

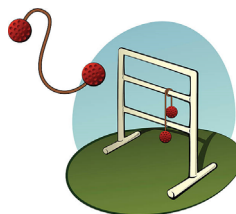


## Happy Hour: Chelsea Alehouse

Friday, May 27, 4 pm  
Registration Required

Enjoy dinner and drinks with  
friends! You can visit their menu

online at [www.chelseaaalehouse.com](http://www.chelseaaalehouse.com). **To register  
call or email CSC.**



## Yard Games Returns!

Monday, May 16, 12:45 pm,  
Outdoors, Drop-in

Join us as the weather is good for  
yard games on the lawn at CSC;  
Corn Hole, Ladder Ball, Bocce

Ball, and Croquet!

## Ask an Expert

Wednesday, May 11, 11:15 am  
Registration Required

Gastroesophageal reflux disease  
(GERD) is a frequent cause of  
heartburn and other  
uncomfortable symptoms. Join us this session to  
hear about how diet and medicines can affect  
GERD. *With Sophia Speroff, Registered Dietician  
and Betty Chaffee, Pharm.D.* **To register call or  
email CSC.**



## Easy Tai Chi & Qigong

Thursdays, May 12-July 21, 1:30 pm

No matter your age or fitness level,  
the practice of meditation & mind-body  
exercise can bring calm, improve your  
flexibility, balance, motor skills, and mental focus.  
Reduce stress and increase vitality through these natural  
and compelling movements.

Enjoy slow, low-impact mind-body exercise that  
strengthens muscles, improves balance and motor control  
and are easy to practice on your own.

Class is led by Karla Groesbeck and is free thanks to  
Washtenaw Community College Senior Emeritus  
Program. **Class is drop in but registration is requested.**



## Elder Financial Abuse

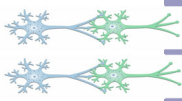
Monday, May 9, 12:30 pm  
Registration Required

Did you know that more than 369,000  
scams and financial exploitation cases  
targeting the elderly are reported to  
the authorities every year? Elder Financial  
Exploitation is a major issue, and it's something  
they take very seriously at Chelsea State Bank. Most  
experts would also agree that that number is just a  
slice of the full scope. So many senior citizens are  
being taken advantage of, and they don't even know  
it! This session will cover elder exploitation topics,  
as well as other current trends in fraud happening  
right here in our very own community. Also scams  
targeting seniors, including romance, grandchild,  
Social Security, internet fraud, lottery scams, and  
time for Q&A. Learn how to spot the  
signs of elder abuse and what to do if  
you or someone you know is being  
taken advantage of. *Presented by  
Teresa Beegle, CCBCO, Chelsea  
State Bank's Compliance and BSA  
Officer.* **To register call or email  
CSC.**



*The Chelsea Senior  
Center has lost another  
bright shining light and  
pillar of the community.  
Gladys Kennedy passed  
away on April 18<sup>th</sup>.  
Gladys was responsible  
for bringing the Senior  
Center full circle: she was  
the driving force in*

*working with the school district to find us space on  
the WSEC campus; she was the first CSC Board  
President; and she was instrumental in establishing  
us as a non-profit. Her dedication to the Chelsea  
Senior Center was fierce. We will miss her  
infectious smile and twinkling eyes.*



## Connections Café: A Memory Cafe



**Wednesday, May 4, 1-2:30 pm, Free,  
Registration Required**

For individuals living with memory loss and/or brain changes and their care partners. Come enjoy a fun time together and connect with others. We have games, food, and activities for you to enjoy. **For information or to register call or email CSC.**

## Art for Life: Pre-Raphaelite Brotherhood

*John Everett Millais,  
William Morris & Dante  
Gabriel Rossetti.*

**Thursday, May 12, 4 pm**

Suggested \$5 donation

**Registration Required**

The Pre-Raphaelite Brotherhood was a group of English artists who were greatly inspired by the writings of John Ruskin, an English poet, art critic and philosopher who believed in the power of the natural world, especially in its relationship to art. The Pre-Raphaelites formed in 1848 and created works focusing on nature, poetry and the Medieval world. Numbering seven members at its peak, Kathy will focus on three of the best known artists of this group. **To register call or email CSC.**



*Millais "Ophelia" 1851*

- **Scarlett Ladies** are gathering again, next meeting set for **May 17, 11 am**, at **Stiver's Restaurant**. For more information call Babette 734-904-8718
- **Gentle Yoga** returns in person starting **May 10**
- **Reflexology** returns in Fall 2022
- **Mending Service** has returned, see Page 4
- **Zumba Gold** is currently On Hold
- **Renew your CSC Membership online** at CSC's website [www.chelseaseniors.org](http://www.chelseaseniors.org)
- Chelsea District Library **Hotspots available**, stop in to CSC Front Office to sign one out.



## May Birthdays Celebration

**Friday, May 27 at Noon**

*Sponsored by Cole Funeral  
Chapel*

Join us to celebrate this month's birthdays! Enjoy a tasty lunch and yummy birthday cake with friends.

**Make sure to sign up for this lunch by giving CSC a call.**



**Thank you Nancy!** We would like to thank outgoing CSC Board Member Nancy Graebner-Sundling for her six years of service to the CSC. She has been a tremendous resource for us and the Chelsea community as a whole in her leadership of St. Joe's Mercy

Chelsea Hospital. We wish her well on her well-earned retirement and look forward to seeing her smiling during future visits.



**Hello Jaclyn!** We welcome our newest CSC Board Member Jaclyn Klein. Jaclyn was elected to the position by the CSC Board at its April meeting. Her initial 3-year term starts in May. Jaclyn works at Trinity Health & Chelsea Hospital (formerly St. Joe's Mercy Chelsea) as their Marketing Manager. She brings a wealth of talent and experience to the

position and has a true passion for giving back to the community. We look forward to working with her!

## Chelsea Senior Center Board of Directors

|                       |                         |
|-----------------------|-------------------------|
| <b>President</b>      | John Daniels            |
| Charlotte Wyche       | Julie Deppner           |
| <b>Vice President</b> | Nancy Graebner-Sundling |
| Jerry Wilczynski      | John Knox               |
| <b>Treasurer</b>      | Gary Maynard            |
| Dave Schaible         | Paul Schissler          |
| <b>Secretary</b>      | Carl Schwarze           |
| Charlotte Bentley     | Mary Tomac              |

## Scholarships Available!

Thanks to a generous, anonymous donor, we have scholarship funding to cover **membership and/or wellness program** fees at Chelsea Senior Center. Please see the Director for more information.



## Chelsea Community Senior Services C2S2

CSC has been offering services beyond our walls since 2013.

C2S2 provides referrals for many requests including in-home care, house cleaning, handyman services, and transportation needs. **For more information call, email, or stop by CSC to speak with our Senior Wellness Coordinator.**



## Rural Older Adults in Motion ROAM

If you need a ride we are fortunate to have options for you. The WAVE operates the R.O.A.M. bus on our behalf and can cover most local needs. We also have the 'Ann Van' and other options to best meet specific needs. **Schedule a ride on the R.O.A.M. bus by calling the WAVE at 734.475.9494.** If you schedule in advance, you will have more ride time options. Be sure to let dispatch know you are a member of CSC to enjoy fare-free rides to locations within the R.O.A.M. service area. Seniors 60 and better always ride the R.O.A.M. bus to CSC fare-free. **For more information please call, email, or stop by CSC to speak with our Senior Wellness Coordinator.**



## Senior Nutrition Program

The Senior Nutrition Program provides meals to seniors who are 60 and better who live in Washtenaw County.

**Senior Café:** Lunch is served each week day in the cafeteria at Noon. Doors open at 11:45 am. See the menu on page 15 for options. Please call to reserve.

**Curbside pickup** of a hot meal is available at the Book Street entrance from 11:15-11:30 am. Pre-registration is required at least 1 day in advance.

**Meals on Wheels:** Home delivered meals is an option available for seniors who are homebound. The program delivers meals in Chelsea five days/week and in Manchester two days/week. If you know of someone who could benefit from a friendly check in and a hot meal delivered, **call CSC for more information.**

*Suggested donation per meal is \$3.*

*Senior Nutrition Program is supported by Area Agency on Aging 1B and Washtenaw County OCED in partnership with Chelsea School District.*

The Trinh Pifer Intergenerational Garden provides space and activities for multiple generations to engage and collaborate. The garden has been put to bed for the winter. Stay tuned for spring activities.



## Intergenerational Garden

## A word from



Hello again friends,

Welcome to May! Let's hope that by the time you read this the weather is warmer and drier than it is at the time I am writing this. In a week I will find myself in New York City for the COVID delayed wedding of one of my nephews but by the time you read this, I will be back safely at work. This will be the first big gathering of my entire family since a niece's wedding about 4 years ago. I am the youngest of 9 so the extended family can be large. As many of you know, Genealogy is a serious pursuit of mine and so with so many of us heading to NYC, I thought to the only ancestors I know who came through NYC - my Fohey ancestors (most of my other ancestors came through Canada). I did some more digging this week and realized that where that Fohey family lived from the 1830s to the 1850s (when they moved to Northfield - north of Ann Arbor) was a part of Manhattan that is less than a mile from the hotel my family will be staying in. More and more I am fascinated by life's "full circle" stories. I see that here as so many members and even a couple of the staff members walked these very halls as students decades back. And I too regularly reflect back to the fact that in the 1980s, when I was living and working in Washington, DC and northern Virginia, part of that time was managing a racquet & health club there. Many of the members were in their 20s & 30s and now, most all of them would be the age of the members here at CSC. I hope you are lucky enough be able to enjoy times with your family and also step back and make note of life's intertwining circles. And don't forget, you are always part of the CSC family!

With the (hoped for) warmer weather, I hope that you will be able to take advantage of some new options we offer such as the Tuesday morning's outdoor Walking Club starting at 9 am, Yard Games returning May 16<sup>th</sup>, or take advantage of the recently completed picnic bench area outside the cafeteria.

You matter and we love seeing you back here! Stay healthy & active!

*Bill O'Reilly*

Senior Center Staff

**Bill O'Reilly** Executive Director

**Jennifer Smith** Assistant Director

**Meredith Nelson** Membership & Communications

**Jon Van Hoek** Senior Nutrition Program Coordinator (SNP)

**Jan Scarbrough** Bookkeeper

**Lisa Klinkman** Senior Wellness Coordinator (C2S2)

## Support Services



### **Health Support w/Gary Maynard**

**Mondays, 11 am, Drop-in**

Retired physician Gary Maynard is available to meet with you and answer your basic health questions. **Call or stop by CSC office for more information.**



### **Massage (chair) w/ Jenny Miller**

**Appointment Required**

Enjoy a relaxing, seated chair massage by licensed massage therapist Jenny Miller. **For more information and to schedule an appointment call Jenny directly: 734.645.6166.**



### **Jewelry & Watch Repair**

*with Jewelry Set in Stone*

**1st Thursday**

**Appointment Required**

Jewelry and watch appraisal, cleaning, and repairs including battery replacement. Jeweler is here on first Thursday of each month in late mornings. Fees determined by jeweler. **Call CSC for an appointment.**

### **Blood Pressure Checks**

**Drop-in**, see calendar for dates and times. Thank you nurse Barb and nurse Jean!



### **Notary Public Service**

**Appointment Required**

Did you know? CSC has a Notary on our team. **Call CSC for an**

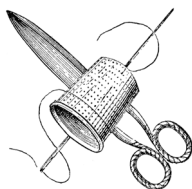
**appointment.** *Donations to our C2S2 Program appreciated.*

### **Mending Service is back!**

Simple repairs or hemming only. **NO zippers.**

*This service is for CSC Members.*

Clothes must be freshly cleaned and placed in a bag with your name, phone number, and description of repair needed clearly labeled on the bag. Drop the bag to the CSC Front Desk. Repaired items will be available to pick up usually one week after the drop off. *Donations to C2S2 program appreciated.*



### **Hearing Checks: Rankin**

*Audiology & Hearing in*

*Chelsea will provide, at their*

**office, complimentary hearing screening. Give them a call 800.437.9923.**



### **Technology Support**

**Wednesdays, 10 am-Noon, Drop-in**

Need help with your computer, laptop, phone, or tablet? We have computer expert volunteers who can help and offer guidance. *Donations to our C2S2 program appreciated.*

**Silver Solutions Network:** Whatever you are considering when you retire, be part of the repurposing for your next chapter. Reach Silver Solutions Network through the Chelsea Senior Center at 734.475.9242.



### **T.O.P.S. Group** **Take Off Pounds** **Sensibly**

**Thursdays at 9-11 am**

Could you use help taking the pounds off? Support and encouragement are key! You only get out of TOPS what you put into it. We can't guarantee weight loss just by attending meetings, but we can offer support through each stage of the journey, including after you reach your goal weight. Join us. The first meeting is free! Weigh-in @ 9:30 am each Thursday. **\$32 annual membership; \$1/meeting, both payable to the T.O.P.S. Leader. For more information give CSC a call.**



### **Seniors Asking Seniors**

**2nd Monday**

**1 pm, FREE, Drop-in**

*Facilitated by Maurine Nelson & Lois deLeon*

Join this peer-to-peer discussion group! Come and share your thoughts, your experiences, and questions about aging.



### **Nurses Footcare**

*w/ Ava Passino R.N., BCGN*

**Appointment Required**

Nurses Footcare Service is available for appointments. **For information and to schedule an appointment call Ava directly: 313.303.7836.**



CSC membership is required to participate in activities and programs. Remember to allow time to process your membership in CSC Office.

## Exercise & Movement

### Drums Alive

**Tues & Thurs, 1 pm,  
\$3 per class, Drop in**

Cardio drumming returns

to CSC! Enjoy a great aerobic workout. You can participate at your level: seated or standing. Certified instructors will show you options. We have balls and tubs for you to use or you can bring your own. Drumsticks are available to purchase for \$3.

*Drums Alive is an evidence-based drumming fitness, health, wellness program that provides a whole brain and whole body workout that promotes cognitive, physical, social, and emotional health at all life stages.*

### Enhance Fitness Exercise

**Mon-Wed-Fri, 10-11 am,  
Drop-in**

**\$2 per class suggested donation**

Enhance Fitness is an evidence based fitness program geared toward improving the overall functional fitness and well-being of older adults. Classes focus on cardiovascular conditioning, strength training, flexibility, and balance training. Instructors are certified.



### Line Dancing

**Mondays 8:45 am, Drop-in  
\$3 per class**

It is great exercise with toe tapping music and fun times!



### Movin' & Groovin'

**Thursdays, 10:15 am,  
Drop-in, Free**

Get a great work out with this adaptive movement exercise class provided by Ballet Chelsea. Sit, stand, move and groove to the music, and have fun!



### CSC Pickleball Club

**Weekdays, 9 am-1:30 pm**

**\*\*NO Gym/CSD testing days:**

**May 5, 6, 10, 12 \*\***

**\$25/year Pickleball Club Fee**

Fastest growing sport in the area! Both open play and sign-ups for court times available. Remember to park in the Main CSC lots and always sign-in at one of the CSC kiosks each time you come in to play.

Make sure your memberships are current by simply stopping in the CSC Front Office. **For more information, call CSC office.**

### Walking Halls at WSEC

**Weekdays, 8:30 am - 3:30 pm**

Check-in at CSC Kiosk before you begin. 10 laps around is one mile.

Grab a friend and get moving!



### Gentle Yoga w/Maggie

**Tuesdays beginning May 10,  
10:30 am, \$4 donation, Drop in**

Using warm-ups, traditional poses, and focused breathing, yoga promotes strength, balance,

flexibility, mobility, and a sense of calm. A gentle approach makes this class accessible to all experience levels to help keep you moving.

### CSC Walking Club

**Tuesdays 9 am, Drop-in**

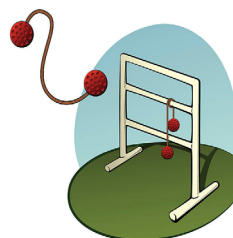
Meet coordinator Pamela in east hallway outside Room 113. Members walk 30 minutes to one hour, different routes in town, canceling only if there is a thunderstorm.



### **ZUMBA!**



**Zumba Gold: This class is currently On Hold. We hope to resume the class in the Fall.**



### Yard Games

**Monday, May 16, 12:45 pm**

**Outdoors, Drop-in**

Join us as the weather is good for yard games on the lawn at CSC: Corn Hole, Ladder Ball, Bocce Ball, and Croquet.

## Gather, Create, Expand Your Mind



**Try new games & meet new people!**

\$ = optional pay to play for prizes

### BINGO

**Mondays & Fridays, 9 am, \$**

Bingo cards and place markers available.

### Pool/Billiards

**Mondays & Wednesdays, 9 am**

Table in Room 113, drop-in play, all skill levels welcome, cues available.

### Hand & Foot

**Mondays, 12:30 pm**

Drop-in card game, all skill levels welcome, members available to teach you how to play.

### Mexican Train

**Tuesdays, 12:30 pm**

Try this modern version of traditional dominos game, players available to teach you how to play.

### Game Time

**Wednesdays, 12:30 pm**

Drop-in play, your choice of *Mah Jongg*, *Pinochle*, or *Scrabble*, all skill levels welcome, members available to teach you how to play.

### Drop-in Bridge

**Thursdays, 12:30 pm**

All skill levels welcome, members available to teach you how to play.

### Cribbage

**Fridays, 10 am**

Drop-in play that involves playing and grouping cards in combinations which gain points, all skill levels welcome, members available to teach you how to play.

### Daytime Euchre

**Fridays, 12:45 pm, \$**

Trick-taking card game that is always open to new players, members available to teach you how to play.



### Lending Library

*In cooperation with Friends of the Chelsea District Library*

Located in Room 112, there are no fees, no checkout, and no time limit when a **book or puzzle** is borrowed. Simply return when finished!



### Sewing Group

**Wednesdays, 1 pm**

Many hands make light work! Join this dedicated group of sewers who gather to make needed items for underprivileged youth in developing countries. Using mostly donated material, thread & accessories, they create "Little Dresses" for young girls, shorts for boys, and long, ankle length skirts, and feminine pad kits for older girls. Pre-pandemic, these amazing volunteers produced 525 little dresses, over 100 long skirts, 35 pair of shorts, and 1000+ feminine pad kits. If you are looking for a way to get involved, consider volunteering to help! Enjoy connecting with others and making a difference in the lives of vulnerable youth. Join us to iron, cut, sew, and smile!



### Genealogy Help Group

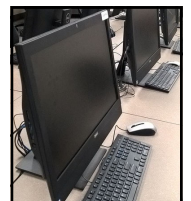
**Friday, May 20, 1:30 pm**

Gather to share ideas and techniques on tracing your family history. It's for all levels of understanding and research.

### Community Computer Use

**Weekdays, 8:30 am - 4 pm**

CSC's community computers w/internet and printers are available for CSC Members to use in Room 113 during our regular business hours.



### Knit & Crochet

**Thursdays, 12:30 pm** All are welcome! Group gathers each week and works on individual projects or pieces to donate.

Check out their hand-crafted items in Room 112!



### Newsletter Assembly

Join us as we fold and label each newsletter for mailing to membership. See calendar for date and time this month.

## Gather, Create, Expand Your Mind



### Open Painting Studio w/Chelsea Artists Guild Thursdays, 12:30-3:30 pm

**Drop in** and enjoy open studio time and artistic fellowship for free with CSC membership. Bring your own materials. No instruction provided.

### Jam Sessions

1st & 3rd Wednesdays, 12:30 pm

Facilitated by Gary Munce & Kelly Schmidt.



Grab your instrument, bring your musical talents and **drop in** to enjoy some time to jam. All musicians are welcome: vocalists, woodwind players, string players, brass players, percussionists, fiddlers, guitarists, etc.

### Paper Crafts - Card Making with Camille Bauer 2nd Tuesday, 10 am

Registration Requested, Fee \$10, to Camille Creative instruction and all materials provided. Leave with three magnificent, personalized cards unique to current month and general themes. **Call or email CSC to register.**



### Quilting

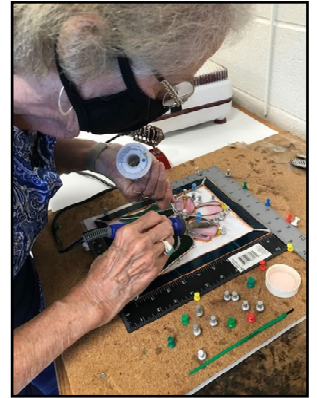
Tuesdays, 1-4 pm, All are welcome! Quilters work on collaborative projects made from donated fabric and other materials. Each unique quilt is donated to a local organization. **Drop in** and join us!



### Stained Glass

Wednesdays,  
9-11:30 am,  
\$3 per class

**Drop in** and create a piece at your own pace under the supervision of a patient instructor. Glass, all materials, and tools provided. All levels of skill are welcome! Great gift idea!



### Ukulele

Tuesdays, 1:30-2:30 pm,

**New players always welcome!**

The group meets weekly to practice and learn new songs. CSC has ukuleles to borrow if you want to try playing before you buy one, stop by CSC office. **Drop in** and join them!



### Woodcarving

Fridays, 10 am-noon

This group meets to carve each week. Everyone brings their own materials and tools for individual projects. Many wood carvers have basic tools on hand to share and are happy to provide instruction. **Drop in** and try it!



### Writing Memories Writers Group

3rd Wednesday, 1 pm, **Drop in**

This active group of writers write about their memories and meet once a month to share them with each other. The purpose is to share not critique. Although writing is a solitary act, having a willing audience to read and listen to what a writer wrote can be motivating. Facilitated by Jan Bernath.


## Follow us!



F:@chelseaseniorcenter I:chelseaseniorcenter T:@SeniorCenterCSC

**CSC FAX LINE:**

**734-562-2164**

|  |  |  |   |  |
|--|--|--|---|--|
| <b>Mon 2 May</b><br>12:00 Lunch<br>12:30 Hand & Foot<br>Computer Use<br>8:45 Line Dancing<br>9:00 Pickleball<br>9:00 Pool/Billiards<br>9:00 Bingo<br>10:00 Enhance Fitness<br>11:00 Health Support   | <b>Tue 3 May</b><br>12:30 Mexican Train<br>1:00 Drums Alive<br>1:00 Quilting<br>1:30 Ukulele<br>9:00 Pickleball<br>9:00 Walking Club<br>9:30 Matter of Balance<br>11:00 Blood Pressure<br>Checks<br>12:00 Lunch                          | <b>Wed 4 May</b><br>12:00 Lunch<br>12:30 Jam Session<br>12:30 Game Time: Mah Jongg, Pinodile, Scrabble<br>9:00 Pickleball<br>9:00 Stained Glass<br>9:00 Pool/Billiards<br>10:00 Tech Support<br>10:00 Enhance Fitness    | <b>Thu 5 May</b><br>12:30 Knit/Crochet<br>12:30 Open Studio<br>12:30 Drop in Bridge<br>1:00 Drums Alive<br>Computer Use<br>Chair Massage appts<br><b>Jewelry Repair appts</b><br>"NO Pickleball"<br>9:00 T.O.P.S.<br>10:15 Movie: <i>Goat</i><br>12:00 Lunch                      | <b>Fri 6 May</b><br>12:45 Daytime Euchre<br>Computer Use<br>"NO Pickleball"<br>9:00 Bingo<br>10:00 Enhance Fitness<br>10:00 Woodcarving<br>10:00 Cabbage<br>12:00 Lunch  |
| <b>Mon 9 May</b><br>12:00 Lunch<br>12:30 Hand & Foot<br>12:30 <b>Elder Financial Abuse</b><br>100 Seniors Asking Seniors<br>8:45 Line Dancing<br>9:00 Pickleball<br>9:00 Pool/Billiards<br>9:00 Bingo<br>10:00 Enhance Fitness<br>11:00 Health Support | <b>Tue 10 May</b><br>12:00 Lunch<br>12:30 Mexican Train<br>1:00 Drums Alive<br>1:00 Quilting<br>1:30 Ukulele<br>9:00 Pickleball<br>9:00 Walking Club<br>9:30 Matter of Balance<br>10:00 Paper Crafts<br>Card Making<br>10:30 Gentle Yoga | <b>Wed 11 May</b><br>12:00 Lunch<br>12:30 Game Time: Mah Jongg, Pinodile, Scrabble<br>9:00 Pickleball<br>9:00 Stained Glass<br>9:00 Pool/Billiards<br>10:00 Tech Support<br>10:00 Enhance Fitness<br>11:15 Ask an Expert | <b>Thu 12 May</b><br>7:00 am <i>Mystery Trip</i><br>12:30 Knit/Crochet<br>12:30 Open Studio<br>12:30 Drop in Bridge<br>1:00 Drums Alive<br>1:30 Tai Chi<br><b>8:30 Board Meeting</b><br>9:00 T.O.P.S.<br>10:15 Movie: <i>Goat</i><br>12:00 Lunch                                  | <b>Fri 13 May</b><br>12:45 Daytime Euchre<br>Computer Use<br>9:00 Pickleball<br>9:00 Bingo<br>10:00 Enhance Fitness<br>10:00 Woodcarving<br>10:00 Cabbage<br>12:00 Lunch   |
| <b>Mon 16 May</b><br>11:00 Health Support<br>12:00 Lunch<br>12:30 Hand & Foot<br>12:45 Yard Games<br>Computer Use<br>Footcare appts<br>8:45 Line Dancing<br>9:00 Pickleball<br>9:00 Pool/Billiards<br>9:00 Bingo<br>10:00 Enhance Fitness              | <b>Tue 17 May</b><br>12:30 Mexican Train<br>1:00 Drums Alive<br>1:00 Quilting<br>1:30 Ukulele<br>9:00 Pickleball<br>9:00 Walking Club<br>9:30 Matter of Balance<br>10:30 Gentle Yoga<br>11:00 Scarlett Ladies<br>12:00 Lunch             | <b>Wed 18 May</b><br>12:30 Jam Session<br>12:30 Game Time: Mah Jongg, Pinodile, Scrabble<br>9:00 Pickleball<br>9:00 Stained Glass<br>9:00 Pool/Billiards<br>10:00 Tech Support<br>10:00 Enhance Fitness<br>12:00 Lunch   | <b>Thu 19 May</b><br>12:30 Knit/Crochet<br>12:30 Open Studio<br>12:30 Drop in Bridge<br>1:00 Drums Alive<br>1:30 Tai Chi<br>Computer Use<br>Chair Massage appts<br>9:00 Pickleball<br><b>9:00 Newsletter Assembly</b><br>9:00 T.O.P.S.<br>10:15 Movie: <i>Goat</i><br>12:00 Lunch | <b>Fri 20 May</b><br>11:00 Blood Pressure<br>Checks<br>12:00 Lunch<br>12:45 Daytime Euchre<br><b>1:30 Genealogy Help Group</b><br>9:00 Pickleball<br>9:00 Bingo<br>10:00 Enhance Fitness<br>10:00 Woodcarving<br>10:00 Cabbage |
| <b>Mon 23 May</b><br>12:00 Lunch<br>12:30 Hand & Foot<br>Computer Use<br>8:45 Line Dancing<br>9:00 Pickleball<br>9:00 Pool/Billiards<br>9:00 Bingo<br>10:00 Enhance Fitness<br>11:00 Health Support  | <b>Tue 24 May</b><br>1:00 Drums Alive<br>1:00 Quilting<br>1:30 Ukulele<br>9:00 Pickleball<br>9:00 Walking Club<br>9:30 Matter of Balance<br>10:30 Gentle Yoga<br>12:00 Lunch<br>12:30 Mexican Train                                      | <b>Wed 25 May</b><br>12:00 Lunch<br>12:30 Game Time: Mah Jongg, Pinodile, Scrabble<br>9:00 Pickleball<br>9:00 Stained Glass<br>9:00 Pool/Billiards<br>10:00 Tech Support<br>10:00 Enhance Fitness                        | <b>Thu 26 May</b><br>12:30 Drop in Bridge<br>1:00 Drums Alive<br>1:30 Tai Chi<br>Computer Use<br>9:00 Pickleball<br>9:00 T.O.P.S.<br>10:15 Movie: <i>Goat</i><br>12:00 Lunch<br>12:30 Knit/Crochet<br>12:30 Open Studio   | <b>Fri 27 May</b><br>12:45 Daytime Euchre<br><b>4:00 Happy Hour @ Chelsea Alehouse</b><br>9:00 Pickleball<br>9:00 Bingo<br>10:00 Enhance Fitness<br>10:00 Woodcarving<br>10:00 Cabbage<br><b>12:00 Birthday Lunch</b>          |
| <b>Mon 31 May</b><br><b>CLOSED</b><br>  | <br>Chelsea Senior Center<br>734.475.9242<br>connected@chelseaseniors.org   | <b>Lunch Options available besides Main Entree:</b><br>* Turkey w/cheese sandwich on Whole Wheat bread<br>* Chicken salad sandwich on Croissant<br>* Salad: Chef, Cobb, or Mandarin Chicken                              |   |  |

## Connections and Community

Evening Primrose Garden Club's  
16th Annual

# Garage Sale

**Saturday, May 7 - 1 Day Only!**  
8:00am - 4:00pm  
Inside the Chelsea Train Depot  
(Rain or Shine)  
125 Jackson St, Chelsea, MI

**HUGE SALE**

After a 2-year pause, we're thrilled to bring this popular fundraising event back to the community this year.

Find great deals on household goods, antiques, collectibles, toys, furniture, tools, gardening items, & much more.

All proceeds are used to beautify the gardens around the historic Chelsea Train Depot, and for activities such as gardening related programs offered throughout the year.

For More Information:  
734.634.1954  
EPGardenClub88@gmail.com  
Like us on Facebook / eveningprimrosegardenclub

\*Donations of goods from the community are necessary for the success of this endeavor, and greatly appreciated!  
\*We cannot accept TVs, computers, car seats, or cribs.  
Drop off at the Depot: Wed, May 4, 3-5pm, Thur, May 5, 3-8pm, Fri, May 6, 3-7pm



**Support Chelsea Bulldog Athletes!** Looking for some fun and a way to support Chelsea School District athletes? Attend one of their sporting events! Current season includes baseball, boys golf, lacrosse, girls soccer, softball, girls tennis, track, and water polo. **For more information and specific sport schedules visit their website at [www.chelseabulldogs.net](http://www.chelseabulldogs.net).** If you live within the Chelsea School District and are 65+ you can obtain a free Senior Pass by visiting us at CSC during normal business hours.

**Silver Maples**  
Daytime Concerts  
*The Maples Room*  
Free Admission

Fri May 13, 1:30 pm; Brian Brill, piano, jazz  
Fri June 24, 1:30 pm; Yuta Sugano, classical pianist  
Mon July 25, 1:30 pm; Vanessa Carr, Broadway/opera singer  
Fri Aug 12, 1:30 pm; Rob Crozier, solo guitar & singing American standards  
Fri Sept 2, 1:30 pm; Yuta Sugano, classical pianist  
Fri Oct 7, 1:30 pm; Matthew Ball, Boogie-Woogie pianist  
Fri Nov 4, 1:30 pm; Generations duo-sing-along, American standards, jazz  
Mon Nov 28, 1:30 pm; Vanessa Carr, Broadway/opera singer  
Fri Dec 2, 1:30 pm; Meg Otto, flute & piano duo

# Kaleidoscope CONCERTS

A Free Music Series Presented by:  
Silver Maples Retirement Neighborhood and Chelsea Senior Center  
**Join Us In The Maples Room At Silver Maples!**

**Wednesday, March 16**  
**BIG BAND EXPRESS**  
This 9 piece band with vocalist and rhythm section plays favorites from the 40s and 50s as well as funk tunes from the 60s and 70s.

**Tuesday, April 26**  
**TYLER DRISKILL & SINGERS**  
This is our annual fundraising concert held this year at Silver Maples. Featuring Encore Theater performers: Tyler Driskill on piano and Jason Briggs and Liz Jaffe singing.

**Tuesday, May 24**  
**DAVE SHARP WORLDS QUARTET**  
Explore jazz fueled musical traditions from Turkey, Egypt, Ukraine, India, Bulgaria and Greece with violin, electric bass, percussion and oud.

**Tuesday, June 14**  
**PICKS & STICKS**  
This string band plays acoustical folk, swing, country and jazz featuring hammer dulcimer, fiddle, bass and guitar. This is a fun show for all music lovers!

**All concerts start at 7:00pm**  
Concerts held at: Silver Maples Retirement Neighborhood  
100 Silver Maples Drive, Chelsea, MI 48118  
Concerts are made possible due to generous donations from Chelsea State Bank as well as community and resident donors.  
**Space is limited. Masks must be worn.**  
Call 734.475.4111 for more information.  
Stay tuned for upcoming concert information!

### Trivia Tuesdays on CSC's Facebook



Every Tuesday we play "Trivia Tuesday" with a post of one trivia question, simply type your answer in the comments section of the post and correct answer will be shared the following day! Have fun!



**Please make sure to always check-in at one of the CSC kiosks before attending any activities. Guests can sign-in at our Front Office.**



# CSC Travel Opportunities



## IMPORTANT INFORMATION

**Day Trips:** \$25 deposit must be made to sign up for a trip, with full payment due 30 days before the trip. Cancellation after the 30 days is non-refundable, before 30 days is fully refundable.

**Extended Trips:** A minimum deposit must be made to register for a trip, with full payment due as specified.

**Departures:** All trips leave from the Chelsea Senior Center, east parking lot, unless otherwise noted. *Arrive 30 minutes early to insure a prompt departure.*



### **\*\*All CSC Travelers, Please Note\*\***

CSC Travel Committee sends **automated reminder calls** before all trips. These calls show up on caller ID as "Somerville, MA". When you receive your call, **please answer it** because answering machines and voicemail boxes do not handle these messages well.



### **Lugnuts Baseball:**

**Tuesday, August 16**

**\$80**

**Depart 4:30 pm Return 11:30 pm**

Join us for an evening at the ballpark in Lansing. Watch from the Pepsi Porch as you enjoy an all American buffet. Price includes roundtrip coach transportation, entry to game, all-you-can-eat buffet, raffle entry, and all tips. Masks are required. **\$25 deposit due at Registration. Full payment due by July 16.**



### **Yooperland, USA:**

**Sun October 2 - Thu October 6**

**5 days/4 nights**

**\$1,029 per person/double occupancy**

Journey North through the beautiful Michigan autumn landscape and enjoy learning the history and seeing the

landscape of the area. Price includes roundtrip coach transportation, accommodations, several meals, and groups activities. See trip flyer for details. **\$250 deposit due at Registration. Full payment due by Sept. 2.**



### **River Cruise:**

**Thursday, June 16**

**\$87**

**Depart CSC 9:30 am**

**Return 3:00 pm**

Step back in time to the early days of river cruising on the **Michigan Princess**, a replica of a 19th century steam boat. Enjoy breathtaking views of the iconic Grand River while enjoying a dixieland jazz band and a scrumptious buffet meal. Price includes roundtrip coach transportation, 1.5 hour river cruise, dixieland band performance, buffet luncheon, and all tips. Masks are required. **\$25 deposit due at Registration. Full payment due by May 16.**



### **Cornwell's Turkeyville**

**Dinner Theatre:**

**Thursday, July 14 \$91**

**Depart 10 am Return 5:30 pm**

Enjoy a traditional turkey dinner and a theatre performance of Neil Simon's *The Odd Couple*. Price includes roundtrip coach transportation, dinner, performance, and all tips. Masks are required. **\$25 deposit due at Registration. Full payment due by June 14.**



### **Solanus Casey Pilgrimage:**

**Thursday, September 22 \$75**

**Depart 8:45 am Return 3:15 pm**

Located in the Cass Corridor in Detroit, this center is dedicated to Father Solanus and his lifelong dedication to helping the poor. Trip includes roundtrip coach transportation and gratuity, tour of Solanus Casey Center, video and gift shop time, lunch included at center, and free time to browse gallery. **\$25 deposit due at Registration. Full payment due by Aug 22.**

## DID YOU KNOW?

- ♦ Deposit is Required at time of Sign-Up.
- ♦ Travelers of all ages are welcome.
- ♦ Arrive to CSC 30 minutes prior to Departure.

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*We are sorry to report that Mary Erskine, our long-time Senior Nutrition Program Coordinator, passed away in April. Mary started work with Meals on Wheels even before it came to CSC. We send our sympathy and support to her family and loved ones and our thanks to Mary for her many years of service to area home-bound seniors.*



## Senior Nutrition Program

### Looking for Volunteer Opportunities?

CSC's Senior Nutrition Program can always use volunteers to help package food and deliver meals. For more information **contact SNP Coordinator Jon at 734.475.9242.**

### **\*Donating Items at CSC\***

If you have items that you would like to get rid of and think that CSC could use them we ask that you **please call or stop by office first before leaving anything anywhere at CSC.** There has been an uptick in items left in rooms labeled "free" that we have had to dispose of. We just do not have the storage space to keep these types of things. If you don't know where to donate CSC can offer suggestions depending on the item so please stop in Front Office or call first before leaving anything.



### **Medicare Questions**

Have questions? We can help. Call the Senior Center to schedule an appointment with a MMAP volunteer.

The Medicare Medicaid Assistance Program (MMAP) is available to help individuals understand their health coverage options including Medicare Part D, Medigap plans, and Medicare Advantage Plans. MMAP can also assist current Medicare beneficiaries understand their benefits including possible fraud or abuse by a medical provider.

Medicare beneficiaries or their representatives residing in Michigan can also call MMAP at (800) 803-7174 for help with their Medicare questions.

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*of Chelsea*  
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# MAY | 2022

## CHELSEA SENIOR CENTER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Hamburger  
Tater Tots  
Green Beans  
Apple  
WG Bun

9 Goulash  
Carrots  
Apple  
WG Breadstick

16 Ravioli  
With sauce  
Carrots  
Grape Juice  
WG Bread 1

23 Popcorn Chicken  
Mashed Potatoes  
Gravy  
Corn  
Sliced Peaches

30 CLOSED FOR HOLIDAY  
MOW MEALS  
WILL BE PROVIDED

3 Taco 's  
Lettuce/Tomato  
Shredded Cheese  
Black Bean Fiesta  
WG Tortilla 2  
Banana

10 Chicken Patty  
Redskin Potatoes  
Corn  
Orange  
WG Bun

17 Turkey Ruben on  
Wheat  
Capri Blend  
Apple

24 Tuna Noodle  
Casserole  
Peas  
Applesauce  
WG Bread 2

31 Sweet & Sour Chicken  
Brown Rice  
Peas  
Corn  
Sliced Apples

4 Chicken Drumstick  
Mashed Potatoes  
Gravy  
Green Beans  
Orange  
WG Dinner Roll

11 Beef Stroganoff  
Noodles  
California Blend  
Banana  
WG Dinner Roll

18 Roast Turkey & Gravy  
Mashed Potatoes  
Green Beans  
Banana  
WG Bread 2

25 Beef Lasagna  
Carrots  
Apple  
WG Breadstick

1

5 Sloppy Joe  
Potato Wedges  
Capri Blend  
Mixed Fruit  
WG Bun

12 Pancakes  
Sausage patties  
Hash Browns  
Broccoli  
Orange Juice

19 Chicken Alfredo  
Broccoli  
California Blend  
Orange  
WG Dinner Roll

26 BBQ Pork  
Tater Tots  
Baked Beans  
Banana  
WG Bun

2

6 Kielbasa  
Sauerkraut  
Roasted Redskins  
Diced Pears  
WG Bun

13 Raspberry  
Vinaigrette  
Chicken Breast  
Rosemary Potatoes  
Spinach  
Applesauce  
WG Bread 2

20 Meatloaf/Gravy  
Whipped Potatoes  
Green Beans  
Applesauce  
WG Bread 2

27 **BIRTHDAY  
CELEBRATION**  
Pork Chop/Gravy  
Whipped Potatoes  
Green Beans  
Orange  
WG Bread 2

3

### News

For lunch reservations, please call 734.475.9242 at least one day in advance.

For those of you who join us to eat lunch at the Center, you have the option of a sandwich or salad instead of the hot meal.

- Chicken salad on croissant
- Turkey and cheese sandwich on whole wheat bread
- Chef Salad
- Cobb Salad
- Mandarin Chicken Salad

Hot meal via curbside pickup

- must be reserved 1 day in advance
- will be available to pick up between 11:15-11:30 am
- curbside pickup is from Book Street lot

The Senior Nutrition Program is funded by Washtenaw County OCED, Area Agency on Aging 1B, and other state and federal agencies.

Chelsea Senior Citizens Activities Center  
512 Washington Street  
Chelsea, MI 48118

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MAY 2022

Your CSC membership expiration date is listed above your name →



**CSC is open weekdays from 8:30 am – 4 pm**

Tele: 734.475.9242 Fax: 734.562.2164

Email: [connected@chelseaseniors.org](mailto:connected@chelseaseniors.org)

Website: [www.chelseaseniors.org](http://www.chelseaseniors.org)

***In memoriam:***

Mary Erskine, Elliott Hudgins,  
Gladys Kennedy, Jim Menlove,  
Elmer Sanders, Alice Steiner, Marilyn Wanty

**Stay informed and connected - Do you get our weekly email updates?**

*If not, send us an email from the address you wish to add to our email list. Make sure to add our address to your 'Contacts' so that our emails do not end up in the Spam or Junk folder of your email account.*

*Chelsea Senior Center is a 501c3 organization funded by numerous community supporters: **City of Chelsea, local townships of Dexter, Lima, Lyndon, and Sylvan, Ann Arbor Area Community Foundation and the members and Board of Chelsea Senior Center.** Please thank our Platinum sponsor **Edward Jones Advisors Diane Kieliszewski & Michael O'Quinn.** Gold sponsors **Chelsea Lumber, Chelsea State Bank, "Jiffy" Mixes, and Silver Maples Of Chelsea.** The Chelsea Senior Center complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973 and is an equal opportunity employer. Reasonable accommodations will be provided upon notification or request.*