



DEXTER SENIOR VOICE

August 2026

MESSAGE FROM THE EXECUTIVE DIRECTOR

July was full of fun at the Center! We celebrated the Fourth of July with patriotic dulcimer music and hosted our first chair volleyball tournament with friends from the Hamburg Senior Center.

We are especially grateful to the City of Dexter for reaffirming its support through another very generous contribution. The City's continued partnership helps us serve our growing membership and community.

In August, our monthly Birthday Lunch will feature a BBQ and live music from the Americana Revue, featuring Dan Ripke, Grammy Award-winning harmonica player Peter Madcat Ruth, and James Bourland. Register to select your preferred item from the grill, or simply join us for the music! You can also bring friends and family to our Game Night and Ice Cream Bar Social on the first Thursday of August.

We are adding two free art classes: Zentangle-Inspired Drawing and Watercolor Pencils. August will also include several presentations and free Lunch & Learns - including a visit from a cookie-delivering robot to discuss AI and everyday technology.

We will soon say goodbye to Choir Director Parker Williams as he heads to college. Beginning the second week of August, Choir will transition to Wednesday Sing-Alongs at 2:00 p.m., and Chair Yoga will move to 11:00 a.m.

Line Dancing will continue every Tuesday while Dee is on break from WCC. Watch for Latin Rhythms Dance and Seated Ballet with our new instructor, Jessie, beginning in September.

Looking ahead, we will host a Craft Fair on October 30 and form a Dexter Senior Center team for the Walk to End Alzheimer's. Sign up to participate in either - or both!

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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Program Manager

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Senior Nutrition

Emily Kiesler
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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
August 26, at 3:00 pm



HIGHLIGHTS & ANNOUNCEMENTS



Social Hour: Topic: Benefits of Music on our Mental Health: **Mon., August 3rd at 11:00 AM**

By Chelsea Hospital Behavioral Health Navigators. Music is a powerful, science-backed tool for mental health that immediately alters brain chemistry.

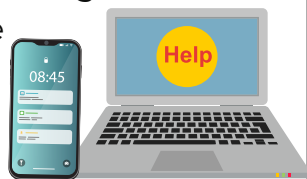


***Game Night Ice Cream Social: Thursday, August 6th at 3:00 PM - 4:30 PM.** Join us with your family or friends. Bring your favorite game or play ours.

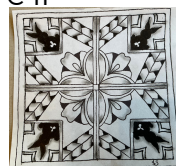
Sign up for Free!



Technology Help by Gen to Gen: August 12th from 2:00 PM - 3:00 PM. Need help with technology? Bring your smart phone, personal computer, or tablet and get hands-on help by students from the Dexter High School Dreadbots Outreach Group.



NEW: *(Free) Zentangle Inspired Art Drawing Class: August 14th at 10:00 AM - 11:30 AM. Exploring Zentangle inspired art through step by step drawing. No experience needed, just bring your curiosity! We'll combine some classic Zentangle patterns with flowing organic shapes. By Shannon. Sign up, Free!



***BBQ Birthday Lunch with Entertainment: Wednesday, August 19th at 12 PM.** Join us for lunch, cake, and ice cream. Birthday month members eat free. **(Others, Sign-up & pay \$5, 48-hours in advance by 12PM!)** Thanks to Michigan Association of Senior Centers and Molina Healthcare for sponsoring!



Americana Revue – Acoustic Music Show: At the Birthday BBQ. Wed., August 19th at 12:15PM - 1:15 PM. Join us for a fun afternoon listening to blends of traditional folk, bluegrass, and classic American roots music with storytelling, humor, and musical history. By Trio Dan Ripke - guitar and vocals, Peter Madcat Ruth - Grammy award winning harmonica legend and vocals, James Bourland - master guitarist and vocals.



Dementia Friendly Day: Wednesday, August 26th: 10:00AM: Coffee, Donuts, and Chat. **11:00 AM:** *Watercolor Painting. **12:00 PM:** *Lunch at Senior Cafe **(Signup at DSC) 1:00 PM:** Presentation and Respite Games for an hour.



***Cooking For Less: Friday, August 28th at 12:30 PM.** Join us for a free lunch with an instructional demonstration by Maureen. We will be making harvest chicken salad with crimson apples and tangy orange dressing. **Sign up.**

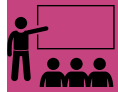


T-Shirts for Sale! Dexter Senior Center Est. 1971 or Dexter Senior Seals. Prices vary from \$13 to \$19 for short and long sleeve. 3 color options: blue, pink, & black. Order & pay at DSC.



Save the Date: Craft Fair: Friday, Oct. 30th From 9:30 AM - 1:30 PM. Calling all crafters and artists. Come sell your unique items. Please contact Dana at 734-426-7737 ext 8004, if interested. Will have a raffle and selling pizza & pop. Free Admission!





PRESENTATIONS / LUNCH & LEARNS

Social Hour: Topic: Benefits of Music on our Mental Health: Monday, August 3rd at 11:00 AM (Every First Monday of the month at 11:00 AM - 12:00 PM): . By Chelsea Hospital Behavioral Health Navigators. Music is a powerful, science-backed tool for mental health that immediately alters brain chemistry. Listening to or creating music helps lower the stress hormone cortisol, boosts "feel-good" chemicals like dopamine and serotonin, and provides a healthy emotional outlet when words fail.



Presentation: "Protecting Your Wealth from Healthcare Costs in Retirement" Medicare and Beyond. Monday, August 3rd at 1:00 PM. Discussion: How Medicare works and things to consider in your planning. Estimating annual healthcare costs in retirement and those not covered by Medicare .The importance of integrating healthcare costs into your overall retirement strategy. contact information is Daniel Kaminski CFP®, ChFC@Daniel.kaminski@ml.com. 734-996-1168



Presentation: MEET THE FUTURE: ROBOTS, AI, AND TECHNOLOGY FOR EVERYDAY LIFE Tuesday, August 4th at 12:30 PM. Homemade cookies will be served. Join us to explore emerging technologies, including robots, voice assistants, and AI, and discover how they can support older adults! Presented by Dr. Long-Jing Hsu from the Michigan Institute for Data & AI in Society at the University of Michigan.



Presentation with Senior Cafe: Learn about Senior Services and Medicare Fraud Prevention. Wednesday, August 5th at 12:30 PM. Presented by Rebecca Nieuburt, LLMSW, WISE Aging and Senior Center Manager Jewish Family Services of Washtenaw County. rebeccan@jfsannarbor.org. **(You are more than welcome to bring your lunch or sign up with our Senior Cafe 48 hours in advance. Served at 12:00 PM if you sign up, or just come to listen.)**



***Senior Nutrition Program Workshop: Thursday, August 6th at 11:45 AM - 12:45 PM. During Senior Cafe.** You are invited to participate in a 1-hour co-creation workshop led by researchers from the University of Michigan and Dexter Senior Center. During the workshop, you will share your experiences, ideas, and perspectives on senior nutrition, food delivery, and healthy aging to help us explore ways to improve services and support for older adults in our community. **(Please sign up for lunch at Senior Cafe 48 hours prior.)**

***Lunch and Learn: "11 Red Flags to Spot Scams." Wednesday, August 12th at 12:00 PM.** Learn the 11 warning signs that could save you from becoming a scam victim. Gain simple, practical tips to spot fraud, protect your identity, money, and stay safe in today's digital world. Join us for a Lunch and Learn with Peisy Sulimin, Email: peisy.sulimin@thrivent.com 734-272-8806 **Sign up 48 hrs ahead. Free!**



Presentation: Nutrition During Time of Illness and Recovery: Monday, August 24th at 1:00PM. Nutrition recommendations to support your body when you are ill or recovering from an illness or procedure. Contact information: Colleen Zurcher, MPH, RDN. Email: dacolleen@jfsannarbor.org. Community Assistance Jewish Family Services of Washtenaw

***SAVE THE DATE AND SIGN UP: Presentation on Cybersecurity and Staying Safe Online: Wednesday, September 23rd at 1:00 PM.** Led by Rachael Dawson-Baglien, Senior Resource Manager at Catholic Charities Washtenaw County (734-971-9781, ext. 8)

Dementia Friendly Day: Wednesday, August 26th (Every last Wednesday of the month.) 10:00 AM: Donuts and Chat: Are you struggling with issues in caring for your loved one with dementia? If so, join Sue to learn some basic information about the changes that are occurring, both physically and emotionally, and to learn some basic tips to improve your interactions with them. Susan Reynolds, Senior Caregiver Service Coordinator, sreynolds@ccwcwashtenaw.org. Office: (734) 971-9781 ext. 511

11:00 AM: *Watercolor Painting: (Sign up) With Julia Wellings, Certified Art Therapy Practitioner. Kileah Mae Creative offers beginner-friendly watercolor workshops. With seniors in mind. Calm, encouraging, and easy to follow. no experience is needed. **12:00 PM: *Lunch in the Senior Cafe. (Sign up 48 hours prior)**

1:00 PM: Presentation and Respite: Presentation by Care Management by Natalie. While your care partner attends the presentation we will be providing respite games for 1 hour with Carrie McElroy, from Dementia Friendly Services (Dexter). *Join us on this special day for those with dementia and their care partners. All members are encouraged to join any event. (Interested volunteers or sponsors please contact Dana at DSC at 734-734-7737 ext. 8004.)*

<https://dfamerica.org/memory-cafe-directory>



Care Management
by Natalie



LANGUAGE

German Conversation Group: (No Classes in August) Every Tuesday at 10:15 AM - 11:45AM. (Will resume class in September with new participants.) Participants need to have knowledge of basic pronunciation and vocabulary. Instructor Margarete. For more Information, contact by email with any questions. mowalsh52@gmail.com.

Spanish 2 Instructional Class: (No Classes in August.) Spanish 3 will start Sept. 10th. Every Thursday at 3:00 PM - 4:30PM. (10-week course) With instructor, Melean Gregorio from WCC. (Option to buy a book) Spanish 1 starts in the Winter.



French Study Group: Thursdays at 12:00 PM. (No Instructor in August.)

Italian Conversational Meet up: No Instructor, Call Cheryl if interested 734-604-5349.

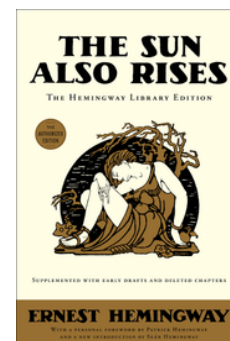


CREATIVE WRITING & BOOK CLUB

Writing Group: Every Tuesday at 10:00 AM Share your stories, recipes, and poems while meeting new pen pals. Supplies provided or bring your own. This will be instructor led by Robin. Anyone can Write!

Book Club: (Last Friday of the Month) Friday, August 28th at 10:00 AM.

The Sun Also Rises – by Ernest Hemingway. 1926 novel follows a group of disillusioned American and British expatriates in 1920s Europe. It examines the aimlessness of the "Lost Generation" as the characters wander between Paris and Spain, using heavy drinking and shifting romances to cope with the trauma of World War I.





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.

Dulcimer Concerts: Aug 14th Plein Air at Gazebo 2:00 PM. Sept. 19th Farmers Market, TBD



UKULELE & INSTRUMENT JAM



Ukulele Theory: Mondays at 1:00PM. 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 mcrampton@outlook.com or 734-272-1866.

All Instrument 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! Wednesday at 10:30 AM - 11:30 AM. Last class August 5th. Come meet up with fellow singers. With Director, Parker Williams, for the summer. We are looking for a Director for the Fall. We have a keyboard. If interested in being the Choir Director, please contact Dana at DSC 734-426-7737 ext. 8004

Sing - A - Long: Every Wednesday at 2:00 PM. Starting August 12th. Will continue this fun group with YouTube Karaoke, until we find a Choir Director.



COOKING

Cooking For Less: Friday August 28th at 12:30 PM. Join us for a fun demonstration class with tasty lunch by Maureen. We will be making Harvest Chicken Salad with Crimson apples and tangy orange dressing.

Sign up at DSC 48 hours in advance.





FITNESS



Neuro, Box and Movement: Mondays at 9:30 AM. Instructor Lucia Guerri, PhD, Biomedical Scientist & Fitness Professional (NASM & Rock Steady Boxing Certified). Engage your mind, play with your rhythm and improve your physical confidence! A science-backed wellness program focused on improving dynamic balance and mobility, featuring non-contact boxing and lots of fun. Great for anyone wanting to strengthen both body, brain, and highly beneficial for individuals managing Parkinson's.

CIRCUIT 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 CHAIR CLASS: Tuesdays at 9:30 AM with Susan. Thursdays at 9:00 AM with Instructor Roo Morgan. 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 stand. **(No Class Aug. 4th.)**

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.

MAT PILATES: Wednesdays at 9:15 AM. Join us for an adapted pilates mobility class. This is a strength and balance class. By instructor Eliza Blair. (Option to use mat or a chair while standing and on the floor to assist in getting up.) **Private class appointments on Wednesday. Contact Eliza at 248-760-5934**
lizbepilates@gmail.com



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 August 20th.)**

TAI CHI: Fridays at 9:00 AM. (No Classes in August) Starts again on Sept 18th- to Dec. 4th (Skip 10/23 & 11/27) 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.





YOGA & DANCE (SIT OR STAND)



CHAIR YOGA: Mondays 11:00 AM and (Wednesdays at 2:00 PM on the 5th. **TIME CHANGE: Starting on the 12th at 11:00AM.**) By Certified Instructor Dianna Kause. Slow-paced, accessible session for all abilities, including those with arthritis or mobility.

RISE & SHINE GENTLE YOGA: Tuesdays & Thursdays at 9:00 AM. By Certified Instructor Cindy Boschman. 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: Tuesday, September 15th at 12:00 PM - 1:00 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.)**

Line Dancing Class with Dee: Tuesdays at 2:00 PM (Class will Start Sept. 8th - Nov. 17th. No class Nov. 3rd) By Dee Grantham from Washtenaw Community College.



NEW: Line Dancing Continued with Jessie. Every Tuesday in August at 2:00 PM. Continue the fun on Tuesdays with new instructor Jessie Wise.

NEW: Seated Ballet: Starting in September. Every Monday at 12:00 PM.



With instructor Jessie Wise. Connect with music and classical Ballet narratives. Find elegance in your arms, strength in your posture, and work on your core with leg extensions. (45 minute Class)

NEW: Latin Rhythms Dance: Starting in September. Every Wednesday at 2:00 PM. With dance instructor Jessie Wise. Learn merengue, bachata, cuban salsa and chacha. May learn seated too. No partner needed. (45 minute class)

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.



RECREATIONAL EXERCISES



Senior Swim: Monday, Wednesday, & Friday at 8:30 AM - 9:30 AM. At Wylie Elementary School. \$1.00. 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, August 12th at 10:30 AM. Weather permitting, we walk at a regular pace on the paved trail across from the center. (Looking for a leader.)

Chair Volleyball: Fridays at 11:30 AM. Fun beach volleyball game in our chairs. No experience needed. (Team name: SEALS.) Pre-order shirts at DSC reception desk.





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!

***Card Making Class: Monday, August 17th at 10:00 AM. (Every third Monday of the month.)** Join us for a fun class of making 3 unique themed cards, once a month. Cost is \$10.00 pay to instructor, Carol. Will order card kits ahead of time. **Sign up at 1 week prior.**



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

***Canvas Painting Class: Thursday, August 13th at 10:30 AM - 12:30 PM.** 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 & Pay Instructor \$25.00 at time of class.**

***NEW: Zentangle Inspired Art Drawing Class: August 14th at 10:00 AM - 11:30 AM. Every 2nd Friday of the Month.** Exploring Zentangle inspired art through step by step drawing. No experience needed, just bring your curiosity! We'll combine some classic Zentangle patterns with flowing organic shapes to create beautiful artwork. All supplies are provided (fine tip sharpies, pencils, rulers, and paper) but you may also bring your own. Instructor Shannon. **Sign up or Free! (No Class in September.)**



***Junk Journaling: Monday, August 17th at 1:00 PM.** Bring all your journaling projects that you want to work on. Instructor will be there to help and assist with your projects. Class fee \$10 a journaling packet will be provided. Call Sharon with questions # 517-749-0002. **Sign up at DSC.**

***Watercolor Pencils Class: Mon. August 24th at 12:30 PM -2:30 PM.** Can you remember how much fun it was to color when you were growing up? We are going to recapture that fun and relaxation with watercolor pencils. These are pencils that are water soluble, so after you draw and color with them, you can wet your creation with a damp brush to mimic the effects of watercolor painting. This is a fun and very accessible activity. No experience is necessary. We will be drawing and painting flowers, with stencils provided. If you like, you can enhance your creation with waterproof pen. All supplies provided. **Sign up for Free!**

Weaving Lessons: 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. **Sign up.**

***New: Beginner's Knitting Workshop: "Making a Dishcloth." Starting Mondays, Sept 14th from 9:00 AM - 11:00 AM.** Class will be 3-4 weeks then restart. Instructor Christine will teach you the basics of knitting. Including knit cast on, knit and purl stitches, bind/cast off. A bag of Knitting supplies may be purchased for \$10.00. (Pay to instructor at time of class.) If using own supplies, we will be using straight needles size US5/3.75mm. **Sign up.**



TABLE GAMES



Puzzle Palooza: Every Day. Come in and do a puzzle or take one home. Donate or trade.

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

***Beginner Chinese Mahjong Class: First Wednesday of the Month, Aug. 5th at 11:00 AM - 12:30 PM PM. Starting August 5th.** No experience needed. Registration required. **Sign up!**

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

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 1:30 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. (We have Scrabble, Trivia Pursuit, Mexican Train, Ticket to Ride, and Dominos.) **(Sign up for an Ice cream Social Game Night: Thursday, August 6th at 3:00 PM. Free)**

***Bunco: Friday, August 7th 1:00 PM.** We will meet every second Friday of the month starting in September. Looking for players to have a lot of fun and meet new friends. Free and Prizes. We will have an instructor so beginners are welcome. **Sign up at DSC.**



CARD GAMES



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

Euchre: Fridays at 11:00AM
Beginners welcome.

Pinochle: Wed.
Beginners.

Let us know if you would like to start a new card group!

<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



Trips Presentation by Village Travelers: Monday, August 10th at 1:00 PM. Learn all about upcoming day trips and overnight trips. **American Symphony will present at 1:30 PM about their trip in Oct 2027 on the Mississippi River Cruise.**

Trip Presentation: Iceland 2027 by Ruth Hamilton: Monday, August 10th at 2:15 PM.



VILLAGE TRAVELERS

Aug 15th-23rd - Canadian Rockies by Rail.

Sept. 10th - Turkeyville to see "A Closer Walk with Patsy Cline" at Cornwell's Dinner Theatre.

Oct. 1-7th - Color Tour of Lake Superior and the Upper Peninsula.

Nov. 10-14th - Multi-day Mystery Trip to a nearby State!

Dec. 11th - Holiday Light Tour Michigan International Speedway

(All pickups with Village Travelers are on Charter Bus and in Brighton, off of US23. Sign up for trips on their website or call or email, Lois Gibbons: lois@villagetravelers.net, Margaret Lightner: MARGARET@villagetravelers.net, website, www.villagetravelers.net. Lois at 248-960-6505 or Margaret at 248-798-9609.)

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. (This trip is full but you may be added to waitlist.)**



NEW: Road Trip: To Cleveland for a Detroit Tigers Game and Rock & Roll Hall of Fame: Sept. 5th - 6th (Sat. & Sun.) Round trip on a Bianco deluxe motorcoach bus. Includes Tiger Baseball game tickets, and entrance to Rock and Roll Hall of Fame. Includes 1 night in downtown. Cleveland, and 1 breakfast. **Deposit \$20 or full payment due by July 22nd \$399.00. Write Checks to Bianco. (Send Checks in the Mail to Bianco Tours 12555 Universal Dr. Taylor, MI 48180 (734) 946-7021.)**



NEW: Tour Cranbrook House and Gardens: Wednesday, September 9th at 8:45 AM - 3:15 PM. Cranbrook House tour at 10:00 AM, Garden tour at 11:00 AM. Lunch at 12:00 PM is included in the ticket price at the Cranbrook House Library. Japanese Garden tour at 1:00 PM. **Pay \$100 at time of sign up at DSC.**



New: Federik Meijer Gardens with Chihuly Experience: Tuesday, Oct. 13th 7:30 AM - 4:45 PM. Pick up at DSC on a Bianco deluxe motorcoach with restrooms. Tour Architect and Artist, Dale Chihuly, large-scale glass and other structures. 132 acres of indoor and outdoor gardens with an optional tram ride for \$10. Included lunch at Brann's Steakhouse in the heart of the west side of Grand Rapids. **Pay \$143.00 at time of sign up to DSC. No refunds within 2 weeks.**





TRAVEL CONTINUED



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. **(Make a lunch choice on the bottom of the flyer and give to Dana.) Pay \$114.00 at time of sign up at DSC. No refunds within 1 week.**



NEW: Meadow Brook Hall Christmas Lunch and Tour: Dec. 9th from 9:30 AM - 3:00 PM. The package includes: Lunch service from 11:00 a.m. – 12:00 p.m. in one of the elegant rooms of the Great Estate, beautifully adorned with garlands, twinkling lights, and seasonal centerpieces to set a warm, festive tone. Followed by a self-guided holiday tour from 12:00 – 1:30 p.m. through Meadow Brook Hall, where every room will have a docent to talk about the exquisitely decorated room with 50 magnificent trees and vintage holiday displays. Over 100 years of tradition brought to life in a dazzling celebration of the season. **Pay \$80.00 at time of sign up at DSC. Deadline to pay is Nov. 25th.**



NEW: Sensations Of The South (Featuring 3 nights in New Orleans): March 5-14, 2027! Join us for a 10 day round trip on a deluxe Bianco Motorcoach. Includes 1 night at each in Berea, KY, Atmore, AL, Vicksburg, MS, Bowling green, KY, Chattanooga, TN, 3 Nights in New Orleans, LA, 1 night in Memphis, TN. Includes 9 breakfasts, 4 lunches, and 8 dinners. Please see flyer for the full itinerary. **\$100.00 deposit. Full payment of \$3,085.00 due Jan. 4th 2027. No refunds 14 days to departure. Write Checks to Bianco. (Send Checks in the Mail to Bianco Tours 12555 Universal Dr. Taylor, MI 48180. (734) 946-7021.)**



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.

(Please make sure you pay at time of sign up at the front desk, for all trips. Overnight trips with Bianco, mail payments to Bianco Tours 12555 Universal Dr. Taylor, MI 48180)



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.

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 appointment dates: **August 17th and Sept. 28th. Medicare Open Enrollment Appointments: Oct. 26th and Nov. 30th at 9:30 AM, 11:00 AM, or 1:00 PM (Call and sign up for OEP appointments with local SHIP Medicare Assistance. Call # 248-262-0545.)**

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

Foot Care: Every third Tuesday at 9:00 am - 2:00 pm. Call Heather Schanz, RN at **(414) 436-6876** for an appointment. (Trim, thin, & file toenails, file corns and calluses.) \$45.00.

Community Health Worker Appointments: Every Tuesday from 11:00 AM to 3:00 PM. No appointment needed for members through Chelsea Hospital. Meets with the individuals at DSC to understand and address social needs. Navigating resources to access food, transportation, insurance, housing, and health literacy support. If interested in the CHW program, contact **Kara Nold at kara.nold@trinity-health.org or 517-985-8732.**

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 info@cmbynatalie.com to schedule. (Lunch & Learn: Oct. 14th at 12:00 PM)**

Technology Help by Gen to Gen: Wednesday, August 12th from 2:00 PM - 3:00 PM. Bring your smart phone, personal computer, or tablet. By Dexter High school Dreadbots Outreach

Reflexology: Every second and fourth Thursdays. Call Barb Fisher at **(734) 664-7465** to schedule an appointment. \$30.00. **(No appointments in August.)**

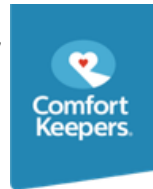
Massage: Every second and fourth Thursday, from 9:00 AM - 4:30 PM. Benefits: pain relief, Improved sleep, mood boost, better mobility and balance, lymphatic drainage & more. Sliding scale available. 15 min: \$20, 30 min: \$40, 45 min: \$60. Done on a table so you can fully relax. **Schedule an appointment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

New: Reiki: 1st & 3rd Thursdays, from 12:00 PM - 4 PM. Starting in September. Den Carbonell, a certified Reiki Master. Reiki is offered through a light touch and is a subtle, yet powerful form of Japanese energy work. It is known to be very peaceful and relaxing. **Schedule an appointment or text, Den 517-775-2731.** 15 min. \$20.00 / 30 minutes \$40.00.

THANK YOU TO OUR BINGO SPONSORS

Members Debbie Bigalow and Denise Moyer: We are excited that volunteer members will lead this Bingo. A special thank you to Denise Moyer who has been donating weekly, Cover All Prizes! **(Bingo Sponsor on August 6th 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 with Kate Tselios on August 20th at 1:00 PM)** Back every other month on the third Thursday.



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. 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, <https://www.brookdale.com> and Clarebridge Memory Care Community in Ann Arbor will be able to assist you with your questions. **(Bingo Sponsor with Lorrie Kecskes on August 27th at 1:00 PM)**



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 Center 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.

Garden Club: Once a week for all of summer We need help planting, weeding, and watering our new flower stands on the Patio! **Sign up sheet is out on the table.**

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.

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 at lunch, craft, painting, game, music group, exercise class, or presentation.) Please see sign up sheet with times or contact Dana at 734-426-7737 ext. 8004.

Informational meeting with refreshments: Friday, Sept. 11th at 12:30 PM. Come find out all the volunteer opportunities. Fill out a paperwork and interest form.

OTHER NEWS & UPCOMING EVENTS

Craft Fair: Friday Oct. 30th From 9:30 AM - 1:30 PM. Calling all crafters and artists. Come sell your unique items. Please contact Dana at dana.waters@dexterseniors.org or at 734-426-7737 ext 8004, if interested in getting a 6ft table for \$30.00 or bringing your own table for free. Members invite your friends and family. Open to the public. We will be selling pizza and pop for \$1. We will sell \$1 tickets for a raffle. **(Looking for volunteers for set up and take down, greeters, and selling pizza & pop. Look for Sign up sheet.)**

Raffle: Drawing on August 19th at our Monthly Birthday. Just \$1.00 per ticket for a chance to win **2 tickets to any Season 18 show at The Encore Musical Theatre Company!** Pay the front desk to enter. Put your name and phone number on the ticket for your chance to win. All proceeds go to the Dexter senior Center.



Text & Voice Messages / Event Sign-In: Please remember to sign in via My Senior Center when you arrive or after class so we can reach you if a class is canceled. We send automated text updates from 855-740-9451 (your phone may label this number as spam). Save/unblock this number for text alerts. To call the Center directly, use 734-426-7737.

Selling Soda POP Cans for \$1.00. We have Faygo Flavors and Sprite for now. Taking donations. All proceeds go to Dexter Senior Center. Pay reception desk for service.

Pewabic Tiles are here! You can pick up your tile or leave for us to display in the building.

Dementia Friendly Dexter Team - 2026 Walk to End Alzheimer's - Washtenaw County: Sunday, October 11th, 2026. Join us for a fun-filled day walking. Registration & Pre-event Activities: 10:00 am | Opening Ceremony: 11:00 am | Walk immediately to follow Location: Pioneer High School | 601 W Stadium Blvd Ann Arbor, MI 48103. Route Length: 1/2 mile & 2 miles. Register or donate https://act.alz.org/site/TRfr_id=19696&pg=team&team_id=1071929 Team T-shirts contact Carrie Hays McElroy (c) 734-658-3770 carriemhays@yahoo.com

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 - 10% off

Jensen's Community Pharmacy - 10% off over the counter

Cottage Inn Dexter - 10% off

Ziggi's Coffee - 10% off (In store only)

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!



Dexter Senior Center Supporters



RALPH C. WILSON, JR.
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CHELSEA
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Ann Arbor Area
Community Foundation

For good. For ever.™

Mary Thompson Foundation



Dexter Community Fund

Kiwanis
CLUB OF ANN ARBOR

Rotary



Dexter Club
D6380

UMRC
PORTER HILLS
Foundation



August 2026 Activity Calendar Dexter Senior Center

Key: * Make an appointment or sign-up.
Bold - New Events. **Color**- **Specific date**.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 - Color, Crafts, Needlework 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 11:00 - Chair Yoga 11:00 - Social Hour: Topic (Music) 12:00 - *Senior Cafe 12:30 - Bridge / Euchre 1:00 - Presentation: Protecting your Wealth 1:00 - Uke Theory 2:00 - Easy Ukelele Only Group	4 9:00 - Yoga 9:30 - Strength & Stretch 10:00 - Writing Group 10:00 - 12:30 - Beginner Mahjong 12:00 - Pinochle 12:30 - Presentation: Meet Robots, AI, & Technology for Everyday Life. 12:30 - Dominos 1:00 - Blood Pressure Checks Community Health Worker	5 9:00 - SOS 9:15 - Pilates 9:30 - Pinochle 10:30 - Choir 11:00 - Beginner Chinese Mahjong 12:00 - *Senior Cafe 12:30- Presentation: Senior Services and Medicare Fraud 12:00 - Ukelele Jam Group 12:30 - Euchre / 313 1:00 - Needlework / Watercolor 2:00 - Chair Yoga	6 9:00 - Yoga / Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer 11:00 - Cardio Drumming 11:45 - *Senior Cafe/Focus Group 12:00 - French Study Group 12:30 - Cribbage 1:00 - BINGO 1:30 - American Mahjong 3:00 - Barn Dancing 3:00 - *Game Night with Ice Cream Social	7 9:00 - Weaving 10:00 - Circuit Workout 11:00 - Euchre 11:30 - Chair Volleyball 12:00 - Pinochle / 313 1:00 - Dulcimer (Beginners) 1:30 - Chinese Mahjong 1:00 - Bunco
10 9:00 - Color, Crafts, Needlework 9:30 - Neuro, Box, and Movement 10:00 - Circuit 11:00 - Chess 11:00 - Chair Yoga 12:00 - Senior Cafe 12:30 - Bridge / Euchre 1:00 - Travel Presentations: Village Travelers / 1:30: American Symphony / 2:15: Iceland 2027 1:00 - Uke Theory 2:00 - Easy Ukelele Only Group	11 9:00 - Yoga 9:30 - Strength & Stretch 10:00 - Writing Group 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 - Dominos 2:00 - Line Dancing Community Health Worker	12 9:00 - SOS 9:15 - Pilates 9:30 - Pinochle 10:30 - Walking Club 11:00 - Chair Yoga 12:00 - *Lunch & Learn 12:30 - Euchre / 313 1:00 - Needlework / Watercolor 2:00 - Sing-A-Long 2:00 - Technology Help 3:00 - All Instrument Signing Jam	13 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 12:00 - French Study Group 12:30 - Cribbage 1:00 - BINGO 1:30 - American Mahjong 3:00 - Barn Dancing / Game Night *Reflexology Appointments *Massage Appointments	14 9:00 - Weaving 10:00 - Circuit Workout 10:00 - *Zentangle Inspired Art Class 11:00 - Euchre 11:30 - Seals, Chair Volleyball 12:00 - Pinochle / 313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)
17 9:00 - Color, Crafts, Needlework 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 10:00 - *Card Making Class 11:00 - Chair Yoga 12:00 - *Senior Cafe 12:30 - Bridge / Euchre 1:00 - Uke Theory 2:00 - Easy Ukelele Only Group 1:00 - *Junk Journaling Class *Medicare Counseling	18 9:00 - Yoga 9:30 - Strength & Stretch 10:00 - Writing Group 10:00 - WAVE Bus Outreach 11:00 - Cardio Drumming 12:00 - Pinochle / 12:30 - Dominos 2:00 - Line Dancing Community Health Worker *Foot Care Appointments	19 9:00 - SOS 9:15 - Pilates 9:30 - Pinochle 11:00 - Chair Yoga 12:00 - Ukelele Jam Group 12:30 - Euchre / 313 12:00 - *BIRTHDAY LUNCH BBQ and 12:15 - Entertainment 1:00 - Needlework / Watercolor 2:00 - Sing-A-Long *Senior Support Consults	20 9:00 - Yoga 9:00 - Strength & Stretch 10:30 - Dulcimer 11:00 - Cardio Drumming 12:00 - *Senior Cafe 12:00 - French Study Group 12:30 - Cribbage 1:00 - BINGO - Sponsored 1:30 - American Mahjong 3:00 - Barn Dancing / Game Night	21 9:00 - Weaving 10:00 - Circuit Workout 11:00 - Euchre 11:30 - Seals, Chair Volleyball 12:00 - Pinochle / 313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) *Trip to Genittis Show
24/31 9:00-Color, Crafts, Needle 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 11:00 - Yoga 12:00 - *Senior Cafe 12:30 - *Watercolor Pencils Class / Presentation: Nutrition During Time of Illness & Recovery - 24th 1:00 - Uke Theory 2:00 - Easy Ukelele Only Group	25 9:00 -Yoga 9:30 - Strength & Stretch 10:00 - Writing Group 11:00 - Cardio Drumming 12:00 - Pinochle 12:30 - Dominos Community Health Worker	26 <u>Dementia Friendly Day.</u> 9:00 - SOS / 9:15 Pilates 9:30 - Pinochle 11:00 - Chair Yoga 10:00 - Coffee, Donuts, & Chat 11:00 - Art Therapy (Painting) 12:00 - *Senior Cafe 12:00-Ukelele/ 12:30- Euchre/313 1:00 - Presentation: Care Management & Respite with Games 1:00 - Needlework / Watercolor 2:00 - Sing-A-Long	27 9:00-Yoga 9:00 - Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer/ 11:00 - Cardio Drumming 12:00 - *Senior Cafe 12:00 - French Study Group 12:30 - Cribbage 1:00 - BINGO - Sponsored 1:30 - American Mahjong 3:00 - Barn Dancing / Game Night *Reflexology Appointments *Massage Appointments	28 9:00 -Weaving 10:00 - Book Club 10:00 - Circuit Workout 11:00 - Euchre 11:30 - Seals Chair Volleyball 12:00 - Pinochle / 313 12:30 - *Cooking For Less 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)

August 2026

Meal Calendar

Dexter Senior Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheesy Broccoli Rice Soup WW Roll Side Salad/Broccoli Applesauce Alternate Selection: Roast Beef Sandwich	4 Mediterranean Chicken Rice/WW Bread Garden Vegetables Papaya/Mango Alternate Selection: Turkey Barley Soup	5 BBQ Chicken Breast Brown Rice/WW Bread Broccoli/Cauliflower Tomato/Cuc Salad Alternate Selection: Tuna Salad Sandwich	6 Meatloaf Mashed Potatoes Mixed Vegetables Mixed Fruit/WW Bread Alternate Selection: Chili	7 Meaty Ragu WW Bread Green Beans Strawberry Applesauce Alternate Selection: Chicken Sandwich
10 Meatballs Brown Rice/WW Bread Cauliflower Papaya/Mango Alternate Selection: Egg Salad Sandwich	11 Roasted Turkey Mashed Potatoes Broc/Cauli/Carrot Blend Trop Fruit Salad/Bread Alternate Selection: Turkey Sandwich	12 Oven Roasted Tilapia Citrus Lentil Rice Broccoli/WW Bread Mandarin Oranges Alternate Selection: Chicken Chili	13 Chicken Parmesan Green Beans Wheat Bread Apple Alternate Selection: Chicken Noodle Soup	14 Black Bean Burger Brown Lentils Mixed Veggies Pineapple/WW Bun Alternate Selection: Chicken Salad Sand
17 Cheesy Squash Bake Broccoli Butternut Squash Wheat Bread/Apple Alternate Selection: Chili	18 Chicken Lentil Soup WW Roll/Crackers Side Salad/Pineapple Veggies in Soup Alternate Selection: Roast Beef Sandwich	19 Dijon Salmon Seasoned Black Beans WW Bread/Veggie Blend Peaches Alternate Selection: Tuna Salad Sandwich	20 Tuna Noodle Casserole Malibu Blend Veggies Papaya and Mango WW Bread/FF Dressing Alternate Selection: Turkey Barley Soup	21 Beef Goulash WW Bread California Blend Orange Alternate Selection: Chicken Sandwich
24 Turkey Barley Soup Wheat Bread Side Garden Salad Papaya and Mango Alternate Selection: Egg Salad Sandwich	25 Roasted Chicken Thigh WW Roll/Crackers Mashed Potatoes Green Beans/Pears Alternate Selection: Chicken Chili	26 Beef Chili WW Bread/Crackers Cherry Tomatoes Orange/FF Dressing Alternate Selection: Turkey Sandwich	27 Chicken Tenders WW Roll Green Beans Quinoa/Peaches Alternate Selection: Chicken Noodle Soup	28 Quinoa Corn Cake Tofu Sauce/WW Bread Mixed Veggies Trop Fruit Salad Alternate Selection: Chicken Sandwich
31 Cheesy Broccoli Rice Soup Side Salad/WW Roll Broccoli Applesauce Alternate Selection: Roast Beef Sandwich		Note 1: Low fat milk and margarine are included in every regular meal (those in black print).	Note 2: Sides, such as salad and/or fruit are included with alternate meals (those in red print).	

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