DEXTER SENIOR VOICE
December 2026

MESSAGE FROM THE EXECUTIVE DIRECTOR

Happy Holidays! December is full of music, creativity, and reasons to gather at the Center. We're especially looking forward to the return of the U-M students we've been working with. On **Thursday, December 10, from 9:00 to 11:00 a.m.**, they'll share their final presentations and prototypes, developed with input from our members and staff. Please come see their ideas and enjoy coffee and donuts with us.

We'll kick off the month with a concert by Musique Trio on December 1. Later, join us for a holiday Sing and Play-Along with U-M retirees, and a potluck and concerts by the Dexter High School Chamber Choir and Dexter Community Choir. Dulcimers and ukuleles will play at Birthday Lunch, and Girl Scout troops will visit to carol, decorate cookies, read holiday books, and share hot chocolate.

There's plenty to make, too: winter nature crafts with cocoa, painted wooden ornaments, snowflakes, winter wonderland canvas and watercolor classes, and cookie dough mixes in Cooking for Less. We're also celebrating with ugly sweater Bingo and a New Year's Eve Bingo. Mexican Train dominoes is back on Wednesday mornings, and Thursday game night continues.

Check the pages ahead for presentations and lunch-and-learns, along with Dementia Friendly Day activities such as Music and Reminiscing and watercolor painting. These activities are open to all members. To keep moving this winter, try Seated Ballet with *Nutcracker* music, indoor walking at Wylie, grief release yoga, or our many dance classes.

We'll thank our volunteers at an appreciation lunch this month. If you'd like to get involved, please join us for the volunteer interest meeting. Thank you to everyone who gives their time to the Center.

As the year comes to a close, I hope you'll **consider a donation to help build our annual fund for 2027**. We strive to keep membership and programs affordable, but supporting a growing Center takes more resources. If you haven't made a gift, any amount would be greatly appreciated and will help us continue to offer the activities and connections that make this place special. I wish you a warm and happy holiday season!

Warmly, Anna Pekrul, Executive Director



Contact Information

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

Next Board Meeting
Dexter Senior Center
December 16th at 3:00 pm

HIGHLIGHTS & ANNOUNCEMENTS

Holiday Concert: Tuesday, Dec. 1st at 2:00 PM. Let's start the month off by getting festive and inviting your friends to join us for Holiday music by Musique Trio. A clarinet, cello, and piano trio. Members are Marcia Anderson (clarinet), Kathryn West (piano), and Margaret Weiss (cello)



Move, Meet, & Explore: Ageless Adventures: Thursday, Dec. 3rd, from 9 AM to 11 AM. Free transportation by the Wave. Pick up at DSC at 8:30 AM. (Meet on the bus.) Spend the morning discovering all the ways you can stay active, explore, and have fun at your Metroparks through guided hikes, craft opportunities, hands-on exploration, lectures, and more. Location: Hudson Mills Metropark. ***Sign up or meet there.**

Winter Nature Crafts & Cocoa: Tuesday, Dec. 8th at 12:30 PM. Using natural materials, you'll create cheerful decorations, eco-friendly ornaments, & even sustainable holiday gift wrap to take home and enjoy. It's a cozy way to make memories, get creative together, and add a handmade touch to your holidays. By Abby Lauer, Park Interpreter from Hudson Mills Metropark. ***Sign up**



Monthly Birthday Lunch with Holiday Entertainment: Wednesday, Dec. 16th at 12:00 PM. Join us for lunch, cake, and ice cream. Birthday month members eat free. **(Others:* Sign up & pay $5.00, 48 hours in advance by 12 PM.) Dulcimers and Ukuleles will play at 12:15 PM.** Thanks to the Michigan Association of Senior Centers & Molina Healthcare for sponsoring!



Ugly Holiday Sweater BINGO: Thursday, Dec. 10th and **New Year's Eve BINGO: Thursday, Dec. 31st. At 1:00 PM,** join us for fun, games, and laughs as we celebrate the Holidays!







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









Holiday Potluck and Concerts: Friday, Dec. 18th, starting at 12:30 PM. Bring your favorite dish or dessert to share. Or just come for the Music. **1:00 PM - Dexter High School Chamber Choir (mixed ensemble) Concert. 1:45 PM - Dexter Community Choir Concert.** Both groups will be singing holiday songs.**Sign up**

<u>Girl Scout Visits</u>: Reading Holiday Books and Hot Chocolate: Monday, Dec. 21st at 1:15 PM. Join us to read holiday books with 13 kindergarten and first-graders. You are more than welcome to bring one of your favorite holiday books to share. **Chritmas Concert & Caroling with Holiday Cookie Decorating: Tuesday, Dec. 22nd at 1:30 PM.** Join us for music, signing , & holiday cookie decorating with ten 7th graders. ***Sign up**







PRESENTATIONS / LUNCH & LEARNS

Presentation: Medications and Supplements for Eye Health: Tuesday, Dec. 1st at 1:00 PM. Talk about nonprescription products intended to improve eye health. Eyesight is precious. But dry eyes can make vision blurry and eyes irritated. And what about supplements and vitamins intended to improve eye health? Join Betty Chaffee, PharmD, of Better My Meds, to talk about nonprescription products intended to improve eye health.

Lunch and Learn: Taxes and Widow's Penalty: Wednesday, Dec. 2nd at 12:00 PM.
Could your taxes go up even if your income goes down? After losing a spouse, a surviving spouse may face unexpected tax consequences known as the "widow's penalty." It can also affect Social Security and Medicare premiums. Join us for an educational Thrivent workshop to learn practical strategies to help you plan, protect your financial future, and potentially reduce the impact of the widow's penalty. Peisy Sulimin, Financial Advisor. 734-272-8806. *** Sign up.**

Presentation: Learning In Retirement With Elderwise: Wednesday, Dec. 9th at 1:00 PM.
Join us for this casual educational presentation on learning in retirement! Learn about the importance of lifelong learning, different types of classes, and ways to get involved. Elderwise Learning is a nonprofit, independent, lifelong learning organization dedicated to offering continuing education to learners of all ages. Visit www.elderwiselearning.org for details. Donna DeButts will be the volunteer presenter.

Presentation with Donuts: Designing for Longevity: University of Michigan Student Presentations: Thursday, December 10th, 9:00 AM- 11:00 AM. Join University of Michigan students as they share ideas and prototypes to enhance our service experiences at our center. Developed through research and collaboration with the center, their projects explore ways to support social connection, well-being, and aging in community. **To attend online, complete the registration survey to receive the Zoom link:https://umich.qualtrics.com/jfe/form/SV_7Wc3N4Oatt7xOV8**

Presentation: WAVE Bus: RidePingo Demonstration: Thursday, December 10th from 2:00 PM to 3:00 PM. Ride Pingo Made Simple: See It, Try It, Ask Us Anything. Learn how to book, track, and manage your WAVE rides right from your phone! Join us for a quick presentation on how to use Ride Pingo, including live tracking of your bus and booking deviations on our fixed routes, a great alternative on weekends when Door-to-Door isn't running. Then stay for hands-on help from WAVE team members, who will be on hand to help you download the app, set up your account, and answer your questions. Bring your phone and your questions, and we'll get you ready to ride.

Presentation: Herbal Comfort for Winter Care: Tuesday, Dec. 15th at 12:30 PM – 1:30 PM. Join MARY LIGHT as we share recipes and samples of broths, teas, and an aromatic ointment to support winter care of our health and well-being. We will experience a Golden Chai Latte, calming tea blends, and a berry tonic.

Lunch and Learn: Clarity Before Crisis. Monday, Dec. 21st at 12:00 PM. Is your Family prepared? Care, Estate & Financial Planning Before a Crisis. For older adults, caregivers, and families. Beyond Financial, Legal, and healthcare guidance. Practical guidance on care, family legacy decisions, and family roles, estate planning, and gaps that could break a plan. Presented by Benjamin Bolen, CFP. (734) 372-9312, Benjamin.bolen@LPL.com. ***Sign up for a free lunch, and every attendee receives a copy of his book.**

Presentation: Coney Island: America's Playground. Tuesday, Dec. 22nd at 12:30 PM.
Step back in time to a place where the magic of summer never seemed to end. Located along the Atlantic Ocean in Brooklyn, New York, Coney Island was America's playground for generations—a dazzling world of thrilling rides, sparkling lights, crowded boardwalks, and unforgettable memories. From the legendary Cyclone roller coaster to the famous Wonder Wheel, discover how this beloved seaside destination captured the imagination of millions and became a cherished symbol of American popular culture, nostalgia, and summertime adventure.

MEMORY CARE INFORMATION

Dementia Friendly Day: **Wednesday, December 30th (Every last Wednesday of the month.)** Join us on this special day for those with dementia and their care partners. All members are encouraged to join any event. **Please sign up for events that have a (*)**

10:00 AM: Donuts and Chat: Come together to ask questions and get support. By Lauren Barnes from 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.

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. **(*Sign up)**



12:00 PM: *Senior Cafe $ (Sign up for Lunch 48 hours prior.)

1:00 PM: 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.

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) **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. Meet every day in December.

Beginner - Intermediate Uke Jam and Learn: **Mondays from 2:00 PM - 3:00 PM.** LEAVE A MESSAGE for Mary Lou at 734-255-1925. Meet every day in December.

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: **(Group will not meet in December.) Will be back in January, 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.) **(NO Class on Dec. 9th)**



COOKING

Make Christmas Cookie Mixes: **Friday, Dec. 4th at 12:30 PM.** Each guest will take home between 4 and 6 dozen cookies, which can be baked as needed. It's an easy way to participate in a cookie exchange or to bake treats to give as gifts. Mixes will include 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, sugared pecan orange, and fun-fetti balls. **Bring 2 tubes, 1 lb each of Sugar Cookie dough equal to 2 lbs. Found at market in the refrigerator section. Also bring a mixing bowl large enough to hold 2 tubes of dough, and a mixing spoon. If you have a SM scoop, please bring!** ***Sign up & pay $4 to instructor Maureen.**

pampered chef






FITNESS




NEURO, BOX and MOVEMENT: Mondays at 9:30 AM. Instructor: Lucia Guerri, PhD, Biomedical Scientist & Fitness Professional (NASM & Rock Steady Boxing Certified). Engage your mind, play with your rhythm, and improve your physical confidence! A science-backed wellness program focused on improving dynamic balance and mobility, featuring non-contact boxing and lots of fun. Great for anyone wanting to strengthen both body and 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, balance, 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, balance, and endurance for activities of daily living.

CARDIO DRUMMING: Tuesdays & Thursdays at 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.

NEW: MOVIN' & GROOVIN': Tuesdays at 1:00 PM. 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.

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. Last class Dec. 4th. Winter session: 1/22 - 4/2 (Skip 2/26). Tai Chi is a great way to relax, have fun, enhance mobility, maintain it, and 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.

YOGA & MEDITAION

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: **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.

NEW: **Tools to Calm:** **Fridays starting January 8, 2027 - Jan. 29th at 11:00 AM.** Learn practical, body-based tools to support calm, resilience, and emotional balance in everyday life. This class offers an accessible introduction to how the nervous system responds to stress and how gentle practices—such as grounding, breath awareness, mindful movement, and sensory techniques—can help you return to a greater sense of safety and steadiness. Participants will be invited to explore each practice at their own pace and leave with simple strategies they can use at home, at work, or during challenging moments. No prior experience is needed. By Rachel Egherma from WCC.

DANCE

Seated Ballet: **Mondays from 12:00 PM - 12:45 PM. (No Class on Dec. 28th)** 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.

Jessie Dances
EBB & FLOW
WORLDWIDE DANCE EDUCATION

Line Dancing Class: **Tuesdays from 2:00 PM - 3:00 PM. Starts Dec. 8th! (No class Dec.1st and 29th)** Free instructional fun dance class. No experience needed. Many different line dancing & genres of music. **(We will continue this class with member Becky, instructing until Dee from WCC returns on 2/23.)**



Latin Rhythms Dance: **Wednesdays from 2:00 PM - 2:45 PM. (No Class on Dec. 30th)** With dance instructor Jessie Wise. Learn merengue, bachata, Cuban salsa, and chacha. May learn seated, too. No partner needed.

Jessie Dances
EBB & FLOW
WORLDWIDE DANCE EDUCATION

Square & Round Barn Dancing: **Thursdays from 3:00 PM - 4:30 PM.** Learn 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 Dec. 31st)**



RECREATIONAL EXERCISE



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.

Walking Club: **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 inside the school. **(School is open over Holiday Break on Tuesday) Don't walk in the gym.**

NEW: **Move, Meet, and Explore: Ageless Adventures:** **Thursday, Dec. 3rd, from 9 AM to 11 AM.** **Free transportation by the Wave.** **Pick up at DSC at 8:30 AM.** **(Meet on the bus.)** Looking for a way to get moving, spend time outdoors, and meet people who enjoy doing the same? Spend the morning discovering all the ways you can stay active, explore, and have fun at your Metroparks through guided hikes, craft opportunities, hands-on exploration, lectures, and more. Location: Hudson Mills Metropark. **Sign up if you're taking the WAVE or meeting us there.**

Chair Volleyball: **Fridays at 11:30 AM.** Fun beach volleyball game in our chairs. No experience needed. (Team name: SEALS.)



PILATES

Chair Pilates: **1st and 3rd Saturday at 9:00 AM. (Dec. 5th & 19th)** 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

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. (Information on the option to buy a book will be provided at the first class.) ***Sign up**

Washtenaw Community College

French Study Group: **Thursdays from 1 PM - 2:30 PM.** Instructor-led. **(No Class Dec. 31st.)**

German Conversation Group: **Tuesdays from 10:15 AM - 11:45 AM. (Ends Dec. 8th)** For more Information or questions, contact Margarete by email at mowalsh52@gmail.com. Donation for materials: $35.00; pay Margarete. Will be 10 sessions total. **New classes start in 2027. (Date and time TBD)**



THEATRE

NEW: **Dexter Senior Players: Looking for interested Players.** No memorization or experience needed. Just try something new and have fun. **If interested, please call or see Dana at 734-426-7737 ext. 8004.**

PAINTING, DRAWING, & CARDS

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 ornament! ***Sign up and Pay instructor Nellie $15.00. There are availbale spots!**



Card Making Card Boxes Class: Monday, Dec. 14th at 10:00 AM. Join us for a fun class to learn how to make a card box to hold your cards. Receive a template to make any size box and small decorations on top of the box if you desire. Pay $10 to the instructor, Carol. ***Sign up 1 week prior.**

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.) Pick up a supplies list and sketch before class.**

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

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

Canvas Painting Class: Thursday, Dec. 17th 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.

Zentangle-Inspired Art Drawing Class: Every 2nd Friday of the month from 10:00 AM - 11:30 AM. Dec. 11th. 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 and pay $3.00 for supplies or bring your own. (Do not take supplies home.)**

NEW: Continuing Watercolor Landscape Classes: Mondays, from 2:30 PM - 4:00 PM, Starting Jan. 11th to Feb. 1st. In this course, we will continue to practice specific skills, focusing on skies, landscapes, seascapes, and perspective. Each week we will complete a different painting that encompasses these skills. This is not a beginner class. Because this is a continuing course, you will bring your own paper, paints, brushes, and palette. A list of suggested supplies will accompany the sign-up sheet. Before each class, a line drawing of the next project will be available if you intend to trace or draw it ahead of time (recommended). Expect to learn a lot and have fun. ***Sign up and pay $20.00. (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.) Pick up a supplies list and sketch before class.**

NEEDLEWORK, CRAFTS, & BEADING

Needlework, Art, Crafts, Coloring: **Mondays from 9:00 AM to 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!

Beginner's Knitting Workshop: "Making a Dishcloth." **Wednesdays, starting Jan. 6th, 1:00 to 3:00 PM.** Class will be about 3-4 weeks. Instructor Christine will teach you the basics of knitting. Including knit cast-on, knit and purl stitches, and bind/cast off. A bag of knitting supplies may be purchased for $10.00. (Pay to instructor at time of class.) If using your own supplies, we will be using straight needles size US5/3.75mm. ***Sign up (We have a waitlist. Please take your name off if you can't attend classes.)**

Snowflake Making Workshop: **Tuesday, Dec. 15th at 1:00 PM.** Make good old-fashioned paper snowflakes and reminisce with Judith. We have supplies, but you can bring.

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 projects to make jewelry & crafts. This is not an instructor-led class. **(We accept donations for upcoming classes.) Classes will be once a month starting in Jan. (Time and date TBD)**

Junk Journaling: **(No class in December. Returns in Jan. Date TBD.)** 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.**

CARD GAMES

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

Euchre:
Mondays & Wednesdays: Show up
Fridays: ***Sign up**
Beginners welcome.

313 & Cribbage: Show up

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	

Pinochle: **Wednesday:** Show up for beginners and all-level players. **Tuesdays & Fridays:** ***Sign up** by calling Sonie at 989-388-6054 or Sharon at 734-680-7935.

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.

NEW: Dominoes (Mexican Train) **Wednesdays at 10:00 AM.** Beginners welcome.

Chinese Mahjong: **Wednesdays from 12:30 - 2:30 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, Canasta, and many playing cards.)

Bunco: **Friday, Dec. 4th at 2:00 PM.** Looking for players to have fun & meet new friends. Free, with prizes. We will have an instructor, so beginners are welcome. ***Sign up at DSC.**

TRIPS

Travel Presentation: Trip to South Africa: **Monday, Dec. 14th at 2:00 PM.** By Ruth Hamilton. Learn about this trip and the group to join in June 2028.
Trips Presentation: Village Travelers: **Next Meeting Jan. 11th at 1:00 PM.** Learn all about their upcoming day trips and overnight trips.

VILLAGE TRAVELERS

December 11: **Holiday Light Tour - MI International Speedway. (Brooklyn)**
January 29: **BasBlue Common Place and Detroit Historical Museum**
February 16 - March 1: **Grand Hawaiian Adventure (13-Day Hawaii Trip)**
March 5: **Sugar and Spice: Cornwell's Turkeyville Theatre (Marshall, MI)**
March TBA: **Bocce Ball at Palazzio de Bocce in Orion.**
April 20 - 28: **Holland and Belgium Springtime River Cruise. (With Collete Tours.)**
June 23: **Chorus Line at the Encore in Dexter Theatre in Dexter, Matinee and lunch.**
July 11 - 16: White Mountains and Von Trapp Family Lodge. (New Hampshire & Vermont)
Aug. 25 - Sep. 6: **Alaska Discovery - Land & Cruise. (With Collette & American Holland.)**
September. 23: **The Dolly Parton Show, "9-5" Cornwell's Dinner Theatre. (Turkeyville)**
October 1 -9: **Lower Mississippi River Cruise. (New Orleans to Memphis)**
November 29 - December 5: **Southern Charm Holidays with Collette Tour**
(Check out the whole list for 2027 trips on their website or come to a meeting at DSC.)
All Village Travelers pickups are off US-23 in Brighton. Sign up for trips on their website: www.villagetravelers.net. Lois: lois@villagetravelers.net Lois at 248-960-6505

TRIPS CONTINUED

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 to 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: **Matinee at the Purple Rose Theatre: MILDRED WHISKEY:** **January 27th at 3:00 PM.** A World Premiere by David MacGregor. Directed by David Bendenan a run-down Detroit bar on Thanksgiving Eve, a thick fog blankets the city, trapping together four souls who have fallen through the cracks of the world. With the help of a few drinks, a few laughs, and maybe even a little bad poetry, they each reveal their deepest secrets, finding that together, they're brave enough to let their light shine through the fog. ***Sign up and pay $53.00 by Jan. 6th (No Bus provided. Meet at the Theatre or carpool.)**

NEW: **Zehnder's Lunch & Show:** **Wednesday, February 24th, 2027. Departs at 9:00 AM - returns at 6:00 PM.** We will take a Charter Bus to Frankenmuth. You will enjoy the famous Zehnder's 2-Piece Chicken Luncheon in their beautiful Main Dining Room while enjoying top-notch entertainment. "Night Fever - A Tribute band to the Bee Gees". Also, some shopping at 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, the Port of Toledo, and more. ***Pay $140.00 at the time of sign-up at DSC. Make a Lunch Choice.**

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. **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 $5.00**. If you haven't arrived by 12:15 pm or called ahead, your meal may go to the waitlist. **(Lunch and Learns on Dec. 2nd and Dec. 21st.)**

RESOURCES

Medicare Counseling Appointments with AgeWays SHIP: **Mondays. Dec. 7th and Dec. 28th at 9:30 AM, 11:00 AM, or 1:00 PM. *Sign up** at Dexter Senior Center for appointments with local Medicare Assistance.

Blood Pressure Check: **Tuesday, Dec. 8th (Every First Tuesday of the Month.)** Checks are done by a registered nurse from Faith Community Chelsea Hospital. **Walk-ins.**

Foot Care: **Every third Tuesday from 9:00 AM to 2:00 PM. *Call to schedule an appointment with** Heather Schanz, RN, at (414) 436-6876. (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.

Free Senior Support Consultations with CMN: **Every third Wednesday at 11:00 AM or 1:00 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.** (Lunch & Learns 4/14/27 and 10/13/27 at 12:00 PM.)

Social Wellness Hour with Chelsea Hospital Behavioral Health Navigators. (Will not meet in December) **Back Monday, Jan. 4th (Every first Monday of the month at 11:00 AM.)** New Activity and topic every month.

Technology Help and Conversation with Robots: **(Will not be here in December) Wednesday, Jan. 27th, at 2:00 PM.** 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.

RESOURCES CONTINUED

Reiki: **Every first and third Thursday 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 Thursday.** Call Barb Fisher at ***(734) 664-7465** to schedule an appointment. $30.00.

Massage: **Thursday, from 9:00 AM - 4:30 PM. (Dec. 10th and 31st; last appointment at 2:30 PM.)** Benefits: pain relief, improved sleep, mood boost, better mobility and balance, lymphatic drainage & more. Sliding scale available. 15 min: $20, 30 min: $40, 45 min: $60. Done on a table so you can fully relax. ***Schedule an appointment with Raya Otmanowski at 810-354-7797.**

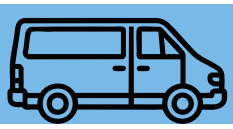
Jewish Family Services: JFS WISE Aging Services: A dedicated team of care professionals partners with older adults to help them access the resources they need to stay as safe, secure, and independent as possible. Our CARES program provides caregivers with respite, support, and educational resources. **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. **(Dexter Light Parade: Dec. 12th at 5:30 PM: Ride in your local light parade with WAVE for free this season, but seating is limited, so be sure to register ahead of time to save your spot!)**

Jewish Family Services: (734) 769-0209 prompt #2 ext. 305
https://www.jfsannarbor.org/jfsgo.html
People's Express (PEX): (877) 214 - 6073

BINGO SPONSORS

Visiting Angels Chelsea: Thursday, Dec. 3rd from 1:00 PM to 2:00 PM. Visiting Angels is a service that helps people in need, and our goal is to keep them as independent as possible and in their own homes. We help with daily hygiene, household chores, errands, appointments, etc. mruiz@visitingangels.com www.visitinangels.com.
(Bingo Sponsor: Melissa Ruiz.)



ComforCare: (Holiday Ugly Sweater Contest): Thursday, December 10th from 1:00 PM to 2:00 PM. Join us for an Ugly Sweater Contest during Bingo! Prizes will be given. ComForCare Home Care provides compassionate, personalized in-home care that helps individuals live safely, comfortably, and independently in the place they call home. If you have any questions, please reach out to us at 734-739-2273 or visit our website at comforcare.com. **Wear your favorite Holiday Ugly Sweater and win some great prizes.**
(Bingo Sponsors: Kelly Woods and Beth Wilkinson.)



Comfort Keepers: Thursday, December 17th, from 1:00 PM - 2:00 PM. (Every 2 months on the third Thursday). Help with home care 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 Teslios.)

MyZinghealth: (New Year's Eve Bingo): Thursday, December 31st from 1:00 PM - 2:00 PM. Zing Health is a Medicare Advantage Plan that serves not only those healthy seniors but those who need extra care. Those who have diabetes, kidney disease, or heart conditions. We help fill in the gaps in care. Call or email Don at # 248 506 4796. Donald.simscarter@myzinghealth.com
(Bingo Sponsor: Donald Sims-Carter)



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, scarves. 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, doing the dishes, 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.) **The sign-up sheet is out on the table.**

OTHER NEWS & UPCOMING EVENTS

Raffle: Tickets are $1. See the front desk to purchase. Gift Certificate to the Dio. Includes 2 tickets for dinner, dessert, non-alcoholic drinks, and the show. Expires Jan. 1, 2028. At 1777 E. Main St., Pickney, MI. 48169. www.Diotheatre.com 517-672-6009. **Drawing is at the Birthday Lunch on Wednesday, Dec. 16th at 1:00 PM.** You do not need to be present to win.



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.

Volunteers needed for taking down Holiday Decorations: **Monday, Jan. 4th.** Please come anytime between 10:00 AM - 2:00 PM.

Sign-Ups and No-Shows: **Please take your name off.** 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.

New Member Meet with Coffee and Donuts: **Monday, January 11th at 9:00 AM - 10:00 AM.** Join us if you are a new member or missed the last meetup. It is a great time to meet other members, our staff, learn more about our programs, and receive a tour.
***RSVP by Jan. 7th.**

December 2026
Activity Calendar
Dexter Senior Center

KEY: $ Pay / * Sign up or make an appointment
Bold - New Events.
Color- Specific Date.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 - Yoga / *Weaving 9:30 - Strength & Stretch 10:00 - Writing Group **10:00 - *Paint Wood Holiday Ornaments $** 10:15 - *German 12:00 - *Pinochle **1:00 - Blood Pressure Checks** **1:00 - Movin' & Groovin'** **2:00 - Holiday Concert: Unique Musique Trio** Community Health Worker	**2** 9:00 - SOS / Beading Group 9:30 - Pinochle / **10:00 - Dominoes** 10:00 - Dominos 11:00 - Chair Yoga 12:00 -Ukulele Jam Group 12:30 - Euchre / 313 / 12:30 - Chinese Mahjong **12:00 - *Lunch & Learn: Taxes and Widow's Penalty** 1:00 - Needlework / Watercolor 2:00 - Latin Rhythms Dance	**3** 9:00 -Yoga/ Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer 11:15 - Cardio Drumming 12:00 - * Senior Cafe $ **12:00 - *Senior Players Rehersal** 12:30 - Cribbage 1:00 - BINGO / French Group 1:30 - American Mah Jongg 3:00 - Barn Dancing / Games ***Reiki $ / *Ageless Adventers Bus Leaves at 8:30 AM - 11:30 AM**	**4** 9:00 - Tai Chi (Last Class) 9:00 - *Weaving 10:00 - Circuit Workout **10:00 - Book Club** **11:00 - *Euchre** 11:30 - Chair Volleyball **12:30 - *Cooking for Less: Make Holiday Cookie Mixes $** 12:00 - *Pinochle / 313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) **2:00 - *Bunco** **12/5 - 9:00 AM - Chair Pilates**
7 9:00 - Color, Crafts, Needlework 9:30 - Neuro, Box, and Movement 10:00 - Circuit / Chess 11:00 - Chair Yoga 12:00 - Seated Ballet 12:00 - *Senior Cafe $ 12:30 - Bridge / Euchre 1:00 - Uke Theory and Jam 2:00 - Beginner-Intermediate Uke ***Medicare Counseling Appt.**	**8** 9:00 - Yoga / *Weaving 9:30 - Strength & Stretch 10:00 - Writing Group 10:15 - *German 11:15 - Cardio Drumming 12:00 - *Pinochle **12:00 - Grief Release Yoga** **12:30 - *Holiday Nature Crafts and Cocoa** **1:00 - Movin' & Groovin'** **2:00 - Line Dancing** Community Health Worker	**9** 9:00 - SOS / Beading Group 9:30 - Pinochle **10:00 - Dominoes** 11:00 - Chair Yoga 12:00 - *Senior Cafe $ 12:00 -Ukulele Jam Group 12:30 - Euchre / 313 12:30 - Chinese Mahjong **1:00 - Presentation: Learning in Retirement with Elderwise** 1:00 -Needlework / Watercolor 2:00 - Latin Rhythms Dance ***Trip to Meadowbrook $: Depart at 9:30 AM to 3:00 PM**	**10** 9:00 -Yoga / Strength & Stretch **9:00-11:00 - Presentations: U of M Students Designing for Longevity** 10:00 - Flexibility and Mobility 10:30 - Dulcimer / 11:15 - Cardio Drumming/ 12:00 - * Senior Cafe $ **12:00 - *Senior Players Rehersal** 12:30 - Cribbage **1:00-Holiday Ugly Sweater BINGO** 1:00 - French Study Group **2:00 - Presentation: WAVE Bus: RidePingo Demonstration** 1:30 - American Mah Jongg 3:00 - Barn Dancing / Games ***Reflexology $ / *Massage $**	**11** 9:00 - *Weaving **10:00 - *Zentangle $** 10:00 - Circuit Workout **11:00 - *Euchre** 11:30 - Chair Volleyball 12:00 - *Pinochle / 313 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) **1:00 - * Volunteer Appreciation Lunch (RSVP)**
14 9:00 - Color, Crafts, Needlework 9:30 - Neuro, Box, and Movement 10:00-Circuit / Chess / ***Card Box $** 11:00 - Chair Yoga 12:00 - *Senior Cafe $ **12:30 - *Winter Watercolor Workshop: Experienced $** 12:00 - Seated Ballet 12:30 - Bridge / Euchre 1:00 - Uke Theory and Jam 1:00 - *Junk Journaling $ 2:00 - Beginner-Intermediate Uke **2:00 - Travel Meet: South Africa**	**15** 9:00 - Yoga / *Weaving 9:30 - Strength & Stretch 10:00 - Writing Group 10:00 - WAVE Bus Outreach 11:15 - Cardio Drumming 12:00 - *Pinochle **12:30 - Presentation: Herbal Comfort For Winter Care** **1:00 - Movin' & Groovin'** **1:00 - Snowflake Making** **2:00 - Line Dancing** Community Health Worker ***Foot Care Appointments $**	**16** 9:00 - Beading Group 9:30-Pinochle/**10:00-Dominoes** 11:00 - Chair Yoga 12:00 -Ukulele Jam Group 12:30 - Euchre / 313 12:30 - Chinese Mahjong **12:00 - *BIRTHDAY LUNCH $** **12:15 - Holiday Entertainment by Dulcimers and Ukes** 1:00 - Needlework / Watercolor 2:00 - Latin Rhythms Dance ***Senior Support Consults**	**17** 9:00 - Yoga / Strenth & 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 Mah Jongg 3:00 - Barn Dancing / Games ***Reiki $ / *Reflexology $**	**18** 9:00 - *Weaving 10:00 - Circuit Workout **10:00 - Sing & Play-Along with UofM Retirees Assoc.** **11:00 - *Euchre** 11:30 - Chair Volleyball 12:00 - *Pinochle / 313 **12:30 - *Holiday Potluck** **1:00 - DHS Chamber Choir** **1:45 - Community Choir** 1:00 - Chinese Mahjong 1:00 - Dulcimer (Beginners) **12/19 - 9:00 AM - Chair Pilates**
21 / 28 9:00-Color, Crafts, Needle 9:30 - Neuro, Box, and Movement 10:00-Circuit /Chess 11:00-Chair Yoga **12:00 - *Lunch & Learn - on 21st** **12:00 - Seated Ballet - only on 21st** 12:30 - Bridge / Euchre 1:00 - Uke Theory and Jam **1:15 - Read Holiday Books & Hot chocolaote with Girlscouts - 21st** **1:00 - Volunteer Interest Information Meeting - 28th** 2:00 - Beginner-Intermediate Uke ***Medicare Counseling Appt.-28th**	**22 / 29** 9:00 -Yoga / *Weaving 9:30 - Strength & Stretch 10:00 - Writing Group 11:15 - Cardio Drumming 12:00 - *Pinochle **12:30 - Presentation: History on Coney Island - 22nd** **1:30 - Music, Caroling, and Cookies with Girlscouts - 22nd** **1:00 - Movin' & Groovin'** **2:00-Line Dancing-only on 22nd** Community Health Worker	**23 / 30 (Dementia Friendly Day)** 9:30 Pinochle/**10:00-Dominoes** **10:00 - Donuts and Chat** 11:00 Chair Yoga **11:00 - *Watercolor Painting** 12:00 Ukulele 12:00 - *Senior Cafe $ 12:30 - Euchre/313 12:30 - Chinese Mahjong **1:00 - Music & Reminiscing** 1:00 - Needlework / Watercolor **2:00 - Latin Rhythms Dance - only on 23rd**	**24 (CLOSED on 24th)** **Happy Holidays !** **31** 9:00 - Yoga 9:00 - Strength & Stretch 10:00 - Flexibility and Mobility 10:30 - Dulcimer 11:15 - Cardio Drumming 12:00 - *Senior Cafe $ 12:30 - Cribbage **1:00 - New Years Eve BINGO!** 1:30 - American Mah Jongg ***Massage $**	**25 / Jan. 1 (CLOSED)** 

December 2026 Meal Calendar Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Note 1: **Low fat milk and margarine are included in every regular meal (those in black print).**	**1** Roasted Turkey Mashed Potatoes Broc/Cauli/Carrot Blend Trop Fruit Salad/WW Roll **Alternate Selection:** Turkey Sandwich	**2** Oven Roasted Tilapia Citrus Lentil Rice Broccoli/Wheat Bread Mandarin Oranges **Alternate Selection:** Chicken Chili	**3** Chicken Parmesan Green Beans Apple Wheat Bread **Alternate Selection:** Chicken Wild Rice Soup	**4** Black Bean Burger WW Bun/Mixed Veggies Brown Lentils Pineapple **Alternate Selection:** Chicken Salad Sandwich
7 Cheesy Squash Bake WW Roll/Broccoli Butternut Squash Apple **Alternate Selection:** Chili	**8** Chicken Lentil Soup WW Roll/Crackers Vegetables in Soup Side Salad/Pineapple **Alternate Selection:** Roast Beef Sandwich	**9** Dijon Salmon Seasoned Black Beans Malibu Veggie Blend Wheat Roll/Peaches **Alternate Selection:** Tuna Salad Sandwich	**12** Tuna Noodle Casserole Malibu Veggie Blend WW Bread Papaya and Mango **Alternate Selection:** Turkey Barley Soup	**11** Beef Goulash California Blend Veggies Wheat Bread Orange **Alternate Selection:** Chicken Sandwich
14 Turkey Barley Soup Garden Salad Papaya and Mango Wheat Bread **Alternate Selection:** Egg Salad Sandwich	**15** Roasted Chicken Thigh WW Roll/Crackers Mashed Potatoes Green Beans/Diced Pears **Alternate Selection:** Chicken Chili	**16** Beef Chili WW Bread/Crackers Cherry Tomatoes Orange/FF Dressing **Alternate Selection:** Turkey Sandwich	**17** Chicken Tenders Green Beans WW Roll/Peaches Quinoa **Alternate Selection:** Chicken Wild Rice Soup	**18** Quinoa Corn Cake/Tofu Mixed Veggies Trop Fruit Blend WW Bread/Tofu Sauce **Alternate Selection:** Chicken Salad Sandwich
21 Corn & Tempeh Chowder WW Crackers/Roll Side Salad Applesauce **Alternate Selection:** Roast Beef Sandwich	**22** Mediterranean Chicken Rice/WW Bread Garden Veggie Blend Papaya/Mango **Alternate Selection:** Turkey Barley Soup	**23** BBQ Chicken Breast Brown Rice/WW Bread Broc and Cauli/Pineapple Tomato Cuc Salad **Alternate Selection:** Tuna Salad Sandwich	**24**  Closed	**25**  Closed
28 Meatballs Brown Rice/WW Bread Cauliflower Papaya/Mango **Alternate Selection:** Egg Salad Sandwich	**29** Roasted Turkey Mashed Potatoes Broc/Cauli/Carrot Blend Trop Fruit Salad/WW Roll **Alternate Selection:** Turkey Sandwich	**30** Oven Roasted Tilapia Citrus Lentil Rice Broccoli/Wheat Bread Mandarin Oranges **Alternate Selection:** Chicken Chili	**31** Chicken Parmesan Green Beans Apple Wheat Bread **Alternate Selection:** Chicken Wild Rice Soup	**Note 2:** Sides, such as salad and/or fruit are included with **alternate** meals (those in **red** print).

Dexter Senior Center Member Discounts

Present your DSC Membership card to receive:
Classic Pizza - $9 large, 1 item (Price change!)
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. / Dexter Grill- 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 on to 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 screenshots 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

Member Obituary: Shirley Joann Krieg, 86, of Dexter, MI, formerly of Flat Rock, AL, passed away peacefully on October 14, 2026. Born January 26, 1940, in Wyandotte, MI, to the late Reverend Harold R. and Wilma (Bashore) Krieg, she grew up in several Michigan communities but always considered Vicksburg her hometown. Shirley was a loving wife, mother, grandmother, and friend whose home was always open to family and friends. She helped raise grandchildren, nephews, and others, and there was always room for one more! She shared 51 wonderful years of marriage with her late husband, Edwin H.Krieg Jr. She leaves behind a large and loving family of children, grandchildren, great-grandchildren, and extended family who will cherish her memory. Throughout her life, Shirley enjoyed helping others. She worked as a transport driver for the state juvenile system and, alongside Ed, owned and operated an EMS ambulance service. Later, the couple started Monkey Business, selling handmade crafts at local flea markets, where Shirley became known for her sock monkeys and dish scrubbies. Shirley loved camping, traveling, cruising, crafting, and playing cards with family and friends. She treasured making memories, meeting new people, and sharing handmade gifts with those she loved. Her faith was an important part of her life. She was a faithful member of Flat Rock Bible Methodist Church and made many wonderful friends at St. Andrews United Church of Christ inDexter. Shirley will be remembered for her generous heart, welcoming spirit, and love for others. Nie Funeral Home in Ann Arbor, MI, has assisted the family. A memorial service will be held in Michigan in the spring of 2027.



Dexter Senior Center
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Dexter Senior Center

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