



DEXTER SENIOR VOICE DECEMBER 2023

THE CENTER THROUGH ANGELA'S EYES:

As we prepare to bid farewell to 2023, I'd like to take the opportunity to reflect back on the last ten months that I've spent as staff at the Dexter Senior Center. We have seen many changes, some positive, some negative, but all having taught us something, and continued to project us forward, toward our ultimate goal of having a forever home for the seniors of our community.



While negotiations are now underway, from the program level, all I can do is continue to prepare for all I can hope our future may hold, plan programs, schedule speakers, and hope that we are not limited by space, as we have been this year. Our membership growth has been overwhelming. While the original goal of 300 seemed immediately feasibly, the reality of the 487 members that we currently have provides a powerful example of the necessity of senior services in Western Washtenaw County. We have seen an overwhelming outpouring of support this year, from community members, stakeholders, schools, and municipalities. For all of this, we are so grateful! Please, continue to show your support in 2024!

WHAT'S IN STORE FOR 2024?

With a new year, comes many new plans! Though we may not know where our permanent home will be, we can start making plans for what our programming will look like. The year will start off with a push for wholistic health and wellness, and for inclusion of members of all ages and abilities, with an additional yoga class on Tuesdays at 11:15am by Joslyn of Verapose Yoga and Reiki energy healing as a new member service available the 2nd and 4th Thursdays of each month with Den of Joyful Spirits. Foot-care will be back on the schedule for 2024, with services provided by Heather Schantz of Ascendant Footcare. Watch for January's edition of Dexter Senior Voice for more information. As a reminder, Beth of ProMedica is hosting a Grief and Loss Support Group on the first Monday of each month at 1pm, and Nicole of EHM Senior Solutions is facilitating Solo Aging Social Hour on the 2nd Friday of each month at 12pm. Both of these monthly programs are designed with members in mind. The holiday season is a time when seniors, not unlike other demographics, see an increase in depression, anxiety and social isolation. The DSC exists to be a place for seniors in the community to go to combat some of these feelings and emotions. Remind those you love, the DSC is here for you as you age!

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Board Meeting

Dexter Wellness Center
December 20th @ 4pm

Ambassadors Meeting

First Tuesday of each month
December 5th @ 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, December 4th**, 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.

MINDFULNESS MEDITATION FOR BEGINNERS: Mindful Dexter will be presenting a special program designed to inform members on what mindfulness meditation is and some different methods of practice, followed by some short guided meditation exercises. Join us on **Tuesday, December 5th at 1pm at the Dexter Wellness Center Conference Room**, dressed comfortably, and prepare to welcome a time of *being*, not *doing*.

SOLO AGING SOCIAL HOUR: Nicole Boyer of EHM Senior Solutions will be back on **Friday, December 8th 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.**

STAYING IN TOUCH THROUGH THE HOLIDAYS: Join CapTel on **Monday December 11th at 11:30am** for a demonstration on a new assistive technology telephone that will make staying in touch during the holidays easier for those with low hearing or low vision. This great adaptation works for landline, cell or VoIP systems, and is free of cost to those who qualify. Don't let hearing or vision issues impact communicating with your loved ones this holiday season.

TEN WARNING SIGNS OF ALZHEIMERS: The Alzheimer's Association will help us learn how to recognize common signs of Alzheimer's, how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, and possible tests and assessments for the diagnostic process. Jim Magi is back to present on **Monday December 11th at 1pm.**

JEWISH FAMILY SERVICES WISE PROGRAM OVERVIEW: Join us on **Wednesday, December 20th at 11:30am** for an overview of JFS WISE program, as well as an introduction to Savannah, who will be a regular face in the Center beginning in January, as an on-site case manager to help members navigate programs for positive aging and aging in place.

BIRTHDAY CELEBRATION: On **Wednesday, December 20th at 12pm**, we will celebrate monthly birthdays with lunch, cake, and ice cream. If you have a birthday in DECEMBER 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! This month's lunchtime entertainment will be brought to you by DSC's Friends In Harmony choir, led by Janet Potter.

DULCIMER SING-ALONG AND COOKIE DECORATING: Join our wonderful mountain dulcimer's for a holiday sing along while we decorate Dexter Bakery's renowned sugar cookies with 4th graders from Wylie Elementary on **Thursday December 21st at 10am!** Free to members, and you get to eat or take the cookie(s) you decorate with our 4th grade friends!

THE DEXTER SENIOR CENTER WILL BE CLOSED ON MONDAY, DECEMBER 25th AND TUESDAY, DECEMBER 26th. THERE WILL BE NO FITNESS CLASSES THE ENTIRE WEEK. HOWEVER, THE CENTER WILL REOPEN FOR SPECIAL HOLIDAY PROGRAMMING ON WEDNESDAY, DECEMBER 27th.

WEDNESDAY, DECEMBER 27th SPECIAL PROGRAMMING:

Card playing starts at **9am!** Euchre, 313, Pinochle, if you've got a group to play, we've got a table with your name! Snacks, festive music, cornhole, and more! Come check out some new, **fun and physical games beginning at 1pm** with David and Melissa of ORS.

THURSDAY, DECEMBER 28th SPECIAL PROGRAMMING:

Beginning at **10am**, stop in the Center for an informal **Meet & Greet with your local commissioners.** (Commissioner information on page 7) Enjoy coffee, socialization, and an opportunity to speak candidly with your commissioners about what matters to you, your family, or the community at large. Get to know your commissioners on a more personal level, engage in conversation, and see how truly invested they are

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.

- Monday the 4th @ 12pm: Grief and Loss Support Group with ProMedica
- Tuesday the 5th @ 1pm: Mindfulness Meditation with Mindful Dexter (Located at Dexter Wellness Center Conference Room)
- Thursday the 7th @ 12:45pm: BINGO taking place at Bates School (Wood Floor Gym)
- Friday the 8th @ 12pm: Solo Aging Social Hour with EHM Senior Solutions
- Monday the 11th @ 11:30am: Staying In Touch During the Holidays with CapTel
- Monday the 11th @ 1pm: 10 Warning Signs of Alzheimer's with Alzheimer's Association
- Tuesday the 12th @ 11:30am: STRIVE Career Day Roundtable Discussion with Dexter Alternative Education
- Thursday the 14th @ 12:45pm: BINGO taking place at Bates School (Wood Floor Gym)
- Monday the 18th @ 10am: Cardmaking with Judy
- Wednesday the 20th @ 11:30am: Jewish Family Services WISE Program Overview and Introduction
- Wednesday the 20th @ 12pm: Birthday lunch celebration with choir performance
- Thursday the 21st @ 10am: Dulcimer Holiday Sing Along and Cookie Decorating with 4th Graders
- Wednesday the 27th: SPECIAL HOLIDAY PROGRAMMING including ALL-DAY-GAME-PLAY
- Thursday the 28th: SPECIAL HOLIDAY PROGRAMMING including Our Commissioners Meet and Greet
- Friday the 29th: SPECIAL HOLIDAY PROGRAMMING including Baked Potato Lunch and Painting with Steve

SPECIALS CON'T; PLEASE AND THANK-YOU'S!

in making our County the best place to age in Michigan! Then stick around for an afternoon of **BIG BINGO PRIZES and a special holiday raffle beginning at NOON!**

FRIDAY DECEMBER 29th SPECIAL PROGRAMMING:

Sign up today to take part in a Hot Baked Potato luncheon beginning at 11:30am. Suggested minimum donation of \$5, includes potato and a variety of toppings and beverages. Painting with Steve at 12:30pm, or hang around for an afternoon of socialization and cards playing instead! **(SIGN UP IN ADVANCE FOR PAINT WITH STEVE)**

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 heart felt thank you goes out to member and volunteer, Denise Moyer, for her substantial contributions to the Center. We were able to give them as Bingo prizes to our members whom were very appreciative.

CONDOLENCES: Our condolences go out to the family of Graham Putnam, a regular attendee of the Center, as well as Michiko Murray, who was a Senior Café volunteer for many many years. Our thoughts and prayers are with their loved ones.

ARTS & CRAFTS

ACRYLIC PAINTING WITH STEVE WOOD : A step-by-step approach FRIDAY December 29th 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 DECEMBER 27th FOR CLASS TO TAKE PLACE.**

CARD MAKING with Judy Welsh: Minimum of 3 students Join us **Monday, December 18th 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 December 15th** 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!*



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

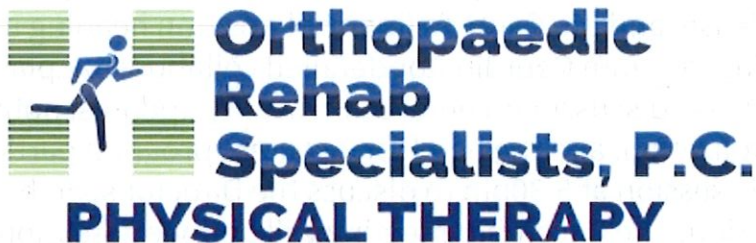
NOTARY SERVICE: is available on **Wednesdays from 10am to 12:30pm**, or by appointment with **Jeanne Bradish at (734) 223-1423**

REFLEXOLOGY with Barb Fisher, Certified Reflexologist and Naturopathic Therapist:

Only one day available in December. 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

STRIVE: IN COLLABORATION WITH THE DEXTER ROTARY AND DEXTER ALTERNATIVE EDUCATION:

The students of Dexter's Alternative Education program will have the unique opportunity to attend a roundtable discussion at the Dexter Senior Center on **Tuesday, December 12th at noon**, where students will learn the different career opportunities involved in providing senior related services in Washtenaw County. If you are a member who would like the opportunity to speak with these young adults about their future career aspirations, you are welcome to attend this informal presentation. The youth of our current community are the leaders of our future society; come share your personal career journey with them, and together we can help guide them in the direction of their passions and purposes!

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.

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 NOVEMBER BOARD OF TRUSTEES MEETING:

The Dexter Senior Center's Board of Trustees meeting was held at the Dexter Wellness Center on November 15th, from 4-6pm. The meeting covered several important topics, including negotiations with Encore Theatre for a short-term lease, and the Center's financial position heading into 2024. With membership now totaling 483, the Program Coordinator detailed collaborative plans and upcoming programs for 2024. New business discussions centered on facility updates, notably concerning architectural drafts, space utilization, and the need for accurate program participation data. The group entered an executive session at 5:30pm to discuss the Director search, committee updates and volunteer appreciation. The December meeting will be a work session, taking place on December 13th at the Dexter Wellness Center from 4-7pm. The full minutes from this meeting can be located in the black binder underneath the program sign-up board.



Mary Lou Simi-Rudner is pictured here with "future member," Willow Johnson, at a Saturday morning ukulele lesson. Passing musical education through generations!



Our Evening of Art and Music at the Dexter District Library brought friends and family from all over to celebrate our amazingly artistic senior members!

SPOTLIGHT

MEET YOUR LOCAL COMMISSIONERS

MEET & GREET @ DSC: THURSDAY, DECEMBER 28 AT 10AM



Crystal Lyte: District 2 Commissioner Lyte is new to the political landscape as of January 2023. Crystal was born and raised in Ypsilanti; receiving her K-12 education at Willow Run Community Schools. She continued her education at Washtenaw Community College, earning an Associate of Arts in Secondary Education, followed by a BA in English Language from Eastern Michigan University. Commissioner Lyte desires to impact the lives of Washtenaw County residents by identifying accomplishments to continue progress in the county and identifying barriers that are obstacles to the community, in order to strategize and set goals to address and resolve these identified barriers. Crystal is a strong proponent of senior services, and has been a wonderful partner in seeking additional funding for the DSC for future space acquisition and operational support.



Jason Maciejewski: District 1 Commissioner Maciejewski has served Washtenaw County as a Commissioner since 2018. Jason, with his wife and children, are long time residents of Dexter Township and Jason himself is a graduate of U/M Dearborn, holding a BA in Political Science and a Masters' in Public Administration. Since taking office, Jason has served on a wide range of committees, including the Area Agency on Aging 1B's Board of Directors. In addition to holding office as District 1 Commissioner, Jason is the Chief Advocacy & Planning Officer for a non-profit Area Agency on Aging, where he advocates for senior resources such as Meals on Wheels, directing program operations that directly impact the lives of older adults in the Washtenaw County area.



Most of our fitness classes can be tailored to any level of skill, experience or, in the case of Judy pictured above, center, participation! We have fun, no matter what we're doing, because DSC is a place
Where Seniors THRIVE!

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 10am and Friday at 12:30pm. Beginners welcome on Wednesdays!

AMERICAN MAHJONG: Tuesdays at 12:30pm. Rosie Lemons will come in earlier at 12pm to teach Mah-jong to beginners.

EUCHRE: Wednesdays at 12:30pm.

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

BINGO: Thursdays at 1pm. DECEMBER 7th AND 14th ALTERNATE LOCATION: BATES WOOD FLOOR GYM

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. DECEMBER BIRTHDAY LUNCH ENTERTAINMENT 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* 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 to 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 to 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 to members.**

MOVIN' & GROOVIN': **WILL BE BACK IN JANUARY 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 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 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.



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

DEXTER SENIOR CENTER ACTIVITIES DECEMBER 2023

	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	1
<p>4 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</p>	<p>5 9:00 Strength & Stretch 11:00 Ukulele Orchestra 12:00 Ambassadors Meeting 12:00 Pinochle 12:00 Diabetes Prevention Program 1:00 Mindful Meditation @Dexter Wellness Center Conference Rm 12:30 Maljong/American</p>	<p>6 8:30 Senior Swim 9:30 Pinochle 10:00 Seniors Obtaining Strength 11:00 Catholic Social Services Senior Programs Overview 12:00 Senior Café 12:30 Euchre/313 1:00 Choir 2:15 Cardio Drumming</p>	<p>7 9:00 Strength & Stretch 10:00 Duleimer Group 12:00 Senior Café Bates 12:30 Cribbage 1:00 Bingo (wood floor gym)</p>	<p>8 8:30 Senior Swim 9:00 Weaving 10:00 Ukulele from Scratch 11:00 French Study Group 11:15 Hatha Yoga 12:30 Pinochle/313 1:00 Maljong/Chinese 2:30 Line Dancing</p>
<p>11 8:30 Senior Swim 9:00 Reflexology 9:30 Coloring/Crafts/ Needlework 11:00 Chair Yoga 11:30 CapTel 12:00 Senior Café 1:00 10 Warning Signs of Alzheimer's 12:30 Bridge</p>	<p>12 9:00 Strength & Stretch 11:00 Ukulele Orchestra 11:30 STRIVE Career Day 12:00 Pinochle 12:00 Diabetes Prevention Program 12:30 Maljong/American</p>	<p>13 8:30 Senior Swim 9:00 Chair Massage 9:30 Pinochle 10:00 Seniors Obtaining Strength 12:30 Euchre/313 1:00 Offsite Hamburg Performance 2:15 Cardio Drumming</p>	<p>14 9:00 Strength & Stretch 10:00 Duleimer Group 12:00 Senior Café Bates 12:30 Cribbage 1:00 Bingo (wood floor gym)</p>	<p>15 8:30 Senior Swim 9:00 Weaving 10:00 Ukulele from Scratch 10:15 SilverFit 11:00 French Study Group 11:15 Hatha Yoga 12:30 Pinochle/313 1:00 Disc Golf 1:00 Maljong/Chinese 2:30 Line Dancing</p>
18	19	20	21	22
<p>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 12:30 Bridge</p>	<p>9:00 Strength & Stretch 11:00 Ukulele Orchestra 12:00 Pinochle 12:00 Diabetes Prevention Program 12:00 Euchre Tournament 12:30 Maljong/American</p>	<p>8:30 Senior Swim 9:30 Pinochle 10:00 Seniors Obtaining Strength 11:30 JFS WISE Program Overview 12:00 Birthday Lunch w/Choir 12:30 Euchre/313 2:15 Cardio Drumming 4:00 Board Meeting @ Dexter Wellness Center</p>	<p>9:00 Strength & Stretch 10:00 Duleimer Holiday Sing Along & Cookie Decorating w/4th Graders 12:00 Senior Café 12:30 Cribbage 1:00 Bingo</p>	<p>8:30 Senior Swim 9:00 Weaving 10:00 Ukulele from Scratch 10:15 SilverFit 11:00 French Study Group 11:15 Hatha Yoga 12:30 Pinochle/313 1:00 Disc Golf 1:00 Maljong/Chinese 2:30 Line Dancing</p>
25	26	27	28	29
<p>Closed in observance of Christmas</p>	<p>Closed in observance of Christmas</p>	<p>SPECIAL HOLIDAY PROGRAMMING 9:00 Chair Massage 10:00 Pinochle 12:00 Senior Café 12:30 Euchre/313</p>	<p>SPECIAL HOLIDAY PROGRAMMING 10:00 Duleimer Group 12:00 Senior Café 12:30 Cribbage 1:00 Bingo</p>	<p>SPECIAL HOLIDAY PROGRAMMING 9:00 Weaving 10:00 Ukulele from Scratch 10:00 Book Club 11:00 French Study Group 12:30 Pinochle/313 1:00 Maljong/Chinese</p>

Dexter Senior Center Meal Calendar December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
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
4 Hawaiian meatballs over brown rice; broccoli; carrot coins; strawberries w/whip topping; w/dinner roll	5 Cheddar cheese omelet; parsley round potatoes; apple juice; apricots; fruit muffin w/margarine	6 Tuna salad sandwich; pasta salad w/vegetables; broccoli cheese soup w/crackers; fresh orange; croissant	7 Roast beef w/gravy; garlic mashed redskin potatoes; creamy confetti coleslaw; warm baked apple crisp; dinner roll w/margarine	8 Chicken w/cavatappi pasta; California blend vegetables; garden green salad w/romaine, ranch dressing; fresh banana; Italian bread w/margarine
11 Potato crunch pollock w/tartar sauce; garden peas and pearl onions; diced carrots; fresh red or yellow apple; dinner roll w/margarine	12 Chef salad: diced ham, diced turkey and shredded cheese; garden salad w/romaine, carrots, cucumbers, tomatoes and ranch dressing; white bean soup w/pasta and spinach w/crackers fresh pear; pita bread w/margarine	13 Oven baked crispy chicken; cauliflower w/cheese sauce; steamed collard greens; cinnamon apple sauce; biscuit w/margarine	14 Roast pork w/pork gravy; garlic mashed potatoes; Italian garden green salad w/garbanzo bean garnish, romaine and French dressing; cherry tropical banana; dinner roll w/margarine	15 Pepper steak served over brown rice; green beans, creamy confetti coleslaw; blueberries w/whip topping; dinner roll w/margarine
18 BBQ chicken breast w/BBQ sauce; parsley round potatoes; zucchini and tomatoes; apricots; cornbread w/margarine	19 Turkey enchilada casserole; refried beans w/cheddar cheese; broccoli, cauliflower and tomato salad; mandarin oranges and pineapple tidbits; bread w/margarine	20 Stuffed pepper; garden green salad w/romaine and Italian dressing; garlic mashed potatoes; strawberries w/whip topping; dinner roll w/margarine	21 Chicken a la King over biscuit; Brussels sprouts; cucumber, tomato and onion salad; fresh banana; biscuit w/margarine	22 No Café in Observance of Christmas
25 No Café in Observance of Christmas	26 Sweet & sour chicken w/vegetables served over rice; confetti fried rice w/vegetables; oriental vegetable blend; mandarin oranges and pineapple tidbits; bread w/margarine	27 Potato crunch pollock w/tartar sauce; California blend w/cheese sauce; cucumber, tomato and onion salad; mixed berries w/whip topping; roll w/margarine	28 Sloppy joe sandwich; baked beans; creamy confetti coleslaw; fresh red or yellow apple;	29 No Café in Observance of New Year

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!**

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**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

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DEXTER SENIOR CENTER

7720 ANN ARBOR STREET
DEXTER, MI 48130

(734) 426-7737

www.dexterseniors.org

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Monday—Friday
9am-3pm

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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

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