



DEXTER SENIOR VOICE

March 2026



MESSAGE FROM THE EXECUTIVE DIRECTOR

Hello DSC Members,

Happy March! This is one of my favorite months of the year. Spring is just around the corner, the days are getting longer, and there's a fresh energy in the air. It's hard to imagine things getting any busier at DSC, but we have an even more exciting lineup of programs and activities planned for this spring.

A couple of special announcements:

First, we are so grateful to **Erratic Ale Co. (8080 Grand Street, Dexter)** for featuring Dexter Senior Center on their *Good Neighbor Tap* this month. For every pint sold from that tap, Erratic will donate \$2 to DSC. There are also opportunities to support DSC through other menu purchases. If you're able, grab some friends and stop by this wonderful local business. Their support means so much to us, and so does yours.



I also want to thank a few additional supporters. **Consumers Energy** recently made a donation to help support our Meals on Wheels program, and **5 Healthy Towns** is sponsoring our monthly Birthday Lunch! And don't forget about **Busch's** Fresh Food Market. DSC participates in their **Cash for Education program**, which allows a portion of your purchases to be donated directly to Dexter Senior Center. You can find details on how to sign up on the back of this newsletter.

We truly appreciate your membership and your support. I hope you enjoy everything we have planned for March, and look forward to seeing you at the Center.

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
March 25th, at 3:00 pm

Lost and Found:

We will be cleaning it out monthly, so please check if you are missing anything. We have lots of water bottles.

MARCH HIGHLIGHTS & ANNOUNCEMENTS

NEW: German Conversation Beginner Group: Tuesdays, March 3rd - April 7th 10:00 AM - 11:30 AM. Sign-up at DSC. \$20-\$30 donation to instructor Margarete. mowalsh52@gmail.com

Technology Help: March 2nd and 12th at 11:30 AM - 12:30 PM: Bring phone, laptop, or computer.

Lunch & Learn: Discussion on supportive care in the home and what are your options: March 11th at 12:00 PM. When health issues arise unexpectedly or when you find yourself having uncontrolled symptom management, what are your options? We will discuss multiple options to remain in your home and focus on giving you the best quality of life. By Crystal from Heartland Hospice. **Sign up for a free lunch 48 hours in advance at DSC.**

Presentation: A Memoir of The Vietnam War and After. Wednesday, March 11th at 1:00 PM. By Reuel S. Long, M. D. Mash Doctor in Vietnam.

Square & Round Barn Dancing: 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.'

Craft: St Patick's Shamrock Paper Bouquet: Thursday, March 12th at 10:00 AM - 12:00 PM. Come sign up for a fun class with Deborah Bigelow. (**\$ Donations to Instructor for supplies.**)

Ann Arbor Community Acupuncture Appointments: Friday, March 13th from 9:30 AM - 12:30 PM. Will be visiting to offer free acupuncture treatments. Ann Arbor Community Acupuncture www.annarborcommunityacupuncture.com. **Sign up for a 30-minute time slot at DSC.**

Cooking For Less: March 13th at 12:30 PM. Come out for a free lunch & demonstration. Roasted Pork Tenderloin with sliced carrots. Instructor Maureen from Pampered Chef. Sign up at DSC

Presentation: Village Travelers: March 16th at 1:00 PM And Collete Tours at 1:30 PM.

Presentation: Bianco Tours: March 16th at 2:00 PM: Don't miss out on our special guest, Barb Bianco, for our upcoming trips. All pickups DSC. (See all trips under the Travel section.)

New: Ukulele Fretboard for beginners in Key of C. Every Monday, starting March 16th through May 4th at 1:00 PM - 2:00 PM. Cost \$25 to DSC. SIGN UP. Practice required. Must have own Uke. Contact Mary Lou 734- 255-1925. (**No Uke class, March 23rd**)

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

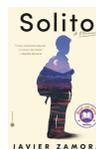
St. Patrick's Day Line Dancing Party: March 17th at 2:00 PM. Come celebrate at our dancing class with fun, friends, and food. Bring an appetizer or sweet treat to pass. Drinks will be provided.

Birthday Celebration and St. Patrick's Day Party: March 18th at 12:00 PM. Join us for fish and chips and coleslaw, GF option. Dessert is free for all thanks to a member making bread pudding or cupcakes cakes thanks to The Willows at Mill Creek. **You must sign-up and pay \$20.00 48-hours in advance.** Followed by **St. Patricks' Dulcimers Concert: March 18th at 12:30 PM.**

Volunteer Informational meeting: March 20th at 12:30 PM - 1:30 PM. Come get involved.

Debunking Garden Myths: Wednesday, March 25th at 1:00 PM – 3:00 PM. By Carol Brodbeck Presented in cooperation with Washtenaw Community College and ALI. (**Pre-Register and pay \$20.00 at alimichigan.org**) Inquire or assistance: info@alimichigan.org or call 734-292-5540

Book Club: Friday, March 27th at 10:00 AM. Solito, by Javier Zamora. The memoir tells a story of a nine-year-old boy on his journey from a small town in El Salvador to the United States to reunite with his parents.



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 time at DSC.

New: Flower Arrangement Workshop: April 3rd at 12:30 PM: Create your own Spring Bloom just in time for Easter, with Bloom Bar. Sign up at DSC. **RSVP by March 25th. \$20.00 to instructor.**

MARCH PRESENTATIONS

Presentation: Housing Bureau for Seniors Services: March 2nd at 2:00 PM. Learn about the latest housing Services for Seniors, By Yvonne Nicole Atkin, LMSW-C Foreclosure Prevention Coordinator. Housing Bureau for Seniors, U-M Health Department of Community Health Services. 3621 S. State Street| Ann Arbor, MI 48108. 734.998.9341.

Presentation: Maple Sugaring Farming: Tuesday, March 3rd at 1:00 PM. Discover why the Michigan maple tree is used for one of our favorite sweet treats. Learn about the process of making maple syrup, the parts of a tree, and how it uses the process of photosynthesis to survive. By Abby Lauer, Park Interpreter **Local maple products available for purchase.**

Presentation: Medicare 101: The Essentials You Actually Need. Thrivent Workshop: Wednesday, March 4th at 10:30 AM - 11:45 AM: Medicare doesn't have to be complicated. Get a fast, clear breakdown of Medicare basics—focused on what really matters. This session cuts through the noise and covers the key parts, decisions, and common pitfalls so you can start with confidence. Presenter: Christopher Buck. Questions call Peisy Sulimin # 734-272-8806

History Presentation & Root Beer or Vernors Floats: March 10th at 12:00 PM. Let's go back in time to the 40s, 50's and World War II. Learn about the history, reminisce, and have your choice of float. Presented by retired history teacher, Jason Schmier.

Presentation: Diet and Gut Health: March 18th at 1:30 PM - 2PM. Diet and Gut Health: Join us to learn how diet can affect your gut health and how to improve your diet to maintain a healthy gut! By Gloria Mazinga and Thalia Bu, from University of Michigan School of Public Health

Presentation: The Road Ahead: Driving Behaviors, Confidence & Planning Among 65 Plus: March 23rd at 1:00 PM. Dianne C. Singer, MPH, Institute for Healthcare Policy & Innovation U of M.

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 or 734-272-1866.

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. 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(**No Uke March 23rd**)

New: Ukulele Fretboard for beginners in Key of C. Mondays starts March 16th - May 4th, 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. 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. (Must be a member of center.)

NEW: German Conversation Beginner Group: Tuesdays March 3rd - April 7th 10 AM - 12 PM. Sign-up at DSC. \$20-\$30 recommend donation to instructor Margarete. mowalsh52@gmail.com

French Study Group: Fridays at 11:00 AM.

Beginner Spanish 10-week Study Group: Starting Thursday Jan. 8th - March 19th 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. **(No class Thurs. April 2nd)**

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 at 2:00 PM. By Dee Grantham from Washtenaw Community College. Free instructional fun dance class. No experience needed. Many different line dancing & genres of music. **(Last class March 17th with a St. Patrick's Day dance party. Bring a dish to pass or sweet treat. Drinks will be provided.)**

Square & Round Barn Dancing: 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 April 3rd. 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 WCC.

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.

Game Night: Every Thursday at 3:00 PM - 4:30 PM. Come play your favorite table games. Start a card group. Play corn hole on the patio when the weather is nice.

LEGO Club: Any day any time! \$5.00 a year for new adult Lego sets.

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.

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.

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.

NEW: Flower Arrangement Workshop: April 3rd at 12:30 PM: Create your own Spring Bloom just in time for Easter, with Bloom Bar. Sign up at DSC. **RSVP by March 23rd. \$20.00 to instructor.**

TRAVEL

Village Travelers: Meeting March 16th at 1:00 PM & Collette tours at 1:30 PM about Lower Mississippi River Cruise. Learn about upcoming day trips and overnight! **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. **June 9-12th** Grand Rapids Extravaganza! **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. **Oct. 1-7th** Color Tour of Lake Superior and the Upper Peninsula. **Dec. 4th** - Historical Lutheran Church in Detroit tour. See Website for more out of country trips. All pickups on a Charter Bus are in Brighton off of US23. Collete trips will pick you up at your door. **Sign up for trips on their website, www.villagetravelers.net. Call Lois at 248-960-6505 or Margaret at 248-798-9609**

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 \$35.00 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 Ottava 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 with Shopping at Eastern Market, and Tour the Cathedral Church of St. Paul: May 12th at 9:00 AM - 3:30 PM. Enjoy a day of touring, making Pewabic Tiles, and shopping. Lunch price is not included. **Sign up & pay \$60 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, and shopping at Mackinaw Crossing, Charter bus and guide by Bianco Tours. **Sign up by April 21st. (Checks to Bianco Tours.)**

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.

Edsel Ford Home and Garden Tour with Lunch: June 30th at 8:30 AM - 3:30 PM. Take a two-hour guided tour of the Ford home telling the story of the family. Also garden tour and shuttle on the grounds with a gift shop. Buffet lunch is provided on site with chicken parmesan encrusted with lemon sauce, Cesar salad, buttery silk potatoes, house rolls, drinks, and seasonal dessert. Pick up at DSC by Bianco Charter Bus. **Sign up and pay \$110.00 at DSC. No refunds within 2 weeks.**

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: **\$5.00 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. Suggested donation: **\$5.00 per meal.**

MEMORY CARE INFORMATION

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.

Dementia Training: April 27th at 9:00 AM. By Jim Mangi. Staff, volunteers, & members welcome.

New: Dementia Friendly Day: Wednesday, April 25th. Every last Wednesday of the month. **10:00 AM: Care Partner Chat with Donuts and Coffee. 11:00 AM: Painting Class RSVP (Sponsored by Brightstar Care).** Then an opportunity to eat Lunch at **12:00 PM in the Senior Café, (RSVP 48 hours prior).** Followed by a **Dementia Resource and Information Presentation at 1:00 PM** (by Susan Reynolds from Catholic Charities) **or Table Games.** Join this day for those with dementia and their care partners. All members are encouraged to join activities. Interested volunteers please contact Dana at Dexter Senior Center at 734-734-7737 ext. 8004.

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: 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

NEW: Massage: Every 4th Thursday, Starting March 26th from 9:00 AM - 4:30 PM. Schedule an appointment with Raya Otmanowski at 810-354-7797 call or text.

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 12:00 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) Contact Rachael Dawson-Baglien 4925 Packard Street, Ann Arbor, MI 48108 rdawsonbaglien@ccwcwashtenaw.org (734) 971-9781

THANK YOU TO OUR SPONSORS.

American House Senior Living Communities: 55 plus independent living. Cari Cowen, # 734-557-4038, 3470 Carpenter Rd. Ypsilanti, MI 48197. Americanhouse.com **(Bingo Sponsor: March 5th)**

Ohians 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. **(BINGO Sponsor: March 12th)**

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)**

HomeWell Care Services: We specialize in offering personalized care plans that promote independence, dignity, and comfort for our clients. Julie McCarthy, Senior Care Advisor Office: 734-237-7900. jmccarthy@homewellcares.com. homewellcares.com **(Bingo Sponsor: March 26th)**

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)**

Trilogy Health Services – The Willow at Mill Creek. Coming to Dexter in 2027, The Willow at Mill Creek will offer Independent Living, Assisted Living, Memory Care, and Skilled Nursing, with a focus on wellness, enrichment, and community connection. Contact: Brittany Toman, Director of Sales & Marketing Brittany.toman@thewillowsatmillcreek.com **(Dessert donations March 18th. Lunch & Learn and Bingo Sponsor: April 23rd. Demetia Friendly Day Volunteer, April 29th)**

BINGO Donations: We are in need of some prizes, that can be handmade, candy, snacks, socks, beauty products, lotions, tissues, toilet paper, gently used items, mittens, hats, scarfs, etc. No large items. **Please call the center before donating to check with need at #734-426-7737.**

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, card making, canning/pickling, genealogy, creative arts, flower arranging, or any talent you would like to share. Also need Volunteers for our Dementia Friendly Days, the last Wed. of the Month from 10:00 AM to 2:00 PM. (You can work an hour or the whole day.) Please Contact Dana at, 734-426-7737 ext. 8004. or stop by her office. **(Next Informational 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>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 - Color, Crafts, Needlework 10:00 - Circuit / 11:00 - Chair Yoga 11:30 - Technology Help 12:00 - Senior Cafe 12:30 - Bridge / Euchre 12:30 - Beginner Watercolor Landscape Painting Class 1:00 - Behavioral Health Social 1:00 - Creative Writing 2:00 - Beginner Uke Class 2:00 - Easy Ukelele Only Group 2:00 - Presentation: Housing Bureau for Seniors Services</p>	<p>9:00 -Yoga/Strength & Stretch / Weaving 10:00 - Zumba Gold 10:00 -German Course 11:00 - Cardio Drumming 12:00 - Pinochle /12:30-Dominos 1:00 - Blood Pressure Checks 1:00 - Presentation: Maple Sugaring Farming 2:00 - Line Dancing 2:00 - Relax & Recenter Class Community Health Worker</p>	<p>9:00 - SOS 9:30 - Pinochle 10:30 - Presentation: Medicare 12:00 - Senior Cafe 12:00 - Ukelele Jam Group 12:30 - Euchre /313 1:00 - Needlework / Watercolor 2:00 - Chair Yoga *Play at Purple Rose Theatre</p>	<p>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 / Barn Dancing</p>	<p>9:00 - Tai Chi / Weaving / 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)</p>
<p>9:00- Color, Crafts, Needlework 10:00 - Circuit 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge / Euchre 12:30 - Beginner Watercolor Landscape Painting Class 1:00 - Presentation: Dementia Information 1:00 - Beginner Uke Class 2:00 - Easy Ukelele Only Group</p>	<p>9:00 - Yoga / Strength & Stretch / Weaving 10:00 - Zumba Gold 10:00 -German Course 11:00 - Cardio Drumming 12:00 - Presentation: History WWII and Serving Floats 12:00 - Pinochle 12:30 - Dominos 2:00 - Line Dancing Community Health Worker</p>	<p>9:00 - SOS 9:30 - Pinochle 12:00 - Lunch and Learn of The Vietnam War and After 12:00 - Ukelele Jam Group 12:30 - Euchre /313 1:00 - Needlework 2:00 - Chair Yoga 3:00 - All Instrument Jam</p>	<p>9:00 -Yoga/Strength & Stretch 10:00 - Flexibility and Mobility 10:00 - Craft: St. Patrick's Shamrock Paper Bouquets 10:30 - Dulcimer 11:00 - Cardio Drumming 11:30 - Technology Help 12:00 - Senior Caf /12:30 - Cribbage 1:00 - BINGO - Sponsored 2:00 - American Mahjong 3:00 - Spanish / Game Night / Barn Dancing *Reflexology Appointments</p>	<p>9:00 - Tai Chi / Weaving / 10:00 - Circuit Workout 9:30 - *AA Community Acupuncture Appointments 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)</p>
<p>16:9:00 - Color, Crafts, Needlework 10:00 -Circuit 11:00 - Chair Yoga 12:30 - Bridge /Euchre 12:30 - Beginner Watercolor Landscape Painting Class 1:00 - Creative Writing 1:00 - Ukelele Fretboard 1:00 - Presentation: Village Travelers and Collette Tours 2:00 - Presentation: Bianco Tours 2:00 - Easy Ukelele Only Group</p>	<p>9:00 -Yoga /Strength & Stretch / Weaving 10:00 - Zumba Gold 10:00 - WAVE Bus Outreach 10:00 - German Course 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 -Dominos 2:00 - St. Patrick's Day Line Dancing Party 2:00 -Relax & Recenter Class Community Health Worker *Foot Care Appointments</p>	<p>9:00 - SOS /9:30 - Pinochle 12:00 - BIRTHDAY & St. Patrick's Lunch with Concert by the Dulcimers 12:00 - Ukelele Jam Group 12:30 - Euchre /313 1:00 - Needlework / Watercolor 1:30 - Presentation: Nutrition Education 2:00 - Chair Yoga *Senior Support Consultations</p>	<p>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 - Spanish / Game Night / Barn Dancing</p>	<p>9:00 - Tai Chi / Weaving / 10:00 - Circuit Workout 11:00 - French Study Group 11:30 - Seals, Chair Volleyball 12:00 - Pinochle/313 12:30 - Volunteer Information Meeting 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)</p>
<p>23 / 30 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 - Presentation: Driving Safe 1:00 - Ukulele Fretboard - (30th) 2:00 -Easy Uke Only Group-(30th) *Medicare Counseling</p>	<p>9:00 -Yoga / Strength & Stretch / Weaving 10:00 - Zumba Gold 10:00 - German Course 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 - Dominos 12:30 - *Secretary of State Mobile Office Appointments (31st)</p>	<p>9:00 - SOS 9:30 - Pinochle 12:00 - Ukelele Jam Group 12:00 - Senior Cafe 12:30 - Euchre/313 2:00 - Chair Yoga 1:00 - Needlework 1:00 - *Presentation: Debunking Garden Myths by ALL</p>	<p>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 - Game Night /Barn Dancing *Reflexology Appointments *Massage Appointments *Trip to DIA</p>	<p>9:00 - Tai Chi / Weaving / 10:00 - Circuit Workout 10:00 - Book Club 11:00 - French Study Group 11:30 - Seals Chair Volleyball 12:00 - Pinochle/313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)</p>

March 2026

Meal Calendar

Dexter Senior Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Stir Fry Steak Brown Rice Wheat bread Oriental vegetables Mixed fruit Low fat milk, Margarine	3 Shepherds pie Wheat bread Mixed vegetables Pears Low fat milk, Margarine	4 Vegetable Lasagna Wheat bread Baby carrots Mandarin oranges Low fat milk, Margarine	5 Hamburger Stroganoff Wheat bread Peas and pearl onions Peaches Low fat milk, Margarine	6 Quinoa Corn Cakes Wheat bread Mixed veggies Trop fruit blend Low fat milk, Margarine Tofu sauce
9 Ginger and Garlic Beef Brown rice Wheat bread Cooked broccoli Mandarin oranges Low fat milk, Margarine	10 Maple Glazed Chicken Roasted redskin potatoes Wheat bread Cooked cabbage Peaches Low fat milk, Margarine	11 Braised beef Mac and cheese Wheat bread Green beans Tropical fruit Low fat milk, Margarine	12 Curried chicken breast Jasmine Rice Wheat bread Peas Diced pears Low fat milk, Margarine	13 Chicken Enchilada Brown rice Mixed Vegetables Pineapple Low fat milk, Margarine
16 Meaty Ragu Wheat bread Green beans Strawberry applesauce Low fat milk, Margarine	17 Mediterranean chicken Rice Bread Garden vegetable blend Papaya/mango Low fat milk, Margarine	18 Meatloaf Mashed potato Wheat bread Mixed vegetables Mixed fruit Low fat milk, Margarine	19 Chicken Pasta/veggies Wheat bread Veggie in pasta Broccoli/Cauliflower Mandarin Oranges Low fat milk, Margarine	20 Paprika Chicken Mashed potatoes Wheat bread Green beans/carrots Peaches cup Low fat milk, Margarine
23 Salisbury steak Rosemary roasted potatoes,Wheat bread Mixed vegetables Pineapple Low fat milk, Margarine	24 Chicken noodle soup Potato salad Creamy coleslaw Diced veggies in soup Mandarin Oranges Low fat milk, Biscuit	25 Roasted Turkey Mashed potatoes Wheat bread Broc/cauliflower/carrot blend, Trop. Fruit salad Low fat milk, Margarine	26 Potato Crusted Pollack Sweet Potato Wheat bread Peas and Carrots Strawberry applesauce Low fat milk, Margarine	27 Tikka Masala Jasmine Rice Wheat bread Green beans Apple Low fat milk, Margarine
30 Stir Fry Steak Brown Rice Wheat bread Oriental vegetables Mixed fruit Low fat milk, Margarine	31 Shepherd's pie Wheat bread Mixed vegetables Pears Low fat milk Margarine			

Dexter Senior Center Member Discounts

Present your DSC Membership card to receive:

Classic Pizza - \$9 large 1 item **(Change in price!)**

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

Member Spotlight!

Sharon A Bouchard, for the fifth time, will ride her bicycle across the US from Yorktown, VA to San Francisco, CA from June 13, 2026 through August 17, 2026. She rides with an organization called Bike the US for MS, an organization that raises money for MS research and complete service projects along the way. This route will cover 3,785 miles and include 164,365 feet of elevation change all within 65 days. Fifty-nine days of riding, with 6 service days and 2 clinic donations. In 2012 she first rode this route, Trans AM, 3785 miles; 2016 was the Northern Tier, 4295 miles; 2017 the Pacific Coast, 1852 miles; and 2022 the Southern Tier, 3070 miles, for a total of 16,787 miles, and over \$30,000 raised for MS research.

For more information on how to support her efforts go to, <https://ride.biketheusforms.org/participants/Sharon-Bouchard>. You can follow the ride on her Facebook page, Sharon A Bouchard.



Dexter Senior Center
Supporters



RALPH C. WILSON, JR.
FOUNDATION



CHELSEA
HOSPITAL



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

Mary Thompson Foundation



Kiwanis
CLUB OF ANN ARBOR

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

Rotary
Dexter Club
D6380



UMRC
PORTER HILLS
Foundation



**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

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

Dexter Senior Center
2740 Baker Road
Dexter MI 48130