



Dexter Senior Voice

November 2021

Thought for the Day

“The trees are about to show us how beautiful it is to let things go.” - Anonymous

A Note from Kim

Happy November, everyone! I hope you’ve had an opportunity to enjoy this beautiful fall weather. In the spirit of Thanksgiving, I would like to express how thankful I am to have the opportunity to share my days with you! I truly believe a senior center is only as good as its members—and you guys are the best! In closing, I want to wish each of you and your families a blessed Thanksgiving.

Keep Smiling!



Thank you!

Photo provided by Dexter Community Fund

Thanks to the Ann Arbor Area Community Foundation and the Dexter Community Fund for awarding the Dexter Senior Center a \$2,500 grant to develop our Meals on Wheels program!

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Medicare/Medicaid Counseling

Jim Pickard,
Certified Medicare Counselor
734-426-4366

Please note:

Masks are optional but **vaccination is required** to participate in Center activities.

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.

Program Updates—Kim Martini, Program Coordinator

BRIDGE IS BACK: Our bridge group is anxious to get started again and wants to invite those interested in learning the game to join them. This type of bridge, referred to as Rubber Bridge, is perfect for those looking to brush up on their skills or learn the game in a fun noncompetitive atmosphere. All skill levels are welcome. They are currently looking for alternates if you are unable to commit on a weekly basis. Please contact Dave Pyne at 734-426-4781 and leave a message. This group meets on Mondays at 12:45 .

REFLEXOLOGY UPDATE: Beginning immediately, sign-up for reflexology will be at the Center. You can sign up by calling 734-426-7737.

MASK UPDATE: Effective immediately, masks are optional while inside the Center. All participants must be vaccinated to participate in any Center program. Thank you for your cooperation.

CARDMAKING: Join us on Tuesday, November 16, for this fun, creative project. No experience needed. The theme is Christmas cards. I joined these ladies last month and I'm hooked. Judy Welsh is a great instructor and willing help you as needed. You will leave with 3 cards and the cost is \$10. Please bring glue and scissors if you have them. There must be 3 people signed up for this class or it will be cancelled. Please include your phone number so you can be notified of cancellation.

MEMBER COUNCIL: October was the first time this group met. Everyone is welcome to attend. We will meet the first Wednesday of each month at 10:00. This is an informal group to discuss issues, questions, or concerns that you may have. November meeting will be Wednesday, November 3, at 10:00.

REMINDER: Beginning October 1st, we are asking that when you sign up for a program or activity, please include your phone number. This is needed if the program is cancelled or there is a change. Saves you a trip to the Center only to find the program is cancelled.

DAYLIGHT SAVINGS TIME: Just a reminder to turn your clocks back one hour before you go to bed on Saturday, November 6th. Enjoy the extra hour of sleep!

MAKE AND TAKE: Dee Dee for Hearts and Flowers will be here on Monday, November 8th, at 1:00 to help us create a floral arrangement. This small centerpiece will brighten any table! All materials will be provided and the cost is \$12.50 (\$15 for nonmembers). Deadline to sign up is Thursday, November 4th.

NEEDLE FELTING CLASS: Suzanne VanNatter will hold a needle felting class on Monday, November 15th at 1:00. All participants will make a snowman that can be either an ornament or a pin. All materials will be provided. The cost is \$5.00 for members and \$8.00 for nonmembers. Sign up at the Senior Center.

DEXTER SENIOR CENTER WISHLIST: Paper Towels, Paper Plates, Coffee decaf or regular, copy paper, Plastic table covering, Forever stamps.

WANTED: If anyone has any CDs with music from the 50s & the 60s, I would love to take them off your hands. Our music collection is desperate need of expansion! Thank you in advance!

Program Updates—Kim Martini, Program Coordinator

WRITING YOUR MEMORIES: ONE STORY AT A TIME: Have you been reflecting lately on what you've done with your life? Would you like to share your life experiences with the next generations? Does the thought of trying to "get it all down" leave you daunted? If you've answered "yes" to any of those questions, this is the workshop for you. You will get inspired and obtain practical advice for writing the stories of your life. Experienced biographer and published author, Stephanie Kadel Taras, PhD, will be your guide as you explore themes from your life, learn simple storytelling techniques and do some writing in class. No previous writing experience required! You will leave with a workbook and questions to continue your personal story! The workshop will be held on Monday, December 6th from 12:30 to 3:00. Please sign up for this free workshop by call 734-426-7737. We need a minimum of eight people to hold this class. What a great gift to give your family and friends!

CHOIR RESUMES: Happy days are here again! We have resumed choir rehearsals for "FRIENDS IN HARMONY" singing group. We rehearse every Wednesday at 1:00 pm at the Senior Center for one hour. You must be vaccinated for Covid-19, masks are optional, but we will observe spacing. This group has been singing together for eight years. We sing a wide variety of music: Gershwin, patriotic, religious, gospel, The Beatles, music from the 50s, and Disney, just to mention a few. We have sung for local groups such as Chelsea Hospital Senior Luncheons, Brookdale in Brighton, Hamburg Senior Center, Sunrise Assisted Living, and Peace Lutheran Church for Christmas program. We welcome invitations to perform for other groups! We welcome new members! The only requirement is that you love to sing! Please contact Janet Potter at 734-253-2474 if you are interested in joining this talented group!

GET A PIECE OF THE PIE: Celebrate the season with a piece of pumpkin pie and whipped cream! Join us on Friday, November 5, at 12:30 and we can enjoy and piece of the pie and great conversation. Please sign up at the Center!

SAVE THE DATE: Let's have some fun and let our creative juices flow. On Wednesday, December 15, at 10:00, we will be decorating gingerbread houses. I will assemble the houses and you will decorate them. All materials will be provided. All gingerbread houses will be displayed, and members will be asked to vote on a favorite. The cost is \$15.00.

ELDER LAW Q & A: Laurie Brewis from the TBQ Law Firm will be at the Dexter Senior Center on Monday, November 29, at 1:00. She will host a question-and-answer session on estates, probate and elder law issues. She is also very knowledgeable about wills and trusts. This is a free event.

CENTER CLOSED: The Senior Center will be closed on Thursday, November 25, and Friday, November 26, for Thanksgiving. Have a wonderful Thanksgiving!

DISCOUNTS: Just a reminder to present your Dexter Senior Center membership card when using the discount at local businesses.

CONGREGATE LUNCH PROGRAM UPDATE: We would like reopen the congregate lunch program at the Center. To help us reopen we would like to host a "pilot" lunch on Wednesday, November 17th at noon. If you would like to join us for lunch, please sign up by Wednesday, November 10th. We have missed our lunch friends and cannot wait to resume this program. The recommended donation is \$3.50 per meal and there is a limit of 16 participants currently.

Board & Member Updates

Free Medicare/Medicaid Counseling

Open enrollment in Medicare Advantage and prescription drug plans takes place from October 15—December 7th. Now is the time to review your coverage options.

Dexter Senior Center member, Jim Pickard, has provided free Medicare counseling to seniors in Dexter and Chelsea for many years.

If you would like assistance with Medicare or Medicaid, call certified Medicare counselor Jim Pickard at 734-426-4366 to set up a time to meet by phone or in person.

Michigan Medicare/Medicaid Assistance Program (MMAP), a program with the Area Agency on Aging, provides free Medicare and Medicaid information and counseling for seniors and disabled persons on Medicare and/or Medicaid.

Dexter Senior Center—In the News

The Sun Times recently featured Dexter Senior Center member, Sandra DeCorte, in an interview about her many beautiful quilt contributions to Project Linus! It appeared online on September 24, entitled, *Dexter Senior Changing Little Lives One Stitch at a Time*. It was also on the front page of the print version of The Sun Times on September 29th. It was a pleasure to see Sandra get recognition for her good work. Special thanks to Joanne Westman for suggesting Project Linus to our Needle Arts group.

Did you Know? by Joanne Westman

You know that the Dexter Senior Center has a nice collection of books in its library, but did you know that fully one third of those books are large print? They are so helpful to those with vision issues but are also good for late night reading when one's eyes are simply tired (as mine so often are). You can find large print books on the shelves to the right of the main business office.

I try to keep a good supply of the most popular authors as well as a collection of condensed books for those too busy to read an entire novel.

There is no need to check books out. Simply take and return in the "return" basket when you are finished. This is the same for our wonderful collection of puzzles.

Happy reading and puzzling!

Arts & Crafts

Registration is required for arts, crafts, services, and fitness classes.

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

Monday, November 22 from 1:00-3:00. Class fee is \$20 paid in advance (\$25 nonmembers) to Dexter Senior Center. No experience or supplies necessary. The painting for November is “Tobogganing Snowpeople .” Sign up at the Center or by calling 426-7737.

Card making class with Judy Welsh

Tuesday, November 16 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. Register before November 12 for the November 16 class. The theme is Christmas cards. Please note: There must be three people signed up for this class or it will be canceled. Sign up at the Center or by calling 426-7737. Please provide your phone number in case class is cancelled.

Watercolor Classes with Nancy Lybrink

Friday, November 19 from 10:00 to 11:30. The fee is \$10 per class. The cost of start-up supplies is about \$25. Joanne Westman has volunteered to assist new participants with creating a list. Sign up at Center or by calling 426-7737.

Services

Chair Massage with Jenny Miller—licensed massage therapist—Appointment required

Wednesday, November 10 and 24 from 9-12. Call Jenny at 734-645-6166 to schedule an appointment. \$1 a minute, 15 minutes minimum, 30 minute maximum. Massage reduces stress, relieves muscle pain, and improves flexibility and range of motion.

What to expect from a Chair Massage

Twenty to thirty minutes is optimal for receiving the benefit of a chair massage. Borrowing from a number of massage modalities, the therapist focuses on the areas of your neck, shoulders, back, arms, and hands with the most tension. Massage techniques are performed over your clothing, and no massage oil is used. A specially designed chair is provided, fitted with an angled cradle for your face to rest in, and a support for resting your arms. Although limited to upper body, chair massage provides the same benefits of more formal massage techniques for pain and stress relief.

Foot care with Ava Passino, RN

Foot care appointments are booked up through December.

Reflexology with Barb Fisher, Certified Reflexologist and Naturopathic Therapist

Tuesday, November 16 and 23 from 9am-noon. The fees are \$10 for every 15 minutes for members and \$15 for nonmembers paid to Barb. Sign up at the Center or by calling 426-7737. Reflexology offers a relaxing retreat from the stresses of the world giving the body an opportunity to use its own healing abilities.

Fitness & Group Activities—all free

Fitness—No Fees *courtesy of grant from the Michigan Department of Health and Human Services.*

Chair yoga—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.

Strength/Stretch class—Tuesdays from 9-10:00

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.

Bingo Every Thursday at 12:30. There are no fees and lots of fun prizes! Drop in, no sign up.

Cards & Games—12:30

Rubber Bridge: Mondays at 12:45. All skill levels are welcome. Seeking alternates if you are unable to commit to a weekly game. Please contact Dave Pyne at 734-426-4781 and leave a message.

Pinochle: Tuesday and Friday at 12:00. Sign up at the Center or by calling 734-426-7737.

Choir—Friends in Harmony—Wednesdays at 1:00

New members welcome. The only requirements are proof of COVID-19 vaccination and you must love to sing. The choir sings Gershwin tunes, The Beatles, gospel music, 50s songs and much, much more. **Please contact Janet Potter at 734-253-2474** for information.

Coloring for Adults—Mondays at 10:00. Supplies are provided.

Dulcimer Group—Thursdays from 10-11:00.

Beginners & new members are welcome to join. Loaner instruments are available.

French—Intermediate and Advanced with Rhea Berry

Advanced French meets on Tuesdays at 11:00. Intermediate French meets on Fridays at 11:00. Sign up at the Center or by calling 734-426-7737.

Mahjong

Rosie Lemons will be at the Center at 12:00 to teach Mahjong to beginners. American Mahjong will be held on Tuesdays from 12:30-3pm. Chinese Mahjong will be held on Thursdays from 12:30-3pm.

Needle Arts—all levels—Wednesdays at 11:00


The Needle Arts group meets on Wednesdays at a **new time from 11-12:00**. Bring your own project to work on and socialize or bring work for Project Linus, an organization that donates blankets to children. See projectlinus.org for more information. Drop in, no sign up necessary.

Ukulele Group—Tuesdays at 11:00

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.

Weaving

Contact Mary Robinson at 734-426-5218 to set up meeting times with Mary or Paul Wensel 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.

| Dexter Senior Center | | | | | November 2021 | | | | |
|---|--|---|--|--|----------------------|--|--|--|--|
| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
| 1 | | 2 | | 3 | | 4 | | 5 | |
| 9-10 Chair Yoga 10:00 Coloring for Adults 12:45 Bridge | | 9-10 Strength/Stretch 11:00 Advanced French 11:00 Ukulele 12:00 Pinochle 12:30-3 Amer. Mahjong | | 10 Member Council 11:00 Needle Arts 12:30 Euchre 1:00 Choir | | 10-11 Dulcimer 12:30-3 Chinese Mahjong 12:30 Cards & Games 12:30 Bingo | | 9:15-2:00 Footcare 11 Intermediate French 12:00 Pinochle & 3-1-3 12:30 Pumpkin Pie | |
| 8 | | 9 | | 10 | | 11 | | 12 | |
| 9-10 Chair Yoga 10:00 Coloring for Adults 12:45 Bridge 1:00 Flower Arrangements | | 9-10 Strength/Stretch 11:00 Advanced French 11:00 Ukulele 12:00 Pinochle 12:30-3 Amer. Mahjong | | 9-12 Chair Massage 11:00 Needle Arts 12:30 Euchre 1:00 Choir 4:00 Board Meeting | | 10-11 Dulcimer 12:30-3 Chinese Mahjong 12:30 Cards & Games 12:30 Bingo | | 9:15-2:00 Footcare 11 Intermediate French 12:00 Pinochle & 3-1-3 | |
| 15 | | 16 | | 17 | | 18 | | 19 | |
| 9-10 Chair Yoga 10:00 Coloring for Adults 12:45 Bridge 1:00 Needle Felting | | 9-10 Strength/Stretch 9-12 Reflexology 10-12 Card making 11:00 Advanced French 11:00 Ukulele 12:00 Pinochle 12:30-3 Amer. Mahjong | | 11:00 Needle Arts 12:00 Lunch Limited to 16 12:30 Euchre 1:00 Choir | | 10-11 Dulcimer 12:30-3 Chinese Mahjong 12:30 Cards & Games 12:30 Bingo | | 10-11:30 Watercolor 11 Intermediate French 12:00 Pinochle & 3-1-3 | |
| 22 | | 23 | | 24 | | 25 | | 26 | |
| 9-10 Chair Yoga 10:00 Coloring for Adults 12:45 Bridge 1-3:00 Acrylic Painting | | 9-10 Strength/Stretch 9-12 Reflexology 11:00 Advanced French 11:00 Ukulele 12:00 Pinochle 12:30-3 Amer. Mahjong | | 9-12 Chair Massage 11:00 Needle Arts 12:30 Euchre 1:00 Choir | | Thanksgiving Center Closed  | | Center Closed | |
| 29 | | 30 | | | | | | | |
| 9-10 Chair Yoga 10:00 Coloring for Adults 12:45 Bridge 1:00 Elder Law Q & A | | 9-10 Strength/Stretch 11:00 Advanced French 11:00 Ukulele 12:00 Pinochle 12:30-3 Amer. Mahjong | | | | | | | |

Resources



Transportation

Reserve door-to-door rides from WAVE by calling **734-475-9494** Weekdays 8-4:30pm.
ridethewavebus.org

Call the Dexter Senior Center at 734-426-7737 to reserve Free KN95 masks (limit of 2) or Free WAVE passes.

Dexter Senior Center

Member Discounts

Remember to present your DSC membership card

Classic Pizza—\$7 large 1 item

Dexter Pub—20% off M-TH

My Cleaners—10% off

Joe & Rosie Coffee and Tea—15% off

Aubree's (Dexter only)—10% off

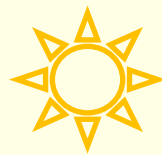
Dexter Creamery—10% off

Dexter Bakery—15% off

Hearts & Flowers—15% off

Dairy Queen—15% off

Jensen's Community Pharmacy
—10% off over the counter



Free Homemade Cards

Contact the Center at 734-426-7737 if you'd like a volunteer to send a homemade card to a member.



Jensen's Community Pharmacy offers FREE, local delivery.

Call 734-426-6210.

It is located at:

7067 Dexter Ann Arbor Road in Dexter.

Thanks to Busch's

for their donation
of gift cards for bingo prizes!



Dexter Senior Center Wish List

Drop off at Center:

**Forever Postage Stamps,
CDs from the 50s or 60s,**
paper towels, paper plates, coffee decaf or
regular, copy paper, plastic table coverings.

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 ac-
count.

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."

The Dexter Senior Center

Major Supporters



**Ann Arbor Area
Community Foundation**

For good. For ever.™



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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

Jim.Carson@dexterseniors.org
KMartini@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
Ann Davis—Treasurer

Dan Chapman - Trustee
David Chapman - 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