

D Drop-in **R** Registration Required **\$** Fee/Donation



August Birthdays Celebration **R**

Friday, August 12 at Noon

Sponsored by Chelsea State Bank

Join us to celebrate this month's birthdays! Enjoy a tasty lunch and yummy birthday cake with friends. **To register call or email CSC.**



Charcuterie Workshop **R**

Thursday, August 18, 1:30 pm

Join Andi & Brooke of *Maxine's Table* as they guide & discuss the pairings and techniques of creating a charcuterie board.

Participants will make & take an individual board. Workshop is free thanks to Andi & Brooke on behalf of the generous people who have supported them since they opened. **Space is Limited, register before Aug. 12. To register call or email CSC.**



Happy Hour **R**

Friday, August 19, 4 pm
at Charlotte Bentley's

Enjoy drinks, food & fun conversation with friends outside at Charlotte's house right around the corner from CSC. Sloppy Joes & Chips will be provided. You BYOB and also bring an appetizer or dessert to share. **To register call or email CSC.**

Ask an Expert: How Diet Affects Certain Chronic Diseases **R**

Wednesday, August 10, 11:15 am

Join Sophia Speroff, MPH, RD for a discussion on major diseases (heart disease, cancer, diabetes, hypertension) and the way the food you eat and drink can impact them. **To register call or email CSC.**



Chelsea Community Senior Services C252

Senior Nutrition Program



Rural Older Adults in Motion ROAM

Intergenerational Garden



Dessert Before Supper Senior Club **R**



Tuesday, August 9 at 4 pm

Join us in the cafeteria at the Senior Center for our re-imagined Supper Club! Indulge in tasty treats and snacks, a chance to connect with old friends, and a free program!

All seniors are welcome. Membership is not required. Plenty of parking!



Reservations are needed. Please call by **August 4** to reserve at **734.475.9242**
\$3 suggested donation at door.

Backyard Birds and How to Attract Them

Naturalist Gary Siegrist will reveal how to ID, invite, and feed birds that come to your yard.

Mark your calendars!

September 13

Sing-a-long with Jim Hughes

October 11

Medicare updates for 2023

None November 2022-February 2023

March 14, 2023

Chelsea House Orchestra

512 Washington St., WSEC cafeteria

Thank you 5 Healthy Towns Foundation for sponsoring Dessert Before Supper Senior Club!



CSC Volunteer Appreciation Event

Cider & Donuts, Pumpkins, Games & Fun!

Wednesday, September 28, 3-4pm
Dancer Family Centennial Farm
11750 Jackson Road

Thank you for volunteering your time and energy to support the Chelsea Senior Center! We appreciate you and all you do for CSC. Please join us.



RSVP Required: 734.475.9242 or **connected@chelseaseniors.org**



Flu Shot Clinic & Wellness Fair **R**

Wednesday, Oct 19, 9 am-Noon

Quadrivalent flu shots provided and administered by Chelsea Hospital. Wellness vendors will be on hand with free giveaways and information about wellness services, medical ID bracelets, opportunities, and programs available to older adults in our area.

Chelsea Area Fire Authority will have lock box and reflective sign information and order forms available. Free blood pressure checks too. *Flu shots are usually free through Medicare. Bring your card and secondary insurance card for billing purposes.* **To reserve your flu shot call CSC 734.475.9242.**

D Drop-in **R** Registration Required **\$** Fee/Donation



CSC Memory Support Programs are funded by 5 Healthy Towns Foundation



Brain & Body Wellness Workshop **R**

8 week workshops; next will start in January

Mondays 11:30 am - 3:30 pm

September 12 - October 31



Who: People living with cognitive changes and mild memory loss. *Formerly called Chelsea Coffeehouse.*

What: To have fun, connect with others, learn strategies to strengthen body & mind, and improve quality of life.

How: Space is limited, to register call or email CSC.



Chat to Heal: A Caregiver Group **R** **Support Program**

Held twice monthly on 2nd & 4th Wednesdays

August 10 & 24; 4 - 5 pm



Who: Caregivers caring for people living with cognitive changes and mild memory loss.

What: Join us for an hour-long, facilitated support group. Talk, support, and share resources with people who are living with the same struggles as you. Know that there are people and tools to help. Facilitated by Deana Fisher, LMSW, Certified Montessori Dementia Care Professional.

Respite care available for your loved one.

How: For more info or to register call or email CSC. Let us know if you plan to bring your loved one.



Connections Memory Café

Held monthly on the 1st Thursday **R**

August 4, 12 - 1:30 pm



Who: Individuals living with cognitive changes and mild memory loss **PLUS** their caregivers.

What: Come enjoy a fun time out and about, enjoying time together away from the stresses at home. We will have lunch, games, and activities for you to enjoy.

How: For more info or to register call or email CSC.

All Memory Support Programs are open to anyone in the community. Please call if you have questions, concerns, or would like more information.



Chelsea Senior Center



Intergenerational Garden



Gabika Fun in the Intergen Garden

Now that the rush of planting is over, it's time to express our gratitude to those who have donated plants to the garden. They include Chelsea Farm Supply, Dan Sikora, Sandi Lambert, Steve Wright, Carol Jackson, Ruth Aufdemberge, and Carol Strahler.

Apologies if we missed your name — May and June are always a bit of a blur! Your contributions are deeply appreciated, one and all!

The schedule is now Tuesday AND Thursday mornings in the garden, and Tuesday afternoons in the kitchen for cooking.

The kids keep busy with gardening and nature-related crafts. Arts and crafts include making egg carton critters and greeting cards. In the kitchen, kids have made — AND tasted! — kale smoothies, quesadillas, and spring rolls.



As you can see, it's a great group of kids and they have a lot of fun with the CSC volunteers and campers. If

you'd like to get in on the fun, too, there are still a couple sessions left in August. Contact the Main Office for more information!

- **Senior Market Bucks** are here! Stop in office to grab yours.
- **Intergen Garden Farm Stand** is in the CSC Lobby, stop to see what's been harvested!
- **Mending Service:** all items must be CLEAN when dropped off for mending.





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. Keep a lookout for garden activities and events!



Intergenerational Garden

A word from



Happy August all,

As you read this, I will likely be in Europe with my 3 daughters (now ages 25, 27 & 30) seeing the sights of London, Edinburgh & Switzerland. It'll be my 4th, 6th and 2nd visits respectively to each place. In Edinburgh I will be rolling up my sleeves for the CSC team as I take on the arduous task of previewing a couple of pubs for the 44 of us CSC travelers heading that way in October. I do hope that your summer has or will include travel, even if just visiting family. If COVID taught us anything here, it's how important it is to also keep socially engaged – it's just as important as being physically active.

You will see a notice in this newsletter that on August 27th, from 11:00 to 1:00 will be the Grand Opening of the Stockbridge Area Senior Center. As many of you know, Stockbridge is a community which has taken some hits in the last few years – losing their grocery store, doctors office, pharmacy, and more. We were approached about seeing what we can do to help them out by getting a senior center up and going. With the strong support of the CSC Board, we have been doing what we can to help them turn this dream into a reality and I am proud to continue to be actively involved with the great team of volunteers there who have worked so hard to make this happen. We'll be taking the CSC Ann Van up there for the event so if you are interested, please let me know and we'll save you a seat. You can learn more about their activities by visiting their webpage: www.StockbridgeAreaSeniors.org.

I hate to say it but before we know it, fall will be closing in on us. September is when things tend to start ramping up more here at CSC as folks return from summer activities and vacations. We hope that you'll join us for some of these many activities but know that we always welcome ideas for new programs or services we could explore.

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)

Chelsea Senior Center Board of Directors

President	John Daniels
Charlotte Wyche	Julie Deppner
Vice President	Jaclyn Klein
Jerry Wilczynski	John Knox
Treasurer	Gary Maynard
Dave Schaible	Paul Schissler
Secretary	Carl Schwarze
Charlotte Bentley	Mary Tomac

Support Services

D Drop-in **R** Registration Required **\$** Fee/Donation



Health Support w/Gary Maynard **D**

Mondays, 11 am

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 **R** **\$**

Enjoy a relaxing, seated chair massage by licensed massage therapist Jenny Miller by appointment-only. *Fees determined by Jenny.* **To schedule an appointment call Jenny directly: 734.645.6166.**



Jewelry & Watch Repair **R** **\$**

with Jewelry Set in Stone
1st Thursday

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.* **For an appointment call CSC.**

Blood Pressure Checks **D**

See calendar for dates and times. Thank you nurse Barb and nurse Jean!



Notary Public Service **R** **\$**

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

C2S2 Program appreciated.

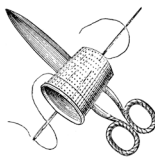
Mending Service **D** **\$**

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 **D** **\$**

Wednesdays, 10 am-Noon

Need help with your computer, laptop, phone, or tablet? We have expert volunteers who can help and offer guidance; **must bring in your passwords and/or log-in IDs so they can better assist you.** *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 **R** **\$**

Take Off Pounds Sensibly

Thursdays, 9 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, first meeting is free! Weigh-in is 9:00 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 **D**

2nd Monday, 1 pm

Facilitated by Maurine Nelson & Lois deLeon

Join this peer-to-peer discussion group!

Share your thoughts, your experiences, and questions about aging.



Nurses Footcare **R** **\$**

w/ Ava Passino R.N., BCGN

This service available by appointment only. *Fees determined by Ava.*

****All Appointments FULL, Ava not currently taking any more clients.****



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 D \$

Tues & Thurs, 1 pm

Enjoy a great aerobic workout. 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. You can participate at your level: seated or standing. We have balls and tubs for you to use or you can bring your own. *\$3 fee per class.* Drumsticks are available to purchase for \$3.



Enhance Fitness Exercise D \$

Mon-Wed-Fri, 10-11 am



Enhance Fitness is an evidence based fitness program geared toward improving the overall

functional fitness and well-being of older adults. Classes focus on cardio-vascular conditioning, strength training, flexibility, and balance training. Instructors are certified. *\$2 per class suggested donation. Free Friday classes resume September 9 thanks to support from Washtenaw Community College.*



Movin' & Groovin' D

Thursdays, 1 pm



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!

Easy Tai Chi & Qigong D

Next session starts September 15

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. Class is led by Karla Groesbeck and is free thanks to Washtenaw Community College Senior Emeritus Program.



CSC Pickleball Club R \$

Weekdays, schedule varies

\$25/year Pickleball Club Fee

Fastest growing sport in the area! Both open play and sign-up for court times available, outdoors at BMS or indoors at WSEC. Remember to always sign in at a CSC kiosk each time you come in to play and to make sure your memberships are current, stop in the CSC Office. You can renew in person or online. **For more information, call CSC office.**

Walking Halls at WSEC D

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 D \$

Tuesdays, 10:30 am

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. *\$4 per class donation requested. *NO YOGA Aug 23 & Aug 30**



CSC Walking Club D

Tuesdays 9 am

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.



Line Dancing D \$

Mondays 8:45 am

It is great exercise with toe tapping music and fun times! *\$3 fee per class.*



Yard Games D

We have yard games in the picnic area! Grab a friend or two and enjoy some fresh air & our beautiful garden. We have Corn Hole, Ladder Ball,

Gather, Create, Expand Your Mind



Try new games & meet new people! **D**
\$ = 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.

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Lending Library **D**

In cooperation with Friends of the Chelsea District Library

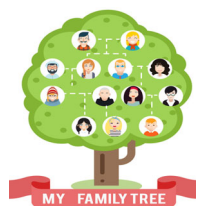
Located in Room 112, there are no fees, no checkout, and no time limit when a **book or puzzle** is borrowed. Simply return when finished!



Sewing Group **D**

Wednesdays, 1 pm

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 **D**

Friday, Aug 26, 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 **D**

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 **D**

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 **D**

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



Gather, Create, Expand Your Mind



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

Enjoy open studio time and artistic fellowship for free with CSC membership. Bring your own materials. No instruction provided.

Jam Sessions D

1st & 3rd Wednesdays, 12:30 pm
Facilitated by Gary Munce & Kelly Schmidt.



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

Paper Crafts: Card Making R \$ *with Camille Bauer*

2nd Tuesday, 10 am
Creative instruction and all materials provided. Leave with three magnificent, personalized cards unique to current month and general themes. **\$10 class fee to Camille. Call or email CSC to register.**



Quilting D

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. Join us!



Stained Glass D \$

**Wednesdays,
9-11:30 am**

Join us 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! **\$3 per class fee.**



Ukulele D **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, just stop by CSC office to sign one out.



Woodcarving D **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. Stop in and check it out!

Writing Memories D

Writers Group

3rd Wednesday, 1 pm





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.



Red Hat Ladies D **Meets monthly**

This group gathers to connect, engage, play, have fun and enjoy friendship. **For more information call coordinator Babette at 734-904-8718.**

**CSC FAX LINE:
734-562-2164**

Mon 1 Aug 11:00 Health Support Computer Use Chair Massage appts 8:45 Line Dancing 9:00 Pickleball@BMS 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness	11:00 Health Support 11:30 Pickleball @WSEC 12:00 Lunch 12:30 Hand & Foot	Tue 2 Aug <i>Election Day @WSEC</i> Computer Use 9:00 Pickleball@WSEC 9:00 Walking Club 10:30 Gentle Yoga 11:00 Blood Pressure Checks	12:00 Lunch 12:30 Mexican Train 1:00 Drums Alive 1:00 Quilting 1:30 Ukulele	Wed 3 Aug Computer Use Footcare appts 9:00 Pickleball@BMS 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness 11:30 Pickleball @WSEC	12:00 Lunch 12:30 Jam Session 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 2:00 Mood Lifters 6:00 Pickleball@BMS	Thu 4 Aug Computer Use Jewelry Repair appts 9:00 Pickleball@WSEC 9:00 T.O.P.S. 12:00 Lunch 12:00 Connections Memory Café	12:30 Knit/Crochet 12:30 Open Studio 12:30 Drop in Bridge 1:00 Drums Alive 1:00 Morin & Groovin	Fri 5 Aug Computer Use 9:00 Pickleball@BMS 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage	11:30 Pickleball @WSEC 12:00 Lunch 12:45 Daytime Euchre
Mon 8 Aug Computer Use 8:45 Line Dancing 9:00 Pickleball@BMS 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness 11:00 Health Support	11:30 Pickleball @WSEC 12:00 Lunch 12:30 Hand & Foot 1:00 Seniors Asking Seniors	Tue 9 Aug Computer Use 9:00 Pickleball@WSEC 9:00 Walking Club 10:00 Paper Crafts: Card Making 10:30 Gentle Yoga 12:00 Lunch	12:30 Mexican Train 1:00 Drums Alive 1:00 Quilting 1:30 Ukulele 4:00 Dessert Before Supper Club	Wed 10 Aug Computer Use 9:00 Pickleball@BMS 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness 11:15 Ask an Expert	11:30 Pickleball@WSEC 12:00 Lunch 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 2:00 LAST Mood Lifters 4:00 Chat to Heal 6:00 Pickleball@BMS	Thu 11 Aug Computer Use 8:30 Board Meeting 9:00 Pickleball@WSEC 9:00 T.O.P.S. 12:00 Lunch 12:30 Knit/Crochet 12:30 Open Studio	12:30 Drop in Bridge 1:00 Drums Alive 1:00 Morin & Groovin	Fri 12 Aug Computer Use 9:00 Pickleball@BMS 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage	11:30 Pickleball @WSEC 12:00 Birthday Lunch 12:45 Daytime Euchre
Mon 15 Aug Computer Use 8:45 Line Dancing 9:00 Pickleball@BMS 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness 11:00 Health Support	11:30 Pickleball @WSEC 12:00 Lunch 12:30 Hand & Foot	Tue 16 Aug Computer Use 9:00 Pickleball@WSEC 9:00 Walking Club 10:30 Gentle Yoga 12:00 Lunch 12:30 Mexican Train 1:00 Drums Alive	1:00 Quilting 1:30 Ukulele 4:30 Trip: Lugnuts Baseball	Wed 17 Aug Computer Use 9:00 Pickleball@BMS 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness 11:30 Pickleball@WSEC 12:00 Lunch	12:30 Jam Session 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 1:00 Writer's Group 6:00 Pickleball@BMS	Thu 18 Aug Computer Use Chair Massage appts 9:00 Pickleball@WSEC 9:00 T.O.P.S. 9:00 Newsletter Assembly 12:00 Lunch	12:30 Knit/Crochet 12:30 Open Studio 12:30 Drop in Bridge 1:00 Drums Alive 1:00 Morin & Groovin 1:30 Charcuterie Workshop	Fri 19 Aug Computer Use 9:00 Pickleball@BMS 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage	11:00 Blood Pressure Checks 11:30 Pickleball @WSEC 12:00 Lunch 12:45 Daytime Euchre 4:00 Happy Hour
Mon 22 Aug Computer Use 8:45 Line Dancing 9:00 Pickleball@BMS 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness 11:00 Health Support	11:30 Pickleball @WSEC 12:00 Lunch 12:30 Hand & Foot	Tue 23 Aug Computer Use 9:00 Pickleball@WSEC 9:00 Walking Club 10:30 NO Gentle Yoga 12:00 Lunch 12:30 Mexican Train 1:00 Drums Alive	1:00 Quilting 1:30 Ukulele	Wed 24 Aug Computer Use Footcare appts 9:00 Pickleball@BMS 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness	11:30 Pickleball@WSEC 12:00 Lunch 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 12:30 Jam Session 1:00 Sewing Group 4:00 Chat to Heal 6:00 Pickleball@BMS	Thu 25 Aug Computer Use 9:00 Pickleball@WSEC 9:00 T.O.P.S. 12:00 Lunch 12:30 Knit/Crochet 12:30 Open Studio 12:30 Drop in Bridge	1:00 Drums Alive 1:00 Morin & Groovin	Fri 26 Aug Computer Use 9:00 Pickleball@BMS 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage	11:30 Pickleball @WSEC 12:00 Lunch 12:45 Daytime Euchre 1:30 Genealogy Help Group
Mon 29 Aug Computer Use 8:45 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness 11:00 Health Support	11:30 Pickleball @WSEC 12:00 Lunch 12:30 Hand & Foot	Tue 30 Aug Computer Use 9:00 Pickleball 9:00 Walking Club 10:30 NO Gentle Yoga 12:00 Lunch 12:30 Mexican Train 1:00 Drums Alive	1:00 Quilting 1:30 Ukulele	Wed 31 Aug Computer Use 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness 12:00 Lunch	12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 6:00 Pickleball@BMS	<div> Lunch Options available besides Main Entree: </div> <div>* Turkey w/cheese sandwich on Whole Wheat bread</div> <div>* Chicken salad sandwich on Croissant</div> <div>* Salad: Chef, Cobb, or Mandarin Chicken</div>		<div></div> <div><h1>August 2022</h1><div> Chelsea Senior Center 734.475.9242 connected@chelseaseniors.org</div></div>	

Connections and Community

2022 Chelsea Fair Aug 23 - Aug. 27, 2022



2022 Schedule of Events



EVERY DAY
Merchant Barn open daily
1 p.m. to 10 p.m.
Natures Creation of Life
Come experience the animal husbandry and sheep
shearing

SUNDAY, AUGUST 21
8:30am (gates open at 7am) All day
Youth Horse Show
9am-5pm Green Barn Entries Accepted
9am Tractor Dead Weight Cement Pull in Main
Arena—spectators enter through Main Gate ONLY
MONDAY, AUGUST 22
9am Antique Tractor Pull in Main Arena — spectators
enter through Main Gate ONLY
TUESDAY, AUGUST 23
**CHILDREN'S PARADE MARKS OFFICIAL
OPENING OF FAIR**
8am to Noon - Green Barn closed for Judging
9am Rabbit Judging followed by Poultry judging
5:00 - Swine judging—Multi Purpose Arena
5:30 - 10 pm K of C Bingo Tent
5:30pm Children's Parade—begins downtown
Immediately following parade - Tricycle Pull and
Kid's Day events in Main Arena
7:30pm Figure 8
Demolition Derby
Main Arena

WEDNESDAY, AUGUST 24

Rides begin at 5pm
9am Goat Judging—Multi-Purpose Arena
12pm Dairy Feeder Calf Judging followed by
Beef Judging—Multi-Purpose Arena
5 to 10 pm K of C Bingo Tent
6pm Sheep Judging—Multi Purpose Arena



7:30pm Demolition Derby

Main Arena

THURSDAY, AUGUST 25

Rides begin at 3pm
Senior Citizen Day
All Seniors 65 and older enter Free before 5 pm
11am Draft Horse Pull—Main Arena
1pm Kiddie Peddle-Power Tractor Pull
Multi-Purpose Arena
5 to 10 pm K of C Bingo Tent
7pm Livestock Auction—Multi Purpose Arena
7:30pm Lost Nations Rodeo—Main Arena

Schedule subject to change.

FRIDAY, AUGUST 26

Ladies Day—All Ladies \$5 before 11 am
Military Day—Free with Military ID
Family Day—Free Admission 11am-3pm

Rides begin at Noon
9:00am Ladies Day Program (registration
begins at 8:30 am)
Multi-Purpose Arena

4 to 10 pm K of C Bingo Tent
7pm Selection of Fair Queen
Multi-Purpose Arena

7pm Tractor Pull, weight transfer
sled: Super stock/Pro
Stock combo, Super Farm,
Hot Farm, Farm Stock,
HTPL, Legendary Pulling
Tractors—Main Arena

SATURDAY, AUGUST 27

Rides begin at 1pm
8:30am Compact Tractor Pull—Main Arena

1pm Chelsea Fair Parade

3 to 10 pm K of C Bingo Tent

7pm Showmanship Sweepstakes
Multi-Purpose Arena

7pm 4-Wheel and 2-Wheel
Truck Pulling Contest,
Added Tractor Class



Silver Maples Daytime Concerts The Maples Room



Free Admission **D**

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

For more information on the 2022 Chelsea Community Fair visit their website:
www.chelseafair.org



Chelsea District Library
Hotspots available,
stop in to CSC Front Office
to sign one out.



Silver Maples & Friends Choir **®**

Every Tuesday,
September-May
10:30 am

Let your voice be heard! Love to sing and wish you had more opportunities to share your passion? CSC is partnering with our friends at Silver Maples to add voices to their choir and we are collecting names for an interest list. *Jeff Crowder* directs the choir and the group gives several concerts a year. All seniors, CSC members and Silver Maples residents, who can read music are welcome to add their voices to the mix and enjoy the fellowship that sharing a love of music brings. **Stay tuned for the start date in September. To add your name to the Interest List call or email CSC.**



AARP Driver's Safety Course

September 26 & 27

12:30 - 4:30 pm



\$20 AARP member
or \$25 non-AARP members
Checks payable to AARP.

Wondering if you are up-to-date on changes in the traffic laws? We can make sure you are! Revisit defensive driving techniques, proven safety strategies and learn about new traffic laws and rules of the road with AARP's Driver's Safety Course. Classes will be held at Chelsea Senior Center and you must attend both classes. **To register and pay stop in to CSC Front Office.**



Stockbridge Area Senior Center is
pleased to announce their **D**
Grand Opening!

Saturday, August 27th, 11:00 am to 1:00 pm

Located at 219 Elm Street in Stockbridge.

The Chelsea Senior Center is proud to have played a major role in getting this center up and going. We will be taking our Ann Van up for this event. Contact us if interested in reserving a seat. Visit their website for more details:
www.StockbridgeAreaSeniors.org





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.**



Thank you for your patience, grace, and understanding when you travel with us. Sometimes things don't go as planned, or last minute changes need to be made, or the bus breaks down or the sky opens up and the show is cancelled. Whatever the situation, it is so refreshing to know that our CSC travelers make the best of it with smiles instead of frowns and encouraging words instead of criticisms. Our volunteer travel committee loves planning trips and they work hard to make it fun and safe and worth your time!

Thanks for choosing to travel with us!



****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.

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.**



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 Oct 2 - Thu Oct 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 group activities. See trip flyer for details. **\$250 deposit due at Registration. Full payment due by Sept. 2.**



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 August 22.**



Firekeepers Casino:

Wednesday, September 28

\$53

Depart 9:45 am Return 5:15 pm

Enjoy a trip to the casino with friends! See the latest in slot and video poker games, Bingo room, and so much more. Price includes roundtrip coach transportation, \$25 slot credit, and \$5 towards food or gift shop. **\$25 deposit due at Registration. Full payment due by August 28.**



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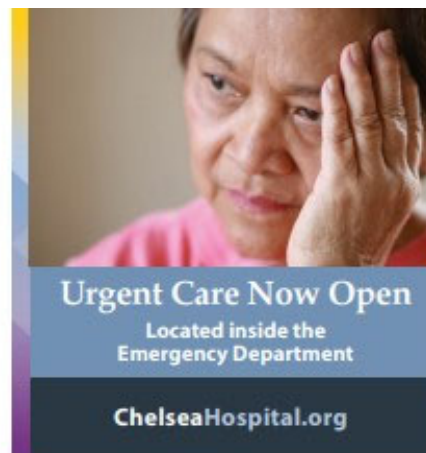
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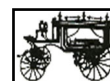
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CSC GROUP SPOTLIGHT: *Sewing Group*

This dedicated group of sewers 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, long ankle length skirts, and feminine pad kits for older girls. Pictured here with some of the group’s projects is Coordinator Sandra Diemer. *This group accepts donations of thread, elastic, cotton cloth, cotton batting, buttons, lace, and rick rack.* Enjoy connecting with others and making a difference in the lives of vulnerable youth. Join us to iron, cut, sew, and smile! **Sewing Group meets Wednesdays at 1 pm.**



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.



MARK YOUR CALENDARS:

August 27: Chelsea Fair Parade
September 5: CSC CLOSED Labor Day
October 19: Flu Shot Clinic & Wellness Fair
November 18: Thanksgiving Lunch
December 16: Christmas Lunch
December 26-30: CSC CLOSED for Holidays



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.**

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AUGUST | 2022

CHELSEA SENIOR CENTER



FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

1 Pancakes Sausage patties Hash Browns Broccoli Orange Juice	2 Chicken Parmesan Spaghetti w Sauce California Blend Diced Pears	3 Hamburger Potato Salad Green Beans Apple WG Bun	4 Goulash Carrots Banana WG Breadstick	5 Turkey Ruben on Wheat Capri Blend Orange
8 Sloppy Joe Potato Wedges Coleslaw Mixed Fruit WG Bun	9 Beef Stroganoff Noodles California Blend Banana WG Dinner Roll	10 Chicken Patty Broccoli Salad Corn Orange WG Bun	11 Kielbasa Sauerkraut Roasted Redskins Diced Pears WG Bun	12 BIRTHDAY CELEBRATION Pork Chop/Gravy Whipped Potatoes Green Beans Apple WG Bread 2
15 Chicken Drumstick Mashed Potatoes Gravy Green Beans Orange WG Dinner Roll	16 Ravioli With sauce Carrots Grape Juice WG Bread 1	17 Tuna Noodle Casserole Peas Applesauce WG Bread 2	18 Meatloaf/Gravy Whipped Potatoes Green Beans Apple WG Bread 2	19 Chicken Alfredo Broccoli California Blend Banana WG Dinner Roll
22 Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Spinach Applesauce WG Bread 2	23 Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	24 Sweet & Sour Chicken Brown Rice Peas Corn Sliced Peaches	25 Roast Turkey & Gravy Mashed Potatoes Green Beans Banana WG Bread 2	26 Beef Lasagna Carrots Apple WG Breadstick
29 Cheesy Chicken Rice Casserole Broccoli Sliced Pears WG Dinner Roll	30 BBQ Pork Pasta Salad Baked Beans Banana WG Bun	31 Ham Sweet Potatoes Peas Applesauce WG Bread 2	1	2

News

Call 734.475.9242 at least one day in advance to reserve.

For those 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: turkey, ham, egg, cheese
- Cobb Salad: chicken, egg, bacon, cheese
- Mandarin Chicken Salad

Fresh produce from the Intergenerational Garden will be added to the menu when available.

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
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AUGUST 2022

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

Tele: 734.475.9242 Fax: 734.562.2164

Email: connected@chelseaseniors.org

Website: www.chelseaseniors.org

In memoriam:

*Barbara Alseth, Tom Helzerman,
Rosemary Hungerman, George Kattula,
Donald Kvarnberg*

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*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.*