

Dexter Senior Voice

Greetings from Board President Jim Carson

The Center is pleased to announce that Kim Steptoe will be joining us for the summer as Program Coordinator. Kim has been hard at work getting new discounts for members and confirming some favorites—see back page for details. We would also like to thank members for their patience as we continue our phased re-opening of the Center. It has been a pleasure to see familiar, smiling faces and to welcome new members. We enjoyed a delicious indoor picnic at the Center on June 25th with selections from Dexter's Riverview Café. The July picnic will be on the 16th with subs from Classic Pizza. Members can sign up at the center or call 734-426-7737. There is a fee of \$5.

The Friends in Harmony Choir is meeting again at the Center on Wednesdays. We will also be hosting games and cards starting in July. The first in a series of Monday afternoon talks will take place on July 12 from 2-3pm. Lindsay Mamp will join us for an introduction to Shared Services Home Health Care.

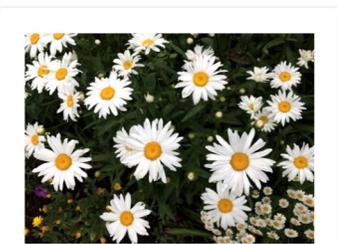
Please note: registration is required for many classes as space is limited. **We continue to ask that you wear a mask if you have not been fully vaccinated.** Please respect activity leaders' guidance regarding health and safety for their particular service.

Please be sensitive to our members and staff at the center with respiratory issues and refrain from wearing strong perfumes, hairspray, cologne, etc. Thank you.

Did You Know? by Joanne Westman

Every summer as we walk by the flower garden at the Senior Center, we enjoy its beauty and fragrance. But did you know who is responsible for making this garden possible over these many years?

It is Mary Robinson, a member of the Dexter Garden Club and gardener for the Washtenaw County Parks. She spends hours planting, pruning, watering and deadheading.



We owe her a debt of gratitude for creating such a gift for seniors entering our building. Not only is Mary a wonderful gardener, but she is also a weaver, having studied at the John Campbell Folk School in North Carolina. She teaches weaving here at the Center fall through spring on our two four harness looms in the back room.

So, now you know one of our members who gives back through the beauty of the garden.



Inside this issue

Welcome, Kim

Did You Know?

The Friends in Harmony choir

Games & Cards

Picnic July 16 at noon \$5 per member

Activities Calendar

Visit from Lindsay Mamp from Shared Services Home Health Care

Member Discounts

Newsletter photos courtesy of Laura E.

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.

Services & Fitness

Participation in services & activities are for current members. Membership forms are available at the Center and at www.dexterseniors.org. **Pre-registration is required for services and fitness.**

Acupuncture with Ron Hough, LAC

Tuesdays at 1:00. The fee is \$20 per session paid to Ron. Register by signing up at the Center, calling the Center at 734-426-7737, or emailing assistant@dexterseniors.org.

July is Ron Hough's last month with the Center as he will be beginning a new adventure and moving to Scotland in the fall. We are grateful that he has been a part of the Dexter Senior Center community. He has graciously made some clinic recommendations which will be posted by the registration board. Don't forget to visit his Facebook page and leave a review.

Foot care with Ava Passino, RN

Thursday, July 1 and Friday, July 9 from 9:15-2pm. The fee is \$40.00 paid to Ava. Register for an appointment with Ava by calling 313-303 7836.

Ava is a Registered Nurse who specialized in Foot Care and has a Certification in Geriatric Nursing. Each 1 hour footcare session with her includes foot/leg assessment, warm foot bath, toenail trimming, therapeutic foot/leg massage & Health Education.

Reflexology with Barb Fisher, Certified Reflexologist and Naturopathic Therapist

Tuesday, July 20th and the 27th from 10am-noon. Call Barb Fisher at 734-664-7465 to register for an appointment. The fees are \$10 for members and \$15 for nonmembers paid to Barb for every 15 minutes.

Reflexology offers a relaxing retreat from the stresses of the world giving the body an opportunity to use its own healing abilities.

Fitness—No Fee*

**Fees for these fitness classes have been covered by a grant from the Michigan Department of Health and Human Services through September (and possibly longer if funds allow).*

Strength/Stretch class with Certified Group Fitness

Instructor Lauren Yoder, AEA – AFEP

Wednesdays at 10:30. Register by signing up at the Center or by calling 734-426-7737.

This low-impact class is perfect for those suffering from arthritis, osteoporosis, and other issues that compromise joint mobility. Exercises are designed to help increase range of motion, flexibility, strength, and endurance for activities of daily living.

Chair yoga with Lauren Hunt, Certified Yoga Instructor—Class is Full

Mondays from 9-10:00.

A slow paced, gentle stretch that is accessible for everybody. Relax and find your way into a moving meditation that melts away stress and brings greater comfort to the body. Suitable for people with arthritis and those unable to get on the floor without assistance.



Arts, Crafts, & Music

Pre-registration is required for acrylic painting and card making classes.

Acrylic Painting with Steve Wood — a step-by-step approach

Monday, July 26th from 1:00-3:00. Class fee is \$20 paid in advance to Dexter Senior Center. To register, sign up at the center or call 734-426-7737. You may also send an email to assistant@dexterseniors.org. No experience or supplies necessary.

In Steve's class, students will work on a theme such as landscapes and learn different techniques for each painting. Each month, students will review techniques as well as learning new ones. Steve is an award-winning artist whose television show, "Anyone Can Paint," is shown throughout Michigan. See Steve's website for more information: anyonecanpaint.com

Card making class with Judy Welsh

Tuesday, July 20th from 10-12:00. The fee is \$10 for three cards paid to Judy at class time. Participants should bring their own adhesive and scissors. Sign up at the center or call the center at 734-426-7737 before July 16th for the July 20th class. July's theme is get well & sympathy cards.

The image at the right includes birthday cards from Judy's card making class in June.



Group Activities—No fee, No pre-registration

Choir—Friends in Harmony

The choir meets on Wednesdays from 1-2:00. Participants must be fully vaccinated.

Dulcimer Group

The dulcimer group meets on Thursdays from 10-11:00.

Ukulele Group

Tuesdays at 11am. Contact Mary Lou at mlsr5283@gmail.com or 734-255-1925 (10am-7pm) for more information. Supplies you will need to bring: uke, Yellow Book (Beloff Daily Ukulele), music stand, clips or clothes pins to hold pages, mask, 3 ring binder with Cynthia Lin's first lesson printed out (3 Little Birds) available at her youtube channel.

Needle Arts—all levels

The Needle Arts group meets on Wednesdays at 12:30. You are welcome to bring your own project to work on and socialize or you can create handmade for Project Linus, an organization that donates blankets to children. See projectlinus.org to read more about it.

Adult Coloring

Mondays at 10:30. Supplies are provided.

Bingo

Every Thursday from 1-2:00. There are no fees for this and lots of fun prizes!

Cards & Games—Member organized

Tuesday, Thursday, and Friday **after 12:30**. Mahjong will be meet on Fridays from 12:30-3pm. Call Sally Leonard at 734-747-9196 to join Euchre game.

Garden at the Center

Call Joanne Westman at 734-476-4016 for help setting up a vegetable or flower garden behind the Center.



Tomato plants at the DSC

Dexter Senior Center Member Discounts

- Classic Pizza—\$7 large 1 item
- Dexter Pub—20% off Monday-Thursday
- My Cleaners—10% off
- Joe & Rosies—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



Jensen's Community Pharmacy offers FREE, local delivery. It is located at 7067 Dexter Ann Arbor Road in Dexter.

Dexter Senior Center Wish List

Drop off at Center: Forever Stamps
The costliest part of mailings is postage, so any contribution is appreciated.

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 2021 Cash for Education. Then, choose Dexter Senior Center for each quarter of 2021 and click on "Add."

Free KN95 masks

Call the Dexter Senior Center at 734-426-7737 to request masks (limit of 2).

Free WAVE passes

Call the Dexter Senior Center at 734-426-7737 to request passes.

To reserve door-to-door rides from WAVE, call **734-475-9494**
Open weekdays from 8-4:30pm.
ridethewavebus.org.

Meals on Wheels: 734-253-2370

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Ann Arbor Area Community Foundation
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Dexter Senior Center

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

Director@dexterseniors.org

www.dexterseniors.org

Monday—Friday
9:00-3:00

Emily Kiesler
Food Service Manager
734-253-2370

**Dexter Senior Center
Board Members**

Jim Carson- President
Richard Henes - Vice President
Donna Fisher - Secretary

Pat Albright - Trustee
Dan Chapman - Trustee
David Chapman - Trustee
Ann Davis - Trustee
Mary Westhoff - Trustee
Joanne Westman—Trustee



Inclement Weather Policy

Please note that Meals on Wheels friends should rely on their emergency shelf or frozen meals when inclement weather prevents safe deliveries.

Dexter Senior Center

7720 Ann Arbor St
Dexter MI 48130

PLEASE
PLACE
STAMP
HERE