

Dexter Senior Voice



A Note from Kim

I'd like to take this opportunity to introduce myself (or re-introduce in some cases) as your interim Program Coordinator. I was the Director at the Dexter Senior Center about 10 years ago and I'm so excited to be back! I'm looking forward to reacquainting myself with all of you and getting to know those who are new.

I understand this is a challenging time but together we can make the best of it by maintaining a safe, welcoming environment at DSC. My goal is to offer the programs and activities our members are interested in. Please feel free to stop by, introduce yourself, and let me know what you would like to see offered. Keep Smiling!

Thought for the Day

"We don't stop playing because we grow old; we grow old because we stop playing." George Bernard Shaw

Please remember that you must wear a mask inside the Center for your safety and the safety of others. Masks must cover both your mouth and nose. You must also be vaccinated to participate inside or outside the Center. Thank you for your cooperation.

Flu Clinic rescheduled for October 13th 9am-noon

If you registered for the September 24th clinic, you will be automatically added to the list. If you would like to be removed from the list, please call the Center at 426-7737. We apologize for any inconvenience.

Outdoor Celebrations in October—weather permitting (if it rains, we will have to cancel. We hope to enjoy sunny fall days together.) Please sign up at Center or call 426-7737.

Root beer floats on Friday, October 8th at 12:00 to celebrate Homecoming. The Homecoming Parade is at 2pm on Main St.

Cider & Donuts on Friday October 29th. If you show up in your Halloween costume, you'll receive a Halloween treat!

Member Council

Everyone is welcome to attend the first meeting on Wednesday, October 6th. This is an informal group to discuss issues important to senior center members.

Inside this issue

October Outdoors
8th-Root beer floats
29th-Cider & Donuts

Harp Concert
October 11 at 1pm

Flu Clinic 9am-12
October 13

Fall Prevention
October 18 at 1pm

Please see the activity listings for updates.

Weaving note from Mary Robinson

Board Policy: Masks & vaccination required at Center

Medicare/Medicaid Counseling
Jim Pickard, Certified Medicare Counselor.
734-426-4366

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

Monday Talks at 1pm

October 11th—Harp Concert

October 18th—Fall Prevention

Registration required—please sign up at the Center.

These events are free.

Please let guests know they need to bring their vaccination cards and a mask. Thank you!

Harp Concert on Monday, October 11, at 1:00.

Carol Kappus is an award winning Celtic harper and singer specializing in Scottish music.

Invite a friend to join you in sharing this extraordinary musical offering.



Photo provided by Carol Kappus

Weaving at the Center a message from Mary Robinson

Beginning in October, there will be free weaving lessons available at the Dexter Senior Center. Three looms will be available for vaccinated members to use. Mary Robinson and Paul Wensel will make sure there is a warp ready to use on each loom. We would like you to make the commitment of at least two hours once a week. Times will be mutually agreed upon by the students and instructors. We will coach you through the steps to make either a rag rug on the large loom, a table runner or placemats on the 4-harness floor loom or a scarf on the table loom. Materials are available at the senior center, or you can provide your own.

Call Mary Robinson at 734-426-5218 to get your name on the list of interested students.

Beginners are welcome. As a loom becomes available you will receive a phone call. It is a fun, satisfying activity and not as difficult as you imagine.

Rays of Sunshine

A volunteer has offered to donate and send handmade cards to members whose may be ill, suffered a loss, or just need to know someone out there is thinking about them. If you know of someone whose day could use a little brightening, please contact the Center at 426-7737 and she will send a card to them.

A special thanks to **Encore Theatre** for generously treating DSC members to the Saturday matinee of Smokey Joe's Café.

DSC Word Search

R	O	L	O	C	R	E	T	A	W	A	F	C	D
T	R	O	R	G	G	B	U	B	I	N	G	O	C
E	T	F	T	N	Y	A	K	I	R	R	N	R	A
T	E	I	X	C	N	G	U	U	Y	E	A	G	B
A	R	T	F	O	L	A	L	Y	O	F	N	R	M
L	R	N	G	T	C	M	E	D	F	L	S	L	M
M	X	E	O	L	F	E	L	U	S	E	C	U	G
C	U	S	I	S	R	S	E	L	E	X	M	U	C
E	A	S	I	E	I	L	D	C	L	O	U	N	O
D	R	O	Y	C	E	F	M	I	I	L	S	N	E
R	T	O	L	S	N	E	I	M	U	O	I	S	N
N	G	U	M	E	D	E	I	E	E	G	C	F	R
A	R	A	X	R	S	R	G	R	C	Y	B	I	S
F	I	U	L	R	S	S	G	F	S	G	C	O	M

FRIENDS
MUSIC
GAMES
REFLEXOLOGY
FITNESS
UKULELE
YOGA
WATERCOLOR
BINGO
ART
DULCIMER

Arts & Crafts

Registration is required for acrylic painting, card making, and watercolor classes.

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

Monday, October 25th 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. The painting for October is “Fall Reflections.”

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 who has been teaching in the area for many years.

Card making class with Judy Welsh

Tuesday, October 19th 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 October 15th for the October 19th class. The theme is birthday cards. Please note: **There must be three people signed up for this class or it will be canceled.**

Watercolor Classes

Third and fourth Friday of the month, October 15 and 22, from 10:00 to 11:30. We welcome instructor Nancy Lybrink, graduate of the College of Creative Studies in Detroit and former instructor at WCC. Please sign-up for this class at the Center. Each class is **\$10.00** paid to Nancy at time of the activity. If you need start-up supplies, Joanne Westman will assist you in obtaining these at a cost of \$25.00. If you are already a watercolorist, check with Joanne to match your supplies with Nancy’s list.

Did You Know? By Joanne Westman

The space currently occupied by the Dexter Senior Center (DSC) has a long history. The first building, called the Dexter Union School, was built in 1857. That building was torn down and replaced in 1887 with a beautiful brick building complete with bell tower. In 1936, an addition was built and the name was changed to the Dexter Agricultural School, the building we knew as Copeland School (now Encore Theater).

The old Union School was torn down in the late 50’s. At that time, a wing was added to the new Dexter Agricultural School to house a shop class. In the mid 1960’s, the shop was later remodeled to house four kindergarten classes. It is that space the Dexter Senior Center now occupies. Two of our DSC members, Jeanette Ennis and Rosemary Quigley, taught at Copeland, Rosemary in the grade school and Jeanette in the kindergarten. Member Suzanne VanNatter attended grade school at Copeland and her four children started kindergarten in the very room that is now the Senior Center.

A long and fascinating history indeed!

Services & Fitness

Participation in services & activities are for current members.
Membership forms are available at the Center and at www.dexterseniors.org.
Registration is required for services and fitness classes.

Chair Massage with Jenny Miller—Appointment required

**The 2nd and 4th Wednesday of the month from 9-12. October 13th and 27th .
\$1 a minute, 15 minutes minimum, 30 minute maximum. For more information and to schedule an appointment call Jenny at 734-645-6166.**

Enjoy a relaxing, seated chair massage by licensed massage therapist, Jenny Miller. Massage reduces stress, relieves muscle pain, and improves flexibility and range of motion.

Foot care with Ava Passino, RN

Foot care appointments are booked up through November.

Reflexology with Barb Fisher, Certified Reflexologist and Naturopathic Therapist

Tuesday, October 19th and 26th from 9am-noon. Sign up at the Center to register for an appointment. The fees are \$10 for every 15 minutes for members and \$15 for non-members paid to Barb.

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

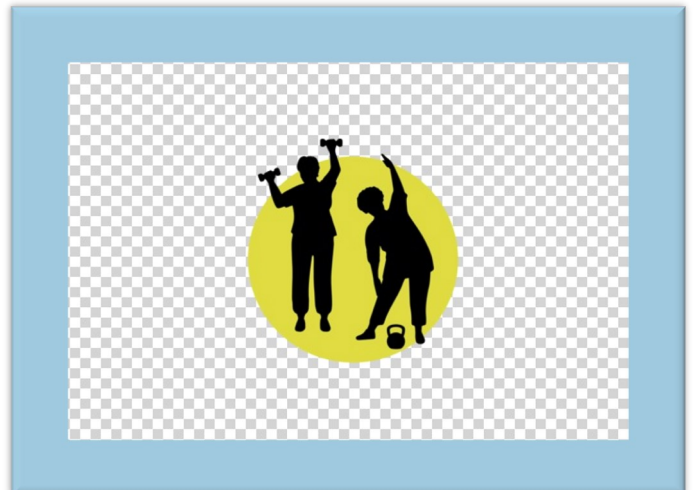
Fitness—No Fee

**Fees for these fitness classes have been covered by a grant from the Michigan Department of Health and Human Services.*

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 returns October 19th

Tuesdays from 9-10:00. Register 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.

Group Activities

Bingo

Every Thursday at 12:30. There are no fees for this and lots of fun prizes!

Cards & Games

Tuesday, Thursday, and Friday after 12:30.

Bridge and Pinochle information:

Bridge: 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 Janet Kemp at 734-222-0469 and leave a message. This group meets on Mondays at 12:30.

Pinochle: Tuesday and Friday at 12:00. Please call Center to sign up.

Choir—Friends in Harmony—temporarily paused

Coloring for Adults

Mondays at 10:00. Supplies are provided.

Dulcimer Group

Thursdays from 10-11:00. Beginners and new members are welcome to join. Loaner instruments are available.

French—Intermediate and Advanced

Rhea Berry is offering an Advanced French group on Tuesdays at 11:00 and an Intermediate French group on Fridays at 11:00.

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

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.

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.

Weaving

Contact Mary Robinson at 734-426-5218 about setting up a time to learn how to make a scarf, rug, runner, or placemat. Beginners are welcome.

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

Busch's Gift Cards

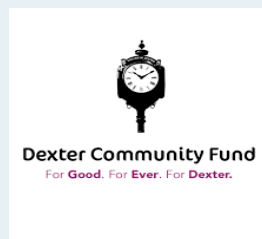
Thanks to Busch's for their donation of gift cards for bingo "coverall" prizes!

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

The Dexter Senior Center Major Supporters

Dexter Senior Center Member Discounts

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



Jensen's Community Pharmacy offers FREE, local delivery. It is located at 7067 Dexter Ann Arbor Road in Dexter. Call **734-426-6210**.



Ann Arbor Area Community Foundation
 For good. For ever.™

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."

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