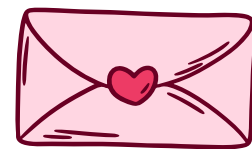




DEXTER SENIOR VOICE

February 2026



MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear DSC Members,

I hope you had a great start to 2026 and are looking forward to many more months of fun, connection, and activity at DSC. Our center continues to grow, with new programs and services being added each month.

February will be a busy and exciting month. We're expanding our fitness offerings with additional Chair Yoga and Circuit Workout classes, hosting a Valentine's Day social, launching a brand-new watercolor painting class, and introducing activities like origami workshops, a dance performance by the WCC Dance Team, and a performance of *Seussical* by the Dexter Drama Club - just to name a few highlights.

We are incredibly grateful for each of you and for the community you help create every day. One of the most rewarding parts of this past year has been watching friendships form and our membership grow. At this time last year, DSC had about 400 members. Today, we're approaching 900! My goal for 2026 is to reach 1,000 members, and thanks to your enthusiasm and support, I believe we'll meet and exceed that milestone.

Please continue spreading the word about DSC. Invite friends and family to try a class and see what the center has to offer. And as you renew your membership, I invite you to consider including an additional donation if you're able. While our \$35 annual membership helps keep programs accessible, it does not fully cover the cost of operating and expanding the services you enjoy. Your generosity allows us to keep pace with the growth and continue offering the programs that make DSC such a special place.

Thank you for being part of DSC. I wish you a wonderful February, and I 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
February 18th, at 3:00 pm

Please note when we are notifying members or volunteers:

We utilize a messaging system that will come to you by email, text, or phone call. If you see the #734-426-7737, it is safe to pick up to listen or respond by text.

FEBRUARY HIGHLIGHTS & ANNOUNCEMENTS

2 Circuit Workout Classes: Now Mondays and Fridays at 10:00 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. Begin and finish your week with fitness!

2 CHAIR YOGA Classes: Is now also on Wednesdays at 2:00 - 3:00 PM with Joslyn from Verapose Yoga Studio & continues on Mondays 11:00 AM - 12:00 PM with Dianna Kause. Slow-paced, accessible stretch session for all abilities, including those with arthritis or mobility challenges. Led by Certified Instructors.

All Instrument Bluegrass, Old Time, Singing Jam: New location, now at Dexter Senior Center. The second Wednesday of the month from 3:00 PM - 4:30 PM: All instruments are welcome.

Beginner Ukulele Class from Scratch, 8-week course: Starting Mondays, Jan. 12th. to March 2nd at 1:00 PM - 2:00 PM at DSC. For \$25 to DSC.

Technology Help: Feb. 2nd at 11:30 AM - 12:30 PM. By Dexter HS students. Bring phone or laptop.

Dexter Drama Club Performance of Seussical: Feb. 4th at 10:15 AM. Please join us for short 30 min. "teaser" for the upcoming Dexter high school production of Seussical.

Village Travelers Meeting: Feb 9th at 1:00 PM & Collette Tours Presentation at 1:30PM. Come learn about all the upcoming local and overnight trips with a special guest Ed. McKenna from Collete tours.

Valentine's Social and Performance by Dexter Chorale: Friday Feb. 13th at 12:30 PM. Bring a dish, appetizer, or dessert to share. Come enjoy the food and performance. Drinks will be provided.

WAVE Bus Community Outreach Booth: Feb. 17th at 10:00 AM - 11:30 AM. Every third Tuesday.

Cooking For Less: Feb. 20th at 12:30 PM. Come out for a free lunch & demonstration, Maureen from pampered Chef. **Sign up at DSC.**

Birthday Celebration: Every 3rd Wednesday, Feb. 18th at 12:00 PM. Join us for lunch, cake, and ice cream. February 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!

Wylie Elementary, 4th Grade Class Visit: Feb. 23rd at 1:00 PM. Join students for an hour activity.

Watercolor Painting Landscape Beginners Instructional 6-week Workshop: Starts Mondays, Feb. 23rd - March 30th at 12:30 PM. \$20.00 for supplies. Sign up at DSC, limited space. In this course you will learn how to paint in watercolor, focusing on landscapes. We will use just three colors and learn to mix and apply them using a variety of techniques including wet on wet and drybrush. You will learn how to paint skies and trees, snow and grass, among other things. Most of all, we will have fun discovering this relaxing and enjoying medium. Taught by Joan Cohen Jones.

Origami Class: Tuesday Feb. 24th at 11:00 AM -12:00 PM. Learn how to make a box and maybe a frog out of recycled printer and calendar paper. Free class & instructions by Judith Starks. Sign up.

Book Club: Friday Feb. 27th at 10:00 AM. All the Light We Cannot See. By, Anthony Doerr. explores the intertwined lives of Marie-Laure Leblanc, a blind girl in Paris, and Werner Pfennig, a gifted boy from Germany. Set during World War II, the story follows their paths as they navigate the chaos of the war, with Marie-Laure and her father hiding a valuable diamond while Werner joins the Nazi military. The novel delves into themes of hope, resilience, and the impact of war on individuals and communities, ultimately highlighting the enduring nature of humanity in the face of adversity.



Dance Performance: Feb. 27th at 1:00 PM: Come out to watch the Washtenaw Community College Dance Team, doing a fun upbeat jazz dance performance.

Canceled in February: Barn Dancing (Square and Round): Thursdays at 3:00 PM - 4:30 PM. It will be back in March every Thursday at the same time.

FEBRUARY PRESENTATIONS & LUNCH & LEARNS

Grandparents Raising Grandchildren Family Support Program: Feb. 4th at 1:00 PM. Are you raising your grandchildren or other family members? By Susan Reynolds, from Catholic Charities. sreynolds@ccwcwashtenaw.org 734-971-9781 ext. 511

Lunch and Learn: Feb. 5th at 12:00 PM. American House Senior Living Communities: Cari Cowen, # 734-557-4038, 3470. CarAmericanhouse.com. **Sign up at DSC by Feb. 3rd.**

Hearing Loss: Feb. 9th at 2:00 PM. Provide details on hearing loss, amplification options, and strategies to improve communication. By Rachel Fryatt Kooser, AUD, Audiologist Michigan Medicine Department of Otolaryngology – Head and Neck Surgery. Hearing Rehabilitation Center at UofM. #734-998-8119

Acupuncture, Tea, and Philosophy of Chinese Medicine: Feb. 17th at 12:30 PM. How to improve your life. By Anna Werderitsch, chelseafamilyacu.com

SNAP 101: Feb 23rd at 2PM. Food Assistance Program. Information. By Rolanda at rolanda.logan@foodgatherers.org

Federal Tax Help for Seniors: Tuesday Feb. 24th at 1:00 PM. Todd Smith will walk through the 1040 Tax Booklet. To go over all the forms and new changes.

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. Playing music just for the fun of it. Bring your Uke and the yellow Daily Ukulele book. Any questions contact Marge at 734-272-1866.

Ukulele Scratch Free Workshop: Mondays at 1:30 PM - 2:00 PM. (Jan 5th 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 9th 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.

New: Ukulele Fretboard for beginners in Key of C. Starts on Mondays, March 16th, 2026, 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, March 23rd)**

New: ALL INSTRUMENT BLUEGRASS, OLD TIME, SINGING JAM: New location, now at Dexter Senior Center. "All instruments welcome" The second Wednesday of the month from 3:00 PM - 4:30 PM. Info. call Mary Lou Rudner. 734 255-1925. Leave VM.

French Study Group: Fridays at 11:00 AM.

Beginner Spanish 10-week Study Group: Starting Thursday Jan. 8th - March 12th at 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. No Instructor

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. **(No class Feb. 19th)**

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

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.

SENIOR SWIM: Monday, Wednesday, Friday at 8:30 AM - 9:30 AM, Wylie Elementary School. \$1 There are participant volunteers that lead an aerobics class in the shallow end of the pool, but the deep end is also open for swimming meters.

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: **NEW: Mondays and 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. Begin and finish your week with fitness!

CHAIR YOGA: Mondays 11:00 AM - 12:00 PM with Dianna Kause. **NEW: Wednesdays at 2:00 PM - 3:00 PM with Joslyn from Verapose Yoga Studio.** Slow-paced, accessible stretch session for all abilities, including those with arthritis or mobility challenges. Led by Certified Instructors.

RISE & SHINE GENTLE YOGA: Tuesdays & Thursdays at 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.

Chair Volleyball: Every Friday at 11:30 AM. Fun beach volleyball game in our chairs. No Experience needed. Looking for team captains. You can purchase a shirt for \$15.00 **(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: **(Canceled only in the Month of February.) Will be back in March, every Thursday at 3:00 PM - 4:30 PM.** 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. 16th to March 27th. 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 from WCC. **(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.

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.

NEW: Pass Pinochle: Tuesday & Friday at 9:00AM. Two players or teams. Beginners 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 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.

Game Night: Every Thursday at 3:00 PM - 4:30 PM. Come play your favorite games or try Pool!

LEGO Club: Any day, any time. Come build adult Lego sets for \$5.00 a year.

ARTS & CRAFTS

Weaving Lessons: Tuesdays & Fridays at 9:00 AM - 11:00 AM. We have looms! Contact Mary Robinson at (734) 223-5646 for more information or sign up at DSC

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. We have adult coloring books and markers too.

Card Making Class: Every third Monday at 10:00 AM. 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. **(Feb. 19th)**

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.

NEW: Watercolor Landscape Beginners Instructional 6-week Workshop: Starts Feb. 23rd - March 30th at 12:30 PM. \$20.00 for supplies. Sign up at DSC, limited space. You will learn how to paint focusing on landscapes. We will use just three colors and learn to mix and apply them using a variety of techniques including wet on wet and drybrush. You will learn how to paint skies and trees, snow and grass, among other things. Taught by Joan Cohen Jones.

TRAVEL GROUP & UPCOMING TRIPS

Village Travelers: Meeting Feb. 9th at 1:00 PM & Collette Tours at 1:30 PM. Learn about upcoming day trips and overnight! Day trips: **Feb. 26th** - Trip to Turkeyville to see, "A Taste of Broadway" at Cornwell Dinner Theatre. **March 28th** - "Mama Mia" Musical at the Fisher Theatre with a tour & lunch. **April 17th** - Historical Jackson Underground Railroad & Mural Tour with lunch. **May 16th** - Detroit Tiger Baseball game against Toronto Blue Jays. **July 22nd** - Mystery Trip near water. **Aug. 29th** - Michigan History Tour in Detroit. **Sept. 10th** - Trip to Turkeyville to see "A Closer Walk with Patsy Cline" at Conwell's Dinner Theatre. **Dec. 4th** - Historical Lutheran Church in Detroit tour. Please see website for overnight trips. All pickups 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, Monday - Thursday. **(Next Meetings March 16th & April 13th)**

Museums and Lunch: Wednesday Feb. 11th at 9:30 AM - 4:00 PM: Carpool 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 \$45 at time of sign up at DSC.**

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

Melodies at the Detroit Institute of Arts Museum: March 26th at 10:00 Am - 3:00 PM: You can start the morning looking at art then eat at a DIA Cafe. At 1:00 PM, choose a free Blues Music Concert or free public tour of the DIA. **Pay \$35 at time of sign up at DSC.**

Detroit Prohibition Tour with Bianco Tours: Friday, April 24th 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.**

Pewabic Pottery Tour & Tile Making Workshop, Lunch & Shop at Eastern Market, then tour Cathedral Church of St. Paul: May 12th at 9:00 AM - 4:00 PM. Enjoy a day of touring, making Pewabic Tiles, and shopping. Lunch price is not included. **Pay \$60 at sign up at DSC.**

Mackinac Island: Mon. - Wed., June 1 - 3, 2026: • 2 Nights at the Bicycle Inn located on Main St. 2 Breakfasts, 1 Lunch & 1 Dinner. Shepler's Ferry to Mackinac Island, Mackinac Island Carriage Tour, a buffet at the Grand Hotel, admission to the Grand Hotel's grounds, shopping at Mackinaw Crossings, Charter bus and guide by Bianco Tours. **Sign up & pay \$1,235.00 at DSC by April 22.**

Fiddler on the Roof at Encore Theatre: June 24th 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 24th, 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.

MEALS ON WHEELS & SENIOR 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. **(No MOW on Feb. 16th)**

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.

MEMORY CARE INFORMATION

Presentation by Alzheimer's Association: 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.

Presentation Virtual Dementia Tour: Feb. 12th at 2:00 PM: By 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.

Presentation: Dementia Information: Monday, March 9th at 1:00 PM: Come for an informative topic on dementia. This is a great time to get information, resources, and connect with other people affected by this disease. By Lisa Gdaniec, LMSW.WISE Aging Services Program Manager Jewish Family Services of Washtenaw County. Tel: 734.769.0209 x356. www.jfsannarbor.org.

New: Dementia Friendly Day: April 29th. Every last Wednesday of the month. **10:00 AM: Caregiver Support Group** with donuts. **11:00 AM: Painting Class (Sponsored by Brightstar Care).** Lunch at **12:00 PM in the Senior Café (RSVP 48 hours prior).** Followed by a **Presentation: Loving Someone with Dementia (Understating & Interacting) at 1:00 PM, by Sue Reynolds from Catholic Charities.** Join this day for those with dementia and their caretakers. Members are encouraged to join the activities. Interested volunteers contact DSC.

RESOURCES

Medicare Counseling from State Health Insurance Program (SHIP) Certified Counselors: Appointment times are at 10:00 AM, 11:30 AM, or 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: **February 23, March 23rd, 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

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: Wednesday 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)**

Secretary of State Mobile Office: March 31st, 2026, at 12:30 PM - 3:00 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.

THANK YOU TO OUR BINGO SPONSORS

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

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. # 734-887-8700. (**Bingo Sponsor: Feb. 19th 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. 26th at 1:00 PM)

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: Thursday, March 12th 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 88103. Call Lorrie Kesckes at 734-213-1708. lorkec@brookdale.com, <https://www.brookdale.com> (**Bingo Sponsor March 19th at 1:00 PM**)

Homewell Care Services: We specialize in offering personalized care plans that promote independence, dignity, and comfort for our clients. By Julie McCarthy, Senior Care Advisor. <https://homewellcares.com> (**Bingo Sponsor Thursday, March 26th 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: April 2nd at 1:00 PM**)

VOLUNTEERS

We are looking for Volunteers: We need help with various things such as setting up or decorating for events, serving food at parties, front desk help, answering the 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. Need for our Dementia Friendly Days with crafts, painting, games, music, sing-a-longs, and set up or clean up. Also, Instructors for choir, creative writing, canning/pickling, genealogy, creative arts, flower arranging, wood working, or any talent you would like to share. Please Contact Dana at 734-426-7737 ext.8004.

(Next Information meeting with refreshments, will be March 20th at 12:30 PM - 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>

February 2026 Activity Calendar					Dexter Senior Center					Key: *Make Appointment Bold Print - New Events				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
2 9:00 - Color, Crafts, Needlework 10:00 - Circuit 11:00 - Chair Yoga 11:30 - Technology Help 12:30- Euchre 12:00 - Senior Cafe 12:30 - Bridge / Euchre 1:00 - Behavioral Health Social 1:00 - Creative Writing 1:00 - Beginner Uke Class 2:00 - Easy Ukelele Only Group		3 9:00 - Yoga / Strength & Stretch / Weaving 10:00 - Zumba Gold 11:00 - Cardio Drumming 12:00 - Pinochle 12:30-Dominos 1:00 - Blood Pressure Checks 2:00 - Line Dancing 2:00 - Relax & Recenter Class Community Health Worker		4 9:00 - SOS 9:30 - Pinochle 10:00 - Balance Class 10:15 - Dexter Drama Club performance of Seussical 12:00 - Senior Cafe 12:00 - Ukelele Jam Group 12:30 - Euchre / 313 1:00 - Presentation: Grandparents Raising Grandchildren Support 1:00 - Needlework / Watercolor 2:00 - Chair Yoga		5 9:00 - Yoga / Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 11:00 - Cardio Drumming 12:00 - Lunch & Learn by American House Senior Living 12:30 - Cribbage 1:00 - BINGO - Sponsored 2:00 - American Mahjong 3:00 - Spanish / Game Night		6 9:00 - Weaving 9:00 - Tai Chi 10:00 - Circuit Workout 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)						
9 9:00- Color, Crafts, Needlework 10:00 - Circuit 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge / Euchre 1:00 - Village Travelers Meeting & Collette Tours Presentation 2:00 - Presentation: Hearing Loss 1:00 - Beginner Uke Class 2:00 - Easy Ukelele Only Group		10 9:00 - Yoga / Strength & Stretch / Weaving 10:00 - Zumba Gold 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 - Presentation: Know 10 Warning Signs or Alzheimer's 12:30 - Dominos 2:00 - Line Dancing Community Health Worker		11 9:00 - SOS 9:30 - Pinochle 10:00 - Balance Class 12:00 - Senior Cafe 12:00 -Ukelele Jam Group 12:30 - Euchre / 313 1:00 - Needlework 2:00 - Chair Yoga 3:00 - All Instrument Jam *Museums Trip		12 9:00 -Yoga/ Strength & Stretch 10:00- Flexibility and Mobility 10:30 - Dulcimer 11:00 - Cardio Drumming 12:00 -Senior Caf /12:30 - Cribbage 1:00 - BINGO - Sponsored 2:00 - Presentation: Virtual Dementia Tour 2:00 - American Mahjong 3:00 - Spanish / Game Night *Reflexology Appointments		13 9:00 - Weaving 9:00 - Tai Chi 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Seals Chair Volleyball 12:30 - Valentine Social & Dexter Choral Performance 12:00 - Pinochle/313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)						
16 9:00 - Color, Crafts, Needlework 10:00 -Circuit 10:00 - Card Making Class 11:00 - Chair Yoga 12:30 - Bridge / Euchre 1:00 - Creative Writing 1:00 - Beginner Uke Class 2:00 - Easy Ukelele Only Group		17 9:00 - Yoga / Strength & Stretch / Weaving 10:00 - Zumba Gold 10:00 - WAVE Bus Outreach 11:00 - Cardio Drumming 12:00 - Pinochle 12:30-Dominos 12:30 - Presentation: Chinese Acupuncture/Medicine & Tea 2:00 - Line Dancing 2:00 -Relax & Recenter Class Community Health Worker *Foot Care Appointments		18 9:00 - SOS 9:30 - Pinochle 10:00 - Balance Class 12:00 - BIRTHDAY LUNCH 12:00 -Ukelele Jam Group 12:30 - Euchre / 313 1:00 - Needlework 1:00 - Watercolor 2:00 - Chair Yoga *Senior Support Consultations		19 9:00 -Yoga / Strength & Stretch 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 - Spanish / Game Night		20 9:00 - Weaving 9:00 - Tai Chi 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Seals, Chair Volleyball 12:00 - Pinochle/313 12:30 - Cooking For Less by Pampered Chef 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)						
23 9:00 - Color, Crafts, Needlework 10:00 - Circuit / 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Beginner Watercolor Landscape Painting Class 12:30 -Bridge / Euchre 1:00 - Wylie Fourth Grade Visit 2:00 - Presentation SNAP: 101 1:00 - Beginner Uke Class 2:00 - Easy Ukelele Only Group *Medicare Counseling		24 9:00-Yoga / Strength & Stretch / Weaving 10:00 - Zumba Gold 11:00 - Cardio Drumming 11:00 - Origami Class 12:00 - Pinochle 12:30 - Dominos 2:00 - Line Dancing 1:00-Presentation: Tax Help Community Health Worker		25 9:00 - SOS 9:30 - Pinochle 10:00 - Balance Class 12:00 -Ukelele Jam Group 12:00 - Senior Cafe 12:30 - Euchre/313 2:00 - Chair Yoga 1:00 - Needlework		26 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 - Spanish / Game Night *Reflexology Appointments		27 9:00- Weaving 9:00 - Tai Chi 10:00 - Book Club 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Seals Chair Volleyball 12:00 - Pinochle/313 1:00- WCC Dance Team Performance 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)						

February 2026

Meal Calendar

Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheesy Squash Chicken Bake Wheat roll Broccoli Apple Pineapple Low fat milk, Margarine	3 Beef Barley Casserole Wheat bread Side garden salad Carrots Orange Low fat milk, Biscuit FF Italian Dressing	4 Dijon Baked Salmon Seasoned black beans Whole wheat bread Malibu Veg Blend Peaches Low fat milk Margarine	5 Beef Goulash Wheat bread California blend Tomatoes in sauce Apple Low fat milk Margarine	6 Tuna Noodle Casserole Wheat Bread Side salad Papaya and Mango Low fat milk Margarin FF Italian dressing
9 Chicken A La King Egg noodles Wheat Bread Carrots Gala Apple Low fat milk, Margarine	10 Meaty Spaghetti Whole wheat bread Broccoli Pineapple Low fat milk, Margarine	11 Beef Chili Wheat Bread WW crackers Spinach salad Orange Low fat milk, Margarine FF Italian Dressing	12 Turkey Barley Soup Wheat bread Side garden salad Papaya and Mango Low fat milk Margarine	13 Lentil Bolognese Menu Item Wheat rotini Wheat bread Green Beans Tropical Fruit Low fat milk, Margarine
16 <u>Presidents Day</u> (No MOW or Senior CAFE)	17 Pot Roast Menu Item Roasted sweet potato Wheat bread California blend Gala apple Low fat milk Margarine	18 White bean chicken chili Crackers Side salad Orange Low fat milk Fat free Italian	19 BBQ chicken breast Brown Rice Wheat bread Broc and caul Tomato/cuc salad Strawberry Applesauce Low fat milk Margarine	20 Beef Kafta Rolls Jasmine rice Roasted butternut squash Trop fruit salad Low fat milk Creamy herb sauce
23 Chicken Parmesan Menu Item Wheat bread Green beans Apple Low fat milk Margarine	24 Hamburger Stroganoff Menu Item Wheat Bread Peas and pearl onions Mixed fruit Low fat milk Margarine	25 Oven Roasted Tilapia Citrus lentil rice Whole wheat bread Broccoli Apple Low fat milk Margarine	26 Meatballs Brown rice Wheat bread Cauliflower Papaya/Mango Low fat milk Margarine	27 Black bean burger Whole wheat bun Brown lentils Mixed veggies Pineapple Low fat milk Cilantro/creme sauce

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**. People who already have a MyWay account may not have an online version. Setting up a new online account involves a two-step process. 1) Clicking on the Create Account link takes you to a form to complete. Once this form is completed, you are then prompted to log into your email account to click on a verification link.

Then do the following steps: 1) Log onto your MyWay account through Buschs.com. 2) Click on your name in the corner. 3) Go to MyWay in the middle and scroll to MyWay Account. 4) Click on **"Cash for Education"** 5) Scroll down and choose **Dexter Senior Center** and Click **"add"**. **Do this for each quarter of 2026.** (If you need help with this, we have handouts with screen shots and assistance on a computer anytime at DSC. Or you can call Busch's directly, and they can opt you in over the phone at 734-214-8088.

Thank you for your support!

Be Mine
Candy
Chocolate
Cupid
February
Flowers
Heart
Kiss
Love
Pink
Red
Valentine

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

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.

**Dexter Senior Center
Board of Directors**

**John Scharf
Jim Carson
Ron Miller**

**President
Treasurer
Secretary**

**David Chapman
Cooper Holland
Mary Westhoff**

**Director
Director
Director**

Dexter Senior Center

ELECTRONIC SERVICE REQUESTED

Dexter Senior Center
2740 Baker Road
Dexter MI 48130

NONPROFIT ORG
U.S. POSTAGE PAID
DEXTER, MI
PERMIT NO. 10