



# DEXTER SENIOR VOICE NOVEMBER 2023

## THE CENTER THROUGH ANGELA'S EYES:

As Fall makes way for chilly winter days, please be aware of changes to our schedule/daily operations over the holiday season. We will be closed for Thanksgiving on Thursday, November 23rd and Friday the 24th. We will be holding a Fall Fun Fest on Wednesday, November 22nd. Stop by the Center for an array of fun games, crafts, and BINGO at 12:45pm with a special, \$25 cover-all gift card from McDonalds.

The Center will be open for three days between Christmas and the New Year (Dec 27-29), with special end-of-year programming. Stay tuned for more information. As a winter reminder, the Dexter Senior Center will follow the Dexter Community Schools inclement weather policy. That is, if the schools are closed due to snow, we will be too.

Dexter Senior Center is kicking off a Community Fundraising drive on Giving Tuesday November 28<sup>th</sup> with a goal of raising \$35,000 by the end of the year to support programming and activities for our growing membership (over 470)!

On Giving Tuesday(11/28), the goal is to raise a minimum of \$10,000 on that day, which will be matched by an anonymous community donor! In other words, if you or your family could find the means to donate \$100 to Dexter Senior Center, your \$100 will actually be \$200 through this community giving match! Every dollar donated goes to support the ongoing operations and programming of the Dexter Senior Center. Watch for more information to come.

### COVID SEASON IS UPON US, ONCE AGAIN!

Please remember, if you have ANY symptoms such as: congestion, runny nose, cough, headache, muscle aches or fever, STAY HOME! We have had several members already test positive this season. Each household is eligible to receive FOUR free COVID tests by registering at covidtests.gov

### SHOW YOUR SUPPORT!



SCAN THIS QR CODE TO SHOW YOUR SUPPORT OF THE DEXTER SENIOR CENTER BY DONATING TO OUR CAMPAIGN RUNNING FROM GIVING TUESDAY 2023 THROUGH DECEMBER 31!

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### Board Meeting

Dexter Wellness Center  
November 15, 2023 @ 4pm

### Ambassadors Meeting

First Tuesday of each month  
November 7 @ 12pm

### Medicare/Medicaid Counseling

Jim Pickard, Certified  
Medicare Counselor  
(734) 426-4366

### And

Lois Beerbaum  
(734) 726-5292

### Meals on Wheels

Please make reservations at least 48 hours in advance for Meals on Wheels deliveries by calling

**(734) 253-2370.**

If you need to cancel a meal, please do so within 24 hours or you will need to reimburse the center \$5.50 per meal.

## SPECIALS & CLUBS

**GRIEF AND LOSS SUPPORT GROUP:** On **Monday, November 6th**, join Beth of ProMedica at **1pm** for the monthly program designed for members who are, or have, dealt with grief, loss and/or bereavement. The concept of loss can be different for different people, and this group is meant for anyone who is looking to connect with others who have experienced similar issues. This group will meet on the first Monday of each month at 1pm.

**QPR TRAINING/AMBASSADORS MEETING:** On **Tuesday, November 7th at 12pm** Sarah Wilczynski will be facilitating QPR training (Suicide Prevention Gatekeeper Program). This will take the place of the regularly scheduled Ambassador meeting. **ALL MEMBERS ARE WELCOME TO ATTEND!** You can never be too informed when it comes to helping prevent mental health crises in our community. Walk away with a training certification! Free to members!

**CATHOLIC SOCIAL SERVICES:** On **Wednesday, November 8th at 11am** Kevin will provide a comprehensive overview of current senior services available through CSS. No sign up needed.

**SOLO AGING SOCIAL HOUR:** Nicole Boyer of EHM Senior Solutions will be back on **Friday, November 10th at 12pm** for a monthly program for members who are aging solo. This fun, interactive program will include "dice-breakers," quick, get-to-know-you games designed with solo seniors in mind. Each month will include different activities to encourage increased socialization and healthy aging. Light refreshment provided. **PLEASE SIGN UP IN ADVANCE** on the sign-up board in the Center, or by calling (734) 426-7737. **\$2 suggested donation.**

**HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH:** The Alzheimer's Association will be back to help members learn what research shows about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy living, **Monday November 13th at 12pm.**

**TRAVEL TALK UGANDA:** Join Ruth King, on **Friday, November 10th at 1pm** as she enlightens attendees on her missions trips to Uganda, and her work to build schools for impoverished children. Please sign up by calling the Center.

**MEMBER FORUM:** Join us on **Wednesday, November 15th at 11am** at the Dexter Senior Center for an update from Board and staff on Center changes, forward progression on our future new location, and an opportunity for member questions and answers.

**BIRTHDAY CELEBRATION:** On **Wednesday, November 15th at 12pm**, we will celebrate monthly birthdays with lunch, cake, and ice cream. If you have a birthday in NOVEMBER and are a member of the Dexter Senior Center, your lunch is free, otherwise it is \$3. **You must sign up 48 hours in advance by listing your name on the designated sign-up sheet or by calling the center at (734) 426-7737.** A huge thank you to 5 Healthy Towns Foundation Dexter Coalition for their sponsorship of our monthly birthday celebration!

**MEDICAID AND MEDICARE BENEFITS 101:** We welcome back Tim Dayney, coverage expert, on **Thursday, November 16th at 11am** to discuss which options are best for members, as well as to answer any questions members may have about specific coverage or plans. It's time for open enrollment, and you'll want to make sure you're choosing the best coverage option for your specific situation.

**DISC GOLF:** Anna is ready for a round of disc golf! Stop in at Bates, every 3rd Friday of the month. **Friday, November 17th at 1pm** to see what all the rage is about with this fun new physical activity for any age!

**EUCHRE TOURNAMENT:** Join us on **Tuesday, November 21st at 12pm**, for an afternoon of Euchre.

**FALL FUN FESTIVAL:** Join us on **Wednesday, November 22nd** all day for a variety of cards, crafts, fun and games. BINGO will be taking place at 12:45!!

**TEMPING OUR CULTURAL CLIMATE:** Join our own Jamie Laramore, **Monday, November 27th at 11am** for an interactive discussion on building and maintaining a culture where all members feel welcome, involved and understood.

**ORS PRESENTS BALANCE SCREENING:** Join David Arend of Orthopaedic Rehab Specialists on **Tuesday, November 28th at 1pm** for an interactive balance screening session. We will build upon information presented last month, and provide screenings to evaluate each person's ability to maintain equilibrium, stability, and coordination. Results will help identify any balance issues or potential fall risk.

## UPCOMING SPECIAL EVENTS

Monthly special events are offerings outside of the regularly scheduled activities, and may include a range of topics, from crafting to dancing to educational speakers. Join us for connection, community and conversation.

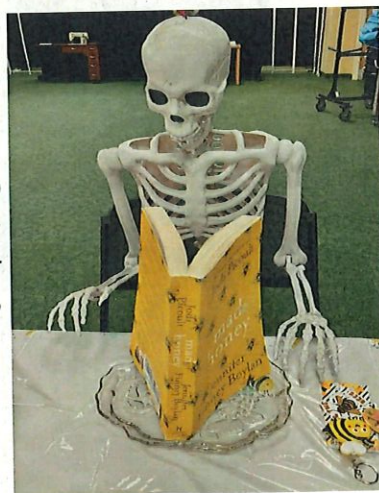
- Thursday the 2nd @ 4pm: An Evening of Art and Music (page 6)
- Monday the 6th @ 1pm: Grief and Loss Support Group
- Tuesday the 7th @ 12pm: QPR Training/Ambassador Meeting
- Wednesday the 8th @ 11am: Catholic Social Services Senior Programs Overview
- Friday the 10th @ 12pm: Solo Aging Social Hour
- Friday the 10th @ 1pm: Travel Talk Uganda
- Monday the 13th @ 12pm: Healthy Living for Your Brain and Body
- Wednesday the 15th @ 11am: Member Forum
- Wednesday the 15th @ 12pm: November Birthday Luncheon Celebration
- Thursday the 16th @ 11am: Medicaid and Medicare 101
- Friday the 17th @ 1pm: Disc Golf
- Tuesday the 21st @ 12pm: Euchre Tournament
- Wednesday the 22nd @ ALL DAY: Fall Fun Festival
- Monday the 27th @ 11am: Temping our Cultural Climate
- Tuesday the 28th @ 1pm: ORS Presents: Balance Screening

## PLEASE AND THANK-YOU'S!

**THANK YOU!!** We would like to take the opportunity to thank Ava Passino for her long-time dedication to the members of the Dexter Senior Center through providing footcare services. Due to health concerns, Ava is no longer able to maintain her clientele. We thank her for over TWENTY TWO YEARS of service to our Dexter Seniors. Ava is searching for a comparable foot care specialist to continue the same superior service her clients have come to expect.

**ITEMS NEEDED:** We are always in need of the following items: decaffeinated ground coffee, copy paper, hot/cold disposable cups, forever postage stamps, and new BINGO prizes. Other needs can be found by following us on social media, or by contacting the center at (734) 426-7737.

**FOLLOW US ON SOCIAL MEDIA:** Our social media presence continues to grow! October saw our Facebook reach extend to over 690 followers! Instagram to 125 followers, and over 230 on LinkedIn! Let's keep telling our story for all to hear! You can find the Dexter Senior Center on Facebook, LinkedIn, Instagram, *and now on X!*



Our newest book club member!  
He says, you're never too old to join a new club!

## ARTS & CRAFTS

### **ACRYLIC PAINTING WITH STEVE WOOD : A step-by-step approach**

**November 27th at 12:30pm.** Class fee is \$20 (\$25 for nonmembers) and needs to be paid in advance at the Dexter Senior Center by cash or check (made payable to Steve Wood). No experience or supplies necessary. **MUST HAVE MINIMUM OF 10 PARTICIPANTS REGISTERED BY OCTOBER 20 FOR CLASS TO TAKE PLACE.**

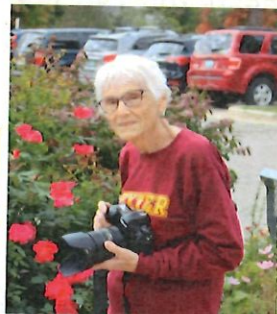
### **CARD MAKING with Judy Welsh: Minimum of 3 students**

Join us **Monday, November 13 from 9:30am-12:00pm.**

Judy Welsh is a great instructor and willing to help when needed. You will leave with three cards, **the fee is \$10** and can be paid at class time. Participants should bring their own glue and scissors. **Register before November 10** by calling **(734) 426-7737** or signing up in the center.

**NEEDLE ARTS:** The DSC Needle Arts Group is a great group of talented ladies who gather to work on individual projects. Great opportunity for you to bring questions you may have on projects you are working on. Bring your current knitting, crocheting, cross-stitch or other projects, and enjoy the company of other creative and inspiring members! This group now meets on **Monday morning at 9:30am, along with coloring and crafts!**

**COLORING AND CRAFTS:** Join us on **Monday morning at 9:30am** to let your inner artist shine! Different options for everyone, no skill or experience needed! *If you would like to facilitate/teach a craft to fellow member, contact Angela at (734) 426-7737 to schedule!*



**Dexter Senior Center**



**Giving Tuesday 2023**

## MEMBER SERVICES

### **CHAIR MASSAGE with Jenny Miller, Licensed Massage Therapist: Appointment required**

The second and fourth Wednesday of the month. Call Jenny at (734) 645-6166 to schedule an appointment. \$1 a minute, 15 minutes minimum, 30 minute maximum. \*Subject to schedule change

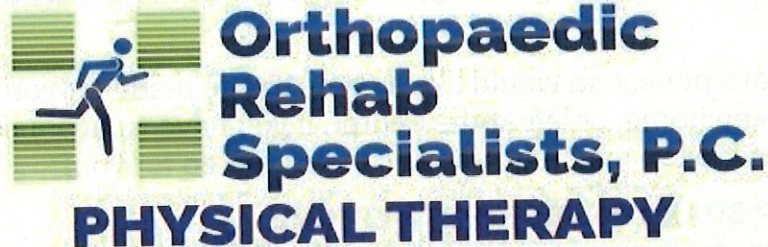
**NOTARY SERVICE:** is available on **Wednesdays from 10am to 12:30pm**, or by appointment with **Jeanne Bradish at (734) 223-1423**

### **REFLEXOLOGY with Barb Fisher, Certified Reflexologist and Naturopathic Therapist:**

**Third and fourth Monday's of the month.** The fees are \$10 for every 15 minutes for members and \$15 for nonmembers is paid directly to Barb—(734) 664-7465. Reflexology offers a relaxing retreat from the stresses of the world giving the body an opportunity to use its own healing abilities.

**SENIOR CAFE:** Our Senior Café is open on **Mondays, Wednesdays, and Thursdays** at noon. Our Café is a great opportunity to have a low cost meal, socialize, and enjoy a game of cards. The menu for the month is included in the newsletter. **Reserve your meal 48 hours in advance by calling (734) 253-2370.** The suggested donation is \$3 per meal and we accept cash or check at this time. If you have not arrived by 12:15pm or have not called to let the staff know you are running late, your meal will be offered to those on the wait list.

**MEALS ON WHEELS:** Our Meals on Wheels are delivered Monday-Friday at lunchtime. This is a great opportunity to have a low cost meal and see a daily friendly face. The menu for the month is included in the newsletter. **Reserve your meal 48 hours in advance by calling (734) 253-2370.** The suggested donation is \$3 per meal and we accept credit card or check at this time.



**877-202-2175**  
TO SCHEDULE THIS WEEK



**ORSMI.COM**



**Physical Therapy  
Sports Injury Rehabilitation  
Vestibular Therapy  
Graston® Technique  
Myofascial Decompression (Cupping)  
TMJ Dysfunction Therapy  
Manual Therapy  
Dry Needling**

*servicing*  
ANN ARBOR

DEXTER | CHELSEA | NAPOLEON | SALINE | MANCHESTER

## COMMUNITY CORNER

**ALL STRINGS AND SINGERS COMMUNITY JAM:** Sponsored by the Dexter Senior Center and St. Andrews Church, the second jam will take place **November 15th from 6:30-7:45pm at St. Andrews Fellowship 7610 Ann Arbor Street.** There is a \$5 donation at the door, \$2 to rent a book. The focus of this once-monthly group is to give *beginners* a chance to *learn* how to jam and play more spontaneously with an educational focus on *how to jam* in a welcoming environment. *Masking highly suggested.*

**ELECTION WORKERS NEEDED:** Your local townships are in need of elections workers contact your clerk for more information.

City of Dexter	Justin Breyer	(734) 580-2234	<a href="mailto:jbreyer@dextermi.gov">jbreyer@dextermi.gov</a>
Dexter Township	Michelle Stambouellis	(734) 726-4658	<a href="mailto:clerk@dextertownship.org">clerk@dextertownship.org</a>
Scio Township	Jessica Flintoft	(734) 369-9400 ext. 407	
Webster Township	Barb Calleja	(734) 426-5103	<a href="mailto:elections@webstermi.us">elections@webstermi.us</a>
Putnam Township	Valerie Niemiec	(734) 878-3131	<a href="mailto:clerk@putnamtwp.us">clerk@putnamtwp.us</a>

**AN EVENING OF ART AND MUSIC:** Join Dexter Senior Center Musicians and Artists for a community showcase of talent on **Thursday, November 2nd from 4-7pm at Dexter District Library.** The evening will begin with artist showcase, including a weaving demonstration from Mary Robinson. From 5-6pm our musician groups (Ukulele, Dulcimer, Choir) will each perform individually, and conclude with a piece together. The evening will conclude with a time for refreshments and fellowship. **All community members are welcome and encouraged to attend!** Select handcrafted items made by DSC members will also be available for purchase beginning **Friday, November 3 at the Dexter Senior Center.**

**NAME BADGES:** If you are a regular Center attendee, and would like a name badge made for you, please see Angela. Name badges may be taken home, or left at the Center. If you have a pacemaker please let Angela know, so that an alternative to the magnetic badge can be created for you!

### **EXECUTIVE SUMMARY OF DSC'S OCTOBER BOARD OF TRUSTEES MEETING:**

The Dexter Senior Center's Board of Trustees meeting was held at the Dexter Wellness Center on October 18, 2023, from 4-6 p.m. Patti Bihn, representing Chelsea Hospital in partnership with Michigan Medicine, conducted a community health assessment for the Dexter area. Ann Davis then presented the Center's most recent financial reports, and highlighted upcoming funding opportunities. Angela Johnson, shared upcoming events for November and December. Ron Miller provided updates on the Center's IT systems and reported on recent developments in the facilities committee. Jim Carson updated the attendees on the progress of the Director search, with plans to hopefully extend an offer to the chosen candidate by the week of November 6th. Discussions ensued regarding newsletter operations and advertisement policies, with decisions being deferred to November's meeting. The group also discussed volunteer management, approving a new volunteer handbook for implementation. The meeting then transitioned to discussions about the strategies for Giving Tuesday, with Anna Pekrul offering insights. Finally, the group examined marketing and operational strategies for Meals on Wheels, setting plans to enhance and streamline the program. The group entered an executive session at 5:30, and re-entered regular session to appoint an IT Committee consisting of Ron Miller, Ann Davis, and Angela Johnson. The full meeting agenda and minutes can be found in the binder located near the sign-up wall at the Center.

## MEMBER SPOTLIGHT

### MEET SOME OF DSC'S GREAT FACES



Emily Kiesler, Senior Nutrition Coordinator: If you've been to Senior Café, or taken part in one of our monthly birthday luncheon celebrations, then you've probably seen Emily's face before! Hailing from Ann Arbor, Emily has been working as a part time employee for the Dexter Senior Center as the Senior Nutrition Coordinator since before the COVID pandemic. Emily accepted the position of SNC, as a way to honor her Mother who also did Meals on Wheels and as a way to ensure she would stay active and engaged in the community. In addition to working at DSC, Emily is involved in many different activities. An artist at heart, she spends her time painting, playing music, or sharing her passion for art with others through teaching. Emily has spent most of her life as a cellist with the Illinois Symphony. The next time you're enjoying lunch, thank Emily for her time and dedication to the Dexter Seniors!



Ann Schmoekel, member artist: You might not recognize her name, but if you've been in the Center lately, you've probably seen some of Ann's amazing artistic abilities in the form of Made by Member items for sale on the table in the main seating area. When I originally asked Ann to participate in An Evening of Art & Music, it was because I knew she was an avid attendee of Painting with Steve, in addition to providing an array of wonderful hand made items for sale to benefit the DSC. What I was surprised to learn, was that prior to retirement, Ann spent more than forty years in nuclear medicine, with degrees in physics and chemistry. While a far cry from the art field, Ann always considered herself to be artistic, but never truly explored this side of herself, choosing instead to raise children and excel in her chosen profession. After retiring, when Ann and her husband chosen to move to the area from Livonia, she began looking at ways to stay active and involved, and discovered the dulcimer group at DSC. From there, she began attending Painting with Steve, then cardio drumming, and now most recently, line dancing. Ann simply stated, "Never stop learning, no matter how old you get."



Cardio drumming on Wednesday afternoons at 2:15pm continues to be one of the DSC's most well attended fitness programs. Come check us out at Bates in the carpeted floor gym! No experience necessary!

## RECREATION & MUSIC

### CARDS & GAMES:

**COLORING, CRAFTS & NEEDLEWORKS: Mondays at 9:30am.** Supplies are provided, or bring whatever you are currently working on for a time of relaxation and socialization!

**BRIDGE: Mondays at 12:45pm.** All skill levels are welcome. Please contact **Sandy Hill at (734) 424-2847** if you have questions.

**PINOCHLE: Tuesday 12:00pm, Wednesday 10:00am and Friday at 12:30pm.** Beginners welcome on Wednesdays!

**AMERICAN MAHJONG: Tuesdays at 12:30pm-3pm.** Rosie Lemons will come in earlier at 12pm to teach Mahjong to beginners.

**EUCHRE: Wednesdays at 12:30pm. TOURNAMENT ON NOVEMBER 21ST @ 12PM. \$5 BUY-IN.**

**CRIBBAGE: Thursdays at 12:30pm.** Drop-ins welcome!

**BINGO: Thursdays at 12:45pm.** There is no cost and lots of fun prizes! Drop ins always welcome!

**CHINESE MAHJONG: Fridays at 1:00pm.** Any questions, please contact **Jo Dolecki-Lane at (734) 216-7031.**

**FRENCH STUDY GROUP: Fridays at 11am.** This is an intermediate French study group. Sign up at the Center or by calling **(734) 426-7737. Masks are suggested in this class.**

**WEAVING LESSONS:** Contact **Mary Robinson at (734) 426-5218** to set up meeting times with Mary for free one-on-one weaving lessons. Students will have at least two hours weekly to work on one of the three center looms to make a rag rug, table runner, placemats, or a scarf. Materials are available at the Senior Center or you can provide your own. Beginners are welcome.

**LOOKING FOR CHESS PLAYERS:** We have had a new member express interest in wanting to play chess. If you or someone you know may also be interested, please contact the Center at **(734) 426.7737.**

### MUSIC & CHOIR:

**UKELELE ORCHESTRA: Tuesdays at 11:00am OFF-SITE LOCATION**  
Supplies you will need to bring: uke, Yellow Book (Beloff Daily Ukulele), music stand, clips or clothes pins to hold pages, mask and a 3 ring binder. Contact Mary Lou at **(734) 255-1925 (10am-7pm) or mlsr5283@gmail.com** if you have questions. **Masks are suggested.**

**UKULELE FROM SCRATCH** will meet on Friday mornings. Contact Mary Lou at **(734) 255-1925 (10am-7pm) or mlsr5283@gmail.com** for lesson availability.

**CHOIR "Friends in Harmony": Wednesday's at 1pm.** They sing a variety of music; including Disney, 50s & 60s tunes, gospel, and patriotic tunes... just to name a few. Any questions, please contact **Janet Potter at (734) 253-2474.**

**DULCIMER GROUP: Thursdays at 10am** Beginners and new members are welcome to join. Loaner instruments are available. **Masks are suggested in this class.** Contact **Sally at (734) 426-0841** for more information.



## FITNESS\* NOW AT BATES SCHOOL GYM

**LINE DANCING:** Instructor, Sally Shock leads this fun fitness class **EVERY FRIDAY AT 2:30PM** at our **Bates Extension Site, gym**. **Free to members.**

**CHAIR YOGA:** **Mondays from 11am-12pm** at our **Bates Extension Site, gym**.

A slow paced, gentle stretch that is accessible for everybody, facilitated by Diana Krause. Suitable for people with arthritis and those unable to get on the floor without assistance. **Free for members.**

**STRENGTH & STRETCH CLASS:** **Tuesday and Thursday 9-10am** at our **Bates Extension Site, gym**. Exercises are designed to help increase range of motion, flexibility, strength, and endurance for activities of daily living. Sign up at the Center. **Free for members.**



**SILVER FIT:** **Fridays at 10:15am** at our **Bates Extension Site, gym** Join Erin Zissler for a medium-intensity workout, tailored to individual needs. **Free for members.**

**MOVIN' & GROOVIN':** **WILL BE BACK IN DECEMBER AT A NEW DAY AND TIME.** Focused on light endurance, balance and stability, increased flexibility, and gentle strength training, facilitated by Macks Kreps of Ballet Chelsea. **Free to members.**

**SENIORS OBTAINING STRENGTH:** Led by Karen Fazioli on **Wednesdays at 10am** at our **Bates Extension Site, gym**. **Free to members.**

**CARDIO DRUMMING:** **Wednesdays at 2:30pm** at our **Bates Extension Site, carpeted gym**.

Bonnie Mullinex is a certified Drums Alive instructor who has been teaching for 3 years. All equipment will be provided. **Please remember to bring water.** Cardio Drumming can be done seated or standing. Music is everything from big band to funk, which is designed to get you moving while having fun! **Free to members.**

**GENTLE HATHA YOGA:** **Fridays from 11:15am-12:15pm** at our **Bates Extension Site, carpeted gym**.

Joslyn, from Verapose Yoga Studio in Dexter, leads a gentle hatha yoga class for the active and mobile senior who feels comfortable getting up and down from the floor—Joslyn does have modifications. Joslyn is a retired physician from U/M and a registered yoga teacher. Please bring a yoga mat, meditation cushion or blanket for elevation while seated, along with an open mind and heart. **Free to members.**

**SENIOR EXERCISE SWIM:** Just a reminder, there is a senior exercise swim at the Community Ed pool at 3060 Kensington St on **Monday, Wednesday, and Friday mornings from 8:30-9:30am**. The cost is \$1.00.



*Pleased to recognize Joan Carr as October's Birthday Luncheon Guest of Honor.*

# DEXTER SENIOR CENTER ACTIVITIES NOVEMBER 2023

	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
<p>8:30 Senior Swim</p> <p>9:30 Coloring/Crafts/Needlework</p> <p>11:00 Chair Yoga</p> <p>12:00 Senior Café</p> <p>12:45 Bridge</p> <p><b>I:00 Grief &amp; Loss Support Group</b></p>	<p>9:00 Strength &amp; Stretch</p> <p>11:00 Ukulele Orchestra</p> <p>12:00 Ambassadors Meeting/QPR training</p> <p>12:00 Pinochle</p> <p>12:00 Diabetes Prevention Program</p> <p>12:30 Mahjong/American</p>	<p>8:30 Senior Swim</p> <p>9:00 Chair Massage</p> <p>10:00 Seniors Obtaining Strength</p> <p>10:00 Pinochle</p> <p>11:00 <b>Catholic Social Services Senior Programs Overview</b></p> <p>12:00 Senior Café</p> <p>12:30 Euchre/313</p> <p>1:00 Choir</p> <p>2:15 <b>Cardio Drumming</b></p>	<p>9:00 Strength &amp; Stretch</p> <p>10:00 Dulcimer Group</p> <p>12:00 Senior Café</p> <p>12:30 Cribbage</p> <p>12:45 Bingo</p> <p>1:00 Men's Group</p> <p>4:00 <b>An Evening of Art and Music @ Dexter District Library</b></p>	<p>8:30 Senior Swim</p> <p>9:00 Weaving</p> <p>10:00 Ukulele from Scratch</p> <p>10:15 SilverFit</p> <p>11:00 French Study Group</p> <p>11:15 Hatha Yoga</p> <p>12:30 Pinochle/313</p> <p>1:00 Mahjong/Chinese</p> <p>2:30 Line Dancing</p>
13	14	15	16	17
<p>8:30 Senior Swim</p> <p>9:30 Coloring/Crafts/Needlework</p> <p>11:00 Chair Yoga</p> <p>12:00 Senior Café</p> <p>12:00 <b>Healthy Living for your Brain</b></p> <p>12:45 Bridge</p>	<p>9:00 Strength &amp; Stretch</p> <p>11:00 Ukulele Orchestra</p> <p>12:00 Pinochle</p> <p>12:00 Diabetes Prevention Program</p> <p>12:30 Mahjong/American</p>	<p>8:30 Senior Swim</p> <p>10:00 Seniors Obtaining Strength</p> <p>10:00 Pinochle</p> <p>11:00 <b>Member Forum</b></p> <p>12:30 <b>Birthdays Lunch</b></p> <p>12:30 Euchre/313</p> <p>1:00 Choir</p> <p>2:15 <b>Cardio Drumming</b></p> <p>6:30 <b>Bluegrass Jam @ St. Andrews</b></p>	<p>9:00 Strength &amp; Stretch</p> <p>10:00 Dulcimer Group</p> <p>11:00 <b>Medicare/Medicare Q &amp; A</b></p> <p>12:00 Senior Café</p> <p>12:30 Cribbage</p> <p>12:45 Bingo</p> <p>1:00 Men's Group</p>	<p>8:30 Senior Swim</p> <p>9:00 Weaving</p> <p>10:00 Ukulele from Scratch</p> <p>10:15 SilverFit</p> <p>11:00 French Study Group</p> <p>11:15 Hatha Yoga</p> <p>12:30 Pinochle/313</p> <p>1:00 Disc Golf</p> <p>1:00 Mahjong/Chinese</p> <p>2:30 <b>Line Dancing</b></p>
20	21	22	23	24
<p>8:30 Senior Swim</p> <p>9:00 Reflexology</p> <p>9:30 Coloring/Crafts/Needlework</p> <p>11:00 Chair Yoga</p> <p>12:00 Senior Café</p> <p>12:45 Bridge</p>	<p>9:00 Strength &amp; Stretch</p> <p>11:00 Ukulele Orchestra</p> <p>12:00 Pinochle</p> <p>12:00 Diabetes Prevention Program</p> <p>12:00 <b>Euche Tournament</b></p> <p>12:30 Mahjong/American</p>	<p>8:30 Senior Swim</p> <p>9:00 <b>Fall Fun Festival</b></p> <p>9:00 Chair Massage</p> <p>10:00 Seniors Obtaining Strength</p> <p>10:00 Pinochle</p> <p>12:00 Senior Café</p> <p>12:30 Euchre/313</p> <p>1:00 Choir</p> <p>2:15 <b>Cardio Drumming</b></p>	<p style="text-align: center;"><b>Happy Thanksgiving!</b></p>	<p style="text-align: center;"><b>Closed</b></p>
27	28	29	30	
<p>8:30 Senior Swim</p> <p>9:00 Reflexology</p> <p>9:30 Coloring/Crafts/Needlework</p> <p>11:00 Chair Yoga</p> <p>11:00 <b>Temping our Cultural Climate</b></p> <p>12:00 Senior Café</p> <p>12:45 Bridge</p>	<p>9:00 Strength &amp; Stretch</p> <p>11:00 Ukulele Orchestra</p> <p>12:00 Pinochle</p> <p>12:00 Diabetes Prevention Program</p> <p>12:30 Mahjong/American</p> <p>1:00 <b>ORS Presents: Vertigo</b></p>	<p>8:30 Senior Swim</p> <p>10:00 Seniors Obtaining Strength</p> <p>10:00 Pinochle</p> <p>12:00 Senior Café</p> <p>12:30 Euchre/313</p> <p>1:00 Choir</p> <p>2:15 <b>Cardio Drumming</b></p>	<p>9:00 Strength &amp; Stretch</p> <p>10:00 Dulcimer Group</p> <p>12:00 Senior Café</p> <p>12:30 Cribbage</p> <p>12:45 Bingo</p> <p>1:00 Men's Group</p>	<p>*Red lettering indicates new or special programming* *Blue Lettering indicates Huron River Methodist Church Location* *Senior Swim is located at 3060 Kensington Street* *HRMC is located at 7643 Huron River Drive* *Purple lettering indicates Fitness Programming at Bates School* *Bates is located at 2704 Baker Road*</p>

# Dexter Senior Center Meal Calendar November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
30 Beef pepper patty w/beef gravy; cauliflower w/cheese sauce; zucchini & tomatoes; diced peaches; dinner roll w/margarine	31 Frightening' Beef Frankfurter w/ diced onion garnish w/mustard & ketchup; bubbling' baked beans; potato salad; bobbin' apple; sugar cookie	1 Baked zit w/four cheeses; green beans; garden green salad w/romaine w/French dressing; mixed berries w/whip topping; Italian bread w/margarine	2 Chef salad: diced ham & turkey w/shredded American cheese, garden cucumber & tomato; chicken noodle soup w/crackers; fresh orange; pita bread w/margarine	3 Potato crunch pollack w/tartar sauce over wild rice; steamed spinach; diced pickled beets & onions; pineapple tidbits; bread w/margarine
6 Breaded chicken patty w/whole wheat bun; w/mayo, ketchup; pearls and onions vegetables; California blend w/cheese sauce; diced peaches & diced pears	7 Cheesy lasagna rollups w/parmesan cheese; Italian garden salad w/garbanzo bean garnish; romaine & Italian dressing; carrot coins; apricots; & Italian bread w/margarine	8 Submarine sandwich w/ham, turkey, American cheese, mustard & mayo; pasta salad w/vegetables; Italian wedding soup w/vegetables, crackers; fresh pear	9 Turkey pot roast w/gravy from en-trée served over mashed potatoes; creamy confetti coleslaw; blueberries w/whip topping; dinner roll w/margarine; oatmeal raisin cookie	10 Closed
13 Salisbury steak w/beef gravy; zucchini & tomatoes; diced carrots; tropical fruit salad; dinner roll w/margarine	14 Brunswick stew w/ hearty vegetables; warm spiced peaches; fresh orange; cornbread w/margarine	15 Stuffed cabbage; garden salad w/romaine w/ranch dressing; garlic mashed redskin potatoes; strawberries w/whip topping; dinner roll w/margarine	16 Turkey tetrazzini w/cheddar cheese garnish; garden green peas & pearl onions; diced pickled beets & onions; fresh banana; bread w/margarine	17 Teriyaki chicken breast w/teriyaki sauce; green beans; marinated chick-peas & tomato salad; fruited gelatin; dinner roll w/margarine
20 Cheddar cheese omelet; parsley round potatoes; apple juice; apricots; fruit muffin w/margarine	21 Roast turkey w/poultry gravy; garlic mashed redskin potatoes; green beans; cinnamon applesauce; cornbread dressing; pumpkin pie w/whip topping	22 Beef taco salad; warm refried beans w/cheddar cheese garnish; shredded lettuce mix & ranch dressing; fresh pear; Tostitos scoops & salsa	23 No Café in Observance of Thanksgiving	24 No Café in Observance of Thanksgiving
27 Baked macaroni & cheese; zucchini & tomatoes; diced carrots; mixed berries w/whip topping; bread w/margarine	28 Breaded chicken patty parmesan; Italian garden green salad w/garbanzo bean garnish w/romaine w/Italian dressing; green beans; diced peaches; dinner roll w/margarine	29 Beef Philly steak sandwich w/mozzarella cheese, green peppers & onion garnish w/mayo; parsley round potatoes; stewed tomatoes; pineapple tidbits	30 Maurice salad w/diced ham, diced turkey & shredded Swiss cheese; garden green salad w/romaine, carrots, cucumbers & tomatoes; salad dressing; twice baked potato chowder w/crackers; fresh red or yellow apple; pita bread w/margarine	1 Smoked sausage sandwich w/ketchup and mustard; savory sauerkraut; marinated three bean salad; fresh pear

Blue Boxes are the days Senior Café is served at the Senior Center. Meals include milk and margarine. WW = Whole wheat Crackers and gravy are LS. Please make reservations for lunch 48 hours in advance. \$3 suggested donation. If you don't cancel 48 hours in advance, you will be charged \$5.50.



**Dexter Senior Center**  
 7720 Ann Arbor Street  
 Dexter MI 48130  
 734-426-7737

www.dexterseniors.org

## 2024 Membership Form Annual Dues \$25

Please make checks payable to Dexter Senior Center

*Scholarships available*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Email Address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Township: City of Dexter    Dexter Twp    Scio Twp    Webster    Other: \_\_\_\_\_

**How would you like to receive your newsletter?**    Pick Up    Email    Mail

**How would you like to stay up to date on center changes?**    Text    Email    Phone

**In case of emergency**, I authorize the Dexter Senior Center personnel to act in my behalf to authorize medical treatment to, upon, or for the benefit of myself and that such treatment shall be my full responsibility including transit to the nearest medical facility. I give permission for staff notify my emergency contact(s). Initial here: \_\_\_\_\_

Emergency contact: Name: \_\_\_\_\_

Phone: \_\_\_\_\_

**Photo release:** I give permission to the Dexter Senior Center to use my photo for any promotion materials if taken while participating in any of the Center's activities or events. Initial here: \_\_\_\_\_

**Waiver of Liability:** I understand that all programs/activities involve some risk of accident or injury. I agree to indemnify Dexter Senior Center and its affiliates and hold them harmless from any liability, claims, demands, and judgments arising at any time when I participate in any program or activity. My choice to participate at the Dexter Senior Center, including the use of its equipment, is at my own risk. I understand that Dexter Senior Center does not provide insurance for participants, nor does it assume responsibility for accidents or injuries. Initial here: \_\_\_\_\_

The Dexter Senior Center is a non-profit organization and depends on fundraising and donations to cover the cost of operations. Please consider donating now. Donations are tax deductible. You will receive an acknowledgement of your donation for tax purposes.

\_\_\_\_\_ I have included a donation of \$\_\_\_\_\_ with my \$25 membership dues.

**For Office Use Only:** Renewal \_\_\_\_\_ New Membership \_\_\_\_\_ Notes \_\_\_\_\_

Date: \_\_\_\_\_ Total Paid \$\_\_\_\_\_ Cash/Check# \_\_\_\_\_ Entered ServTracker \_\_\_\_\_



## Transportation

Call (734) 475-9494  
to reserve door-to-door rides  
from WAVE weekdays 8-  
4:30pm. [ridethewavebus.org](http://ridethewavebus.org)

## Dexter Senior Center Member Discounts

*Present your DSC membership card to receive:*

- Classic Pizza—\$7 large 1 item
- Dexter Pub—20% off M-TH
- My Cleaners—10% off
- Joe & Rosie —15% off
- Aubree's (Dexter only)—10% off
- Dexter Creamery—10% off
- Dexter Bakery—15% off
- Hearts & Flowers—15% off
- Dairy Queen—15% off
- Jensen's Community Pharmacy—10% off over the counter

## Our Newsletter is sponsored by The Dexter Lions Club

**MAKE A SPECIAL DONATION TODAY TO SEE YOUR NAME  
HERE! Contact (734) 426-7737 to find out how!**

## Busch's Donation Program

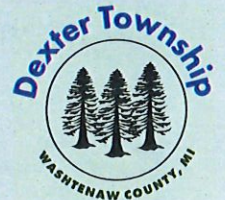
For no extra cost, you can donate to the  
Dexter Senior Center just by shopping at  
Busch's. All you need is an email address and a  
Busch's MyWay account.

Just log on to your MyWay account through  
Buschs.com, click on your name in the top right  
hand corner, click on "Cash for Education,"  
scroll down to 2023 Cash for Education. Then,  
choose Dexter Senior Center for each quarter of  
2023 and click on "Add."

## The Dexter Senior Center Major Supporters



Dexter Community Fund  
*For Good. For Ever. For Dexter.*



**Ann Arbor Area  
Community Foundation**  
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**DEXTER SENIOR CENTER**

7720 ANN ARBOR STREET

DEXTER, MI 48130

(734) 426-7737

[www.dexterseniors.org](http://www.dexterseniors.org)

Facebook.com/DexterSeniorCenter

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Monday—Friday

9:00am-3:00pm

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Emily Kiesler

Senior Nutrition Coordinator

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**DEXTER SENIOR CENTER**

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David Chapman - Trustee

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Joanne Westman-Trustee



The Board meets the **third Wednesday of every month at 4pm** at the Dexter Wellness Center unless otherwise posted.

*“Where Seniors Thrive”*

**DEXTER SENIOR CENTER**

7720 ANN ARBOR STREET

DEXTER MI 48130

PLEASE  
PLACE  
STAMP  
HERE