# DEXTER SENIOR VOICE
# November 2026

## MESSAGE FROM THE EXECUTIVE DIRECTOR

The holidays are approaching, and we have plenty of seasonal programs to look forward to! Get creative by making a holiday wreath, trying acrylic pouring, painting wooden ornaments, painting a winter scene in watercolor or acrylic, creating custom holiday cards, or learning origami. Our Cooking for Less class will feature a demonstration on making biscuit turkeys and a holiday trifle. You can also get into the holiday spirit with our concerts and sing-along group.

We're excited to introduce our new theater group, the Dexter Senior Players! Join the rehearsals and help perform a short holiday skit following our monthly Birthday Party in December.

As the weather gets colder, there are several ways to stay active indoors. We're adding an afternoon Moovin' & Groovin' class, a seated exercise class led by Ballet Chelsea. Our Indoor Walking Club meets twice a week at Wylie Elementary School, and Seated Pilates is now offered twice a month on Saturdays.

If you're looking for an opportunity to relax, join our Yoga Nidra and sound journey workshop. Our Senior Bridge to Better Health series will also continue in November.

Before the busy holiday season begins, cross a few things off your to-do list by scheduling appointments for Medicare Open Enrollment and Secretary of State services at the Center.

We also have informative presentations and free lunch & learns coming up. Be sure to check out the activities planned for our Dementia Friendly Days, which are open to all members.

We are grateful to have so many Veterans among our members. As a thank-you for your service, we invite you and a guest to sign up for a free lunch on 11/11 at 1:00. We're honored to celebrate you.

I'd also like to share a few updates to our board of directors. Gary Cifaldi will serve as our 2027 President, Cooper Holland as Vice President, and Brigette Murray as our new Treasurer. Please join me in welcoming our newest board members, Laurence Kloss and Karen Fazioli. Thank you to our full board for supporting the work of the Center every day.

**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

**Intern:** Declan Westphal

**Website**
dexterseniors.org

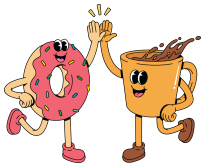
**Hours**
Monday - Fridays
9:00 am - 3:00 pm
Thursdays 9 am - 4:30 pm

**Next Board Meeting**
Dexter Senior Center
November 18th at 3:00 pm

# HIGHLIGHTS & ANNOUNCEMENTS

**NEW: Movin' & Groovin': Every Tuesday at 1:00 PM. (Starting November 3rd.)** Fully seated movement and rhythm-based exercise class will have you singing along to some of your favorite classic tunes. Focused on light endurance, balance and stability, increased mobility, flexibility, and gentle strength training.

**New Member Meet with Coffee and Donuts: Monday, November 9th 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, learn more about our programs, and receive a tour. ***RSVP by Nov. 5th.**



**NEW: Walking Club: Every Tuesday and Thursday from 4:00 PM - 5:00 PM.** Escape the winter chill and get your steps in with us! We're taking our walks inside Wylie Elementary, where we'll strut the halls, catch up, and stay warm for a full hour of totally free fitness. Grab your comfy shoes and meet us at the school.

**Veterans Lunch: Wednesday, November 11th at 1:00 PM.** Join us for a free lunch catered by the Dexter Brunch House. Veterans may invite one Senior guest. Sponsored by The Willows at Mill Creek, a new senior living community. With Brittany Toman-Baker ***Sign up by Nov. 4th and make a lunch choice.**

**Monthly Birthday Lunch: Wednesday, Nov. 18th 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!

**Fall Piano & Flute Concert: Wednesday, Nov. 18th at 1:00 PM.** Join us after the Birthday Lunch for a fun, free concert. Musical duo, "Take Note," featuring Meg Otto on the flute and Pat Jannausch on the piano.

**Medicare Open Enrollment Appt. with Tim Dayney: Thursday, Nov. 19th.** Appointment times are from 10:00 AM to 3:00 PM. **(*Sign up at DSC.) / Or with AgeWays SHIP: Monday, Nov. 30th.** Appt. times at 9:30 AM, 11:00 AM, or 1:00 PM. **(* 248-262-0545 or 800-852-7795)**

**Technology Help and Conversations with Robots. Tuesday, Nov. 24th at 11:00 AM.** 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.

**Secretary of State Mobile Appointments at Dexter Senior Center: Tuesday, November 24th from 12:30 PM- 3 PM.** Get all your SOS paperwork done here at Dexter Senior Center. ***Please sign up for 10 min. appointment slots.**

**Concert: DHS Descant Treble Choir Performance. Monday, Nov. 23rd at 1:00 PM.** Please join us for an afternoon concert. Through Dexter Community Schools. By Dexter High School and Mill Creek Middle School Choir Concert.

# PRESENTATIONS / LUNCH & LEARNS

**Technology Help: Monday, Nov. 2nd at 2:00 PM.** Learn, connect, and get help. Bring your phone, laptop, or tablet and any questions you have. By Mihika a student at Novi High School.

**Presentation: The Man Behind The Wizard of OZ: Tuesday, Nov. 3rd, at 12:00 PM.** Discover the life and imagination of L. Frank Baum, the author who created the wonderful world of Oz. History Presentation by Jason Schmier.

**Presentation: Music & Hearing: Wednesday, Nov. 4th at 1:00 PM.** Hearing music and conversations with friends enrich our lives. This presentation will help you understand how music is made and how we hear it. It will also explore hearing loss and how hearing aids work and why they have shortcomings, By John Preston.

**Lunch and Learn: Medicare, Medicaid, and Local Resources: Thursday, Nov. 5th at 12:00 PM.** Healthcare and benefit programs are always changing. Join Chelsea Hospital Community Health Workers Autumn Orta and Kara Kestner for a friendly conversation about Medicare Open Enrollment, Medicaid updates, the Michigan Food Assistance Program (FAP), and other resources available to older adults. Learn where to find help with healthcare costs, food assistance, transportation, and other community services that can make life a little easier. Chelsea Hospital, Email: kara.kestner@trinity-health.org, Phone: 517-985-8732 (Dexter Senior Center Community Health Worker office hours are every Tuesday from 11:00 AM to 3:00 PM). ***Sign up for a free lunch by Nov. 2nd.**

**Presentation: Finding Your Roots: Genealogy 101 with Lauren. Monday, Nov. 9th at 1:00 PM.** How to use the database on familysearch.org to identify relatives and add to your family tree. This is a fun hobby, and you can build trees for friends if yours is already created. We will create a free account and learn how to attach records. A device is needed, so bring a laptop or tablet; a laptop is best. Also, come prepared with information on ancestors such as names, dates, and places. By Laura. **(Please bring your laptop or computer to help with research.)**

**Lunch and Learn: Estate Planning 101. Thursday, Nov. 12th at 12:00 PM.** Terry Bertram will be present for your group. Estate Planning 101 overview, from wills vs. trusts, long-term care, and Medicaid planning, to more focused discussions like advance directives and powers of attorney. By Legacy Law Center, 2950 South State Street, Suite 340, Ann Arbor, MI (734) 995-2383. www.elderlawannarbor.com. ***Sign up for a free lunch by Nov. 10th**

**Fall Concert by Take Note: Wednesday, Nov. 18th at 1:00 PM - 2:00 PM.** The musical duo, "Take Note," featuring Meg Otto on the flute and Pat Jannausch on the piano, has been performing at various venues in and around the Ann Arbor area for more than 13 years. Their concerts include music from many genres and eras; however, the songs are very recognizable to most listeners. You will hear some of the old "standards" as well as songs from musicals and popular tunes from your younger days. Often, audience members can be heard quietly humming along. Come and enjoy great memories and wonderful music!

**Music Sing and Play-Along: Friday, Nov. 20th at 10:00 AM - 12:00 PM.** Join us for a fun gathering of music. All voices and all musical instruments are welcome. Sing and/or play a variety of songs with the words and chords projected on a screen. With U of M Retirees Association. **(Will be back on Dec. 18th at 10:00 AM with Holiday Songs.)**

**Presentation: Tap Dancing in Hollywood & Broadway. Monday, Nov. 30th at 1:00 PM.** By Instructor Susan Filipiak presents a video lecture showing how Tap Dance skittered back and forth between Broadway and Hollywood.

# MEMORY CARE INFORMATION

**Dementia Friendly Day:** **Wednesday, November 25th. (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.

**10:00 AM:** **Donuts and Chat: Dementia Q & A.** Dr. Claudia Drossel, a professor at Eastern Michigan University and a licensed psychologist, will be available to answer your questions about how to live well with dementia. Claudia is the Director at EMU, Robert Thomson Center for the Advancement of Neurobehavioral Health Coordinator, and Associate Editor, Perspectives on Behavior Science at Eastern Michigan University. (734) 487-0134

**11:00 AM:** **Music & Reminiscing:** Join us for the music of your youth and a chance to build community and connection. By Rachael Lawrence-Lupton from Gentle Care Music Therapy, 312-515-6161, gentlecaremusictherapy.com.

**12:00 PM:** ***Lunch & Learn:** A practical conversation on recognizing dementia-related changes and supporting safety, independence, familiarity, and quality of life at home. Options Home Care provides compassionate, non-medical in-home care, including companionship, personal care assistance, family caregiver relief, and post-discharge assistance, with trained, insured, and bonded caregivers who help local seniors stay safe, independent, and comfortable at home. Contact info: (734) 228-2512, mganbaatar@optionscorp.com, www.optionscorp.com/ann-arbor-michigan.

***Sign up by Nov. 23rd for a free lunch.**

**1:00 PM:** **Moving & 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: www.jessiedances.com.

# CREATIVE WRITING & BOOK CLUB

**Writing Group:** **Tuesdays at 10:00 AM.** Even if you don't think you're a writer, this 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: (Every last Friday of the month)** **No book club in November. Next Book club will be Friday December. 4th.** A Christmas Carol by Charles Dickens. A timeless 1843 novella by Charles Dickens that follows the profound transformation of Ebenezer Scrooge, a bitter and greedy miser who despises the holiday season.

# 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 your own Uke. Contact Mary Lou at 734- 255-1925. **(No Class on Nov. 23rd)**

**Beginner Ukulele from Scratch 8-week course sign-up:** **Mondays from 2:00 PM - 3:00 PM.** Bring your Uke or RENT one for $10. Deposit is returned when the Uke is returned. There is a limited supply of Ukes. 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. Any questions? LEAVE A MESSAGE for Mary Lou at 734-255-1925. **Ends Nov. 16th, then becomes Beginner-intermediate Uke Jam.) (No Class on Nov. 23rd)**

**Ukulele Jam Group:** **Wednesdays from 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 from 3:00 PM - 4:30 PM.** "All instruments welcome" need more information, call Mary Lou Rudner. 734-255-1925. Leave a voicemail. (Must be a member of DSC.)

# COOKING

**Cooking For Less:** **Friday, Nov. 6th at 12:30 PM.**
Cooking for less money, less time, and less people. Join us for a fun demonstration class with a tasty lunch by Maureen from Pampered Chef. #734-665-6202. We will be making biscuit turkeys and for dessert, holiday trifle.
***Sign up at DSC one week in advance.**

**Save the Date: Friday, Dec. 4th at 12:30 PM.** **Make Christmas Cookie Mixes:** Sign up to take home 48-60 cookie balls for $4.00. Cranberry orange, lemon blueberry, white chocolate macadamia macaroons, mint chocolate chip, cherry-chocolate chip, ginger doodles, frosted maple walnut, chocolate and peanut butter chips off the block, lime coolers, cinnamon raisin oatmeal, toffee bits, coffee crisps, rum snaps, and sugared pecan orange, and fun-fetti balls. (Bring your bowl and spoon.)

# 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 11:15 AM.** Cardio and strength class. Drumming to all genres of music with a yoga ball, bucket, and drumsticks. Taught by Bonnie. All supplies included. Options for a chair or stand. **(No Class Tuesday Nov. 3rd)**

**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 learning techniques for self-massage. Benefits from this class include improved flexibility and range of motion. Will use the floor, wall, and chair.

**TAI CHI: Fridays at 9:00 AM. Ends Dec. 5th (Skip 11/27). Winter: 1/22 - 4/2 (Skip 2/26).** Tai Chi is a great way to relax, have fun, enhance mobility maintenance & aid our immune system. Body movement, energy work, meditation, soft martial arts & 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: Movin' & Groovin': Tuesdays at 1:00 PM. (Starting November 3rd.)** Fully seated movement and rhythm-based exercise class designed to get your blood flowing, stretch your muscles from head to toe, and have you singing along to some of your favorite classic tunes. Focused on light endurance, balance and stability, increased mobility, flexibility, and gentle strength training. This is an Adaptive Dance Program by instructor Macks from Ballet Chelsea's. Made possible by generous support from the Dexter Coalition of the 5 Healthy Towns.

# 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 limited 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.

**NEW: Yoga Nidra with Sound Journey Workshop: Thursday, Nov. 5th from 1:15 - 2:15 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. You can do it sitting up in a chair, lying 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. **(Sign up and let us know if you will need a chair with arms, or lying on the floor. Encouraged to bring a pillow and blanket.)**

**New: Grief Release Yoga Workshop: Tuesday, December 8th, 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.

# DANCE

**Seated Ballet: Mondays from 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.

**Line Dancing Class: Tuesdays from 2:00 PM - 3:00 PM. (No class Nov. 3rd) (Last Class Nov. 17th)** Free instructional fun dance class. No experience needed. Many different line dancing & genres of music. Dee Grantham from Washtenaw Community College. (Will continue with Member Becky, instructing until Dee returns 2/23.)

**Latin Rhythms Dance: Wednesdays from 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.

**Square & Round Barn Dancing: Thursdays from 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:** **Mondays, Wednesdays, & Fridays from 8:30 AM - 9:30 AM.** At Wylie Elementary School. $1.00 fee. There are participant volunteers who lead an aerobics class in the shallow end of the pool, but the deep end is also open for swimming laps.

**NEW:** **Walking Club:** **Starting in November, every Tuesday and Thursday from 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.)

**Senior Bridge to Better Health:** **Tuesdays at 12:30 PM. (Ends Nov. 17th.)** 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. Social connection: fostering community and mutual support. 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. **(*Sign up)**

**Chair Pilates:** **1st and 3rd Saturday at 9:00 AM. (Nov. 7th & 21st.)** Join Instructor Karen for an empowering, 60-minute classical Pilates class adapted completely to a sturdy chair! Experience all the core-strengthening, posture-aligning, and mobility benefits of traditional Pilates.

# LANGUAGE

**Spanish 3 Instructional Class:** **Thursdays from 3:00 PM - 4:30 PM. (Ends November 12th)** (10-week course) With instructor Gregorio Melean from WCC. (Option to buy a book.)
**Beginner Spanish 1 Instructional Class:** **Thursdays at 3:00 PM (Starts on January 14th to March 18th.)** (10-week course) With Gregorio Melean from WCC.

**French Study Group:** **Thursdays from 1:00 PM - 2:30 PM.** Led by Instructor Jeri.

**German Conversation Group:** **Tuesdays from 10:15 AM - 11:45 AM. (Fall Session goes until November 17th.)** For more Information or questions, contact by email mowalsh52@gmail.com. Donation for materials: $35.00, pay Margarete. Will be 10 sessions total. December 8th is optional and according to participants' wishes. ***Sign-up is closed for Fall. New classes start in 2027. (Date and time TBD.)**

# THEATRE

**NEW:** **Dexter Senior Players:** **Thursdays, Nov. 19th, Dec. 3rd & 10th, at 12:00 PM.** No memorization or experience needed. Just try something new and have fun. Join us for fun rehearsals and to perform in a short Holiday skit on Wed. Dec. 16th at DSC. ***Sign up**

# PAINTING, DRAWING, & CARDS

**Watercolor Painting Meetup:** **Wednesdays at 1:00 PM.** Bring your supplies. No instructor.

**Zentangle Inspired Art Drawing Class:** **Every 2nd Friday of the month from 10:00 AM - 11:30 AM. November 13th.** 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. (Please take your name off if you can not come.)**

**Card Making Class:** **Monday, Nov. 16th 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 the instructor, Carol. Will order card kits ahead of time. ***Sign up 1 week prior.**

**Canvas Painting Class:** **Thursday, Nov. 19th 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 the time of class.

**NEW:** **Holiday Acrylic Pour Art:** **Friday, November 20th at 12:30 PM.** You will be making two Holiday ornament pours, a treasure chest, and a 6x12 tin foil acrylic pour on canvas. ***Sign up and pay instructor, Ron, $15.00 at the time of class.**

**NEW:** **Paint Holiday Wood Ornaments:** **Tuesday, Dec. 1st from 10:00 AM - 12:00 PM.** Spend a lovely morning adding color, creativity, and whimsy to your very own wooden winter ornamen! ***Sign up and Pay instructor Nellie $15.00.**

**NEW:** **Winter Watercolor Workshop:** **Monday, December 14th, from 12:30 PM - 2:30 PM.** We are going to paint a serene winter landscape using watercolor paint. Please bring all your own supplies, including paint, brushes, palette, paper (about 8"x10"). This class is for those with watercolor experience, taught by Joan. I will place a supplies list (so you will know what colors to bring) and a copy of the drawing we will use by the front desk by December 1st. ***Sign up and pay $10. (Cancellations must be made at least 1 business day in advance to receive a refund. Advance notice allows us to offer your spot to someone on the waitlist.)**

**Reflective Art:** **Wednesday, Dec. 16th, 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. **(Next Class Feb. 17th)** ***Sign up for free.**

**Beginner Watercolor Workshop with Julia:** **Wednesday, December 30th from 11:00 AM - 12:00 PM.** Free step-by-step instructions with a pre-sketched drawing. Everyone is welcome, and no art experience is needed! The workshop focuses on enjoyment, not perfection, in a warm, supportive setting. Supplies are provided, and you get a finished painting to take home. Led by Julia Wellings, CATP, BF-CMT, Certified Art Therapy Practitioner. ***Sign up for free.**

Kileah Mae CREATIVE

# NEEDLEWORK, CRAFTS, & BEADING

**Needlework Art, Crafts, Coloring:** **Mondays from 9:00 AM - 11:00 AM and Wednesdays at 1:00 PM.** Bring your knitting, crocheting, cross-stitch, beading, or other projects and enjoy creative time with fellow members in a fun and inspiring environment. We have coloring books too!

**NEW: Stitch for A Cause:** **Monday, Nov. 2nd from 9:00 AM - 11:00 AM.** Bring your Crochet and knitting skills. We have yarn and needles but you're more that welcome to bring your own. We will donate items. No Instructor. By Mihik, a Novi High School student,. ***Sign up.**

**NEW: Make An Autumn Wreath:** **Tuesday, Nov. 10th from 10:00 AM – 12:00 PM.** Join Deborah Bigelow to construct a wreath out of decorative paper straws. It's fun and easy and will be a lovely addition to your holiday décor. ***Sign up and pay the instructor $5.**

**Junk Journaling:** **Monday, Nov. 16th at 1:00 PM.** Bring all your journaling projects that you want to work on. The instructor will be there to help and assist with your projects. Call Sharon with questions # 517-749-0002. ***Sign up. Pay $5 to the instructor.**

**Holiday Origami Workshop:** **Tuesday, Nov. 17th at 1:00 PM.** Learn how to make origami garlands, ornaments, and characters, by Instructor Judith. ***Sign up for free.**

**Weaving Lessons:** **Tuesdays and Fridays from 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**.

**Beading Group:** **Wednesdays From 9:00 AM - 12:00 PM.** Bring your projects to make jewelry and crafts. This is not an instructor-led class.

# CARD GAMES

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

**Euchre: Fridays at 11:00PM** **(*Sign up)** Beginners welcome.

**Pinochle:** Wed. Beginners.

| Time | Mon. | Tues. | Wed. | Thurs. | Fri. |
|---|---|---|---|---|---|
| 9:30 AM | | | Pinochle | | |
| 11:00 AM | | | | | *Euchre |
| 12:00PM | | Pinochle | | | Pinochle / 313 |
| 12:30 PM | Bridge/ Euchre | | Euchre/ 313 | Cribbage | |

# 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.

**Table Games:** **Tuesdays at 12:30 PM.** We have Mexican Train Dominoes, Rummikub, Scrabble, Trivia Pursuit, Uno, Farkle, Yahtzee, Ticket to Ride, or bring your own games.

**Chinese Mahjong:** **Wednesdays from 11:00 AM - 1:00 PM & Fridays from 1:00 PM-3:00 PM.** Questions? Text Katy at 810-623-7465.

**Bingo**: **Thursdays from 1:00 PM - 2:00 PM.** Free!

**American Mah Jongg:** **Thursdays at 1:30 PM.** All are welcome! For more help, call Rose at 734-476-8345 to schedule an instructional class on Thursdays.

**Game Night:** **Thursdays from 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.)

**Bunco:** **Friday, Nov. 6th at 2:00 PM.** Looking for players to have fun and meet new friends. Free, with prizes. We will have an instructor, so beginners are welcome. ***Sign up at DSC.**

# TRIPS

**Trips Presentation by Village Travelers:** **Meeting Monday, Nov. 16th at 1:00 PM.** Learn all about their upcoming day trips and overnight trips.

VILLAGE TRAVELERS

**November 10-14:** **Multi-Day Mystery Trip (MI & OH)**
**November 21:** **Great Gatsby Musical @ Fisher Theatre (Detroit)**
**December 11:** **Holiday Light Tour - MI International Speedway (Brooklyn, MI.)**
**January TBD:** **DIA browse,shop and have lunch on your own. (Detroit)**
**February 26:** **Turkeyville - Culinary Cabaret and Broadway**
**March TBA:** **Bocce Ball and lunch at Palazzo di Bocce**
**(Check out the whole list for 2027 trips on their website or come to a meeting at DSC.)**
All pickups with Village Travelers are off of US23 in Brighton. Sign up for trips on their website: www.villagetravelers.net. Or email, Lois: lois@villagetravelers.net or Margaret: Margaret@villagetravelers.net. Or call, Lois at 248-960-6505 or Margaret at 248-798-9609.

# TRIPS CONTINUED

**The Parade Company and Whitney of Detroit Tour with lunch at Sinbad's Restaurant: Friday, November 13th. Departs at 8:15 AM - returns at 4:15 PM. (This trip is full.)**

**Meadow Brook Hall Christmas Lunch and Tour: Wednesday, December 9th. Departs at 9:30 AM - returns at 3:00 PM.** The package includes: Lunch service from 11:00 AM – 12:00 PM 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 PM - 1:30 PM through Meadow Brook Hall, where every room will have a docent to talk about the exquisitely decorated rooms, including 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 the time of sign-up at DSC. (This trip is full, but you can be put on the waitlist.)**

**NEW: Zehnder's Lunch & Show: Wednesday, February 24th, 2027. Departs at 9:00 AM - returns at 6:00 PM.** Enjoy the famous Zehnder's 2-Piece Chicken Luncheon in our beautiful Main Dining Room while enjoying top-notch entertainment. "Night Fever - A Tribute to the Bee Gees". Shopping Zehnder's Marketplace. **Pay $131.00 at the time of sign-up at DSC.**

**NEW: Cornwell's Turkeyville, "Route 66": Friday, July 16th, 2027. Departs at 10:15 AM - returns at 5:45 PM.** Take a trip to Marshall, Michigan, to one of the largest turkey ranches. Enjoy a Lunch Buffet and Show. Also includes an antique barn and country gift shop with ice cream and a cheese shop. Take a musical journey down Route 66 with Rock and Roll hits from the 1950s and 1960s. **Pay $117.00 at the time of sign-up at DSC.**

**See The T (An Exciting Day in Toledo) with Museum, Lunch, and River Cruise: Wednesday, June 30th, 2027. Departs at 9:00 AM - Returns at 6:45 PM.** We will take a trip to the National Museum of the Great Lakes, including a one-hour guided tour of the 617-foot Col. James M. Schoonmaker. Lunch at Georgio's Cafe International. Also, a Canal river cruise on the Maumee River on a replica of a vintage Miami- Erie canal boat. With close-up views of Toledo and the bridges, Port of Toledo, and more. **Pay $140.00 at the time of sign-up at DSC. Make a Lunch Choice.**

DEXTER SENIOR CENTER
*Life is Better Connected*

**<u>Cancellation Policy for DSC Trips:</u>**
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. **Please arrive 15 min. early. Trip Pickup and drop-off are at Dexter Senior Center with the WAVE and Bianco buses.**

# 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. **(Time Change on Wednesday, Nov. 11th to 11:30 AM. Lunch & Learns on Nov. 5th, 12th and 25th.)**

# RESOURCES

**Social Wellness Hour with Chelsea Hospital Behavioral Health Navigators.** **Monday, Nov. 2nd (Every first Monday of the month at 11:00 AM.)** Gratitude activities offer powerful benefits, including reduced stress, enhanced memory recall, and stronger social connections. Join us as we celebrate November with gratitude games.

**Technology Help:** **Monday, Nov. 2nd at 2:00 PM.** Learn, connect, and get help. Bring your phone, laptop, or tablet and any questions you have. Learn how to use AI Chatbots,how to use Face-time, Zoom, Google Drive or other platforms. By Mihika from Novi High School.

**Blood Pressure Check:** **Tuesday, Nov. 3rd (Every First Tuesday of the Month.)** 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. Navigates 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.

**Medicare Open Enrollment by Tim Dayney:** **Thursday, Nov. 19th.** Sign up for appointment 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.**

**Technology Help and Conversation with Robots:** **Tuesday, Nov. 24th at 11:00 AM.** Bring your smartphone, personal computer, or tablet. By Dr. Long-Jing Hsu from the University of Michigan Institute for Data & AI in Society, with her robots to help you with Technology.

**Medicare Open Enrollment Appointments with AgeWays SHIP:** **Monday, Nov. 30th at 9:30 AM, 11:00 AM, or 1:00 PM.** Call to sign up for appointments with local Medicare Assistance. **(*Call 248-262-0545 or 800-852-7795 to schedule an appointment.)**

# 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)

**Reiki: Every first and third Thursdays from 12:00 PM - 4:00 PM.** By 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 at 517-775-2731.** 30 minutes $40.00.

**Reflexology: Every second and fourth Thursdays.** Call Barb Fisher at **(734) 664-7465** to schedule an appointment. $30.00. **(November date change is Nov. 12th & 19th.)**

**Massage: Thursday, Nov. 12th from 9:00 AM - 4:30 PM. (Every 2nd and 4th Thursday of the month.)** 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 partners 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.**

**CCW (Catholic Charities of Washtenaw County):** Programs support older adults (age 60+): Case Management, Grandparents Raising Grandchildren, Home Maintenance and Safety Services, Resource Navigation, Volunteer Caregiver Respite, and the printing of the annual Senior Resource Directory. 734 971-9781, Ext. 8, email rdawsonbaglien@ccwcwashtenaw.org.

**Notary Service:** Available by appt. with **Jeanne Bradish (734) 223-1423**. No charge.

# 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. 50% off for non-Washtenaw County seniors 60+. WAVE does not provide personal care attendants. Starting Oct. 1st , it will be $6 within Greater Western Washtenaw County, $10 to the rest of the county. Call WAVE Dispatch to schedule (734) 475-9494. **WAVE Bus Community Outreach Booth: Every third Tuesday from 10:00 AM -11:30 AM.** Walk-in.

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

# BINGO SPONSORS

**WAVE Bus:** **Thursday, November 5th from 1:00 PM – 2:00 PM.** Free transportation if a Washtenaw County resident and 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.)**

**BrightStar Care Services:** **Thursday, November 12th from 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.)**

**Brookdale Senior Living:** **Thursday, November 19th from 1:00 PM - 2:00 PM.** #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 by Lorrie Kecske.)**

**Options Home Care:** **Thursday, December 3rd from 1:00 PM - 2:00 PM.** Provides compassionate, non-medical in-home care, including companionship, personal care assistance, family caregiver relief, and post-discharge assistance, with trained, insured, and bonded caregivers who help local seniors stay safe, independent, and comfortable at home. (734) 228-2512. mganbaatar@optionscorp.com. www.optionscorp.com/ann-arbor-michigan **(Bingo Sponsor by Tuya Ganbaatar)**

***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

**Volunteer Appreciation Lunch.** **Friday, Dec. 11th at 1:00 PM.** We will be sending out invitations to all our volunteers for an appreciation Lunch. **Please RSVP by Dec. 4th.**

**Volunteer Interest Informational meeting with refreshments:** **Monday, Dec. 28th at 1:00 PM.** Find out about all the volunteer opportunities & fill out paperwork & an interest form.

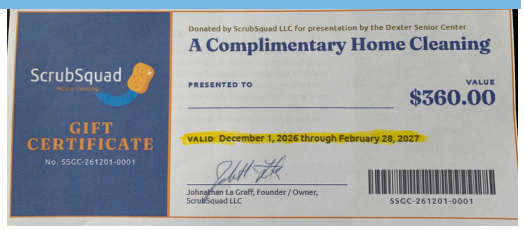
**We are looking for Building and Event Volunteers:** We need help setting up, decorating for events, serving food at parties, front desk help, answering the phone, giving tours, data entry, taking out garbage and recycling, making coffee, cleaning, and Meals on Wheels drivers. Looking for volunteer trip coordinators. Let us know if you have any interests or hobbies you would like to present or teach.

**Looking for Volunteers for Tax Help, 2027:** For tax season 2026. Contact the 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.**

# OTHER NEWS & UPCOMING EVENTS

**Raffle: A Complimentary Home Cleaning, Value $360.00.** From ScrubSquad. ( Valid December 1st - February 28th, 2027) 248-237-3504. www.scrubsquad.com. company@ourscrubsquad.com. **Tickets are $1. See the front desk to purchase. Next drawing is at Birthday Lunch on Nov. 18th at 1:00 PM.**




**Library:** We have 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.

**50 Minute back-to-back classes:** To accommodate instructors and members coming into the next class. We allow 5 minutes to set up and then 5 minutes to clean up.

**Pewabic Tiles:** Please come pick up your Pewabic Tile before Nov. 23rd, or it will be packed away as we make room for our big Holiday tree.

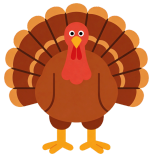
**Volunteers for Holiday Decorating:** We are looking forward to decorating our building and tree at our center for the Holidays. Come anytime no need to sign up. **On Nov. 24th from 10:30 AM to 2:30 PM. Come any time, no need to sign up.**

**Senior Cafe**: **Time Change on Nov. 11th will be at 11:30 AM**, so we have time to decorate for the Veterans Lunch. If you are a Veteran and would like to invite a senior guest, please sign up for a free lunch at 1:00 PM. **(Sign up for Lunch and Learns 5th, 12th, and 25th)**

**Sign-Ups and No-Shows:** If you sign up for a class and can not make it, please call us or come in and take your name off. We have people on the waitlist that we would like to call if you can not make it.

# November 2026 Activity Calendar Dexter Senior Center

Key: $ Pay, *Sign up or make appointment
**Bold - New Events.** Color- Specific date.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2** 9:00 - Color, Crafts, Needlework<br>**9:00 - *Stictch for A Cause.**<br>9:30 - Neuro, Box, and Movement<br>10:00 - Circuit / Chess<br>11:00 - Chair Yoga<br>**11:00 - Social Wellness Hour & Games**<br>**12:00 - Seated Ballet /** *Senior Cafe $<br>**12:30-*Beginner Watercolor Paint $**<br>12:30 - Bridge / Euchre<br>1:00 - Uke Theory and Jam<br>2:00 - *Beginner Ukulele $<br>**2:00 - Technology Help** | **3** 9:00 - Yoga / ***Weaving**<br>9:30 - Strength & Stretch<br>10:00 - Writing Group<br>10:15 - *German<br>**12:00 - Presentation: The Man Behind Wizard of OZ**<br>12:00 - Pinochle<br>**12:30 - *Senior Bridge to Better Health / Games**<br>**1:00 - Blood Pressure Checks**<br>**1:00 - Movin' & Groovin'**<br>Community Health Worker | **4** 9:00 - SOS / Beading Group<br>9:30 - Pinochle<br>11:00 - Chair Yoga<br>11:00 - Chinese Mahjong<br>12:00 -Ukulele Jam Group<br>12:30 - Euchre / 313<br>12:00 - Senior Cafe<br>**12:30 - Presentation: Music and Hearing**<br>1:00 - Needlework / Watercolor<br>2:00 - Latin Rhythms Dance | **5** 9:00 -Yoga/ Strength & Stretch<br>10:00 - Flexibility and Mobility<br>10:30 - Dulcimer<br>11:15 - Cardio Drumming<br>**12:00 - * Lunch & Learn: Medicare & Medicaid**<br>12:30 - Cribbage<br>1:00 - BINGO / French Group<br>**1:15 PM - *Yoga Nidra**<br>1:30 - American Mah Jongg<br>3:00 - Barn Dancing / Spanish<br>3:00 - Spanish / Barn Dancing / and Games ***Reiki $** | **6** 9:00 - Tai Chi<br>9:00 - *Weaving<br>10:00 - Circuit Workout<br>**11:00 - *Euchre**<br>11:30 - Chair Volleyball<br>**12:30 - Cooking for Less**<br>12:00 - Pinochle / 313<br>1:00 - Chinese Mahjong<br>1:00 - Dulcimer (Beginners)<br>**2:00 - *Bunco** |
| **9 9:00 - *New Member Meet**<br>9:00 - Color, Crafts, Needlework<br>9:30 - Neuro, Box, and Movement<br>10:00 - Circuit / Chess<br>11:00 - Chair Yoga<br>**12:00 - Seated Ballet**<br>12:00 - *Senior Cafe $<br>**12:30-*Beginner Watercolor Paint**<br>**1:00 - Presentation: Finding your Roots (Genealogy 101)**<br>12:30 - Bridge / Euchre<br>1:00 - Uke Theory and Jam<br>2:00 - *Beginner Ukulele $ | **10** 9:00 - Yoga / ***Weaving**<br>9:30 - Strength & Stretch<br>**10:00 - *Craft: Autumn Wreath $**<br>10:00 - Writing Group<br>10:15 - *German<br>11:15 - Cardio Drumming<br>12:00 - Pinochle / 12:30-Games<br>**12:30 - *Senior Bridge to Better Health / Games**<br>**1:00 - Movin' & Groovin'**<br>2:00 - Line Dancing<br>Community Health Worker | **11** 9:00 - SOS / Beading Group<br>9:30 - Pinochle<br>11:00 - Chair Yoga<br>11:00 - Chinese Mahjong<br>11:30 - *Senior Cafe $<br>12:00 -Ukulele Jam Group<br>12:30 - Euchre / 313<br>1:00 -Needlework / Watercolor<br>**1:00 - * Veterans Lunch**<br>2:00 - Latin Rhythms Dance<br>3:00 - All Instrument Sing Jam | **12** 9:00 -Yoga / Strength & Stretch<br>10:00 - Flexibility and Mobility<br>10:30 - Dulcimer<br>11:15 - Cardio Drumming<br>**12:00 - *Lunch & Learn: Estate Planning 101**<br>12:30 - Cribbage<br>1:00 - BINGO<br>1:00 - French Study Group<br>1:30 - American Mah Jongg<br>3:00 - Spanish / Barn Dancing / Games<br>***Reflexology $ / *Massage $** | **13**<br>9:00 - Tai Chi<br>9:00 - *Weaving<br>**10:00 - *Zentangle**<br>10:00 - Circuit Workout<br>**11:00 - *Euchre**<br>11:30 - Chair Volleyball<br>12:00 - Pinochle / 313<br>**12:30 - *Euchre**<br>1:00 - Chinese Mahjong<br>1:00 - Dulcimer (Beginners)<br>***Trip: Detroit Parade Tour $**<br>**Depart at 8:15 AM to 4:15 PM** |
| **16** 9:00 - Color, Crafts, Needlework<br>9:30 - Neuro, Box, and Movement<br>10:00 - Circuit / Chess<br>**10:00 - *Card Making $**<br>11:00 - Chair Yoga<br>12:00 - *Senior Cafe $<br>**12:00 - Seated Ballet**<br>12:30 - Bridge / Euchre<br>1:00 - Uke Theory and Jam<br>**1:00 - Travel Meeting**<br>**1:00 - *Junk Journaling $**<br>2:00 - *Beginner Ukulele $ | **17** 9:00 - Yoga / ***Weaving**<br>9:30 - Strength & Stretch<br>10:00 - Writing Group<br>10:00 - WAVE Bus Outreach<br>10:15 - *German<br>11:15 - Cardio Drumming<br>12:00 - Pinochle<br>**12:30 - *Senior Bridge to Better Health / Games**<br>**1:00 - Movin' & Groovin'**<br>**1:00 - Origami**<br>2:00 - Line Dancing<br>Community Health Worker<br>***Foot Care Appointments $** | **18** 9:00 - SOS / Beading Group<br>9:30 - Pinochle<br>11:00 - Chair Yoga<br>11:00 - Chinese Mahjong<br>12:00 -Ukulele Jam Group<br>12:30 - Euchre / 313<br>**12:00 - *BIRTHDAY LUNCH $**<br>**1:00 - Fall Piano & Flute Concert by Take Note**<br>1:00 - Needlework / Watercolor<br>2:00 - Latin Rhythms Dance<br>***Senior Support Consults** | **19** 9:00 - Yoga<br>9:00 - Strength & Stretch<br>10:00 - Flexibility and Mobility<br>**10:30 - *Canvas Painting $**<br>10:30 - Dulcimer<br>11:15 - Cardio Drumming<br>12:00 - *Senior Cafe $<br>12:30 - Cribbage<br>**12:00 - *Senior Players Rehearsal**<br>1:00 - French Study Group<br>1:00 - BINGO<br>1:30 - American Mah Jongg<br>3:00 - Barn Dancing / Games<br>***Reiki $ / *Reflexology $**<br>***Medicare Open Enrollment Appt.** | **20**<br>9:00 - Tai Chi<br>9:00 - *Weaving<br>10:00 - Circuit Workout<br>**10:00 - Sing & Play-Along with UofM Retirees Assoc.**<br>**11:00 - *Euchre**<br>11:30 - Chair Volleyball<br>12:00 - Pinochle / 313<br>1:00 - Chinese Mahjong<br>1:00 - Dulcimer (Beginners)<br>**12:30-*Holiday Acrylic Pour$** |
| **23 / 30** 9:00-Color, Crafts, Needle<br>9:30 - Neuro, Box, and Movement<br>10:00-Circuit /Chess<br>11:00-Chair Yoga<br>12:00 - *Senior Cafe $ **/ Seated Ballet**<br>12:30 - Bridge / Euchre<br>**1:00 - Concert: DHS Descant (Treble Choir) -23rd.**<br>**1:00 - Presentation: Tap Dancing in Hollywood & Broadway - 30th**<br>**1:00 - Uke Theory and Jam - 30th**<br>**2:00 - Beginner-Intermediate Uke - 30th**<br>***Medicare Open Enrollment - 30th** | **24** 9:00 -Yoga / ***Weaving**<br>9:30 - Strength & Stretch<br>10:00 - Writing Group<br>**11:00 - Technology Help**<br>11:15 - Cardio Drumming<br>12:00 - Pinochle / **12:30 - Games**<br>**12:30 - *Secretary of State Mobile Appointments $**<br>**1:00 - Movin' & Groovin'**<br>Community Health Worker<br>***Holiday Decorating 10AM - 2PM** | **25 Dementia Friendly Day**<br>9:00 - SOS / Beading Group<br>9:30 - Pinochle<br>**10:00 - Donuts & Chat: Dementia Q & A /** 11:00 Chair Yoga<br>**11:00 - Music and Reminiscing**<br>11:00 - Chinese Mahjong<br>12:00 Ukulele<br>**12:00 - *Lunch & Learn: Changes in Dementia**<br>12:30 - Euchre/313<br>**1:00 - Moving & Grooving**<br>1:00 - Needlework / Watercolor<br>2:00 - Latin Rhythms Dance | **26**<br>**Closed**<br>**Happy Thanksgiving!**<br>  | **27**<br>**Closed** |

# November 2026 Meal Calendar Dexter Senior Center

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2**<br>Potato Crusted Pollack<br>Sweet Potato/WW Bread<br>Peas and Carrots<br>Strawberry Applesauce<br>**Alternate Selection:**<br>Egg Salad Sandwich | **3**<br>Chicken Wild Rice Soup<br>Potato Salad/Biscuit<br>Creamy Coleslaw<br>Mandarin Oranges<br>**Alternate Selection:**<br>Turkey Sandwich | **4**<br>Hamburger Stroganoff<br>Peas and Pearl Onions<br>Mixed Fruit<br>Wheat Bread<br>**Alternate Selection:**<br>Chicken Chili | **5**<br>Salisbury Steak<br>Rosemary Potatoes<br>Pineapple/WW Bread<br>Mixed Vegetables<br>**Alternate Selection:**<br>Chicken Wild Rice Soup | **6**<br>Tikka Masala<br>Jasmine Rice/WW Bread<br>Green Beans<br>Apple<br>**Alternate Selection:**<br>Chicken Salad Sandwich |
| **9**<br>Shephard's Pie<br>Mixed Vegetables<br>Wheat Bread<br>Pears<br>**Alternate Selection:**<br>Chili | **10**<br>Stir Fry Steak<br>Brown Rice<br>Oriental Vegetables<br>Mixed Fruit/WW Bread<br>**Alternate Selection:**<br>Roast Beef Sandwich | **11**<br>Chicken Pasta Salad<br>Peas and Carrots<br>Strawberry Applesauce<br>Wheat Roll<br>**Alternate Selection:**<br>Tuna Salad Sandwich | **12**<br>Vegetable Lasagna<br>Baby Carrots<br>WW Bread<br>Mandarin Oranges<br>**Alternate Selection:**<br>Turkey Barley Soup | **13**<br>Beef Barley Casserole<br>Carrots<br>Wheat Bread<br>Orange<br>**Alternate Selection:**<br>Chicken Sandwich |
| **16**<br>Ginger & Garlic Beef<br>Brown Rice/WW Bread<br>Cooked Broccoli<br>Mandarin Oranges<br>**Alternate Selection:**<br>Egg Salad Sandwich | **17**<br>Maple Glazed Chicken<br>WW Roll/Crackers<br>Cooked Cabbage<br>Roasted Potatoes/Peaches<br>**Alternate Selection:**<br>Chicken Chili | **18**<br>Chicken A La King<br>Egg Noodles<br>Carrots/Gala Apple<br>Wheat Bread<br>**Alternate Selection:**<br>Turkey Sandwich | **19**<br>Sloppy Joe Mix<br>Baby Carrots<br>Mixed Fruit<br>Wheat Roll/FF Dressing<br>**Alternate Selection:**<br>Chicken Wild Rice Soup | **20**<br>Chicken Enchilada<br>Corn Tortilla<br>Brown Rice/Pineapple<br>Mixed Vegetables<br>**Alternate Selection:**<br>Chicken Salad Sandwich |
| **23**<br>Chicken Fettuc Alfredo<br>Wheat Bread<br>Prince Charles Blend<br>Peaches<br>**Alternate Selection:**<br>Roast Beef Sandwich | **24**<br>Pot Roast<br>Roasted Sweet Potato<br>California Blend<br>Wheat Bread/Gala Apple<br>**Alternate Selection:**<br>Turkey Barley Soup | **25**<br>White Bean Chicken Chili<br>Side Salad/Crackers<br>Orange<br>FF Italian Dressing<br>**Alternate Selection:**<br>Tuna Salad Sandwich | **26**<br> <br>Happy Thanksgiving<br>Closed | **27**<br>Closed |
| **30**<br>Potato Crusted Pollack<br>Sweet Potato/WW Bread<br>Strawberry Applesauce<br>Peas and Carrots<br>**Alternate Selection:**<br>Egg Salad Sandwich | | **Note 1:**<br>Low fat milk and margarine are included in every **regular** meal (those in **black** print). | **Note 2:**<br>Sides, such as salad and/or fruit are included with **alternate** meals (those in **red** print). | DEXTER<br>SENIOR CENTER |

## 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

## Obituary - Kathryn Bradbury

Member, Kathryn Almeda Bradbury, of Ann Arbor, MI, formerly of Dexter, MI, age 93, passed away Friday, September 25, 2026. She was born on September 28, 1932, in Pinckney, MI. Kathryn graduated from Pinckney High School in 1950 and was a member of the Huron River Methodist Church. She taught and worked with children most of her life, teaching preschool and had an in-home daycare. When she retired, she devoted her time to her passion of sewing. Working at Hancock Fabrics for several years, sewing beautiful wedding, prom, and bridesmaid dresses. She was a 4-H leader teaching several children and youth to sew. She was a member of the Order of the Eastern Star, becoming the Worthy Matron at the Dexter Chapter No. 311. She was also a member of Merry Methodist, Farm Bureau, Washtenaw County Women's Extension, and the Dexter Senior Center, where she volunteered three days a week until she was 91 years old. She enjoyed knitting, crocheting, and baking cookies. On September 14, 1951, she married Keith H. Bradbury in Pinckney, and he preceded her in death. She is survived by her children: Kevin (Judy) Bradbury, Terrilyn Cook, and Karen (Steve) Dolislager; seven grandchildren; 13 great-grandchildren.

## Dexter Senior Center
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**Dexter Senior Center**

**Dexter Senior Center**
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