <b>1:00 - Wylie 4<sup>th</sup> Grade Visit</b> <b>2:00 - Line Dancing</b> <b>Community Health Worker</b>		28 9:30 - Pinochle <b>10:00 - Balance Class</b> 12:00 -Ukelele Jam Group 12:00 - Senior Cafe <b>12:30 - Euchre/313</b> <b>1:00 - Presentation: Diabetes</b> 1:00 - Needlework		29 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 <b>1:00 - BINGO - Sponsored</b> 2:00 - American Mahjong 3:00 -Games / Barn Dancing / <b>Spanish</b>		30 9:00 - Weaving <b>9:00 - Tai Chi</b> <b>10:00 - Book Club</b> 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)						

# January 2026

# Meal Calendar

# Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1 New Years Meal (Closed)</b> MOW Only Meatballs Black eyed peas Cornbread, Greens Margarine, Tropical fruit Mini cheesecake	<b>2</b> Tikka Masala Jasmine Rice Wheat bread Green beans Apple Low fat milk Margarine
<b>5</b> Stir Fry Steak Brown Rice Wheat bread Oriental vegetables Mixed fruit Low fat milk Margarine	<b>6</b> Shepherd's pie Wheat bread Mixed vegetables Pears Low fat milk Margarine	<b>7</b> Vegetable Lasagna Wheat bread Baby carrots Mandarin oranges Low fat milk Margarine	<b>8</b> Hamburger Stroganoff Wheat bread Peas and pearl onions Peaches Low fat milk Margarine	<b>9</b> Quinoa Corn Cakes Wheat bread Mixed veggies Trop fruit blend Low fat milk Margarine Tofu sauce
<b>12</b> Ginger and Garlic Beef Brown rice Wheat bread Cooked broccoli Mandarin oranges Low fat milk Margarine	<b>13</b> Maple Glazed Chicken Roasted redskin potatoes Wheat bread Cooked cabbage Peaches Low fat milk Margarine	<b>14</b> Braised beef Mac and cheese Wheat bread Green beans Tropical fruit Low fat milk Margarine	<b>15</b> Curried chicken breast Jasmine Rice Wheat bread Peas Diced pears Low fat milk Margarine	<b>16</b> Chicken Enchilada Brown rice Mixed Vegetables Pineapple Low fat milk
<b>19</b> Meaty Ragu Wheat bread Green beans Strawberry applesauce Low fat milk Margarine	<b>20</b> Mediterranean chicken Rice Bread Garden vegetable blend Papaya/mango Low fat milk Margarine	<b>21</b> Meatloaf Mashed potato Wheat bread Mixed vegetables Mixed fruit Low fat milk Margarine	<b>22</b> Chicken Pasta/veggies Wheat bread Veggie in pasta Broccoli/Cauliflower Mandarin Oranges Low fat milk Margarine	<b>23</b> Paprika Chicken Mashed potatoes Wheat bread Green beans/carrots Peaches cup Low fat milk Margarine
<b>26</b> Salisbury steak Rosemary roasted potatoes Wheat bread Mixed vegetables Pineapple Low fat milk Margarine	<b>27</b> Chicken noodle soup Potato salad Creamy coleslaw Diced veggies in soup Mandarin Oranges Low fat milk Biscuit	<b>28</b> Roasted Turkey Mashed potatoes Wheat bread Broc/cauliflower/carrot blend Trop. Fruit salad Low fat milk Margarine	<b>29</b> Potato Crusted Pollack Sweet Potato Wheat bread Peas and Carrots Strawberry applesauce Low fat milk Margarine	<b>30</b> Tikka Masala Jasmine Rice Wheat bread Green beans 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 Wed. Jan. 7th from 2:00 PM - 3:00 PM, to get one on one help with signing up on the computer.**

**Treats will be served!)**

## NEW YEAR WORD SEARCH

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

Ball Drop  
Celebrate  
Confetti  
Countdown  
Eve

Family  
Festive  
Fireworks  
Happy New Year  
Hat  
January

Kiss  
Midnight  
Parade  
Party  
Resolution

Dexter Senior Center  
Supporters



**Ann Arbor Area  
Community Foundation**  
For good. For ever.™



Trinity Health

**CHELSEA  
HOSPITAL**

Mary Thompson Foundation



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

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Director  
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2740 Baker Road  
Dexter MI 48130

PLEASE  
PLACE  
STAMP  
HERE