



DEXTER SENIOR VOICE

October 2026



MESSAGE FROM THE EXECUTIVE DIRECTOR

We are looking forward to a fall filled with fun activities, opportunities to connect, and new ways to stay active!

Celebrate Halloween with us at our Costume Party and Potluck, featuring live music from the dulcimers, followed by Halloween Bingo sponsored by two of our members. You can also enjoy the fall colors during a group hike at Dexter-Huron Metropark. Free transportation from the Center will be provided by the WAVE bus.

Our upcoming Dementia Friendly Day will include one-hour sessions of Music and Reminiscing and Beginner Watercolor Painting. All members are encouraged to participate and enjoy these opportunities to build community and connection.

There are plenty of creative and wellness activities to explore this fall, including Stitch for a Cause, origami, beading, an additional weaving day, a new Reflective Art class, and a Yoga Nidra with Sound Journey workshop. Keep an eye out for pop-up Pilates classes, along with a full schedule of lunch and learns and educational presentations.

October will also include our annual immunization clinic with Jensen's Community Pharmacy and opportunities to receive assistance during Medicare Open Enrollment. Appointment dates will be available in October and November.

We are proud to represent Dementia Friendly Dexter at the Walk to End Alzheimer's and look forward to our upcoming Craft Fair, which will showcase the creativity and talents of our members!

Looking ahead to November, the Secretary of State will return to the Center. Ballet Chelsea will begin afternoon Moov'in and Groov'in seated exercise classes, and we will launch an indoor walking club twice a week at Wylie Elementary School.

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
October 28th at 3:00 pm



HIGHLIGHTS & ANNOUNCEMENTS



Technology Help: **Monday, Oct. 5th 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.

Learn how to use Facetime, Zoom, Google Drive or other platforms.

By Mihika a student at Novi High School.



Dementia Friendly Dexter Team - 2026 Walk to End Alzheimer's - Washtenaw County:

Sunday, Oct. 11th at 10:00 AM. Join us for a fun-filled day walking. **Register** or donate <https://act.alz.org> (TEAM: Dementia Friendly Dexter) Team contact, Carrie Hays McElroy 734-658-3770 carriemhays@yahoo.com

Dementia Friendly Training: **Tuesday, Oct. 13th at 4:00 PM - 5:00 PM.**

It is free for everyone. (Members and Community) Refreshments will be provided at Dexter Senior Center. By Dementia Friendly Services.

To learn more or set up a workshop contact: carriemhays@yahoo.com



Immunization Clinic with Jensen's Community Pharmacy: **Wednesday, Oct. 14th from 9:00 AM - 12:00 PM.**

RSV, new Covid, and high dose Flu vaccine. 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.**

Fall Color Hike at Dexter Huron Metro Park:

Wednesday, Oct. 14th from 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. Bring water. **(*Sign up for free.)**



Monthly Birthday Lunch with Oktoberfest Music: **Wednesday, Oct. 21st 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!



Medicare Open Enrollment Appt. with Tim Dayney: **Thursday, Oct. 15th and Thursday, Nov. 19th.**

Appointment times from 10:00 AM - 3:00 PM. **(*Sign up at DSC.) / Or with**

AgeWays SHIP: Mondays, Oct. 26th and Nov. 30th. Appt. times at 9:30 AM, 11:00 AM, or 1:00 PM. **(* 248-262-0545 or 800-852-7795)**

Beginner Watercolor Workshop with Julia:

Wednesday, Oct. 28th from 11:00 AM - 12:00 PM.

Join us for free step by step instructions with a pre sketched drawing. No experience needed and supplies are provided. Come relax in a supportive environment.



Halloween Potluck and Costume Contest with Dulcimer Music: **Thursday, Oct. 29th at 12:00 PM.**

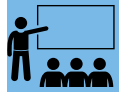
Bring a dish or sweet treat to pass. Wear a halloween costume to be entered into our contest for a prize! The Dulcimers will be playing some themed music. Followed by Halloween Bingo at 1:00 PM.



Craft Fair: **Friday, Oct. 30th from 9:30 AM - 1:30 PM.**

Come see unique homemade arts and crafts. Open to the public. We will be selling pizza and pop for \$1. We will sell \$1 raffle tickets for a handwoven basket with goodies.





PRESENTATIONS / LUNCH & LEARNS

Social Wellness Hour, with Chelsea Hospital Behavioral Health Navigators. Monday, Oct. 5th at 11:00 AM. (Every first Monday of the month.) Finding small moments of joy and how beneficial that can be for mental health. Rock painting something that brings you joy.

Presentation and Demo: History of American Tap Dance: Tuesday, Oct. 6th at 12:30 PM. Come discover the origins of American Tap Dance. Susan Filipiak will trace the history of Tap Dance through videos and personal stories. Lecture concludes with a chance to learn how to make music with your feet. (Choice of sitting or standing.) By Susan Filipiak.

Lunch and Learn: Planning Your Final Arrangements: A Smart, Thoughtful, and Loving Gift to Give your Family. Wednesday, Oct. 7th at 12:00 PM: We will talk about how planning ahead can help you save money, make your wishes known, and take the stress and guesswork away from your loved ones during an emotional time. Presented by Belinda Ellsworth and Kelsey Tingsley from Hosmer-Muelig Funeral Chapel. 734-395-9861 **(*Sign up by Oct. 5th.)**

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

Presentation: Medicinal Herbs: Monday, Oct. 12th at 1:00 PM. The purpose of the class is to give an educated overview about herbal medicine use. 1) Safety and use of Herbs. 2) What herbal formulas can actually help with. 3) When to seek medical help instead. By long term teacher and clinical herbalist with an on site apothecary, Mary Light, Traditional Naturopath, Clinical Consultant Herbalist.

Presentation: Senior Bridge to Better Health: Tuesdays, Oct. 13th - November 17th (6 weeks) at 12:30 PM. Free program to support older adults in building simple, sustainable habits around key areas: Nutrition, Movement, Sleep, and Stress. We talk, share, and practice small shifts that participants can try between sessions. By Tanya Towler. ***Sign up**

Lunch and Learn: Navigating Resistance to Care: Wednesday, Oct. 14th at 12:00 PM. It can be difficult when someone you care about needs more support but isn't ready to accept it. Natalie Adewunmi, RN, BSN, CCM, will talk about some of the reasons people may resist help and share practical ways families can approach these conversations while honoring their loved one's preferences and concerns. By Care Management by Natalie. 734- 224-4144. caremanagementbynatalie.com. **(*Sign up by Oct. 12th.)**

Presentation on COLOR. Friday, Oct. 23rd at 12:30 PM. Physics for Visual Art Lovers: a description of color and how we create and perceive it in nature, paintings, theater lighting, and home lighting. By John Preston.

Lunch and Learn about Social Security: Monday, Oct. 26th at 12:00 PM. Social Security can be confusing, but this presentation doesn't have to be! Whether you're already receiving benefits or still deciding when to start. About claiming strategies, taxes, and how Social Security fits into your overall retirement plan. By Logan A Hugo Financial Advisor, # 734-680-5035. logan.hugo@edwardjones.com **(*Sign up by Oct. 23rd.)**

MEMORY CARE INFORMATION



Dementia Friendly Training: Tuesday, Oct. 13th at 4:00 PM - 5:00 PM. Free for everyone. (Members and Community) Refreshments will be provided. By Dementia Friendly Services.

Dementia Friendly Day: Wednesday, October 28th. (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: Robots for Better Living with Dementia. We will discuss how robotics can support the well-being of people living with dementia, highlighting state-of-the-art research and emerging applications. By Dr. Long-Jing Hsu from The Michigan Institute for Data & AI in Society and Donuts Sponsored by Robotics Department, University of Michigan.



11:00 AM: *Watercolor Painting Class. With Julia Wellings, Certified Art Therapy Practitioner from Kileah Mae Creative, offers beginner-friendly watercolor workshops created with seniors in mind. Calm, encouraging, and easy to follow. No prior art experience is needed.



12:00 PM: *Lunch and Learn: Best Friends Approach to Alzheimer's and Dementia Care. Want to become a "Best Friend" is a family member, friend or staff member who empathizes with the situation, remains loving and positive, and helps the person feel safe, secure and valued. Understand how dementia impacts the brain. Learn the "why" behind behaviors. Learn to use life stories to recall happy times. Know what to say to improve communication. Presented by Diamond Homecare and Cottage West Assisted Living. AnitaStamos@gmail.com



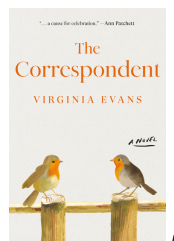
1:00 PM: Music and Reminiscing: Join us for the music of your youth and a chance to build community and connection. By Rachael Lawrence-Lupton from Gentle Care Music Therapy, 312-515-6161, gentlecaremusictherapy.com



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! **(No classes on Sept. 29th & Oct. 1st)**

Book Club: (Last Friday of the Month) Friday, October 30th at 10:00 AM. The Correspondent by Virginia Evans: Is a poignant epistolary novel that unfolds entirely through the letters and emails of Sybil Van Antwerp, a sharp-witted, 73-year-old retired court clerk living in Annapolis, Maryland. Ultimately, the novel is a deeply moving portrait of aging, grief, and resilience.

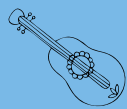




DULCIMERS

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. **(No Class on OCTOBER 5th.)**

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 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 5th.)** Any questions LEAVE A MESSAGE for Mary Lou 734 255-1925.

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" Info. Call Mary Lou Rudner. 734-255-1925. Leave a voicemail. (Must be a member of DSC.)



COOKING

Cooking For Less: Friday, Oct. 13th 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 Holiday Appetizers and Desserts for both months of Oct & Nov! October: Chicken Broccoli Braid and for Dessert: Homemade 3 ingredient Pumpkin Donuts. ***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. (Just 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: Tuesday & Thursday at 11:15 AM. 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. **(No Class Oct. 29th.)**

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. Ends Dec. 5th (Skip 10/23 & 11/27)

Tai Chi is a great way to relax, have fun, enhance mobility maintenance & aid our immune system. Body movement, energy work, meditation, soft martial art & dance - all at the same time. Exercises include stretching, strengthening, joint revolutions & balance work. Includes deep breathing and mental focus. With instructor Karla Groesbeck from WCC.

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 & PILATES



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, 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.

NEW: Chair Pilates: Oct. 2nd & 9th 9:00 AM. (Look for more pop up classes by instructor, email, facebook, or flyer.) 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.



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. **(No Class Oct. 19th & 26th.)**

Jessie Dances
EBB & FLOW
WORLDWIDE DANCE EDUCATION

Line Dancing Class: Tuesdays from 2:00 PM - 3:00 PM. (No class Nov. 3rd) By Dee Grantham from Washtenaw Community College.



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. **(No Class October 21st & 28th.)**

Jessie Dances
EBB & FLOW
WORLDWIDE DANCE EDUCATION

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. **(No class on Oct. 29th.)**



RECREATIONAL EXERCISES

Senior Swim: Mondays, Wednesdays, & Fridays from 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 Hike: Wednesday, Oct. 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. or meet us there at 2:00 PM. Will need a pass if you do not take the bus **(*Sign up at Dexter Senior Center.)**

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.)



NEW: Senior Bridge to Better Health: Tuesdays, Oct. 13th - November 17th (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. **(*Sign up)**



LANGUAGE

Spanish 3 Instructional Class: Thursdays at 3:00 PM - 4:30 PM.
(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 from 1:00 PM - 2:30 PM. Instructor Led.

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



PAINTING, DRAWING, & CARDS



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

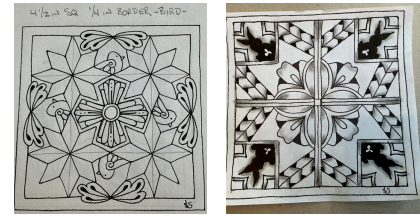


Canvas Painting Class: Oct. 1st and 22nd at 10:30 AM - 12:30 PM. Paint a pumpkin on the 1st and paint fall birch trees on 22nd. Step by step instructions. Will have pre sketch drawings on canvas to help with painting. Taught by Sheila from Canvas Creations. ***Sign up at DSC. Pay Instructor \$25.00 at time of class.**

Card Making Class (Rescheduled from Sept.): Monday, Oct. 19th 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: Every 2nd Friday of the month from 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.**



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. You 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. (This class is full but you may be added to the Waitlist.)**

NEW: Reflective Art: Wednesday, Oct. 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)**

NEW: Beginner Watercolor Workshop with Julia: Wednesday, Oct. 28th from 11:00 AM - 12:00 PM. Join us for 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, CMT Certified Art Therapy Practitioner. ***Sign up for free. (Next class will be Dec. 30th at 11:00 AM)**



Kileah Mae
CREATIVE



NEEDLEWORK, CRAFTS, & BEADING

Needlework Art, Crafts, Coloring: Mondays from 9:00 AM - 11:00 AM. 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, Oct. 5th 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 a Novi High School student, Mihika. ***Sign up.**

Beginner's Knitting Workshop (continued): "Making a Dishcloth." Monday, Oct. 5th & 12th 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.**

Junk Journaling: Monday, Oct. 19th at 1:00 PM. Bring all your journaling projects that you want to work on. Instructor will be there to help and assist with your projects. Call Sharon with questions # 517-749-0002. ***Sign up.** Pay \$5 to instructor.

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.**

NEW: 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.

NEW: Origami Workshop: Wednesday, Oct. 7th at 2:00 PM. We will be learning how to make Holiday Origami with instructor Judith. ***Sign up for this free class.**



CARD GAMES



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

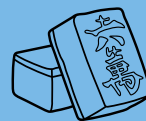
Euchre:
Fridays at 11:00AM
Beginners welcome.

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	



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.

***Beginner Chinese Mahjong Class: Wednesdays from 11:00 AM - 1:00 PM.** the whole month of October. New sessions will be every other month. No experience needed. Registration required. **Sign up by Oct. 2nd.**

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 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.) ***Sign up for Ice cream bars and games on October 1st. (No Game Night on Oct. 29th.)**

Chinese Mahjong: Fridays at 1:00 PM. Questions, text Katy at 810-623-7465. **(Time change will be at 2:00 PM on October 30th, due to Craft Fair.)**

Bunco: Friday, Oct. 2nd and 23rd at 2:00 PM. We will meet two Friday's of the month. Looking for players to have 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: No Meeting in October. Next Meeting Monday, Nov. 16th at 1:00 PM Learn all about their upcoming day trips and overnight trips.



VILLAGE TRAVELERS

October: 1-5: MI Color Tour of Lake Superior and the Upper Peninsula. (FULL)

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

November 10-14: Multi-Day Mystery Trip (MI & OH) (Deadline is Sept. 22nd)

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



Federik Meijer Gardens with Chihuly Exhibit: Tuesday, Oct. 13th from 7:30 AM - 4:45 PM.

Pick up at DSC on a Bianco deluxe motorcoach with restroom. Tour Architect and Artist, Dale Chihuly large-scale glass and other structures. 132 acres of indoor and outdoor gardens with an optional tram ride for \$10. Includes 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. (This is full but we have a waitlist.)



The Parade Company and Whitney of Detroit Tour with lunch at Sinbad's Restaurant:

Friday, November 13th from 8:15 AM - 4:15 PM. 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.)**

Pay \$114.00 at time of sign up at DSC. (This is full but we have a waitlist.)



Meadow Brook Hall Christmas Lunch and Tour: Wednesday, December 9th from 9:30

AM - 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 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 time of sign up at DSC. (This trip is full but you can be put on the waiting list.)



NEW: Zehnder's Luncheon Show: Wednesday, February 24th, 2027, from 9:00AM -

6:00PM. 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 time of sign up at DSC.**



Sensations Of The South (Featuring 3 nights in New Orleans): March 5th -14th , 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. **(*Lunch & Learns Oct. 7th, 14th, 26th, & 28th)**



RESOURCES



Social Wellness Hour, with Chelsea Hospital Behavioral Health Navigators. Monday, Oct. 5th at 11:00 AM. (Every first Monday of the month.) Finding small moments of joy and how beneficial that can be for mental health. Rock painting something that brings you joy.

Blood Pressure Check: Tuesday Oct. 6th at 1:00 PM. (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. 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: Wednesday, Oct. 28th at 11:00 AM -12:00 PM and Tuesday, November 24th at 11:00 AM. 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 Open Enrollment by Tim Dayney: Thursday, Oct. 15th and 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.**

Medicare Open Enrollment Appointments with AgeWays SHIP: Mondays, Oct. 26th and 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.)**

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.

RESOURCES CONTINUED

NEW: Immunization Clinic with Jensen's Community Pharmacy: Wednesday, 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.**

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 \$30.00.

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 mornings.)**

Massage: Thursday, Oct. 8th, 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.**

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 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

Ohioans Home Healthcare: Thursday, Oct. 1st at 1:00 PM. 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: Lindsay Mamp.)**

The Willows at Mill Creek: Thursday , Oct 8th at 1:00 PM. The Willows at Mill Creek, a new senior living community coming to Dexter in 2027. The community will offer a full continuum of care, including Independent Living, Assisted Living, Memory Care, and Skilled Nursing/Rehabilitation—allowing residents to remain in one place as their needs evolve. By Brittany Toman-Baker Director of Sales & Marketing Brittany.toman@willowsatmillcreek.com. **(Bingo Sponsor: Brittany Toman)**

Comfort Keepers Home Care: Thursday, Oct. 15th at 1:00 PM.

Help with homecare support; companion, personal, transportation, end-of-life, post hospital, and Alzheimer's Care. 7910 Ann Arbor St. #2, Dexter, Mi 48130. Call Kate Tselios at 734-234-8277.

www.comfortkeepers.com. **(Bingo Sponsor: Kate Tselios.)**

Back every other month on the third Thursday.

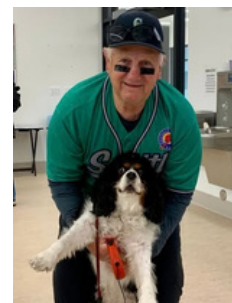


Options Home Care: Thursday, Oct. 22nd at 1:00 PM. Options Home Care provides compassionate, non-medical in-home care, including companionship, personal care assistance, family caregiver relief, and post-discharge assistance, with trained, insured, and bonded caregivers who help local seniors stay safe, independent, and comfortable at home. Contact info: (734) 228-2512 , mganbaatar@optionscorp.com, www.optionscorp.com/ann-arbor-michigan. **(Bingo Sponsor: Tuya Ganbaatar.)**

Halloween Bingo: Thursday, Oct. 29th at 1:00 PM. We are excited that volunteer members will lead this fun Halloween Bingo. Join us at 12:00 PM for a potluck party and costume contest. Dulcimers will play at 12:15 PM. A special thank you to Denise Moyer who has been donating weekly cover all prizes! **(Bingo Sponsors: Denise Moyer and Debbie Biggelow.)**



HALLOWEEN BINGO & COSTUME CONTEST 2025!



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 Interest Informational meeting with refreshments: Friday, Oct. 2nd at 12:30 PM. Find out about all the volunteer opportunities & fill out paperwork & an interest form.

Volunteers needed for Craft Fair: Set up Thursday, Oct. 29th from 2:00 PM - 4:00 PM and Friday, Oct. 30th from 9:30 AM - 1:30 PM. Looking for volunteers for set up and take down, greeters, and selling pizza & pop. **(Sign up sheet for designated times.)**

We are looking for Building and Event Volunteers: We need help setting up, decorating for events, serving food at parties, front desk help, answering 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 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: Member made Handwoven basket and its contents (2 decks of standard playing cards, 1 card game called "Five Crowns" (fun game), 2 steno pads and 12 pencils.) Drawing will be on Oct 30th at 1:00 PM at The DSC Craft Fair. \$1.00 per ticket for a chance to win. Pay at the front desk to enter. Put your name and phone number on the ticket. All proceeds go to the Dexter Senior Center.



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 Classes that are back to back: To accommodate instructors and members coming into the next class. We allow 5 minutes to set up (No sooner when a class is in session.) Then 5 minutes to clean up.

SAVE THE DATE: 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, volunteers, and get a tour.

SAVE THE DATE: Veterans Lunch: Wednesday, November 11th at 1:00 PM. Join us for a free lunch and dessert. Veterans may invite one guest. Sponsored by The Willows at Mill Creek, a new senior living community coming to Dexter in 2027. The community will offer a full continuum of care. By Brittany Toman-Baker Director of Sales & Marketing Brittany.toman@willowsatmillcreek.com **Please Sign up if a Veteran by Nov. 4th and let us know if you will be bringing a senior guest.**

SAVE THE DATE: Secretary of State Mobile Appointments at Dexter Senior Center: Tuesday, November 24th from 12:30 PM- 3:00 PM. Sign up for a 10 min. appointment.

October 2026 Activity Calendar Dexter Senior Center					Key: \$ Pay, *Sign up or make appointment Bold - New Events. Color- Specific date
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
5 9:00 - Color, Crafts, Needlework 9:00 - *Beginners Knitting Class \$ 9:30 - *Stitch For A Cause 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 11:00 - Chair Yoga 11:00 - Social Wellness Hour: Rock Painting 12:00 - Seated Ballet / *Senior Cafe \$ 12:30 - *Beginner Watercolor Paint \$ 12:30 - Bridge / Euchre 2:00 - Technology Help	6 9:00 - Yoga / *Weaving 9:30 - Strength & Stretch 10:15 - *German 11:15 - Cardio Drumming 12:00 - Pinochle 12:30 - Presentation & Demo: History of American Tap Dance 12:30 - Dominos 1:00 - Blood Pressure Checks 2:00 - Line Dancing Community Health Worker	7 9:00 - SOS / Beading Group 9:30 - Pinochle 11:00 - Chair Yoga 11:00 - *Beginner Chinese Mahjong 12:00 - Ukulele Jam Group 12:30 - Euchre / 313 12:00 - *Lunch and Learn 1:00 - Needlework / Watercolor 2:00 - Latin Rhythms Dance 2:00 - *Origami Workshop	1/8 9:00 - Yoga/ Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - *Canvas Painting \$ - 1st 10:30 - Dulcimer 11:15 - Cardio Drumming 12:00 - *Senior Cafe \$ 12:30 - Cribbage 1:00 - BINGO / French Group 1:00 - Yoga NIDRA with Sound Journey Workshop - 1st 1:30 - American Mahjong 3:00 - Barn Dancing/ 3:00 - *Games & Ice Cream - 1st *Reiki \$ - 1st *Reflexology \$ / *Massage \$ - 8th	2/9 9:00 - Tai Chi / Pilates 9:00 - *Weaving 10:00 - Circuit Workout 10:00 - *Zentangle - 9th 11:00 - Euchre 11:30 - Seals, Chair Volleyball 12:00 - Pinochle / 313 12:30 - *History Presentations: on 911 & Refreshments - 9th 12:30 - *Volunteer Information Meeting - 2nd 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) 2:00 - *Bunco - 9th	
12 9:00 - Color, Crafts, Needlework 9:00 - *Beginners Knitting Class \$ 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 11:00 - Chair Yoga 12:00 - Seated Ballet 12:00 - *Senior Cafe \$ 12:30 - *Beginner Watercolor Paint 12:30 - Bridge / Euchre 1:00 - Presentation: Medicinal Herbs 1:00 - Uke Theory and Jam 2:00 - *Beginner Ukulele \$	13 9:00 - Yoga / *Weaving 9:30 - Strength & Stretch 10:00 - Writing Group 10:15 - *German 11:15 - Cardio Drumming 12:30 - *Cooking For Less 12:00 - Pinochle / 12:30-Dominos 12:30 - *Senior Bridge to Better Health / Dominos 2:00 - Line Dancing 4:00 - Dementia Friendly Training Community Health Worker *Trip to Chihuly and Gardens	14 9:00 - SOS / Beading Group 9:30 - Pinochle 9:00 - *Immunization Clinic 11:00 - Chair Yoga 11:00 - *Beginner Chinese Mahjong 12:00 - *Lunch & Learn 12:00 -Ukulele Jam Group 12:30 - Euchre / 313 1:00 -Needlework/ Watercolor 2:00 - Latin Rhythms Dance 2:00 -*Fall Hike (1:30 Bus Ride) 3:00 - All Instrument Sing Jam	15 9:00 -Yoga / Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer 11:15 - Cardio Drumming 12:00 - *Senior Cafe \$ 12:30 - Cribbage/1:00 - BINGO 1:00 - French Study Group 1:30 - American Mahjong 3:00 - Spanish / Barn Dancing / Games *Medicare Open Enrollment Appt. *Reiki \$	16 9:00 - Tai Chi 9:00 - *Weaving 10:00 - Circuit Workout 11:00 - Euchre 11:30 - Seals, Chair Volleyball 12:00 - Pinochle/ 313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners)	
19 9:00 - Color, Crafts, Needlework 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 10:00 - *Card Making \$ 11:00 - Chair Yoga 12:00 - *Senior Cafe\$ 12:30 -*Beginner Watercolor Paint 12:30 - Bridge / Euchre 1:00 - Uke Theory and Jam 1:00 - *Junk Journaling \$ 2:00 - *Beginner Ukulele \$	20 9:00 - Yoga / *Weaving 9:30 - Strength & Stretch 10:00 - Writing Group 10:00 - WAVE Bus Outreach 10:15 - *German 11:15 - Cardio Drumming 12:00 - Pinochle / 12:30-Domino 12:30 - *Senior Bridge to Better Health / 2:00 - Line Dancing Community Health Worker *Foot Care Appointments \$	21 9:00 - SOS / Beading Group 9:30 - Pinochle 10:00 - *Reflective Art 11:00 - Chair Yoga 11:00 - *Beginner Chinese Mahjong 12:00 - Ukulele Jam Group 12:30 - Euchre / 313 12:00 - *BIRTHDAY LUNCH & MUSIC \$ (Oktoberfest) 1:00 - Needlework / Watercolor *Senior Support Consults	22 9:00 - Yoga 9:00 - Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - *Canvas Painting \$ 10:30 - Dulcimer 11:15 - Cardio Drumming 12:00 - *Senior Cafe \$ 12:30 - Cribbage 1:00 - French Study Group 1:00 - BINGO 1:30 - American Mahjong 3:00 - Spanish / Barn Dancing / Games *Reflexology \$	23 9:00 - *Weaving 10:00 - Circuit Workout 11:00 - Euchre 11:30 - Seals, Chair Volleyball 12:00 - Pinochle / 313 1:00 - Chinese Mahjong 12:30 - Presentation: Color 1:00 - Dulcimer (Beginners) 2:00 - *Bunco	
26 9:00-Color, Crafts, Needle 9:30 - Neuro, Box, and Movement 10:00-Circuit/ Chess 11:00-Chair Yoga 12:00 - *Lunch & Learn 12:30 - Bridge / Euchre 1:00 - Uke Theory and Jam 2:00 - *Beginner Ukulele \$ *Medicare Open Enrollment Appointments by SHIP	27 9:00 -Yoga / *Weaving 9:30 - Strength & Stretch 10:00 - Writing Group 10:15 - *German 11:15 - Cardio Drumming 12:00 - Pinochle / 12:30-Dominos 12:30 - *Senior Bridge to Better Health 2:00 - Line Dancing Community Health Worker	28 Dementia Friendly Day. 9:00 - SOS / Beading Group 9:30 - Pinochle 10:00 - Donuts and Chat: Robots for Better Living with Dementia 11:00 - Technology Help 11:00 - *Watercolor Painting 11:00 - *Beginner Chinese Mahjong / 12:00 Ukulele 11:00 - Chair Yoga 12:00 - *Lunch & Learn 12:30 - Euchre/313 1:00 - Music and Reminiscing 1:00 - Needlework / Watercolor	29 9:00 - Yoga / Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer 12:00 - *Potluck Halloween Costume Party With Dulcimer Concert 12:00 - *Senior Cafe \$ 12:30 - Cribbage 1:00 - Halloween BINGO 1:00 - French Study Group 1:30 - American Mahjong 3:00 - Spanish	30 9:30 AM - 1:30 PM - Craft Fair 9:00 - Tai Chi / *Weaving 10:00 - *Book Club 10:00 - *Circuit Workout 10:45 - *Circuit Workout 11:00 - Euchre 11:35 - Chair Volleyball 12:00 - Pinochle / 313 1:00 - Dulcimer (Beginners) 2:00 - Chinese Mahjong	

October 2026

Meal Calendar

Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 5 Meatballs Brown Rice WW Bread/Cauliflower Papaya/Mango Alternate Selection: Egg Salad Sandwich	Note 1: Low fat milk and margarine are included in every regular meal (those in black print). 6 Roasted Turkey Mashed Potatoes Broccoli/Cauliflower/Carrots Fruit Salad/WW Bread Alternate Selection: Turkey Sandwich	Note 2: Sides, such as salad and/or fruit are included with alternate meals (those in red print). 7 Oven Roasted Tilapia Citrus Lentil Rice Broccoli/WW Bread Mandarin Oranges Alternate Selection: Chicken Chili	1 Meatloaf Mashed Potatoes WW Roll/Mixed Fruit Mixed Vegetables Alternate Selection: Chili 8 Chicken Parmesan Green Beans WW Bread Apple Alternate Selection: Chicken Noodle Soup	2 Meaty Ragu Green Beans WW Bread Strawberry Applesauce Alternate Selection: Chicken Sandwich
12 Cheesy Squash Bake Broccoli/Apple Butternut Squash Wheat Bread Alternate Selection: Chili	13 Chicken Lentil Soup WW Roll/Crackers Side Salad/FF Dressing Pineapple/Veggies in Soup Alternate Selection: Roast Beef Sandwich	14 Dijon Salmon Seasoned Black Beans Malibu Veggies/Peaches Wheat Bread Alternate Selection: Tuna Salad Sandwich	15 Tuna Noodle Casserole Malibu Blend Veggies Papaya and Mango WW Roll/FF Dressing Alternate Selection: Turkey Barley Soup	16 Beef Goulash California Blend WW Bread Orange Alternate Selection: Chicken Sandwich
19 Turkey Barley Soup Side Garden Salad Papaya/Mango WW Bread Alternate Selection: Egg Salad Sandwich	20 Roasted Chicken Thigh WW Roll/Crackers Mashed Potatoes Green Beans/Diced Pears Alternate Selection: Chicken Chili	21 Beef Chili WW Bread/Crackers Cherry Tomatoes/Orange FF Italian Dressing Alternate Selection: Turkey Sandwich	22 Chicken Tenders WW Roll/Green Beans Quinoa Peaches Alternate Selection: Chicken Noodle Soup	23 Quinoa Corn Cake WW Bread/Tofu Sauce Mixed Veggies Trop Fruit Salad Alternate Selection: Chicken Sandwich
26 Cheesy Broccoli Rice Soup WW Bread/Broccoli Applesauce Side Salad Alternate Selection: Roast Beef Sandwich	27 Mediterranean Chicken Rice/WW Bread Papaya/Mango Garden Vegetable Blend Alternate Selection: Turkey Barley Soup	28 BBQ Chicken Breast Brown Rice/Wheat Bread Broccoli & Cauli/Pineapple Tomato Cuc Salad Alternate Selection: Tuna Salad Sandwich	29 Meatloaf Mashed Potatoes WW Roll/Mixed Fruit Mixed Vegetables Alternate Selection: Chili	30 Meaty Ragu WW Bread/Green Beans Strawberry Applesauce Alternate Selection: Chicken Sandwich

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!



ACRES
BARN
BIG
BUMPS
COLOR
CORN STALK
FALL
FARMER
FIELD
FIRM
FLOWERS
GOURDS
HARVEST
HAYRIDE
MAZE
MEDIUM

F I E L D G I B R O L O C I E
R W O R C E R A C S R T F O O
Y K U D N A T S I P H A I A U
F J C Q F V M N U G G J N M E
C S S F A F S M I G H K L G D
F P K V L E P E S A O J C Z E
N M L V L K W N R R P U Y I F
H U A L I C R V A W E E R A P
C B T N U A E M K V D W R D N
U S S F B S M E D I U M O A S
O E N I T U Z T R K E G I L V
T R R R P A Y Y B R H P H N F
G C O M M D A V N S M E T S I
G A C U R H K C W H I T E I I



PUMPKIN PATCH

WORD SEARCH PUZZLE

MINI
ORANGE
PAINTED
PAY
PICK
PUMPKINS

SCARECROW
SELL
STAND
STEMS
TOUCH
WEIGHT
WHITE



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