



DEXTER SENIOR VOICE JANUARY 2024

MEET OUR LEADER: NEW EXECUTIVE DIRECTOR, ANNE WILLIAMS



Hello! I am excited to be the new Executive Director of the DSC, bringing more than 25 years of experience in the nonprofit sector. I am looking forward to advancing Dexter Senior Center’s mission including collaborating with the Dexter Community Schools in the creation of a multi-generational community center. Leading the way for our members’ well-being and the Center’s growth, I am here to serve. I look forward to getting to know everyone!

My experience includes executive roles and as a consultant for nonprofit governance and organization capacity building. I have served as a board member for countless nonprofit organizations throughout Michigan, the United States, and at the national level including as Trustee for Washtenaw Community College, and as a member of the Washtenaw County Workforce Development Board. My extensive experience also involves working in higher education and the corporate sectors empowering organizational performance and excellence. My studies include a graduate certificate (MBA program) in Nonprofit Management and Leadership from Lawrence Technological University. I also hold a B.S. in Biochemistry, M.S. in Industrial Technology, and have almost completed a Doctor of Education (ABD).

WHAT’S IN STORE FOR 2024?

While 2023 held much to be grateful for, we look with excitement at what will be in store for 2024. As negotiations continue surrounding the acquisition of the Dexter Wellness Center by Dexter Community Schools to serve as a multigenerational community center, talks are still underway regarding where, within the complex, the Dexter Senior Center will call its new home. In the meantime, efforts are being made in partnership with DCS to ensure DSC programming and services are not effected. DSC members are encouraged to sign up for email updates to stay informed on upcoming schedule or location changed; though all efforts will be made to ensure the entire membership remains informed as well.

Dr. Chris Timmis, DCS Superintendent, has begun holding community forums to discuss the DMGCC project, and one has been scheduled for **January 10th at 11:30am at the Dexter Senior Center**. All members, as well as the community at large, are encouraged to attend. Please R.S.V.P. by calling (734) 426-7737 by Monday, January 8th to reserve your pizza lunch. \$5 suggested donation.

REMINDER: As of January 8th, fitness classes previously held in the wood floor gym, will move to classroom 105. Cardio drumming will remain in the carpet floor gym.

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Board Meeting

Dexter Wellness Center
January 17 @ 4pm

Medicare/Medicaid Counseling

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

Lois Beerbaum
(734) 726-5292

Tim Dayney, Licensed Agent
(734) 646-6885

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, January 8th**, 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.

DEXTER MULTIGENERATIONAL COMMUNITY CENTER INFO SESSION: On **Wednesday, January 10th at 11:30am** we will be hosting Dr. Chris Timmis for an update on the proposed Multigenerational Community Center that will house the Dexter Senior Center. This will be a pizza lunch, with a suggested donation of **\$5 per person**. **Please register no later than Monday, January 8th by calling the Center at (734) 726-7737.**

JEWELRY AND BOX MAKING: On **Friday, January 12th at 10:30am** join member, Anne Kornow, to learn basic design principles and jewelry making techniques in order to create your own “one of a kind” pair of earrings. And, to gild the lily, learn to construct a simple triangular shaped cardstock box for presentation of your memorable creation. *Space is limited*, so please sign up on the sign up board, or by calling the Center at (734) 426-7737. **Cost is \$10 per person.**

SOLO AGING SOCIAL HOUR: Nicole Boyer of EHM Senior Solutions will be back on **Friday, January 12th 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 sheet in the Center, or by calling (734) 426-7737. **\$2 suggested donation.**

DEPRESCRIBING MEDICATIONS: Doctors are really good at prescribing medications when they’re needed to improve health. But identifying when they’re no longer helping, and then *deprescribing*, doesn’t often reach the top of the priority list. Join Betty Chaffee of Better My Meds on **Tuesday, January 16th at 1pm** to learn how you can work with your doctor on deprescribing medications.

BIRTHDAY CELEBRATION: On **Wednesday, January 17th at 12pm**, we will celebrate monthly birthdays with lunch, cake, and ice cream. If you have a birthday in JANUARY 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!

CARE PATROL SENIOR PLACEMENT: Arrive early for BINGO on **Thursday, January 18th at 12:30pm** to hear more about how a CarePatrol Certified Senior Advisor can personally or virtually meet with you and guide you through the best senior housing communities based on your loved one’s individual needs .

BOOK CLUB: On **Friday, January 26th at 10:00am** our book club will meet to discuss *The Sandcastle Girls* by Chris Bohjalian. Come prepared to discuss the book, as well as to suggest titles for upcoming book club meetings. All members welcome. The title chosen for February 23rd book club will be *Aviators Wife* by Melanie Benjamin.

KNEE PAIN AND RELIEF: On **Wednesday, January 31st at 1pm** join David Arndt from Orthopaedic Rehab Specialists as he discusses a common symptom of aging: knee pain. In addition to informing members on how knee pain can effect other areas of your body, you’ll also learn some simple strategies for alleviating knee pain, and strategies for strengthening weakened muscles.

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.

Tuesday the 2nd @ 1pm: Diabetes Prevention Program (Week 16)
Thursday the 4th @ 12pm: New Member Service: Reiki for Relaxation begins (Info on page 5)
Monday the 8th @ 1pm: Grief & Loss Support Group
Wednesday the 10th @ 11:30am: Dexter Multigenerational Community Center update
Friday the 12th @ 10:30am: Sterling Silver Jewelry Creations
Friday the 12th @ 12pm: Solo Aging Social Hour
Monday the 15th @ 10am: Cardmaking with Judy Welch
Tuesday the 16th @ 1pm: Deprescribing Meds with Betty Chaffee
Wednesday the 17th @ 12pm: January Birthday Luncheon
Thursday the 18th @ 12:30pm: Care Patrol Commercial
Friday the 19th @ 1pm: Disc Golf w/ Anna
Monday the 22nd @ 12:30pm: Painting with Steve
Friday the 26th @ 10am: Book Club (The Sandcastle Girls by Chris Bohjalian)
Wednesday the 31st @ 1pm: Knee Pain and Relief

PLEASE AND THANK-YOU'S!

ITEMS NEEDED: We are always in need of the following items: Columbian medium roast ground coffee, Kleenex, copy paper, hot/cold disposable cups, forever postage stamps, new 300 or 500 piece puzzles, and 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! November saw our Facebook reach extend to over 700 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!*

THANK YOU! A HUGE THANK YOU TO ALL OF OUR MEMBERS AND SUPPORTERS FOR YOUR CONTRIBUTIONS ON GIVING TUESDAY! We are pleased to announce that we exceeded our goal of \$35 thousand in community giving for 2023, with more than \$15k received on Giving Tuesday alone!

CONDOLENCES: Our condolences go out to the family of Pat Koons, one of our regular center attendees who passed away on December 12th at the age of 86. We also wish to express our condolences to the Cousins' family, who lost their youngest son, Johnathon, to a heart attack this last month at the age of 56. Our thoughts and prayers are with both of these families, as well as the countless other community members who were impacted by the lives they lived.

ARTS & CRAFTS

ACRYLIC PAINTING WITH STEVE WOOD : A step-by-step approach MONDAY January 22nd 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. **MINIMUM OF 10 PARTICIPANTS REGISTERED BY JANUARY 19th FOR CLASS TO TAKE PLACE.**

CARD MAKING with Judy Welsh: Minimum of 3 students Join us **Monday, January 15th from 9:30am-12pm.** 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 January 12th** 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!*



 **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

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

REFLEXOLOGY with Barb Fisher, Certified Reflexologist and Naturopathic Therapist: Reflexology offers a relaxing retreat from the stresses of the world giving the body an opportunity to use its own healing abilities. **Third and fourth Monday of each month unless otherwise indicated.** The fees are \$10 for every 15 minutes for members and \$15 for nonmembers is paid directly to Barb—**(734) 664-7465.**

REIKI FOR RELAXATION with Den Carbonell, of Joyful Spirits: Reiki is a peaceful and subtle energy that does no harm. It is known to be helpful in reducing pain and for every type of malady from headaches to cancer and for stress reduction. Reiki is very relaxing and can be compared to the warm and peaceful feelings that arise from meditation and massage. During a Reiki appointment the client remains fully clothed and seated as the practitioner uses a light touch at various points on the client. A warm and soothing energy flows through the practitioner's hands to the recipient. **Appointments 2nd and 4th Thursday each month from 12pm until 3pm.** \$15 per 15 minutes. To schedule, call **(517) 775-2731.**

FOOTCARE with Heather Schanz of Ascendant Foot Care includes trim, thin, and file of the nails, corn and callus reduction, and general foot assessment with any necessary recommendations. Maintaining proper footcare is an important part of improving and promoting movement for a health lifestyle. Appointments are available on the **3rd Tuesday of each month unless otherwise indicated by calling 1(844) 436-6876.**

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

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.

COMMUNITY CORNER

INCLEMENT WEATHER POLICY: With the continued partnership of Dexter Community Schools as an extension site for the Dexter Senior Center, we will follow the school policy on inclement weather. Therefore, ***when Dexter Community Schools are cancelled for weather related reasons, the Dexter Senior Center will be closed as well.*** Every effort will be made to ensure that the Center voicemail message at (734) 426-7737 reflects any weather-related cancellations.

VOLUNTEER SHIFTS AVAILABLE: We are looking for volunteers to sign up for 2-4 hour shifts to assist with answering phones, assisting with member questions and light administrative duties. If interested, please contact Rhonda Prokos at (734) 426-7737 or rhonda.prokos@dexterseniors.org.

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 pace-maker please let Angela know, so that an alternative to the magnetic badge can be created for you!**

EXECUTIVE SUMMARY OF DSC'S NOVEMBER BOARD OF TRUSTEES MEETING:

The Dexter Senior Center's Board of Trustees meeting was held at the Dexter Wellness Center on December 13th, from 4-7 pm. The meeting was scheduled as a work session to allow time for a presentation and discussion from the Facilities Committee and the Project Manager for the Multi-generational Community Center. Many community partnerships are working together to allow for a smooth transition for DSC to move to a new space. Refer to page 6 for a list of dates and times for community presentations that will cover more details. Other topics covered were Giving Tuesday, which generated more monies this year than last year, Board approval of the 2024 budget and the Program Coordinator's report, which included a discussion of the Holliday Luncheon on December 20th in which over 100 people have registered. The Board then entered an Executive Session to discuss Volunteer Appreciation and the new Executive Director Transition Plan. The next Board meeting will be January 17th, 4-6 pm at the Dexter Wellness Center. The full minutes for this meeting are located in the black binder underneath the program sign-up board at the Center.



A huge thank you to our dulcimers for participating in our holiday sing-along and cookie decorating with Ms. Black's 4th graders.



Michael Fitzpatrick, AAMS*
Financial Advisor

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Edward Jones
MAKING SENSE OF INVESTING

A YEAR IN REVIEW

What an amazing year 2023 was for the Dexter Senior Center! We saw unprecedented membership growth, as well as municipal support! Our board of trustees and staff have been working diligently behind the scenes to ensure that our exceptional programming and members services see little to no interruption as we transition into a permanent home for the Dexter Seniors. Take a look at a few of the wonderful events that our members took part in during 2023! Thank you to all of our community members, stakeholders, schools and small businesses, for continuing to support the Dexter Seniors!



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 12:30pm. All skill levels are welcome. Please contact **Sandy Hill at (734) 424-2847** if you have questions.

PINOCHLE: Tuesday 12pm, Wednesday 9:30am and Friday at 12:30pm.

AMERICAN MAHJONG: Tuesdays at 12:30pm. Will be back next semester*

EUCHRE: Wednesdays at 12:30pm.

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

BINGO: Thursdays at 1pm.

CHINESE MAHJONG: Fridays at 1pm. 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 11am 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 will 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* LOCATED WITHIN BATES SCHOOL

****REMINDER: As of January 8th, fitness classes previously held in the wood floor gym, will move to classroom 105. Cardio drumming will remain in the carpet floor gym.****

LINE DANCING: Instructor, Sally Shock leads this fun fitness class **EVERY FRIDAY AT 2:15pm at our Bates Extension Site, Room 105. Free to members.**

CHAIR YOGA: Mondays from 11am-12pm at our Bates Extension Site, Room 105.

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 to members.**

STRENGTH & STRETCH CLASS: Tuesday and Thursday 9-10am at our Bates Extension Site, Room 105. Exercises are designed to help increase range of motion, flexibility, strength, and endurance for activities of daily living. Sign up at the Center. **Free to members.**

SILVER FIT: Fridays at 10:15am at our Bates Extension Site, Room 105. Join Erin Zissler for a medium-intensity workout, tailored to individual needs. **Free to members.**

BEGINNERS TI-CHI: Led by Bonnie Mullinex, this BRAND NEW class will meet on **Wednesdays at 1pm prior to cardio drumming.** This is a low intensity, beginners class that can be done seated or standing, and will include breathwork, meditation and gentle stretching. No experience necessary! **Free to members.**

SENIORS OBTAINING STRENGTH: Led by Karen Fazioli on **Wednesdays at 10am at our Bates Extension Site, Room 105. 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 three 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 AND Tuesdays from 11:15am-12:15pm at our Bates Extension Site, Room 105

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.



Pleased to recognize Frank Burke as November Birthday Luncheon Guest of Honor.

DEXTER SENIOR CENTER ACTIVITIES JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED IN OBSERVATION OF NEW YEARS DAY.	2 11:00 Ukulele Orchestra 12:00 Pinochle 1:00 Diabetes Prevention Program	3 8:30 Senior Swim 9:30 Pinochle 12:00 Senior Café 12:30 Euchre/313 1:00 Choir	4 10:00 Dulcimer 12:00 Reiki 12:00 Senior Café 12:30 Cribbage 1:00 Bingo	5 8:30 Senior Swim 9:00 Weaving 10:00 Ukulele from Scratch 11:00 French Study Group 12:30 Pinochle/313 1:00 Mahjong/Chinese
8 8:30 Senior Swim 9:30 Coloring/Crafts/Needlework 11:00 Chair Yoga 12:00 Senior Café 12:30 Bridge 1:00 Grief & Loss Support Group	9 9:00 Strength & Stretch 11:00 Ukulele Orchestra 11:15 Gentle Yoga 12:00 Pinochle	10 8:30 Senior Swim 9:00 Chair Massage 9:30 Pinochle 10:00 Seniors Obtaining Strength 11:30 DMGCC Lunch Forum w/ Dr. Tim-mis 12:30 Euchre/313 1:00 Choir 2:15 Beginners Tai-Chi	11 9:00 Strength & Stretch 10:00 Dulcimer 12:00 Senior Café 12:30 Cribbage 1:00 Bingo	12 8:30 Senior Swim 9:00 Weaving 10:00 Ukulele from Scratch 10:30 Jewelry Making 11:00 French Study Group 12:30 Pinochle/313 1:00 Mahjong/Chinese
15 8:30 Senior Swim 9:00 Reflexology 9:30 Coloring/Crafts/Needlework 10:00 Cardmaking with Judy 11:00 Chair Yoga 12:00 Senior Café Pizza Lunch 12:30 Bridge	16 9:00 Strength & Stretch 11:00 Ukulele Orchestra 11:15 Gentle Yoga 12:00 Pinochle 1:00 Diabetes Prevention Program 1:00 Deprescribing Meds	17 8:30 Senior Swim 9:30 Pinochle 10:00 Seniors Obtaining Strength 12:00 Birthday Luncheon 12:30 Euchre/313 1:00 Choir 2:15 Beginners Tai-Chi	18 9:00 Strength & Stretch 10:00 Dulcimer 12:00 Senior Café 12:30 Cribbage 12:30 CarePatrol Info 1:00 Bingo	19 8:30 Senior Swim 9:00 Weaving 10:00 Ukulele from Scratch 11:00 French Study Group 12:30 Pinochle/313 1:00 Mahjong/Chinese
22 8:30 Senior Swim 9:00 Reflexology 9:30 Coloring/Crafts/Needlework 11:00 Chair Yoga 12:00 Senior Café 12:30 Bridge 12:30 Paint with Steve	23 9:00 Strength & Stretch 11:00 Ukulele Orchestra 11:15 Gentle Yoga 12:00 Pinochle	24 8:30 Senior Swim 9:00 Chair Massage 9:30 Pinochle 10:00 Seniors Obtaining Strength 12:00 Senior Café 12:30 Euchre/313 1:00 Choir 2:15 Beginners Tai-Chi	25 9:00 Strength & Stretch 10:00 Dulcimer 12:00 Reiki 12:00 Senior Café 12:30 Cribbage 1:00 Bingo	26 8:30 Senior Swim 9:00 Weaving 10:00 Ukulele from Scratch 11:00 French Study Group 12:30 Pinochle/313 1:00 Mahjong/Chinese
29 8:30 Senior Swim 9:30 Coloring/Crafts/Needlework 11:00 Chair Yoga 12:00 Senior Café 12:30 Bridge	30 9:00 Strength & Stretch 11:00 Ukulele Orchestra 11:15 Gentle Yoga 12:00 Pinochle 1:00 Diabetes Prevention Program	31 8:30 Senior Swim 9:30 Pinochle 10:00 NO Seniors Obtaining Strength 12:00 Senior Café 12:30 Euchre/31 1:00 Knee Pain & Relief 1:00 Choir 1:00 Beginners Tai-Chi 2:15 Cardio Drumming		

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 3060 Kensington Street.

Dexter Senior Center Meal Calendar January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 No Café in Observance of New Year's	2 Boneless baked pork chop; garlic mashed redskin potatoes w/pork gravy; diced carrots; chilled apple crisp; cornbread w/margarine	3 Turkey burger w/lettuce & tomato garnish w/mayo & mustard; cauliflower w/cheese sauce; baked beans, blueberries w/whip topping	4 Baked meatloaf w/beef gravy; zucchini & tomatoes; marinated three bean salad; fruited gelatine; dinner roll w/margarine	5 Chicken breast cacciatore; green beans; garden green salad w/romaine w/italian dressing; fresh banana; dinner roll w/margarine
8 Stir-fry beef w/sugar snap peas over confetti fried rice w/vegetables; oriental vegetables; tropical fruit salad; bread w/margarine	9 Cheddar cheese omelet; parsley round potatoes; apple juice; apricots; fruit muffin w/margarine	10 Honey mustard chicken breast sandwich; green beans; cucumber tomato & onion salad; fresh red or yellow apple	11 Beef sauce w/parmesan cheese served over rotini noodles; Italian garden green salad (garbanzo bean garnish) w/romaine and French dressing	12 Baked ham w/pineapple sauce; whipped sweet potatoes; California blend w/cheese sauce; strawberries w/whipped topping; cornbread w/margarine
15 Pizza Lunch	16 Potato crunch polllock w/tarter sauce; green & yellow zucchini; stewed tomatoes; diced peaches; roll w/margarine	17 Swedish meatballs served over egg noodles; whole kernel corn; marinated three bean salad; mandarin oranges & pineapple tidbits; dinner roll w/margarine	18 Turkey broccoli rice casserole w/cheddar cheese garnish; carrot coins; diced pickled beets & onions; mixed berries w/whip topping; bread w/margarine	19 Grilled chicken fettuccine w/vegetables and parmesan cheese; garden green salad; w/romaine and ranch dressing; green beans; fresh banana; Italian bread w/margarine
22 Teriyaki beef dippers w/teriyaki glaze; baked beans; cauliflower w/cheese sauce; diced peaches; dinner roll w/margarine	23 Roast turkey w/poultry gravy; garlic mashed redskin potatoes; carrot coins; fresh pear; dinner roll w/margarine	24 Stuffed pepper; garden green salad (garbanzo bean garnish) w/romaine and Italian dressing; garlic mashed redskin potatoes; strawberries w/whip topping; dinner roll w/margarine	25 Tuna salad sandwich; pasta salad w/vegetables; broccoli cheese soup w/crackers; fresh yellow or red apple	26 Breaded chicken tenders w/BBQ sauce; parsley round potatoes; creamy confetti coleslaw; tropical fruit salad; biscuit w/margarine
29 Beef pepper patty w/beef gravy; cauliflower w/cheese sauce; zucchini & tomatoes; tropical fruit mix; dinner roll w/margarine	30 Brunswick stew w/hearty vegetables; warm spiced peaches; fresh orange; cornbread w/margarine	31 Chicken w/cavatappi pasta; garden green salad w/romaine and French dressing; green beans; blueberries w/whip topping; Italian bread w/margarine		

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

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

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**
For good. For ever.™



**UNITED METHODIST
RETIREMENT COMMUNITIES
FOUNDATION**

DEXTER SENIOR CENTER

7720 ANN ARBOR STREET
DEXTER, MI 48130

(734) 426-7737

www.dexterseniors.org

Facebook.com/DexterSeniorCenter

Instagram.com/Dexterseniors

Monday—Friday
9am-3pm

Executive Director

Anne.williams@dexterseniors.org

Program Director

Angela.Johnson@dexterseniors.org

Emily Kiesler

Senior Nutrition Coordinator

(734) 253-2370

Kathy Kenfield

Meals on Wheels Coordinator

(734) 253-2370

**DEXTER SENIOR CENTER
BOARD MEMBERS**

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Ron Miller - Vice President
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Ann Davis—Treasurer

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David Chapman - Trustee
Mike Fitzpatrick- 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