



DEXTER SENIOR VOICE

September 2026



MESSAGE FROM THE EXECUTIVE DIRECTOR

September is packed with new programs and returning favorites!

We'll kick off the month by stuffing backpacks for local children on September 1. Later, we'll host a Dexter Senior Center Town Hall, another New Member Meet & Greet with donuts, and our first Arts & Crafts Supply Swap. You can also share your story with University of Michigan students over a free breakfast.

Presentations include "Prepare Wisely: Estate Strategy Essentials" with Thrivent, The WAVE Bus, gardening, data centers and the local impact of artificial intelligence, remembering 9/11 and the hunt for Osama bin Laden, vaccine guidelines for the 2026–2027 season, cybersecurity and staying safe online, hearing loss and dementia, advances in neurobehavioral health with respite games, travel opportunities, and Donuts & Chat with Dexter Dermatology.

Join us for fall hikes at Hudson Mills and Dexter-Huron Metroparks in September and October, or pickleball instruction and games at the park courts. The WAVE will provide free transportation from the Center to the parks. We're also adding Latin Rhythms Dance and Seated Ballet.

Returning programs include the eight-week Ukulele from Scratch course, Grief Release Yoga, beginner knitting, doll making, Watercolor Pencils, and an Autumn Watercolor Painting Workshop. Spanish 3, Line Dancing, and Tai Chi are also back through Washtenaw Community College.

Private Reiki appointments begin this month. Massage appointments are increasing to twice a month and now include a heated table.

Looking ahead to October, sign up for our Immunization Clinic and Open Medicare Enrollment assistance. We'll also host a Craft Fair and form a Dexter Senior Center team for the Walk to End Alzheimer's.

Warmly, Anna Pekrul, Executive Director



Contact Information

Dexter Senior Center

2740 Baker Rd
Dexter, MI 48130
(734) 426-7737

Executive Director

anna.pekrul@dexterseniors.org

Program Manager

ext. 8004
dana.waters@dexterseniors.org

Senior Nutrition

Emily Kiesler
(734) 253-2370

Administration

Suzanne Rossi, Joanne Esch
dscadmin@dexterseniors.org

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
Sept. 23rd at 3:00 pm



HIGHLIGHTS & ANNOUNCEMENTS



Stuff School Backpacks: Sept. 1st at 12:00 PM - 2:00 PM. Join us for a fun time stuffing backpacks for local students with Brittany from The Willows at Mill Creek, a new Trilogy Health Services senior living community coming to Dexter.

***Sign up at DSC**



History Presentation: Remembering 9/11 & The Hunt for Osama Bin Laden: Friday, Sept. 11th at 12:30 PM. An informative lecture and video of events on 9/11 and impact on our nation, world and global effort to capture and death of Osama Bin Laden. Refreshments will be served.



New Member Meet with Donuts, Coffee, and Conversation: Sept 14th at 9:00 AM. Join us if you are a new member or missed the last meet up. Great time to meet other members, our staff, volunteers, and get a tour. ***RSVP by 12th.**



Monthly Birthday Lunch: Wednesday, September 16th at 12:00 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 & Molina Healthcare for sponsoring!



Choir Sing-A-long & Play-A-long with University of Michigan Retirees: Friday, Sept. 18th at 10:00 AM - 12:00 PM. All Voices (both talented and wanna-bees.) All Instruments and levels of talent. Family and friends are welcome. Directed by Sue Bade.



Seasonal Hike at Hudson Mills Metropark: Friday, Sept. 18th at 2:00 PM - 3:00 PM. FREE hike and transportation with the WAVE Bus. Pick up at Center at **1:30 PM.** Drop off at Center at **3:30 PM** or meet there from 2:00 PM - 3:00 PM. Bring water. **(*Sign up for free.)**



Dexter Senior Center Town Hall, One year Later: Sept. 21st at 1:00 PM. Join us for a Member Town Hall to share your ideas, feedback, and suggestions for the future of Dexter Senior Center. What are we doing well? What could we improve? What programs or services would you like to see?

FREE Arts & Crafts Supply Swap: Tuesday, Sept. 22nd and Wednesday 23rd. Are you a crafter with lots of supplies, need more materials, or want to try a new hobby? Drop off items on **Fri. 18th & Mon. 21st.** You do not need to bring supplies in order to pick something up. **(Sign up)**

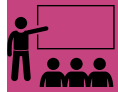


Share Your Story with University of Michigan Students with a Free Breakfast. Thursday, Sept. 24th, from 8:30AM -11:30 AM. Join us during breakfast to connect with students from U of M. As part of a brief interview, students will learn about your experiences, perspectives, and stories to inform their research. ***RSVP by 22nd.**



Technology Help and Conversations with Robots: Wednesday, Sept. 30th at 2:00 PM. (Every last Wednesday of month.) Bring your smart phone, personal computer, or tablet and get hands-on help by Dr. Long-Jing from The Michigan Institute for Data & AI in Society at U of M.





PRESENTATIONS / LUNCH & LEARNS

Lunch and Learn with Thrivent: Wednesday Sept 2nd at 12:00 PM. “Prepare Wisely, Estate Strategy Essentials.” Protect what matters most. Learn smart strategies to safeguard your assets, care for your loved ones, and leave a legacy. With Peisy Sulimin, Email: peisy.sulimin@thrivent.com 734-272-8806 (***Sign up by August 31st.**)

Garden Presentation: Tuesday, Sept. 8th at 12:30. Rain Gardens – Nature’s method for keeping our lakes clean. We’ll learn about the benefits of Rain Gardens and go on a photo tour of rain gardens. What pesky problems did they solve? Bring your questions. Susan Bryan created and teaches the Master Rain Gardener class at the Washtenaw County Water Resources Commissioner’s Office. www.MasterRainGardener.org. bryans@washtenaw.org.

Presentation: Data Centers: The Local Impact of Artificial Intelligence. Wednesday, Sept. 9th at 1:00 PM. The effect of hundreds of new AI data centers is likely to be as big a transformation of American life as the electrification of US homes in the 1920s. Come to a presentation by John Preston, Associate Professor Emeritus to find out why they use so much electric energy, how providing it might affect us and the environment, and what is being done by state and local government bodies to manage this phenomenon.

Presentation: Vaccine Guidelines for the '26-'27 Season: Tuesday, Sept. 15th at 12:30 PM. Fall vaccine guidelines often change. Some changes are minor, others are big. What’s in store for us for the upcoming fall and winter? Join Betty Chaffee, PharmD, of Better My Meds to hear the newest information about fall vaccines, and learn how to best protect yourself from fall and winter illnesses.

Donuts and Chat with Dexter Dermatology: Monday, Sept. 21st at 9:00 AM. An informative presentation by Ashley Katic, PA-C from Dermatology Specialists of Dexter and Ann Arbor. Ashley will share expert tips on how to prepare and protect your skin during the cooler months, including seasonal skincare recommendations and ways to keep your skin healthy all fall and winter. Contact 734-726-9992. (***Sign up by September 18th.**)

Presentation on Cybersecurity and Staying Safe Online: Wednesday, Sept. 23rd at 1:00 PM. Unfortunately, crimes that happen in real life can also happen online. Learn important cybersecurity definitions, warning signs, and steps to take if you fall victim to an online scam. Led by Rachael Dawson-Baglien, Senior Resource Manager at Catholic Charities Washtenaw County (734-971-9781, ext. 8)

Presentation: Hearing Loss with Sweet Treats: Monday Sept. 28th at 1:00 PM. Cognitive ability can be affected with untreated hearing loss. Hearing tests are an important part of our over all health care and should be done as a yearly exam. We will have a sign up sheet to come to the office to get your hearing tested for free. By Teresa Mase and Chelsea Young from Audio Nova Hearing. Contact information: 734-627-7294.

Presentation: Dementia Update, Advancement of Neurobehavioral Health and Respite Games: Wednesday, September 30th at 1:00 PM. Researchers who work with people who have dementia and their families have shared many ideas about how to keep relationships strong. Dr. Claudia Drossel, a professor at EMU and a licensed psychologist, will explain what experts know about the best ways to support people with dementia & care partners.

MEMORY CARE INFORMATION



Dementia Friendly Day: Wednesday, September 30th (Every last Wednesday

of the month.) Join us on this special day for those with dementia and their care partners.

All members are encouraged to join any event. **(If you would like lunch: Sign up with Senior Cafe 2 days prior to event with a donation of \$5.00.)**

10:30 AM: Brain Healthy Presentation with Healthy Snacks: We will provide brain healthy snacks (berries, whole grain granola bars, etc.) that will tie into the Dementia services basic education on what can be done now for brain health (foods, sleep, exercise, etc.), activities to do at home/community together, and then go into our Silver Club Memory services with Andrea Lang from Silver Club Memory Program.



UNIVERSITY OF MICHIGAN HEALTH
MICHIGAN MEDICINE

11:30AM: *Moving and Grooving: This seated dance class includes shakers & scarves and will have you grooving to all sorts of different styles of music. From classical to rock n' roll, to Motown. We will move to the beat and dance through the decades with instructor Jessie. Contact info: jessiejarts@gmail.com, www.jessiedances.com,



1:00 PM: Presentation: Dementia Update, Advancement of Neurobehavioral Health and Respite Games: Dr. Claudia Drossel, a professor at Eastern Michigan University and a licensed psychologist, will explain what experts know about the best ways to support people with dementia and the people who care about them.

(Respite games provided with Carrie McElroy, from Dementia Friendly Services Dexter.) (*Sign up.)



EASTERN MICHIGAN UNIVERSITY
Robert Thomson
Center for the Advancement
of Neurobehavioral Health

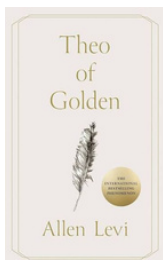
We are looking for Volunteers and Sponsors on this day. Volunteers can sign up on the clipboard at DSC for a time slot. Sponsors & presenters, call Dana at 734-426-7737 ext. 8004



CREATIVE WRITING & BOOK CLUB

Writing Group: Every Tuesday at 10:00 AM. Even if you don't think you're a writer, the class can give you the tools and the confidence to tackle a memoir, a poem or even just an email! Writing prompts, lively discussion, sharing your stories, recipes, and poems, enjoying other people's work, and lots of laughter! Supplies provided or bring your own. This will be instructor led by Robin. Anyone can Write!

Book Club: (Last Friday of the Month) Friday, Sept. 25th at 10:00 AM. Theo of Golden by Allen Levi follows an enigmatic elderly Portuguese man named Theo who arrives in a small Southern town and quietly buys 92 hand drawn portraits from a local coffee shop wall to return them to their subjects. Through these intentional acts of giving, he fosters profound human connections and transforms the community over the course of a single year.





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 & INSTRUMENT JAM



Ukulele Theory And Jam: Mondays at 1:00 PM. 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.

Beginner Ukulele from Scratch 8 week course sign up: Starting Monday September 14th from 2pm-3pm. Bring your uke or RENT one for \$10, deposit returned when Uke is returned, limited supply. Course is \$25 payable to the DSC. All classes build on the previous class. Learn basic strumming and chords in the major keys. Daily practice encouraged. **(NO CLASS OCTOBER 5.)** Any questions LEAVE A 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 mcramton@outlook.com or 734-272-1866.

All Instrument Singing Jam: The second Wednesday of each month (Sept. 9th) 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

Sing - A - Long: Every Wednesday at 2:00 PM. Will continue this fun group with YouTube Karaoke, until we find a Choir Director. If you are interested in becoming a choir director, please contact Dana at 734-426-7737 ext. 8004. **(Special Sing and Play Along with University of Michigan Retirees: Friday, Sept. 18th at 10:00 AM - 12:00 PM.)**



COOKING

Cooking For Less: Friday, September 25th at 12:30 PM. Cooking for less money, less time, and less people. Join us for a fun demonstration class with tasty lunch by Maureen from Pampered Chef. #734-665-6202 We will be making Chicken Fajitas. ***Sign up at DSC one week in advance.**

pampered|chef





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. **(We now have Boxing Bags! We recommend you purchase your own gloves but we have some to try out if you like.)**

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 Roo. 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. Free cardio and strength class. Drumming to all genres of music with a yoga ball, bucket, and drum sticks. Taught by Bonnie. All supplies included. Options for a chair or stand.

SENIORS OBTAINING STRENGTH (SOS): Wednesdays at 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.

TAI CHI: Fridays at 9:00 AM. Starts on Sept. 18th - to Dec. 5th (Skip 10/24 & 11/28)
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.

NEW: Senior Bridge to Better Health: Tuesdays, October 13th - November 17 (6 weeks) at 12:30 PM. Free program to support older adults in building simple, sustainable habits around five key areas: Nutrition: small, realistic changes to everyday eating. Movement: gentle ways to stay active at any ability level. Sleep: strategies for more restful, restorative sleep. Stress management: practical tools to calm the nervous system. Each session is interactive, encouragement based, and very down-to-earth. We talk, share, and practice small shifts that participants can try between sessions. By Tanya Towler.



YOGA

CHAIR YOGA: Mondays and Wednesdays at 11:00 AM. 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.

FREE Grief Release Yoga Workshop: Tuesday, September 15th at 12:00 PM - 1:00 PM. By yoga instructor Dianna Kause. Use 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)**

NEW: FREE Yoga NIDRA with Sound Journey Workshop: Thursday, Oct 1st at 1:00 PM. Sink into deep rest with this profoundly calming and restorative experience. Guided Yoga Nidra, often called "yogic sleep" invites you into a state between waking and sleeping where the body can fully relax and the mind can reset. Gentle sound elements, such as singing bowls, chimes, or other soothing tones are woven throughout to enhance relaxation and support a deeper meditative state. Perfect for all levels, this class is ideal for reducing stress, improving sleep, and leaving you feeling deeply restored and renewed. Anyone can do Yoga Nidra, and you cannot do it wrong. You can do it sitting up in a chair, laying down in savasana, on your side, etc. All postures are supported with props and blankets. I do a gentle 10 minutes of movement to mobilize the big joints and help to calm the mind and body for Yoga Nidra. By Certified Instructor Cindy Boschman.



DANCE

NEW: Latin Rhythms Dance: Starting September 2nd. Every Wednesday at 2:00 PM - 2:45 PM. With dance instructor Jessie Wise. Learn merengue, bachata, cuban salsa and chacha. May learn seated too. No partner needed. **(No Class October 21st & 28th.)**

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.

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



NEW: Seated Ballet: Starting September 14th. Every Monday at 12:00 PM - 12:45 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. **(No Class October 19th and 26th.)**





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 laps.

NEW: Fall Hikes: Friday, September 18th at 2:00 PM. Join us to discover the wonders of nature at Hudson Mills Metropark! Embark on a memorable adventure through scenic trails as we offer insights into local plants, animals, and ecosystems.

Wednesday, October 14th at 2:00 PM Unplug, unwind, and connect with the beauty of the natural world on this enriching and educational journey at Dexter-Huron Metropark. Enjoy the changes in season & crisp air, vibrant red and orange leaves on this fall nature walk.

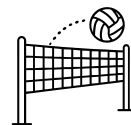
Free transportation with WAVE 1:30 PM - 3:30 PM. (*Sign up at Dexter Senior Center.)

NEW: FREE Pickleball Lessons or Games at Hudson Mills Metropark: Tuesday, Sept. 22nd at 2:00 PM - 3:00 PM (Bus leaves for free at 1:30 PM from DSC and returns at 3:30 PM.) Join us for a fun hour learning pickleball or refresh your skills and playing some games. We will have an instructor who will bring paddles and balls. You can meet us at the courts at 8801 N. Territorial Road, Dexter, MI 48130. **(*Sign up at DSC)**

NEW: Walking Club: Starting in November, every Tuesday and Thursday at 4:00 PM - 5:00 PM. We are so excited to meet indoors during the cold months to walk the halls at Wylie Elementary for free. Meet at the school.



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.



LANGUAGE

German Conversation Group: Every Tuesday at 10:15 AM - 11:45 AM. (Starting Sept. 15th)

New Participants welcome. For more Information or questions, contact by email mowalsh52@gmail.com. Donation for materials, \$35.00, pay Margarete. Every Tuesday until November 17th . Will be 10 sessions total. December 8th optional and according to participants' wishes. **(*Sign up)**

Spanish 3 Instructional Class: Every Thursday at 3:00 PM - 4:30 PM.

(Starts Sept. 10th) (10-week course) With instructor, Melean Gregorio from WCC. (Option to buy a book.)



Beginner Spanish 1 Class: Starts in the Winter on Thursdays at 3:30 PM. Date TBD. (10 week course) With WCC.

French Study Group: Thursdays at 12:00 PM. Instructor Led.



PAINTING, DRAWING, & CARDS



NEW: Watercolor Pencils Class: Tuesday Sept. 1st at 10:00 AM - 12:00 PM. 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. 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!**

Watercolor Painting Meetup: Every Wednesday at 1 PM: Bring your supplies. No instructor.

NEW: Autumn Watercolor Painting Workshop: Monday, September 14th at 12:30 PM- 2:00 PM. We are going to paint a fall landscape. We will be using watercolor paints. Please bring your own supplies: paper, paints, brushes, and palette. This is a class for those with watercolor experience. By Instructor Joan. ***Sign up for free!**



Canvas Painting Class: Thursday, Sept. 17th at 10:30 AM - 12:30 PM. Fall Barn. 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.** **Next Class paint a Pumpkin, on Oct 1st at 10:30 AM. (*Sign up sheets are out now.)**

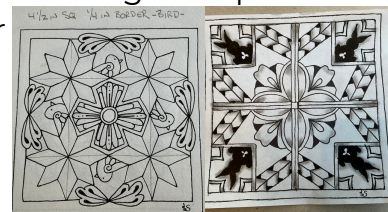
Card Making Class: Monday, Sept. 21st at 10:00 AM. (Every third Monday of the month.)

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 1 week prior.**



Zentangle Inspired Art Drawing Class: (No Class in September.)

Every 2nd Friday of the month at 10:00 AM - 11:30 AM. October 9th. 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!**



NEW: Beginner Watercolor Painting Classes: Mondays, October 5, 12, 19 and November 2, 9. (5 Sessions) from 12:30 PM - 2:00 PM. In this course you will learn how to paint in watercolor, focusing on landscapes. We will learn to mix and apply the paint and apply them using a variety of techniques including wet on wet and dry brush. You will learn how to paint skies and trees, snow and grass, among other things. Taught by Joan Cohen Jones. All supplies are included. ***Sign up at DSC and pay \$20.00 to hold your spot.**

NEW: Reflective Art: Starting October 21st at 10:00 AM. (Every other month on the third Wednesday) Reflective Art is a relaxing one hour class that uses color, simple drawing, and expressive line work to explore thoughts and feelings through creative expression. No artistic experience is needed, just curiosity and a willingness to create. All supplies provided. Space is limited. By Instructor Shannon ***Sign up for free. (Next class Dec. 16th)**



NEEDLEWORK & CRAFTS

Needlework Art, Crafts, and Coloring: **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 too!

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.**

NEW: Doll Making Class: September, 16th, 18th, 23rd, and 25th, from 9:00 AM - 12:00 PM. Knowledge of basic sewing skills and stitches necessary (running stitch, back stitch, seam stitch, etc.) While socializing and getting to know each other is fine, the focus of the class is the project so we can finish the dolls within the four sessions. ***Sign up. Pay \$40 for materials to instructor Margarete.**

Junk Journaling: Monday, Sept. 21st at 2:00 PM. Bring all your journaling projects that you want to work on. Instructor will be there to help and assist with your projects. Call Sharon with questions # 517-749-0002. ***Sign up. Pay \$5 to instructor.**



CARD GAMES



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

Euchre:
Fridays at 11:00AM
Beginners welcome

Pinochle: Wed.
Beginners.

<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	

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

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. Teaching provided. 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 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, Mahjong, Yahtzee, Farkle, SKYJO, ONO 99, Uno, and many playing cards.) **(Sign up for Ice cream bars and games: September 3rd. Free!)**

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



Bunco: Friday, Sept. 11th at 2:00 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.**



TRIPS



Trips Presentation by Village Travelers: Monday, Sept. 14th at 1:00 PM. Learn all about their upcoming day trips and overnight trips.

Trip Presentation: Iceland 2027 by Ruth Hamilton: Monday, Sept. 14th at 2:15 PM.



VILLAGE TRAVELERS

Sept. 10th: Turkeyville to see "A Closer Walk with Patsy Cline" at Cornwell's Dinner Theatre. **October: 1-5:** MI Color Tour of Lake Superior and the Upper Peninsula.

October 17: Sister Act @ Encore Theatre (Dexter, MI) Meet at Encore Theatre

November 10-14: Multi-Day Mystery Trip (MI & OH)

November 21: Great Gatsby Musical @ Fisher Theatre (Detroit, MI)

December 11: Holiday Light Tour - MI International Speedway (Brooklyn, MI.)

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



TRIPS CONTINUED



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 is 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. **(Make a lunch choice on Flyer.)**
Pay \$143.00 at time of sign up to DSC. No refunds within 2 weeks.



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 the flyer at time of sign up.)** **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.**



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.

(Pay at time of sign up at DSC front desk for all trips.) Overnight trips and anything over \$150.00 please 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, & 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**. If you haven't arrived by 12:15 pm or called ahead, your meal may go to waitlist. **(Free Lunch & Learn on 2nd/ B-Party \$5 on 16th)**



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. **(No Class in September.)**

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: Every Tuesday from 11:00 AM to 3:00 PM. No appointment needed for members. Meets with members 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, through Chelsea Hospital, contact Kara Nold at kara.nold@trinity-health.org or 517-985-8732.

Technology Help and Conversation with Robots: Every last Wednesday, starting Sept. 30th from 2:00 PM - 3:00 PM. Bring your smart phone, personal computer, or tablet. By Dr. Long-Jing Hsu from University of Michigan Institute for Data & AI in Society, with her robots, to help you with Technology issues. **Walk-ins.**

Medicare Counseling from State Health Insurance Program (SHIP) Certified Counselors: **Appointment times Monday, Sept. 28th 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 DSC.**

Medicare Open Enrollment Appointments with SHIP: Mondays, 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 to schedule open enrollment appointment.)**

Medicare Open Enrollment by Tim Dayney: Thursday, October 15th and Thursday, Nov. 19th. Sign up for appointments times from 10:00 AM - 3:00 PM at DSC. # 734-426-7737. Contact Tim with questions: www.DayneyAgency.com # 734-646-6885. ***Sign up at DSC.** 13

RESOURCES CONTINUED

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 your appointment.** (Sponsoring free lunch & learn: Oct. 14th at 12:00 PM)

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 with Den 517-775-2731.** 15 min. \$20.00 / 30 minutes \$40.00.

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

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.**

Jewish Family Services: JFS WISE Aging Services: A dedicated team of care professionals partner with older adults to help them access the resources they need to stay as safe, secure and independent as possible. Our CARES program provides caregivers with respite, support and educational resources. Call (734) 769-0209.

Notary Service: Available by appointment with Jeanne Bradish at (734) 223-1423.

NEW: Immunization Clinic with Jensen's Community Pharmacy: Tuesday, October 14th from 9:00 AM - 12:00 PM. RSV (one time injection), the new Covid, and this year's high dose Flu vaccine (both are yearly). Medicare covers all 3 and people can have all three at once or get some and others at the pharmacy later. ***Sign up for 5 min. appointment time at DSC. Bring Insurance Card to the appointment.**



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 for Seniors 60 plus. Community Connector with scheduled stops in Dexter, Chelsea & Scio Township. Anywhere in Washtenaw County, M-F, 6 AM - 9 PM. 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 AM - 11:30 AM.) Presentation: Sept 3rd at 2:00 PM.** This is a great time to learn about the upcoming changes and for new riders to learn about their transportation options.

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



BINGO SPONSORS

WAVE Bus: Thursday, September 3rd at 1:00 PM – 2:00 PM. Free transportation if a Washtenaw County for Seniors 60 plus. Community Connector with scheduled stops in Dexter, Chelsea & Scio Township. Anywhere in Washtenaw County, M-F, 6 AM - 9 PM. 50% off for non-Washtenaw County seniors 60+. Caregivers ride at no extra cost. WAVE Dispatch to schedule (734) 475-9494 **(Bingo Sponsor by Shasta Angell.) Presentation after Bingo at 2:00 PM.**

Empower@Home: Thursday, September 10th at 1:00 PM – 2:00 PM. Empower@Home is a free, mood-boosting program from a research study at the University of Michigan School of Social Work that helps adults 50+ improve their well-being from home, - call 734-215-5090 to learn more. Katlyn Hemp, Research Associate, University of Michigan School of Social Work. **(Bingo Sponsor By Katlyn Hemp.)**

ComForCare Home Care - Washtenaw and Livingston: Thursday, September 17th at 1:00 PM – 2:00 PM. Provides non-medical in-home care to help folks stay home as long as possible and live their best life. Supporting Independence, Dignity, and Quality of Life. With Kelly Woods, 300 N. Huron St. Ste. 2 Ypsilanti, MI 48197. 734-739-CARE(2273) **(Bingo Sponsor by Kelly Woods.)**

BrightStar Care Services: Thursday, September 24th at 1:00 PM – 2:00 PM. BrightStar Care provides reliable, compassionate private-duty care to help clients remain safe, supported, and independent in the comfort of their own homes. Lauren Barnes Sales Liaison. BrightStar Care Office number is 734-302-4215. **(Bingo Sponsor by Lauren Barnes.)**

Ohioans Home Healthcare: Thursday, October 1st at 1:00 PM – 2:00PM. Ohioans Home Health care and Hospice provides home health services in the home for the surrounding counties: Monroe, Washtenaw, Lenawee and Monroe. Lindsay Mamp, Ohioans Home Healthcare. Office: (419) 843-4422 Ext 3350 **(Bingo Sponsor by Lindsay Mamp)**

BINGO Donations: *We are in need of some prizes. They 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.*





VOLUNTEERS



NEW: Volunteers Needed to stuff backpacks for local students: Sept 1st at 12PM - 2PM.

We are looking for Building and Activity Event Volunteers: We need help 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, and Meals on Wheels drivers. We also need trip volunteers to make reminder calls. **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. Contact center if interested in becoming part of this resource group of volunteers.

Volunteers 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, crafts, painting, games, music group, exercise class, presentation, or respite games.) **Sign up sheet is out on the table.**

Volunteer Interest Informational meeting with refreshments: Friday, Sept. 4th at 12:30 PM. Find out about all the volunteer opportunities & fill out paperwork & an 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 you 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: Handmade Rug made by member Eloise: Drawing at the September Monthly Birthday. Just \$1.00 per ticket for a chance to win. 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.



Library: We have large books and large print books, that do NOT have to be checked out. Returns can be placed in the marked baskets on the counter in each book section.

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> **(TEAM: Dementia Friendly Dexter)** Team T-shirts contact Carrie Hays McElroy (c) 734-658-3770 carriemhays@yahoo.com

Dementia Friendly Training: Oct. 13th at 4:00 PM - 5:00 PM. It is free for everyone. Refreshments will be provided.

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!



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Happy Fall Ya'All Suduko



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