

Nutrition Program Meals on Wheels

The Washtenaw County Nutrition Program provides home bound lunches every weekday. Congregate lunches are on pause until it is safe to meet again.

Call 734-253-2370 to make reservations at least 48 hours in advance. Current Menu available at dexterseniors.org

Membership

Membership is \$20 annually for independent adults over 55.

Member benefits include discounts on activities at the center and at many local businesses.

Transportation

Door-to-door service is available to seniors through the W.A.V.E. Call 734-475-9494 or visit ridethewave.org.

Thanks to Mary Robinson for the center's flower garden pictured on the front of this brochure.

Brochure photos: L. Esckelson



The Dexter Senior Center is a 501(c)3 nonprofit.

Our mission is to provide programs and services that enable individuals to remain an active and integral part of the community and to empower them to retain their independence, dignity, and sense of well-being.

The Center is funded by grants, membership fees, and donations.

Thank you to all of our supporters!



**Ann Arbor Area
Community Foundation**

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**ST. JOSEPH MERCY
CHELSEA**
SAINT JOSEPH MERCY HEALTH SYSTEM



**UNITED METHODIST
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FOUNDATION



**Aging &
Adult Services Agency**
Department of Health and Human Services

Dexter Senior Center



7720 Ann Arbor St.
Dexter, MI 48130
734-426-7737

dexterseniors.org

Meals on Wheels: 734-253-2370

Jim.Carson@dexterseniors.org



Judy Welsh's card making class

Arts & Crafts

Acrylic Painting
Card Making
Coloring for Adults
Needle Arts
Weaving

French

Beginning & Advanced

Games & Cards

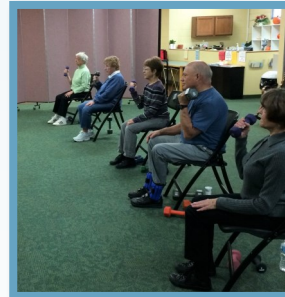
Cribbage
Euchre
Mahjong
Pinochle
Scrabble
and more!

Fitness

Chair Yoga
Strength/Stretch



Yoga



Strength Training

Wellness

Blood Pressure Checks
Chair Massage
Flu Shots
Foot care
Reflexology
Medicare counseling

Monday Talks

The Dexter Senior Center hosts a series of presentations on Monday afternoons. Topics include healthcare, caregiving, and fitness with occasional educational talks and musical guests.



Dexter Dulcimers at Fall Festival

Music

Friends in Harmony Choir
Mountain Dulcimer
Ukulele



The Friends in Harmony Choir