



DEXTER SENIOR VOICE

May 2026



MESSAGE FROM THE EXECUTIVE DIRECTOR

May is my favorite month of the year, and it's always an exciting time at the Center. Many of our members who spend the winter in warmer places (jealous!) are starting to return, and it's so good to see familiar faces back again. If that's you, we'd love to have you back in the mix. Our schedule continues to grow, and there's a lot to jump into this spring!

One highlight this month is an **interactive educational history game** on May 8, led by Professor Mark Whitters from EMU. It's a unique way to experience history by stepping into the roles of people from the past. I had the chance to learn this way in college and really enjoyed it. It's engaging, unique, and definitely worth trying.

We're also introducing several new offerings, including a choir group, a new round of watercolor classes, junk journaling (a personal favorite), and grief release yoga. You'll also find familiar favorites like Spanish class, walking club, and tai chi returning this month.

This month, we're also grateful to **Webster Township, Scio Township, and Dexter Township** for reaffirming their support of the Center through annual funding. These partnerships play an important role in expanding our programs and services and keeping them accessible to all. If you are a resident of one of these communities, I encourage you to share your appreciation with your township trustees. Their contact information can be found on their township websites.

Thank you for being part of Dexter Senior Center. It means a lot to see the Center full and active each day. Looking forward to another great month together.

Warmly,
Anna Pekrul, Executive Director



Contact Information

Dexter Senior Center

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Dexter, MI 48130
(734) 426-7737

Executive Director

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Senior Nutrition

Emily Kiesler
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Reception

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Website

dexterseniors.org

Hours

Monday - Fridays
9:00 am - 3:00 pm
Thursdays 9 am - 4:30 pm

Next Board Meeting

Dexter Senior Center
May 27th, at 3:00 pm

MAY HIGHLIGHTS & ANNOUNCEMENTS

NEW: Bunco: First meet will be Friday, May 1st at 1:00 PM. We will meet every first Friday of the month to start. Looking for players to have a lot of fun and meet new friends. We will have an instructor so beginners are welcome. **Sign up at DSC.**



Social Wellness Hour: Monday, May 4th at 11:00 AM: With Chelsea Hospital Behavioral Health Navigators. Join us to learn more about mental wellness with a activities & supportive discussions.



Computer Technology Help Workshop: May 4th at 1:00 PM - 3:00 PM. By Denise Swope from WCC. Exploring your Smartphone and Tablets. We'll cover getting to know your device, customizing settings, downloading apps, and exploring helpful features like the camera, maps, and voice assistants. Bring your questions for a friendly, hands-on learning experience.



Grief Release Yoga Workshop: Wednesday, May 6th at 11:00 AM to 12:00 PM. By yoga instructor Dianna Kause. Use of chair or mat. Explore releasing unconscious, stored grief in the body. This class will include gentle poses, a meditative mood and a soulful playlist. If you are carrying grief of any type. May bring a photo or token. **Sign up at DSC.**



Role Playing WW2 Interactive Educational Game: May 8th at 1:00 PM. Join EMU students and Professor Mark Whitters for a role-playing about WW2. This exercise puts you in the role of those who had to make decisions about what to do about Japanese immigrants living in the US after Pearl Harbor. **Sign up at DSC.**



Vintage Hat Fashion Show Tea Party: May 11th at 1:00 PM. Come join us for a fun afternoon with tea and the history of Hats by Dianne Hall. We need 3 - 4 models to volunteer showing the hats off. Please contact Dana if interested in being a model.



Medicinal Herbs: May 12th at 1:00 PM Teaches you what grows in your yard and what it's used for medicinally. We will be making arthritis salves to take. **Sign up at DSC and pay instructor, Bonnie \$20.**



Concert: May 15th at 2:00 PM.

Ann Arbor New Horizon String Ensemble. Join us for a nice afternoon listening to great music!



Birthday Party & Entertainment! Wednesday, May 20th at 12:00 PM.

Join us for lunch, cake, and ice cream. With music by Dan Ripke on guitar. Birthday month members eat free.

Others, Sign-up & pay \$5, 48-hours in advance by 12PM. Thanks to 5 Healthy Towns Foundation for their support!



Dementia Friendly Day: May 27th at 10:00 AM: Care Partner Chat with Donuts. **11:00 AM:** Sing-A-Long to Tunes from the 40s and 50s. **12:00 PM:** Lunch and Learn: by Brookdale. **Sign up for free at DSC.** **1:00 PM:** Interactive Storytelling and rhythmic movement. Join us on this special day for those with dementia and their care partners. Members welcome!

PRESENTATIONS & LUNCH AND LEARNS

Social Wellness Hour: May 4th at 11:00 AM: With Chelsea Hospital Behavioral Health Navigators. Join us to learn more about mental wellness with activities & supportive discussions. We will be discussing a different theme each month that will strengthen your mind and increase your sense of wellbeing in a supportive & creative environment.

Presentation: PBB An Environmental Disaster: May 6th at 1:00 PM. History of Michigan chemical reverberates 50 years later. Raising awareness. By Dr. Tom Corbett.

Donuts with Dermatology: Monday May 11th , at 9:00 AM: Join dermatology specialists of Dexter and Ann Arbor for coffee, donuts and discussion with Dr. Daniel Cole and Ashley Katie PA-C on common skin conditions for older adults. **Sign up at DSC.**

Lunch and Learn: May 13th at 12:00 PM Topic: Community Safety and Fire. Educating the public on fire behavior and fall and injury prevention. Shane Green, Community Risk Reduction Outreach Educator. State of Michigan LARA Bureau of Fire Services - MI Prevention. miprevention.org **Sign up at DSC for free lunch.**

Presentation: Backyard Birding. May 19th at 12:30 PM. Presented by Abbey from Hudson Mills Metropark. Get introduced to the most common birds that come to feeders, their sounds, and **make a homemade feeder! Sign up at DSC for free.**

History Presentation: THE WEBSTER TOWNSHIP HISTORICAL SOCIETY: May 26th at 12:30 PM. "Connecting Community through Local History." Dita@webstervillage.org.

Lunch and Learn: May 27th at 12:00 PM. Topic: When is it time to begin looking for a memory care community? How do you pick the right community for your loved one. By Brookdale Senior Living: #1 memory care community in Washtenaw County by US News. Standalone exclusive safe memory community. A dedicated and trained staff that specializes in dementia care. 750 W. Eisenhower Parkway, Ann Arbor, MI 48103. Lorrie Kecskes, CDP (Certified Dementia Practitioner, Sales Manager with Brookdale Senior Living –Call at 734-213-1708. lorkec@brookdale.com. Clarebridge Memory Care Community in Ann Arbor will be able to assist you with your questions. **Sign up at DSC for free lunch.**

Lunch and Learn: May 28th at 12:00 PM. Topic: Journey of Caregiving with Merrill Lynch and Brittany from the Willows at Mill Creek. Join us for an informative and engaging discussion on the future of caregiving. This presentation will explore the growing need for caregiving, supported by key facts and statistics, and provide guidance on how to plan and prepare for both the financial and emotional impact. By Daniel Kaminski, CFP®, ChFC® Financial Advisor, Merrill Lynch Wealth Management Daniel.kaminski@ml.com. The Willows at Mill Creek, a new senior living community coming to Dexter in 2027. The community will offer a full continuum of care, including Independent Living, Assisted Living, Memory Care, and Skilled Nursing/Rehabilitation—allowing residents to remain in one place as their needs evolve. By Brittany Toman Director of Sales & Marketing Brittany.toman@willowsatmillcreek.com. **Sign up at DSC for a free lunch.**

History Presentation with Floats: May 29th at 12:30 PM. Explore one of the most transformative decades in American history, 50s and 60s. A time of prosperity, Cold War tension, cultural change, and the birth of modern America. By Teacher Jason Schmier.

Dementia Friendly Day: Wednesday, May 27th.
(Every last Wednesday of the month.)



10:00 AM: Care Partner Chat with Donuts and Coffee: We plan to discuss The Best Friends Approach to Dementia Care, and will include tips for caregivers based on this approach. By Amanda McKey from EHM Senior Solutions & memory support manager, Shade Williams.

11:00 AM: Sing-A-Long: To tunes from the 40s and 50s. A projector will display the words for your convenience. All skill levels welcome to a rock-in good time!" With Hannah Anderson, Music Therapist.

12:00 PM: Lunch and Learn: Free lunch with Lorrie Kecskes, Certified Dementia Practitioner from Brookdale Senior Living and Clarebridge Memory Care. **(Sign up at DSC)**

1:00 PM: Joy in Word and Movement: Care Partners are invited to join in collaborative storytelling and rhythmic movement to be creative and keep your neurons nimble. Using the TimeSlips and Bal A Vis X methodologies. By Katie Garvey, OTRL, CAPS, will show how engaging fun is good for everyone's wellbeing. **(Sign up at DSC)**

Join us on this special day for those with dementia and their care partners. All members are encouraged to join any event. (Interested volunteers please contact Dana at Dexter Senior Center at 734-734-7737 ext. 8004.) <https://dfamerica.org/memory-cafe-directory>

LANGUAGE

German Conversation Group: Every Tuesday in May. At 10:15 AM - 11:45 AM. Participants need to have knowledge of basic pronunciation and vocabulary. Sign-up at DSC. Pay \$20 to instructor Margarete. For more Information, contact by email with any questions: mowalsh52@gmail.com

Spanish 2 Instructional Class: Every Thursday at 3:00 PM - 4:30PM.
Starting May 7th - July 9th. (10-week course) With instructor, Melean Gregorio from WCC. (Option to buy a book that has Spanish 1, 2, and 3 lesson.) **Sign up.**

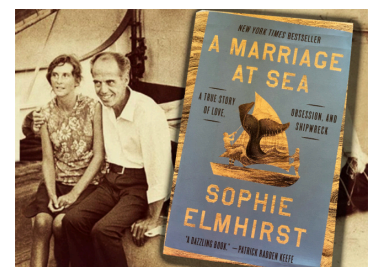


French Study Group: Fridays at 11:00 AM.

CREATIVE WRITING & BOOK CLUB

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. Looking for an instructor but still meeting with members.

Book Club: (Last Friday of the Month) May 29th at 10:00 AM. A Marriage by the Sea by Sophie Elmhirst. A True Story of Love, Obsession, and Shipwreck. Sophie Elmhirst is a acclaimed 2025 non-fiction book detailing the harrowing 117-day survival story of Maurice and Maralyn Bailey. After a whale sank their boat in the Pacific in 1973, the couple survived on a raft, forcing a intense examination of love, codependence, and endurance.



DULCIMERS

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

Ukulele Fretboard for beginners in Key of C: Mondays at 1:00 PM - 2:00 PM. Ends May 11th. 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.

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.

Ukulele Jam Group: Every Wednesday, 12:00 PM – 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 mgramton@outlook.com or 734-272-1866.

All Instrument Bluegrass, Old Time, Singing Jam: The second Wednesday of each month from 3:00 PM - 4:30 PM. "All instruments welcome" Info. Call Mary Lou Rudner. 734-255-1925. Leave a voicemail. (Must be a member of DSC.)

CHOIR

Calling all singers! Every Wednesday at 10:00 AM - 11:30 AM. Starting June 3rd - August 5th. Come meet up with fellow singers. We have Director, Parker Williams, for the summer. He is a new graduate from Dexter High School who is going to Ithaca College in NY to study Instrumental Music Ed. He has been in orchestra and choir since fifth grade, and has been student-teaching and teaching private lessons for two years. If anyone wants some summer lessons on piano, voice, violin, viola, or cello he can do so. Parker has been performing for years, and loves to play piano and sing classic rock music. We are looking for a Director for the Fall. We have a keyboard. If interested please contact Dana at DSC 734-426-7737.

CHAIR STRENGTH & STRETCH CLASSES

CIRCUIT CHAIR CLASS: 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!

STRENGTH & STRETCH CLASS: Tuesdays at 9:00 AM with Marta and Thursdays at 9:00 AM with Instructor Roo Morgan. At Dexter Senior Center. Exercises are designed to help increase range of motion, flexibility, strength, and endurance for activities of daily living.

Cardio Drumming: Tuesdays & Thursdays at 11:00 AM- 12:00 PM. Free cardio and strength class. Drumming to all genres of music with a yoga ball, bucket, and sticks. Taught by Bonnie. All supplies included. (Options for a chair or to stand.)

Pilates Mobility Class: Wednesdays at 9:15 AM.

Join us for adapted pilates mobility class. This is a strength and balance class. By instructor Eliza Blair. (Option to use a chair while standing and on the floor to assist in getting up.)



SENIORS OBTAINING STRENGTH (SOS): Wednesdays 9:00 AM. Instructor Karen Fazioli. 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.

FLEXIBILITY AND MOBILITY CLASS: Thursdays at 10:00 AM. Instructor Roo Morgan. 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. **(No Class on May 21st and June 18th)**

RECREATIONAL EXERCISES / SPORTS

Senior Swim: Monday, Wednesday, & Friday at 8:30 AM - 9:30 AM. At 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.

Walking Club: Wednesday, May 13th at 2:00 PM. Weather permitting, we walk at a regular pace on the paved trail across from the center. This walk is one hour depending on members choice. Bring water. (We will meet once a month. Some destinations at Parks.)

Chair Volleyball: Fridays at 11:30 AM. Fun beach volleyball game in our chairs. No experience needed. (Team name: SEALS.) We invited Hamburg team to join us in the summer for a fun game and social after.

MEDITATION & TAI CHI

Relax, Rest, and Recenter (Meditation class): **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. **(May 5th and 19th)**

Tai Chi: **Fridays at 9:00 AM. Starting May 15th - July 31st.** 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 June 19th and July 3rd)**



YOGA (CHAIR & FLOOR)

CHAIR YOGA: **Mondays 11:00 AM** with Dianna Kause.

Wednesdays at 2:00 PM. Slow-paced, accessible 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.**

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.

Grief Release Yoga Workshop: **Wednesday, May 6th at 11:00 AM to 12:00 PM.** By yoga instructor Dianna Kause. Use of chair or mat. Explore releasing unconscious, stored grief in the body. This class will include gentle poses, a meditative mood and a soulful playlist. If you are carrying grief of any type. May bring a photo or token & sign up at DSC.

DANCE CLASSES

Line Dancing Class: **Tuesdays at 2:00 PM. (Starting May 5th to July 21st.)**

SKIP 6/30 & 7/7. By Dee Grantham from Washtenaw Community College. 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.** 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. **(No Class on April 30th)**



ARTS & CRAFTS

Needlework art, 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 coloring books!

Watercolor Painting Landscape: Beginner and Continuing Instructional 6-week Workshop: Monday at 12:30 PM, until June 15th. 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. Taught by Joan Cohen Jones. **Sign up at DSC and pay \$20.00 (No class May 11th & 25th)**

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.**

Watercolor Painting Meetup: Every Wednesday at 1:00 PM: Paint with friends and bring your own supplies. No instructor.

Canvas Painting Class: Every third Thursday, May 21st at 10:30 AM - 12:30 PM. \$25.00 for supplies with step by step instructions. Will have pre sketch drawings on canvas to help with painting. Taught by Sheila from Canvas Creations. **Sign up at DSC.**

NEW: Craft: May Flower Banner: Friday, May 7th at 10:00 AM. Make a pretty flower banner to hang. \$10 pay to Instructor Debbie. **Sign up!**



Card Making Class: Monday, May 11th at 10:00 AM. Join us for a fun class of making 3 unique themed cards, once a month. Cost is \$10.00 pay to instructor, Carol. Need to order card kits ahead of time. **Please sign up at least 1 week prior to class.**

NEW: Junk Journaling: Monday, May 11th at 2:00 PM. Basic Junk Journaling. Bring your own necessary supplies/materials or pay \$5 to instructor. Will be binding journals with cardboard and stained paper. Call Sharon with questions # 517-749-0002. **Sign up at DSC.**

Origami Workshop: Tuesday, May 12th at 11:00 AM: Free fun craft class. Come learn how to make them and many more items. Sign up at DSC. (We will be teaching how to make an Origami Frog that hop with the Wylie 4th graders on June 1st at 1:00 PM. **Sign up at DSC**

NEW: Craft: Make a Lanyard. Tuesday, May 14th at 11:00 AM. Join us with instructor Annette sewing a lanyard to hold your keys. **Sign up at DSC.**



COOKING

Cooking For Less: Friday, May 15th at 12:30 PM. Free lunch & demonstration. We will be making a Summer Charcuterie! With instructor Maureen from Pampered Chef. **Sign up at DSC 48 hours in advance.**

TABLE GAMES

Puzzle Palooza: Every Day. Come in and do a puzzle or take one home. Donate or trade a puzzle. (Please contact center before donating.)

Chess: Mondays at 10:00 AM. All levels are welcome and can teach. Any questions please call Matt at # 734-253-2740.

Dominos: Tuesdays at 12:30 PM. All levels are welcome to play Mexican Train Dominos and easier version Chicken Foot Dominos.

Bingo: Thursdays at 1:00 PM - 2:00 PM. Free!

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.

Game Night: Thursdays at 3:00 PM - 4:30 PM. Come play your favorite games or bring your own.

NEW: Bunco: Friday, May 1st at 1:00 PM. We will meet every first Friday of the month to start. Looking for players to have a lot of fun and meet new friends. We will have an instructor so beginners are welcome. **Sign up at DSC.**

Beginner Chinese Mahjong Class: First Friday of the Month, at 12:00 PM - 1:00 PM. No experience needed. Registration required. **Sign up at DSC 48 hours prior for instructor.**

Chinese Mahjong: Fridays at 1:00 PM. Questions, please text Katy at (810) 623-7465.

CARD GAMES

Bridge: All skill levels welcome. Text Tony Doepken (317) 437-1644 if you have questions.

NEW: Euchre: Fridays at 11 AM. Beginners welcome. Looking for Friday Instructors.

Pinochle: Beginners welcome on Wednesdays!

<u>Time</u>	<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
9:30 AM			Pinochle		
11:00 AM					Euchre
12:00PM		Pinochle			Pinochle / 313
12:30 PM	Bridge/ Euchre		Euchre/ 313	Cribbage	

TRIPS

Village Travelers: Presentation / Meeting May 18th at 1:00 PM & Collette tours at 1:30 PM. Special Guest from Collette will present about Alaska Trip. **Followed by a Travel Presentation about going to Iceland at 2:15 PM, by Ruth Hamilton.**

Also learn all about upcoming day trips and overnight trips:

May 16th - [Detroit Tiger Baseball game against Toronto Blue Jays.](#)

June 9-12th- [Grand Rapids Extravaganza!](#)

July 22nd - [Mystery Trip near water.](#)

July/August - [Explore Cleveland.](#)

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.](#)

Nov. 10-14th - [Multi-day Mystery Trip!](#)

Dec. 4th - [Historical Lutheran Church in Detroit Tour.](#)

(All pickups with a Charter Bus are in Brighton, off of US23. Collette 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.)

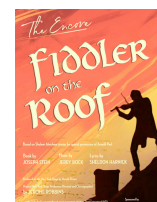


Pewabic Pottery Tour & Tile Making Workshop, Lunch with Shopping at Eastern Market, and Tour the Cathedral Church of St. Paul: May 12th at 9:00 AM - 3:30 PM. Enjoy a one hour guided tour and one hour making Pewabic Tile. Then head to Eastern Market for shopping and lunch (price is not included). After, we will take a quick guided tour of the Pewabic architecture at The Cathedral Church of St. Paul. Pick up at DSC on a WAVE bus.

Pay \$ 60.00 at time of sign up by May 8th, at DSC. (This trip is full but please sign up to be on our waitlist.)



Mackinac Island: Mon. - Wed., June 1st - 3rd, 2026: · 2 Nights at the Bicycle Inn, located on Main St. with 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. Pick up location will be at Dexter Senior Center. **Sign up is full!**
(Make checks payable 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. **Please pay by 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 self 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. Pick up at DSC by Bianco Charter Bus. **Sign up and pay \$110.00 at DSC. No refunds within 2 weeks.**



TRAVEL CONTINUED

Huron Lady II & Lunch at the Voyageur with Bianco Tours: Friday, July 24th, at 8:00 AM - 7:00 PM. Take a Bianco charter bus to visit Port Huron, for a narrated tour of great lake freighters and the 2 water bridges. Lunch buffet at the St. Clair River with view of the waterway. Pick up at DSC. **Pay \$114 at time of sign up, at DSC. No Refunds within 1 week. (1 more openings left then we will have a waitlist.)**



Show and 7 course Lunch: August 21st at 10:15 AM - 2:45 PM. Take the WAVE bus to Northville's famous Genitti's Hole in the Wall Italian Restaurant. We will see a comedy play, "Dying for a Drink." Step into a smoky 1940s dive bar where the martinis are stiff, the secrets are deeper, and someone won't make it to the last call. When a shady cast of regulars, dames, and wise guys collide, a murder brings the night to a screeching halt. It's up to you to question suspects, uncover hidden motives, and help crack the case in this fast-paced, interactive murder mystery comedy—served with plenty of laughs and a splash of suspense. 7 course Italian dinner provided. Pick up at DSC. **Pay \$60.00 at time of Sign up, at DSC, by Aug. 7th.**



The Parade Company and Whitney of Detroit Tour with lunch at Sinbad's Restaurant: November 13th at 8:15 AM- 4:15PM. Take a Bianco Charter Bus to Detroit and tour the Whitney, the most iconic mansion in Detroit. Included lunch on the Detroit River at Sinbad's, a family-owned restaurant for over 40 years, overlooking Belle Isle. Then we will go behind the scenes to look at the Parade Company studio and see the fantastic floats and meet award winning artisans. Pick up at DSC. **Pay \$114.00 at time of sign up at DSC. 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.



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 \$5 (cash or check).** If you haven't arrived by 12:15 pm or called ahead, your meal may go to waitlist.

RESOURCES

Social Wellness Hour, with Chelsea Hospital Behavioral Health Navigators. (Every first Monday of the month at 11:00 AM - 12:00 PM): Join us to learn more about mental wellness with activities & supportive discussions. We will be discussing a different theme each month that will strengthen your mind and increase your sense of wellbeing in a supportive & creative environment. For the month of May we will be discussing nature and how it can positively affect our mental wellness. We will be discussing nature-related activities like bird watching, and there will be a simple nature-related craft. **Drop in and join us!**

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 date: 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

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. Walk-ins welcome anytime!

Blood Pressure Check: Every first Tuesday of the month at 1:00 PM. Checks done by a registered nurse from Faith Community Chelsea Hospital. Walk-ins.

Free Senior Support Consultations with CMN: Every third Wednesday at 11:00 AM or 12:00 PM. Care Management by Natalie will offer free consultations 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: Oct. 14th at 12:00 PM)

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

NEW: Massage: Every 4th Thursday, from 9:00 AM - 4:30 PM. Benefits: pain relief, Improved sleep, mood boost, better mobility and balance, lymphatic drainage & more. Sliding scale available. 15 min: \$20, 30 min: \$40, 45 min: \$60. Done on a table so you can fully relax. **Schedule an appointment with Raya Otmanowski at 810-354-7797 call or text.**

THANK YOU TO OUR SPONSORS

WAVE BUS: Washtenaw Area Value Express (WAVE): Community Outreach Days with Shasta is every third Tuesday of the month at 10:00am – 11:30am <https://ridethewavebus.org>
(Bingo Sponsor: May 7th at 1:00 PM)



Senior Care Advisor HomeWell Care Services: At HomeWell Care Services, we specialize in offering personalized care plans that promote independence, dignity, and comfort for our clients. Here is a link to our website : HomeWell Care Services. Julie McCarthy, 734-237-7900, jmccarthy@homewellcares.com. **(Bingo Sponsor: May 14th, 1 PM.)**



Linden Square Senior Care is in Saline: We offer assisted living as well as memory care apartment homes in our community. Studios, one-and two-bedroom apartments as well as other styles to fit any budget. We are excited to introduce enhanced living for those who just need help with meals, housekeeping, and laundry. <https://lindensquaresc.com>. Dotty Harold (734) 316-5933, lscrm@inspiredseniorhc.com **(Bingo Sponsor: May 21st, 1 PM.)**



BrightStar Care, Miller Home Care Services, Inc.: BrightStar Care provides reliable, compassionate private-duty care to help clients remain safe, supported, and independent in the comfort of their own homes. Lauren Barnes Sales Liaison. BrightStar Care Office number is 734-302-4215 **(Bingo Sponsor: May 28th at 1:00 PM)**



EHM Senior Solutions, Life Choices (Continuing Care at Home Program): LifeChoices is a unique membership program designed for independent older adults who wish to age comfortably in their own homes, offering peace of mind and financial protection against the rising costs of care. By Julie Craft, Cell 734.679.0533, craftj@ehmss.org, 400 W. Russell Street, Saline, MI 48176. EHMSS.org **(Bingo Sponsor: June 4th, at 1PM)**



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. No large items. Call the before donating at #734-426-7737.

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. , <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 **(WAVE Bus Community Outreach Booth: Every third Tuesday at 10:00 - 11:30 AM)**

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

VOLUNTEERS

We are looking for Building and Activity Event Volunteers: We need help with various things such as setting up/decorating for events, serving food at parties, front desk help, answering phone, 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 trip volunteers to make reminder calls. Also, instructors for choir, creative writing, canning/pickling, genealogy, creative arts, wood working, sewing, we have sewing machines, or any talent you would like to share.

Informational meeting with refreshments, will be Friday, May 22nd at 12:30 PM - 1:30 PM.) Meetings are every other month. **Volunteer Appreciation Lunch: Friday, June 26th at 1:00 PM (Invitations will be sent. Please RSVP by Friday, June 19th.)**

Volunteers and Sponsors for our Dementia Friendly Days: The last Wednesday of the Month from 10:00 AM to 2:00 PM. (You can work an hour or the whole day assisting or sponsoring a lunch, craft, game, music group, or presentation.) Please Contact Dana at 734-426-7737 ext. 8004. or stop by her office.

Looking for interested Volunteers for Tax Help, 2027: For tax season 2026. Please contact center if interested in becoming part of this resource group of volunteers.

OTHER NEWS & UPCOMING EVENTS

New Member Meet up: May 18th at 9:00 AM. If you are a new member or missed the last meet up, join us this month for donuts from the Dexter Bakery. **Please RSVP by May 13th.**

Lost and Found: We will be cleaning it out monthly, so please check. We have waterbottles.

Bring a Friend: Anyone is welcome to have a fun free day on their first visit! Age 55 plus. Please note this includes Trips, if we are not filling a bus.

Resource Fair: Friday June 5th at 10:00 AM - 1:00 PM. Come to a fun free event to learn about all the services and resource we offer at the center and our local community. Free tote bags will be given out so you can collect information and goodies. (Sponsored by Village Travelers and BEP Medical Group.) Buy local pizza and pop for \$1 each. (Sponsored by Peaceful Minds Counseling.) We will have free blood pressure checks.

Senior Focus Evaluation Forms: Please note we have a box of evaluation forms by the name tags in the big room. Fill out for a class, program, or event that you have attended. We also have a suggestion box. Please fill out anytime and give to Dana.

Raffle: \$1 per ticket for a chance to win \$100 gift card at Busch's. Drawing on May 20th at our Monthly Birthday. We have extended this date. Please make sure you pay Judy at reception desk to enter. Put your name and phone number on the ticket.

Keeping the Center Clean: We appreciate you all taking your coffee cups to the kitchen and putting them in our bin labeled dirty. This helps us get them clean for the next day.


Sign up at Dexter Senior Center to be in the Dexter Memorial Day Parade: Monday May 25th. Represent DSC and honor those who served. Ride on the float and pass out candy. You will be contacted with further details in mid-May.



MAY 2026 Activity Calendar Dexter Senior Center

Key: * Make an appointment or sign-up.

Bold print - New Events. **Color** - Specific date/time.


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 9:00 - Color, Crafts, Needlework 10:00 - Circuit / Chess 11:00 - Chair Yoga 11:00 - Behavior Health Social 12:00 - *Senior Cafe 12:30 - * Watercolor Landscape Painting Class 1:00 - Workshop: Exploring Your Smartphones and Tablets 1:00 - Creative Writing 1:00 - *Ukelele Fretboard 2:00 - Easy Ukelele Only Group</p>	<p>5 9:00 - Yoga 9:00 - Strength & Stretch 9:00 - Weaving 10:00 - *German 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 - Dominos 1:00 - Blood Pressure Check 2:00 - Line Dancing 2:00 - Relax & Recenter Class Community Health Worker</p>	<p>6 9:00 - SOS 9:15 - Pilates Mobility 9:30 - Pinochle 11:00 - *Grief Release Yoga 12:00 - *Senior Cafe 12:00 - Ukelele Jam Group 12:30 - Euchre / 313 1:00 - Needlework / Watercolor 1:00 - Presentation: PBB An Environmental Disaster 2:00 - Chair Yoga 3:00 - All Instrument Jam</p>	<p>7 9:00 - Yoga/ Strength & Stretch 10:00 - Flexibility and Mobility 10:00 - *Craft: Make a Banner 10:30 - Dulcimer 11:00 - Cardio Drumming 12:00 - *Senior Cafe 12:30 - Cribbage 1:00 - BINGO - Sponsored 2:00 - American Mahjong 3:00 - Barn Dancing 3:00 - Spanish 2</p>	<p>1/8 Weaving 9:00 - Circuit Workout 10:00 - French Study Group 11:00 - Euchre 11:30 - Seals Chair Volleyball 12:00 - Pinochle/313 12:00 - *Beginner Chinese Mahjong, on 1st 1:00 - Bunco, on 1st 1:00 - Dulcimer (Beginners) 1:00 - *WWII Role Playing Interactive Game, on 8th</p>
<p>11 9:00 - Color, Crafts, Needlework 9:00 - Donuts with Dermatology 10:00 - Circuit 10:00 - Chess 10:00 - Card Making Class 11:00 - Chair Yoga 12:00 - *Senior Cafe 12:30 - Bridge / Euchre 1:00 - Vintage Hat Fashion Show and Tea Party 2:00 - *Junk Journaling Class 1:00 - *Ukelele Fretboard 2:00 - Easy Ukelele Only Group</p>	<p>12 9:00 - Yoga 9:00 - Strength & Stretch 9:00 - Weaving 10:15 - *German 11:00 - Cardio Drumming 11:00 - *Origami Class 12:00 - Pinochle 12:30 - Dominos 12:30 - *Medicinal Herb Class 2:00 - Line Dancing *Trip Pewabic Tile & Eastern Market</p>	<p>13 9:00 - SOS 9:15 - Pilates Mobility 9:30 - Pinochle 12:00 - * Lunch & Learn on Community Safety and Fire 12:00 - Ukelele Jam Group 12:30 - Euchre / 313 1:00 - Needlework / Watercolor 2:00 - Chair Yoga 2:00 - Walking Club</p>	<p>14 9:00 - Yoga Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer 11:00 - Cardio Drumming 11:00 - *Craft: Sew Landyards 12:00 - *Senior Cafe 12:30 - Cribbage 1:00 - BINGO - Sponsored 2:00 - American Mahjong 3:00 - Barn Dancing / Spanish 2 *Reflexology Appointments</p>	<p>15 9:00 - Tai Chi / Weaving 10:00 - Circuit Workout 11:00 - Euchre 11:00 - French Study Group 11:30 - Seals, Chair Volleyball 12:00 - Pinochle / 313 12:30 - *Cooking For Less 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) 2:00 - Concert: Ann Arbor New Horizons String Ensemble</p>
<p>18 9:00 - Color, Crafts, Needlework 9:00 - *New Member Meet up 10:00 - Circuit / Chess 11:00 - Chair Yoga 12:00 - *Senior Cafe 12:30 - * Watercolor Painting Class 1:00 - Presentation: Village Travelers and Collette (Alaska) 2:15 - Travel Presentation: Iceland 1:00 - Creative Writing 2:00 - Easy Ukelele Only Group *Medicare Counseling</p>	<p>19 9:00 - Yoga 9:00 - Strength & Stretch 9:00 - Weaving 10:00 - WAVE Bus Outreach 10:15 - *German 11:00 - Cardio Drumming 12:00 - Pinochle / 12:30 - Dominos 12:30 - Presentation: Backyard Birding / 2:00 - Line Dancing 2:00 - Relax & Recenter Class Community Health Worker *Foot Care Appointments</p>	<p>20 9:00 - SOS 9:15 - Pilates Mobility 9:30 - Pinochle 12:00 - Ukelele Jam Group 12:00 - *BIRTHDAY LUNCH with Entertainment 12:30 - Euchre / 313 1:00 - Needlework / Watercolor 2:00 - Chair Yoga *Senior Support Consults</p>	<p>21 9:00 - Yoga 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 - Barn Dancing 3:00 - Spanish 2</p>	<p>22 9:00 - Tai Chi / Weaving 10:00 - Circuit Workout 11:00 - French Study Group 11:00 - Euchre 11:30 - Seals, Chair Volleyball 12:00 - Pinochle/313 12:30 - Volunteer Information Meeting 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)</p>
<p>25 Memorial Day Closed MEMORIAL DAY  REMEMBER AND HONOR</p>	<p>26 9:00 - Yoga 9:00 - Strength & Stretch 9:00 - Weaving 10:15 - *German 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 - Presentation: Webster Township Historical Society & Village 2:00 - Line Dancing 12:30 - Dominos Community Health Worker</p>	<p>27 Dementia Friendly Day. 9:00 - SOS / 9:15 Pilates Mobility 9:30 - Pinochle 10:00 - Care Partners Donuts Chat / 11:00 - Sing-A-Long 12:00 - *Lunch and Learn 12:00 - Ukelele 12:30 - Euchre / 313 1:00 - Joy in Word and Movement 1:00 - Needlework / Watercolor 2:00 - Chair Yoga</p>	<p>28 9:00 - Yoga 9:00 - Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer/ 11:00 - Cardio Drumming 12:00 - *Lunch and Learn 12:30 - Cribbage 1:00 - BINGO - Sponsored 2:00 - American Mahjong 3:00 - Barn Dancing / Spanish 2 *Reflexology Appointments *Massage Appointments</p>	<p>29 9:00 - Tai Chi / Weaving 10:00 - Book Club 10:00 - Circuit Workout 11:00 - French Study Group 11:00 - Euchre 11:30 - Seals Chair Volleyball 12:00 - Pinochle/313 12:30 - History Presentation: 50's and 60's with Floats 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)</p>

May 2026

Meal Calendar

Dexter Senior Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Beef Barley Casserole Wheat bread FF Italian dressing Carrots/Orange Low fat milk Margarine
4 Ginger and Garlic Beef Brown rice/Wheat bread Cooked broccoli Mandarin oranges Low fat milk Margarine	5 Maple Glazed Chicken Cooked cabbage Roasted redskin potatoes Wheat bread Peaches Low fat milk Margarine	6 Chicken A La King Egg noodles Wheat bread Carrots Gala apple Low fat milk Margarine	7 Sloppy Joe Mix WW Bun Baby carrots Mixed fruit FF Dressing Low fat milk Margarine	8 Chicken Enchilada Corn tortilla Brown rice Mixed vegetables Pineapple Low fat milk Margarine
11 Chicken Fettucine Alfredo Wheat bread Prince Charles blend Peaches Low fat milk Margarine	12 Pot Roast Roasted sweet potato Wheat bread California blend Gala Apple Low fat milk Margarine	13 White Bean Chicken Chili Crackers Side salad FF Italian Dressing Orange Low fat milk Margarine	14 Chicken Pasta/Veggies Wheat bread Broccoli/Cauliflower Mandarin Oranges Low fat milk Margarine	15 Paprika Chicken Mashed Potatoes Wheat Bread Peaches Green beans/Carrots Low fat milk Margarine
18 Potato Crusted Pollack Sweet potato/WW bread Peas and carrots Strawberry applesauce Low fat milk Margarine	19 Chicken Wild Rice Soup Potato salad Creamy coleslaw Mandarin Oranges Low fat milk Margarine	20 Hamburger Stroganoff Peas and pearl onions Wheat bread Mixed fruit Low fat Milk Margarine	21 Salisbury Steak Roasted potatoes Wheat bread Pineapple Mixed vegetables Low fat milk Margarine	22 Tikka Masala Jasmine rice Wheat bread Apple Green beans Low fat milk Margarine
25 Closed-Memorial Day 	26 Stir Fry Steak Brown rice Wheat bread/Mixed fruit Oriental vegetables Low fat milk Margarine	27 Chicken Pasta Salad Wheat roll Peas and carrots Strawberry applesauce Low fat milk Margarine	28 Vegetable Lasagna Wheat bread Baby carrots Mandarin oranges Low fat milk Margarine	29 Beef Barley Casserole Wheat bread Carrots/Orange FF Italian dressing 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 Call Busch's directly at 734-214-8088 and they will opt you in. Thank you for your support!

Calling all plant lovers: Dexter Garden Club Annual Plant Sale: Saturday , May 16th at 9:00AM or until sold out, rain or shine. At Dexter Gazebo, Monument Park 10:00 AM to 11:30 AM. Follow the Club on Facebook or Website: www.dextergardenclub.org. HURON VALLEY HARMONIZERS WILL ENTERTAIN.



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