

DEXTER SENIOR VOICE

UPCOMING EVENTS

Euchre Night

Thursday, Nov. 12

Doors at 5pm, start at 6pm

\$10 advance, \$15 at the door

A Taste of Italy

Benefit Dinner,

Silent Auction, and Raffle
for the Dexter Senior Center

Sunday, November 1

4:30pm

The Cedars of Dexter

Seniors Get Stuffed

Friday, Nov. 27

11:30 – 2:00

Holiday Sale

Granny's Attic and More!

Saturday, Dec. 5

9:00am – 3:00pm

BUNCO at D.S.C.

Tuesday, November 10

1:30 p.m. Start Time

November/ 2015

HELLO FROM WENDY

As we move into our colder and darker season I want to invite you to join us for warmth, laughter, and cheer here at the Senior Center. There is no better way to beat the blues than to have a warm lunch and conversation with friends. Lunch reservations can be made one day beforehand (by noon) by calling the center at 426-7737. Please stop by and see us whenever you can. We are open from 9:00am-3:00pm weekdays. Just check the calendar or call for more information. I hope to see you soon!

FITNESS CLASSES- SEE CALENDAR FOR TIMES

Monday – Exercise with Barb Marr (\$3/class)

Tuesday – Kettlebell Workout (\$5/class) & Seated Fitness (\$3/class) with Barb Marr

Thursday- Strength Training with Barb Marr (\$5/class)

Friday- Exercise with Barb Marr (\$3/class)

MONDAY MORNING YOGA WITH PATTY – through NOV.30

The class takes place from 9-10am. Cost: \$40 The Monday morning yoga class is an adaptive hatha yoga style using chairs, blocks and belts. Contact Patty Hart, E-RYT, 734-645-7251 or patty@everybodyhappy.net.

CENTER CLOSED – NOVEMBER 3 AND NOVEMBER 25, 26, & 27 FOR THE THANKSGIVING HOLIDAY

The Senior Center will be closed on Tuesday, November 3 for Election Day. Homebound and congregate meals will **not** be served on this day. Frozen meals will be sent the Friday before (October 30). We will also be closed November 25-27 for the Thanksgiving Holiday. We will provide extra meals on Nov. 24 to cover this closure period.

LAST CHANCE FOR FLU SHOTS - NOVEMBER 11 -11:30-1:30

ITALIAN BENEFIT DINNER AND SILENT AUCTION – NOVEMBER 1

This is our biggest fundraiser of the year and we need your help! We will again be hosting a wonderful gourmet dinner with Italian food and wine at the Cedars on Sunday, November 1 at 4:30pm. Your ticket (\$50) will include a feast of goodies and 2 glasses of wine. In addition to the dinner we will have a Silent Auction where you will be able to get great deals on a variety of donated items. We also are pleased to again host a wine raffle and you can win big! Please encourage your family, neighbors, and friends to come out and join the fun for a great cause. Tickets are available by calling Wendy Smith at the center office (734) 426-7737 or by contacting any of our board members. We hope to see you there!

SENIORS GET STUFFED – FRIDAY NOVEMBER 27

We are very excited for this wonderful annual celebration of the Thanksgiving holiday. Please join us for a huge feast that day. Door will open before noon. We thank Busch's and all of the fine volunteers who serve, drive meals to our homebound friends and clean up the mess afterward!

SAVE THE DATE – ANNUAL HOLIDAY SALE IS SATURDAY, DECEMBER 5

We will again be hosting the very popular Granny's Attic and craft sale from 9am – 3pm this year. This is a wonderful way to do your early holiday shopping and pick up special handmade treats and goodies to share with your friends and family. We will have wooden toys, hand-knitted items, jams and jellies, and much more for sale that day. After shopping and snacking here at the DSC, you can stop by St. Andrew's Church and the Dexter Historical Museum to continue the holiday cheer! Please call Wendy at the center to donate items to Granny's Attic or to volunteer on Friday set-up or Saturday.

AN EVENING OF ART & MUSIC – FRIDAY, DECEMBER 11

We are very pleased to present the Friends in Harmony choir and the Dexter Dulcimers special holiday event! This will be held on Friday, December 11 at 7pm in the Dexter Senior Center. You won't want to miss this holiday extravaganza!

A BIG THANKS TO ELAINE, KATHLEEN AND OUR WONDERFUL VOLUNTEERS

A hearty thanks to Elaine Huber, Kathleen Sullivan and their great team of volunteers who made this annual fundraising event not only FUN for all involved but also very profitable. Sales were up from 2014 and that is very good news!

VOLUNTEERS NEEDED

The Dexter Senior Center is looking for volunteer drivers for the Meals on Wheels Program. Must be 21 years of age or over and have a valid driver's license. Also we are in need of a **volunteer for the Meals on Wheels** food preparation on Thursdays from 10 am-1 pm. For more information about either of these positions call Denise Marshall at (734) 426-7737.

NEW! DSC SPONSOR MENTION

We would like to take this opportunity to thank **Barb Marr** for joining our sponsorship program! Would YOU like to join us as a sponsor? If you know someone who would like to sponsor the Dexter Senior Center please contact Wendy Smith at (734) 426-7737 or by email at Director@dexterseniors.org. Sponsorships start at only \$100 and are a great way to support the center and the senior community in Dexter.

MEDICARE COUNSELING APPOINTMENTS

The Open Enrollment Period for Medicare Part D prescription plans and Medicare Advantage Plans runs from October 15 through December 7. Dexter Senior Center members can get help from a MMAP counselor here at the Dexter Senior Center. Call Wendy for more information and to get an appointment scheduled.

RETREAT FOR YOUR FEET – NOVEMBER 10

Stress is a factor in over 75% of all illness. Reflexology offers a relaxing retreat from the stresses of the world giving the body an opportunity to use its own healing abilities. Barb Fisher, a Certified Reflexologist and a Naturopathic Therapist and Educator will be at the Dexter Senior Center on Tuesday, November 10. The retreat fees are \$10 for every 15 minutes for members and \$15 for non-members. Please schedule your appointment by calling 426-7737.

CARD MAKING WORKSHOP – NOVEMBER 17

November finds us thinking ahead to the December holidays and we will begin creating our holiday cards this month. Cost is \$10 and covers all materials including envelopes for the kits prepared by Kristen Isaacs. The class is limited to eight people and the required sign-up deadline is Friday, November 13. Please bring a basic tool kit with scissors and adhesives such as glue and two sided tape. To register for the 10:15 a.m. class call Wendy at (734) 426-7737 or add your name to the sign-up sheet.

HVA OFFERS BLOOD PRESSURE CHECKS

Dexter paramedics are at the Dexter Senior Center every Thursday morning to do blood pressure checks. A HVA paramedic will be available beginning at 9:30 a.m. every Thursday. Please keep in mind, if they are called to an emergency, they may not be available. This is on a drop-in basis. We thank the HVA Dexter paramedics for offering this service to us!

NEWSLETTER ASSEMBLY DAY – NOVEMBER 20

Newsletter assembly takes time and DSC has always had such wonderful volunteers to help with this task. In an attempt to coordinate the newsletter assembly better I will be posting the assembly date in the newsletter each month. This month we will assemble newsletters on Friday, November 20 beginning at 10:00 a.m. If you'd like to help, please stop in.

COMPUTER GROUP

Did you know that Gordon and Pete are available to help you with your laptop or desktop computers? Make an appointment with Wendy for either the first or third Monday at 1pm. Questions? Call Gordon at (734) 424-3378.

BUSCH'S SCRIP PROGRAM

What is Busch's Scrip Program? Let me tell you! Every time you purchase groceries at Busch's and use your Scrip Card, the center will receive up to 5% cash back of your total purchase. All you have to do is show your Scrip Card **each time you check out**. Scrip cards are available at the Dexter Senior Center.

CLASSIC MOVIE TUESDAY – NOVEMBER 24

Tuesday, November 24 at 1:00 p.m. come to the Senior Center and join us for a movie, popcorn and refreshments!! Each month we will have a new classic movie for your viewing. November's movie will be Top Gun. Please join us!



Contact Us

Dexter Senior Center

7720 Ann Arbor Street
Dexter, MI 48130
(734) 426-7737

Wendy Smith, Director
Director@dexterseniors.org
www.dexterseniors.org
www.facebook.com/DexterSeniorCenter

Dexter Senior Center Board Members

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Joanne Westman- Trustee

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Dan Chapman- Trustee

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*Board meetings are every 3rd Wednesday of the month at 4pm. Public is welcome.

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