

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



## Happy Hour

**Friday, September 30, 4 pm**  
*at Los Tres Amigos*



Enjoy drinks, food & fun conversation with friends! **To register call or email CSC so we can reserve enough tables.**



## Silver Maples & Friends Choir

**Every Tuesday, 10:30 am**  
**Starting this Fall**



Love to sing and wish you had more opportunities to share your passion?

All seniors, CSC members and Silver Maples residents, are welcome to add voices to the mix and enjoy the fellowship that sharing a love of music brings. **If interested call or email CSC.**



**Driver Safety**

**Refresher Course**

## AARP Driver's Safety Course

**September 26 & 27**

**12:30 - 4:30 pm**



**\$20 AARP member or \$25 non-AARP members, 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 held at Chelsea Senior Center and you must attend both classes. **To register and pay stop in to CSC Front Office.**

## Art for Life: Sculptor Claes Oldenburg

**Thursday, September 8, 4 pm**

*Suggested \$5 donation*

Contemporary pop sculptor *Claes Oldenburg*, who passed away in July at the age of 93, was a Swedish-born American sculptor best known for his public art installations typically featuring large replicas of everyday objects. Join Kathy Gunderson as she shares about this sculptor's oversized pop art. **To register call or email CSC.**



## Show & Tell With (Your Name Here)

Have a hobby that you're passionate about? Consider sharing it with us. Stop by the office to chat with Jennifer. Stay tuned for more information about the first Show & Tell on October 13.

## Senior Fun Bowling at Chelsea Lanes



**Wednesdays, starting August 31, 1 pm**

If you like to bowl join us, August to May, for fun and friendly competition. Consider joining a team or consider being a sub! **For more info call Kathy Greenleaf at Chelsea Lanes at 734.475.8141.**



## September Birthdays Celebration

**Tuesday, Sept 20 at Noon**

*Sponsored by Brio Living Services*

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



## Ask an Expert: Probiotics

**Wednesday, September 14**  
**11:15 am**

Join Sophia Speroff, MPH, RD, and Betty Chaffee,

Pharm D, to learn about what probiotics are, how they work, what the different types are, and how they can help our bodies. **To register call or email CSC.**



## Flu Shot Clinic & Wellness Fair

**Wednesday, October 19,**  
**9 am-noon**



Quadrivalent flu shots provided and administered by Chelsea Hospital. Wellness vendors will be on hand with free giveaways & info 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.**

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Congrats to CSC's own Jon Van Hoek for the honor of having a field named after him at the 2022 Michigan Vintage Base Ball Festival in Frankenmuth, MI. Pictured here is the sign posted at the field with Jon and his father Peter. *Huzzah Ho Jo!*

- **Drums Alive** is meeting only on Thursdays at 1 pm.
- **Kaleidoscope Concerts** are back. See page 10.
- **Zumba Gold** is not returning this Fall.



Chelsea Senior Center



## Dessert Before Supper Senior Club



**Tuesday, September 13 @ 4 pm**

Join us at the Senior Center to indulge in tasty treats, a chance to connect with old friends, and a free program all before you head home for supper!

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



Reservations are needed. Please call by **September 9** to reserve at **734.475.9242**  
\$3 suggested donation at door.

### Sing-a-Long

Join local musician Jim Hughes for a sing-a-long to some of your favorites! Lyrics will be provided. All voices welcome!

### Mark your calendars!

**October 11**  
**2023 Medicare updates**  
**None November 2022-February 2023**

**512 Washington St., WSEC cafeteria**

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



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**

**NEW**

**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.

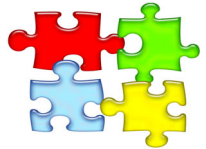
**How:** Space is limited, to register call or email CSC.



## Chat to Heal: A Caregiver Group **R**

*Held every other Wednesday*

**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 1<sup>st</sup> Thursday*

**September 1, 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 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



Hello Friends -

This is starting to sound like one of those old-time Saturday movie serials where they pulled you in each week with "be sure to tune in next week to see \_\_\_\_". So, when you last tuned in, I was talking about going off to Europe for about 10 days with my daughters. All went wonderfully and we had a great time. It has been 42 years since I last visited Switzerland and it was even more beautiful and interesting than I remembered and will definitely not be waiting another 42 years for a return. And I won't keep you waiting to tune in next week, this chapter is closed with a big smile of a great journey with the three most wonderful young ladies I've known.

And I swear it seems like just weeks ago that I was writing my piece for the September newsletter – how could a year have passed that quickly?! Each month a couple of us proof-read the wonderful work Meredith Nelson does in pulling together the many pieces of this newsletter. As I scanned through it just now I was reminded again of the many programs and activities we offer here and I was especially reminded of the many health related offerings:

Ask an Expert  
Brain & Body Wellness Workshop  
Chat to Heal: Caregiver Support Group  
Connections Memory Café  
Health Support with Dr. Gary Maynard  
Chair Massage and Foot Care  
Blood Pressure Checks  
T.O.P.S.

The Flue Shot Clinic & Wellness Fair on October 19<sup>th</sup>

And all of this is in addition to the dozens of exercise and social engagement activities. So, we hope that you are or will soon be taking advantage of some of these many options to stay physically and mentally engaged.

You matter and we love seeing you here! Stay healthy and 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

<b>President</b>	John Daniels
Charlotte Wyche	Julie Deppner
<b>Vice President</b>	Jaclyn Klein
Jerry Wilczynski	John Knox
<b>Treasurer</b>	Gary Maynard
Dave Schaible	Paul Schissler
<b>Secretary</b>	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*

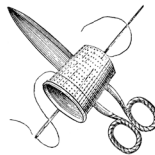
*C2S2 Program appreciated.*

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

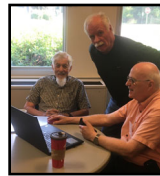
Simple repairs or hemming only.  
**NO zippers.**

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 \$

**Thursdays 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.



**ballet chelsea**  
adaptive dance program

### **Movin' & Groovin'** D **Thursdays: 9/1 @ 1 pm;** **Beginning 9/8 @ 10:15 am**

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

**Thursdays, Sept 15 - Dec 8, 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. 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 CSC Membership &*  
*\$25/year Pickleball Club Fee*

Fastest growing sport in the area! Both open play and sign-up for court times available, outdoors at Pierce Lake 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**

### **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!**

**\$ = 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.

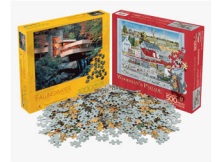
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### **Lending Library** **D**

*In cooperation with Friends of the Chelsea District Library*

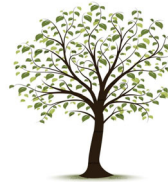
Located in Room 112, there are no fees, no checkout, and no time limit when a **book or puzzle** is borrowed. Simply return when finished!



### **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**

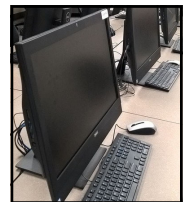
**Friday, Sept 23, 1:30 pm**

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**  
**Meets monthly** D  
This group gathers monthly to connect, engage, play, have fun and enjoy friendship. *Next meeting is*

*9/21/22 at Noon, Zukey Lake Tavern, Pinckney. For more information call coordinator Babette at 734-904-8718.*

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



# September

## 2022



Chelsea Senior Center  
734.475.9242  
connected@chelseaseniors.org



**Lunch Options available besides Main Entree:**

- \* Turkey w/cheese sandwich on Whole Wheat bread
  - \* Chicken salad sandwich on Croissant
  - \* Salad: Chef, Cobb, or Mandarin Chicken
- Sign up for lunches at least 24 hrs in advance.



Please make sure to always check-in at one of the CSC kiosks before attending any activities. All guests need to sign-in at our Front Office.



**Thu 1 Sept**  
Computer Use  
Chair Massage appts  
9:00 Pickleball  
9:00 T.O.P.S.  
11:30 Jewelry Repair Appts  
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 ~~Morins & Groomin~~

**Fri 2 Sept**  
Computer Use  
9:00 Pickleball  
9:00 Bingo  
10:00 Enhance Fitness  
10:00 Woodcarving  
10:00 Cabbage  
12:00 Lunch  
12:45 Daytime Endue

**Mon 5 Sept**  
CLOSED



**Tue 6 Sept**  
Computer Use  
9:00 Pickleball  
9:00 Walking Club  
10:30 Gentle Yoga  
11:00 Flood Pressure Checks  
12:00 Lunch

**Wed 7 Sept**  
Computer Use  
Footcare appts  
9:00 Pickleball  
9:00 Stained Glass  
9:00 Pool/Billiards  
10:00 Tech Support  
10:00 Enhance Fitness

**Thu 8 Sept**  
Computer Use  
8:30 Board Meeting  
9:00 Pickleball  
9:00 T.O.P.S.  
10:15 ~~Morins & Groomin~~  
12:00 Lunch  
12:30 Knit/Crochet

**Fri 9 Sept**  
Computer Use  
9:00 Pickleball  
9:00 Bingo  
10:00 Enhance Fitness  
10:00 Woodcarving  
10:00 Cabbage  
12:00 Lunch  
12:45 Daytime Endue

**Mon 12 Sept**  
Computer Use  
8:45 Line Dancing  
9:00 Pickleball  
9:00 Pool/Billiards  
9:00 Bingo  
10:00 Enhance Fitness  
11:00 Health Support

**Tue 13 Sept**  
Computer Use  
Footcare appts  
9:00 Pickleball  
9:00 Walking Club  
10:00 Paper Crafts: Card Making  
10:30 Gentle Yoga

**Wed 14 Sept**  
Computer Use  
9:00 Pickleball  
9:00 Stained Glass  
9:00 Pool/Billiards  
10:00 Tech Support  
10:00 Enhance Fitness  
11:15 Ask an Expert  
12:00 Lunch

**Thu 15 Sept**  
Computer Use  
Chair Massage appts  
9:00 Pickleball  
9:00 T.O.P.S.  
10:15 ~~Morins & Groomin~~  
12:00 Lunch  
12:30 Knit/Crochet

**Fri 16 Sept**  
Computer Use  
9:00 Pickleball  
9:00 Bingo  
10:00 Enhance Fitness  
10:00 Woodcarving  
10:00 Cabbage  
11:00 Flood Pressure Checks  
12:00 Lunch  
12:45 Daytime Endue

**Mon 19 Sept**  
Computer Use  
8:45 Line Dancing  
9:00 Pickleball  
9:00 Pool/Billiards  
9:00 Bingo  
10:00 Enhance Fitness  
11:00 Health Support

**Tue 20 Sept**  
Computer Use  
9:00 Pickleball  
9:00 Walking Club  
10:30 Gentle Yoga  
12:00 Birthday Lunch  
12:30 Mexican Train  
1:00 Quilting

**Wed 21 Sept**  
Computer Use  
9:00 Pickleball  
9:00 Stained Glass  
9:00 Pool/Billiards  
10:00 Tech Support  
10:00 NO Enhance Fitness  
12:00 Lunch

**Thu 22 Sept**  
Computer Use  
8:45 Travel Trip  
9:00 Pickleball  
9:00 T.O.P.S.  
9:00 Newsletter Assembly  
10:15 ~~Morins & Groomin~~

**Fri 23 Sept**  
Computer Use  
9:00 Pickleball  
9:00 Bingo  
10:00 Enhance Fitness  
10:00 Woodcarving  
10:00 Cabbage  
12:00 Lunch  
12:45 Daytime Endue  
1:30 Genealogy Help Group

**Mon 26 Sept**  
Computer Use  
8:45 Line Dancing  
9:00 Pickleball  
9:00 Pool/Billiards  
9:00 Bingo  
10:00 Enhance Fitness  
11:00 Health Support

**Tue 27 Sept**  
Computer Use  
9:00 Pickleball  
9:00 Walking Club  
10:30 Gentle Yoga  
12:00 Lunch  
12:30 Mexican Train  
1:00 Quilting

**Wed 28 Sept**  
Computer Use  
9:00 Pickleball  
9:00 Stained Glass  
9:00 Pool/Billiards  
9:45 Travel Trip  
10:00 Tech Support  
10:00 Enhance Fitness

**Thu 29 Sept**  
Computer Use  
9:00 Pickleball  
9:00 T.O.P.S.  
10:15 ~~Morins & Groomin~~  
12:00 Lunch  
12:30 Knit/Crochet  
12:30 Open Studio

**Fri 30 Sept**  
Computer Use  
9:00 Pickleball  
9:00 Bingo  
10:00 Enhance Fitness  
10:00 Woodcarving  
10:00 Cabbage  
12:00 Lunch  
12:45 Daytime Endue  
4:00 Happy Hour\*



## Connections and Community



### Looking for Tax-Aide Volunteers!

AARP Foundation Tax-Aide program is looking for friendly people to join their team in order to maintain and expand this beneficial service. They will provide hands-on computer training and support to learn the necessary skills. Primary positions are Facilitators (greet taxpayers and help initiate the process) and Counselors (work directly with taxpayers to complete their tax returns). Training takes place during December and January with tax prep time February through April. **For more information or to volunteer, email coordinator Lynn Fox at lynnafox@gmail.com or visit [www.aarpfoundation.org/taxaidevolunteer](http://www.aarpfoundation.org/taxaidevolunteer)**

### An Evening of Civil Discourse

September 13, 6:30pm, Silver Maples of Chelsea, 100 Silver Maples Dr.

This annual event encourages thoughtful political discussion, celebrates our First Amendment, and provides a view from Washington, Lansing, Ann Arbor & Chelsea. Will Johnson, President Emeritus, Chelsea Community Hospital, will moderate a discussion along local political leaders, with time at the end for audience questions.



**Support Chelsea Bulldog Athletes!** Looking for some fun and a way to support Chelsea School District athletes? Attend one of their sporting events! *Fall season includes cross country, field hockey, football, golf, soccer, swim & dive, tennis, volleyball.* **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 age 65 or older 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 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, American standards, jazz

Fri Dec 2, 1:30 pm; Meg Otto, flute & piano duo



### YOUR CONNECTION TO CONSUMER PROTECTION.

The Michigan Department of Attorney General Phone, Mail, & e-Scams presentation will provide information on how to learn the telltale signs of scams found through phone calls, mail, email, and texts.

You'll also learn how to minimize your risk of being scammed.

#### When:

Wednesday, September 7th  
3:00 pm – 4:30 pm

#### Where:

Chelsea United Methodist Church  
128 Park St.  
Chelsea, MI 48118

#### Scam Ingredients:

- Urgent or secret requests;
- Believable stories or connections;
- Financial requests; and
- Unusual payment type.

The Attorney General Consumer Protection team handles **10,000 consumer complaints** each year.

Visit [mi.gov/consumerprotection](http://mi.gov/consumerprotection) for more information.



# 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!**

SEP / OCT / NOV / DEC

**Tuesday, September 20**  
**RIVER RAISIN RAGTIME**

A professional theater orchestra dedicated to preserving and restoring ragtime – our country's original popular musical style.

**Tuesday, October 18**  
**PAUL VORNHAGEN QUARTET**

A sublime chemistry of musicians reacting to each other in a creative soup. Jazz standards and vocal ballads will be enjoyed by all!

**Tuesday, November 15**  
**NESSA**

Named after the Celtic goddess Nessa, this World Celtic inspired group from Ann Arbor explores the genres of jazz, Irish traditional and folk music.

**Tuesday, December 13**  
**ANN ARBOR CHAMBER ORCHESTRA**

Ann Arbor's premier source for live classical music is coming to Silver Maples to perform a special program of music.

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.

• 10

• Chelsea Senior Center • 512 Washington Street • Chelsea, MI • 48118 • 734.475.9242 •



# 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.*

## 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 Time.



## **\*\*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” or sometimes as “Suspected Spam”. If you signed up for a trip, know that a day or two before it, you will receive a call. **Please answer it** because answering machines and voicemail boxes do not handle these messages well.



## 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. Price 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.**



## Van Gogh in America

at the Detroit Institute of Arts

Tuesday, November 15

\$65

Depart 10 am Return 5 pm

A full-length, illustrated catalogue with essays by the exhibit curator and Van Gogh scholars. Experience around 70 authentic works from around the world. Price includes roundtrip coach transportation and 1 ticket into the exhibit. Lunch on your own at the DIA. No outside food or beverages allowed. **\$25 deposit due at Registration. Full payment due by October 15.**



## 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.**



## Miracle on 34th Street:

at The Crosswell Opera House

Thursday, December 1

\$86 per person

Depart 4:30 pm Return 11:00 pm

Join us for this holiday classic. Price includes escorted coach transportation from Chelsea & 1 ticket into the production of *Miracle on 34th Street*. Dinner on your own at Applebee's in Adrian. **\$25 deposit due at Registration. Full payment due by November 23.**



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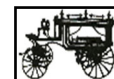
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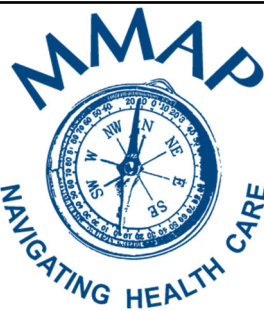
(734) 475-1444 [www.mitchellfuneral.com](http://www.mitchellfuneral.com)



## CSC GROUP SPOTLIGHT: *Woodcarving*

This group meets to carve together 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. Pictured here are some of the members and a small selection of their recent finished projects. Stop in and check it out!

**Woodcarving meet Fridays from 10 am until Noon.**



### Medicare Questions

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

The Medicare Medicaid Assistance Program (MMA) is available to help individuals understand their health coverage options including Medicare Part D, Medigap plans, and Medicare Advantage Plans. MMA 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 MMA at (800) 803-7174 for help with their Medicare questions.



### MARK YOUR CALENDARS:



September 5: CSC CLOSED Labor Day  
 October 19: Flu Shot Clinic & Wellness Fair  
 November 3: Gifts of Autumn  
 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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# SEPTEMBER | 2022

## CHELSEA SENIOR CENTER



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b> Mac & Cheese Stewed Tomatoes Diced Pears WG Dinner Roll	<b>2</b> Popcorn Chicken Mashed Potatoes Gravy Corn Orange
<b>5</b> CLOSED FOR HOLIDAY	<b>6</b> Chicken Tenders Potato Wedges Beets Orange WG Dinner Roll	<b>7</b> Taco's Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	<b>8</b> Pork Chop/Gravy Whipped Potatoes Green Beans Apple WG Bread 2	<b>9</b> Chicken Parmesan Spaghetti w Sauce California Blend Diced Pears
<b>12</b> Scramble Eggs Sausage Patty Hash Browns Spinach Banana WG Bread 2	<b>13</b> Salisbury Steak Gravy Redskins Potatoes Carrots Diced Peaches WG Bread 2	<b>14</b> Pork Riblet Potato Wedges Coleslaw Grape Juice WG Bun	<b>15</b> Grilled Cheese Sandwich Tomato Soup Capri Blend Applesauce	<b>16</b> Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun
<b>19</b> General Tso's Chicken Brown Rice Peas Corn Orange	<b>20</b> Birthday Celebration Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	<b>21</b> Hamburger Tater Tots Peas Apple WG Bun	<b>22</b> Goulash Carrots Banana WG Breadstick	<b>23</b> Kielbasa Sauerkraut Roasted Redskins Diced Pears WG Bun
<b>26</b> Chicken Drumstick Mashed Potatoes Gravy Green Beans Apple WG Dinner Roll	<b>27</b> Sloppy Joe Potato Wedges Coleslaw Mixed Fruit WG Bun	<b>28</b> Ravioli With sauce Carrots Grape Juice WG Bread 1	<b>29</b> Chicken Patty Redskin Potatoes Corn Orange WG Bun	<b>30</b> Beef Stroganoff Noodles California Blend Banana WG Dinner Roll

### 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  
512 Washington Street  
Chelsea, MI 48118

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**SEPTEMBER 2022**

Your CSC membership expiration date is listed above your name →



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

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

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

***In memoriam:***

*David Logan  
Anita Parks*

**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 distribution list. Make sure you add our email address to your 'Contacts' so that our emails do not end up in your Spam or Junk folder!*

*Chelsea Senior Center is a 501c3 organization funded by numerous community supporters: **City of Chelsea, local townships of Dexter, Lima, Lyndon, Sylvan, and Sharon, 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.*