

# Dexter Senior Voice

## Greetings from Board President Jim Carson

The Center is beginning to be filled with the sound of familiar voices and the hum of activity as we begin our phased re-opening of the center to activities and groups.

We are happy to announce that June will include a Fitness class focused on Strengthening and Stretching and a Chair Yoga class. Class size is limited so register early. The Center received a grant from the Michigan Department of Health and Human Services for these classes. Because of that, these classes can be offered without a fee. This may change in the future if these monies are no longer available. Pre-registration is required.

Card Making is back and Steve Wood will be at the Center later in the month to teach Acrylic Painting. There will also be an Outdoor Ukulele class on Tuesdays—free concerts for our neighbors.

Please see our program listings and calendar in the following pages for more information. Note that **registration is required for many classes as space is limited.**

Please remember that masks are required if you have not been fully vaccinated and please respect activity leaders' guidance regarding health and safety for their particular service.

## Picnic - Friday June 25

**Please let us know if you can attend. Sign up at the center or give us a call at 734-426-7737 or email Laura at [assistant@dexterseniors.org](mailto:assistant@dexterseniors.org). Event limited to 12. This event is limited to persons who are fully vaccinated.**

## Garden at the Center

There are six small plots available for vegetables or flowers behind the senior center building. Call Joanne Westman at 734-476-4016 for a spot and help with start-up.

## Join Us for Bingo

Thursdays from 1-2:00 There is no fee and fun prizes. You do not need to register for this class, just come on in.



## Inside this issue

New Phone Number for  
**Meals on Wheels:**  
**734-253-2370**

**Picnic on Friday**  
**June 25th—sign up**  
**now**

Garden at the Center

Bingo

Center Wish List

Services & Fitness

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Groups—no fee

Activities Calendar

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Program

## 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

Services & Fitness are for Current Members—Membership Forms are available at the Center or can be printed off our website [www.dexterseniors.org](http://www.dexterseniors.org)

## **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, or emailing [assistant@dexterseniors.org](mailto:assistant@dexterseniors.org). Please note that there will be no acupuncture on June 8th.**

Ron Hough is a licensed acupuncturist and notes on his website, [nccaomdiplomates.com/ronaldhough](http://nccaomdiplomates.com/ronaldhough), the many benefits of acupuncture include: pain reduction, stress and tension relief, increased energy levels, stronger digestion, relief from bad habits and addictions, and a greater sense of overall health and well-being.

## **Foot care with Ava Passino, RN**

**Thursday, June 3 and Friday, June 11, 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, June 22nd and the 29th from 10am-noon. Call Barb Fisher at 734-664-7465 to register for an appointment.** The fees are \$10 paid to Barb for every 15 minutes for members and \$15 for non-members.

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**

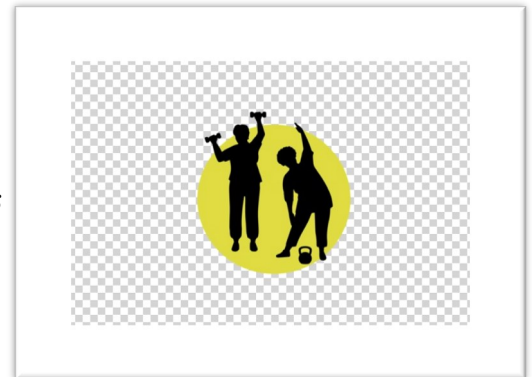
**Wednesdays at 10:30 starting June 16. Register by signing up at the Center, calling the Center, or emailing [assistant@dexterseniors.org](mailto:assistant@dexterseniors.org).**

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**

**Mondays, 9-10:00 starting June 14. Register by signing up at the Center, calling the Center, or emailing [assistant@dexterseniors.org](mailto:assistant@dexterseniors.org).**

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

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

**Monday, June 28th. 1:00-3:00. Class fee is \$20 paid in advance to Dexter Senior Center. To register, sign up at the center or call. You may also send an email to [assistant@dexterseniors.org](mailto:assistant@dexterseniors.org). No experience or supplies necessary.**

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](http://anyonecanpaint.com)

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.

## **Card making class with Judy Welsh**

**Tuesday, June 15th from 10-12:00. The fee is \$10 for three cards paid to Judy at class time. This month’s theme is Birthday Cards. Participants should bring their own adhesive and scissors. Sign up at the center or email [assistant@dexterseniors.org](mailto:assistant@dexterseniors.org) or call the center before June 11th for the June 15th class.**

## **Group Activities—No fee**

### **Outdoor Ukulele Group**

Outside of the Center, Tuesdays at 11am. Contact Mary Lou at [mlsr5283@gmail.com](mailto:mlsr5283@gmail.com) or 734-255-1925 (10am-7pm) for more information.

Instructions from Mary Lou: To participate, you must agree to COVID-19 precautions: Stay 6 feet apart, wear a mask if you sing. You must also **bring all of your own supplies\*** and not share, loan, or pass any of them around.

**Ukulele supplies:** ukes, 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.

### **Dulcimer Group**

Thursdays from 10-11:00.

### **Needle Arts—all levels**

The Needle Arts group meets on Wednesday at 1:00. 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](http://projectlinus.org) to read more about it.

### **Adult Coloring**

Mondays from 11-12:00. Supplies are provided.

### **Bingo**

Every Thursday from 1-2:00.



**Jensen's Community Pharmacy** offers FREE, local delivery to our patients to provide extra convenience.

**Jensen's Community Pharmacy** is located at 7067 Dexter Ann Arbor Road in Dexter.

Please call **734-426-6210**



## Ride the W.A.V.E.

Western-Washtenaw Area Value Express

To reserve door-to-door rides from WAVE call **734-475-9494**.  
Open weekdays from 8:00-4:30pm.

### Senior Center Wish List (Drop off at the Center)

**Copy Paper**  
**Forever Postage Stamps**

### 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.

### \*SPECIAL ANNOUNCEMENT\*

The **Meals on Wheels** program has a new phone number:

**734-253-2370**

### Major Supporters:



### Ann Arbor Area

Community Foundation

For good. For ever.™



Dexter Community Fund

For Good. For Ever. For Dexter.



ST. JOSEPH MERCY  
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UNITED METHODIST  
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Aging &  
Adult Services Agency  
Department of Health and Human Services

**Dexter Senior Center**

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

Director@dexterseniors.org

[www.dexterseniors.org](http://www.dexterseniors.org)

\*Current hours\*  
M-F 8:30am-1:30pm

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