



Chelsea
Senior Center

The Next Chapter

Our mission is to enhance the
quality of life and well-being for
area seniors and their families.

• Issue 167 •

Membership \$25/year



Scholarships available

• January 2023 •



Drop-in



Registration Required



Fee/Donation



Inclement Weather Policy: Chelsea Senior Center closes when the Chelsea School District closes for snow or ice or extreme cold. All programs and meals are cancelled if CSC is closed for bad weather. Check local radio or television stations for school closing information. If CSC is closed, our telephone voice message will be updated stating the closure.



Celebrating Diversity Through Food.



MLK Jr. Day Community Event
Friday, January 13
3:30-5 pm

Join us for an exploration of foods from across the world. Using the readily available ingredients of chicken, garlic, onion, and bell peppers, we'll cook and taste recipes from Thailand, Louisiana, Mexico, and more! We'll also chat about some ubiquitous foods from around the world that are different yet similar. People of all ages are welcome. *This is intended as an intergenerational experience. To register call or email CSC with your name and telephone number so we have enough for all to enjoy.*



Happy Hour
Friday, January 27
3:30 pm



at Metzger's German Restaurant

Enjoy drinks, food & fun conversation with friends! **Registration required. Call or email CSC so we can reserve enough tables.**



AARP Free Tax Preparation Assistance



Appointments for 2023
Thursdays Feb 16 - March 30

Scheduling begins January 9

This FREE tax preparation assistance service is provided by trained IRS/AARP Volunteers and intended for Older Adults who have lower income levels and simple returns. AARP membership is not required. The volunteers can assist with Federal and Michigan (no other states) 1040 forms and credits and amended returns. Returns are submitted electronically and you will receive a paper copy to take home. They can also offer advice if you are doing your own return and have questions. **For more information or to register for an appointment call CSC at 734.475.9242.**



'Show & Tell' w/Jan Scarbrough



Thursday, January 26, 12:30 pm

Join Jan as she shares her passion for **counted cross stitch**. Do you have a hobby that you are passionate about? Consider sharing it with us! Stop by the CSC office and chat with Jennifer.



Art for Life: Maxfield Parrish



Thursday, January 12, 4 pm

Suggested \$5 donation

Join Kathy Gunderson as she continues her focus on famous illustrators. American painter and illustrator Parrish is known for the dreamlike quality and unique saturated hues of his work. **To register call or email CSC with your name and telephone number.**



On My Own: What's in the Fridge?



Monday, January 23, 12:45-2pm

A recipe for creative cooking for one and dining on your own. Bring a leftover from your fridge or a back of the pantry item. Let's get creative! **To register call or email CSC.**



Drawing with Colored Pencils

Wednesdays, February 1, 8, 15, and 22

11:30 am-12:30 pm

\$20 per person

includes supplies and instruction



A four-week class taught by Barbara Kindt. Learn about what materials work best and the basics of drawing: different pencil strokes, shading, and tracing. These techniques will allow you to draw flowers, birds, leaves, and more! Class includes 4 weeks of instruction & practice as well as most of the materials you will need for the class including vellum paper, tracing paper, a graphite drawing pencil, and a click eraser. You will have these to take home with you at the end of the class. *Please bring a ruler with you.* CSC has a large set of colored pencils for sharing during the class. **Registration is required. \$20 per person class fee payable to Chelsea Senior Center. To register and pay stop by CSC Office.**

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



Ask an Expert:

Risks of Coffee & Tea

Wednesday, January 11, 11:15 am

Whatever your preference, scientists have found that regularly drinking coffee or tea can provide a variety of

health benefits, but it can also carry risks for many people. Join Sophia Speroff, RD, and Betty Chaffee, PharmD, to learn more. **To register call or email CSC.**



January Birthdays Celebration

Friday, January 20

at Noon, hosted by Jiffy Mixes

Join us to celebrate January birthdays! Enjoy a tasty lunch and birthday cake with friends. **To register call or email CSC.**



GrandPad Program

The Chelsea Senior Center has launched an exciting new program to help seniors stay

connected with their family, loved ones and friends. This program uses an innovative digital tablet, called a *GrandPad*, that is a simple but powerful way for staying in touch with family and friends. *There is NO cost for eligible seniors.* **If you are interested in participating or have a friend or family member who would use technology to stay connected, please contact CSC.**

Funding for this program provided by the Chelsea Community Foundation.



Chelsea

COMMUNITY FOUNDATION

Supporting All Things Chelsea

- **Line Dancing:** need some basic step guidance? Join us at 8:30 am beginning 1/2/23 for basics practice each Monday before class. Practice time intended for beginners
- **Additional Cardio Drumming class** now being offered Tuesdays 2:30 pm
- **All-Day Quilting** returns last Tuesday of each month
- **Dessert Before Supper Club** returns March 14 at CSC with a performance by Chelsea House Orchestra



CSC Memory Support Programs are funded by



Brain & Body Wellness Workshop

6 week workshop

Mondays 12:45 - 2:45 pm

January 16, 23, 30, February 6, 13, 20



Who: People who have concerns about their own brain and/or memory changes and people living with mild dementia.

What: Educational group where people learn, connect with others, and practice techniques to strengthen brain, body, creativity, sense of humor, and quality of life.

How: Space is Limited, Registration Required, to register call or email CSC.

Chat to Heal: A Caregiver Group Support Program

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 1st Thursday

January 5, 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.



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.**

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. Seniors 60 and better in the Chelsea School District ride the R.O.A.M. bus fare-free. **For more information please call, email, or stop by CSC.**



Rural Older Adults in Motion ROAM



Senior Nutrition Program

The *Senior Nutrition Program* provides meals to seniors who are 60 and better.

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.**

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.**

Cost per meal is \$5 if you are under 60 and a \$3 suggested donation if you are 60 or better.

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



Intergenerational Garden

multiple generations to engage and collaborate. Keep a lookout for garden activities and events!

Senior Center Staff

Bill O'Reilly Executive Director
Jennifer Smith Assistant Director
Jan Scarbrough Bookkeeper
Jon Van Hoek Senior Services Coordinator
Lisa Klinkman Senior Wellness Coordinator
Meredith Nelson Administrative Services

A word from



Hello Friends,

Happy New Year to all of you! I hope that your holidays were fun and peaceful. 2023 should be another exciting year at the Chelsea Senior Center. As you will be hearing in the next couple of months, in March we are looking to introduce a new program called Ease the Day which will provide respite / time off for those who have become the Caregiver for their spouse, parent or other loved one. Look for details of that and other new programs.

Speaking of programs... I have the pleasure of walking the halls here often and seeing the many activities in action. And so I have a suggestion for each of you – many of you come in here and go straight to your normal activity and then straight out the door when you are done. Try coming in a bit earlier and / or stay a bit later to just stick your head in on another activity to see what it's about – you might just find you'd like it! With over 250 activities per month and nearly 50 different programs, you're bound to find something new!

Finally, I am asking you to spread the word about CSC. A great many people in the area know that CSC is here but too many have the perception that all we offer is Bingo, etc. and are unaware of the full range of activities and services we offer. This newsletter is the best source for details.

And please see Page 6/Genealogy Help Group about our special DNA program in February.

You matter and we love seeing you here!

Stay healthy & active!

- Bill O'Reilly



Chelsea Senior Center Board of Directors

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

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!



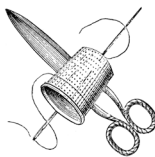
Notary Public Service **R** **\$**
 Did you know? CSC has a Notary on our team. **Call CSC for an appointment.** *Donations to our*

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.*



Rankin **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 Weigh-In, 10 am Meeting

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

Walking Halls at WSEC



Weekdays, 8:30 am - 4:00 pm

Check-in at CSC Kiosk before you begin. 10 laps around lobby/Room 100 is one mile. Grab a friend and get moving!

Senior Fun Bowling at Chelsea Lanes



Wednesdays, August-May, 1 pm

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

Enhance Fitness Exercise



Mon-Wed-Fri, 10-11 am

\$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 cardio-vascular conditioning, strength training, flexibility, and balance training. Instructors are certified.

****Free Friday classes, with support from Washtenaw Community College, resumes January 13****



Easy Tai Chi & Qigong



Thursdays Beginning January 12, 1:45 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.



Line Dancing



Mondays 8:45 am

\$3 per class

It is great exercise with toe tapping music and fun times! *Join us at 8:30 if you'd like 15 minutes of basic step practice before class.*



ballet chelsea
adaptive dance program

Movin' & Groovin'



Thursdays 9:45 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!



CSC Pickleball Club



Weekdays, 9 am-1:30 pm

\$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 and 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.**

Cardio Drumming



Thursdays 1 pm AND

Beginning 1/3/23 also Tuesdays 2:30 pm

\$1 suggested donation to cover equipment

Enjoy a great aerobic workout. Cardio Drumming is a 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. Drumsticks are available to purchase for \$3.



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.

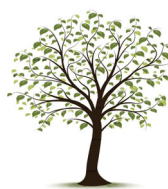
Cribbage

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.

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



Genealogy Help Group **D**

Last Friday of the month, 1:30 pm
Gather to share ideas and techniques on tracing your family history. It's for all levels of understanding and research.
**Have your gotten your DNA test and don't know what to do next or are you considering one and don't know enough about it? Our 2/24/23 session will be devoted to DNA. Reach out to Bill if you have any questions in the meantime.*



Newsletter Assembly **D**

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



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!



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.



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
This dedicated group of sewers gather to make needed items for underprivileged youth in developing countries. Using mostly donated materials, they create "Little Dresses" for young girls, shorts for boys, and long, ankle length skirts, and feminine pad kits for older girls. If you are looking for a way to get involved, consider volunteering to help! Join us to iron, cut, sew, and smile!

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.



Silver Maples & Friends Choir R **Tuesdays, 10:30 am**

Located at Silver Maples' Maple Room
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. *Choir meets at the Maples Room at Silver Maples Retirement Neighborhood. If interested call or email CSC or for more information contact choir director Jeff Crowder: jdcwrdr@gmail.com*

Paper Crafts: Card Making *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. To register call or email CSC with your name and tele number.*



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 for All-Day**

Quilting on last Tuesday of each month 10 am-4 pm.



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*

1/17/23, 11:30 am, Uptown Coney Island, Chelsea. For more information call coordinator Babette at 734-904-8718.

Mon 2 Jan 12:00 Lunch 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 3 Jan 12:30 Mexican Train Computer Use 9:00 Pickleball 10:30 Silver Maples & Friends Choir* 11:00 Blood Pressure Checks 12:00 Lunch	Wed 4 Jan 12:00 Lunch Computer Use Footcare appts 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness	Thu 5 Jan 12:00 Connections Computer Use Chair Massage appts Jewelry Repair appts 9:00 Pickleball 9:45 Morin & Groovin 10:00 T.O.P.S. 12:00 Lunch	Fri 6 Jan 12:45 Daytime Euchre Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch
Mon 9 Jan 12:00 Lunch 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 10 Jan 12:30 Mexican Train Computer Use 9:00 Pickleball 10:00 Paper Crafts: Card Making 10:30 Silver Maples & Friends Choir* 12:00 Lunch	Wed 11 Jan 12:00 Lunch 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	Thu 12 Jan 12:30 Knit/Crochet Computer Use Footcare appts 8:30 Board Meeting 9:00 Pickleball 9:45 Morin & Groovin 10:00 T.O.P.S. 12:00 Lunch	Fri 13 Jan 12:00 Lunch Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage
Mon 16 Jan 12:00 Lunch 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 17 Jan 1:00 Quilting Computer Use 9:00 Pickleball 10:30 Silver Maples & Friends Choir* 11:30 Red Hat Ladies* 12:00 Lunch 12:30 Mexican Train	Wed 18 Jan 12:30 Game Time: Mah Jongg Pinochle, Scrabble Computer Use 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness 12:00 Lunch	Thu 19 Jan 12:00 Lunch Computer Use Chair Massage appts 9:00 Newsletter Assembly 9:00 Pickleball 9:45 Morin & Groovin 10:00 T.O.P.S.	Fri 20 Jan 11:00 Blood Pressure Checks Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage
Mon 23 Jan 12:00 Lunch 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 24 Jan 1:30 Ukulele Computer Use 9:00 Pickleball 10:30 Silver Maples & Friends Choir* 12:00 Lunch 12:30 Mexican Train 1:00 Quilting	Wed 25 Jan 12:00 Lunch Computer Use Footcare appts 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness	Thu 26 Jan 12:30 Drop-in Bridge Computer Use 9:00 Pickleball 9:45 Morin & Groovin 10:00 T.O.P.S. 12:00 Lunch 12:30 Knit/Crochet 12:30 Open Studio	Fri 27 Jan 12:45 Daytime Euchre Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch
Mon 30 Jan 12:00 Lunch 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 31 Jan 1:30 Ukulele Computer Use 9:00 Pickleball 10:00 All-Day Quilting 10:30 Silver Maples & Friends Choir* 12:00 Lunch 12:30 Mexican Train	<div></div> <p>Please make sure to always check-in at one of the CSC kiosks before attending any activities.</p> <p>All guests need to sign-in at our Front Office.</p>		<div><p>Inclement Weather Policy:</p><p>CSC closes when the Chelsea School District closes for snow or ice or extreme cold. All programs and meals are cancelled if CSC is closed for bad weather. Check local radio or television stations for school closing information. If CSC is closed, our telephone voice message will be updated stating the closure.</p></div>
<div><p>* offsite location for activity</p><h1>January</h1><h1>2023</h1><div>Chelsea Senior Center 734.475.9242 connected@chelseaseniors.org</div></div>				



CSC Travel Opportunities



IMPORTANT INFORMATION

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

Travelers of all ages are welcome.

****All CSC Travelers, Please Note****

CSC 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.



Grease at Tibbits Opera House:
Coldwater, MI



Thursday, July 13 \$95 per person
Depart 12 noon, Return 8 pm

This lively & funny '50s rock-n-roll musical tells the story of Rydell high's spirited Class of '59. Price includes escorted coach transportation from Chelsea, driver tip, and a ticket to performance. Meal afterwards on your own at Broadway Grill. **\$25 deposit due at Registration. Full payment due by June 13.**



Lugnuts Baseball:
Tuesday, August 15
\$95 per person



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 America buffet. Price includes roundtrip coach transportation, entry to game, all-you-can-eat-buffet, raffle, and driver tip. **\$25 deposit due at Registration. Full payment due by July 15.**



Detroit Prohibition Tour:
Tuesday, May 9
\$120



Depart 7:15 am, Return 5:00 pm

Join us for a trip about rum runners & bootleggers! Price includes roundtrip deluxe motor coach transportation, 5-hour tour through riverfront locations, lunch at Amore Da Roma, tour of a speakeasy. Must be 21 years of age to take this tour. There is a fair amount of walking on this tour. **\$25 deposit due at Registration. Full payment due by April 9.**



Frank & The Great Ladies of Song:
at The Detroit Symphony Orchestra
Friday, February 10
\$90 per person



Depart 9:00 am, Return 4:00 pm

Broadway meets old-school class in a fresh take on songbook classics with award winning vocalists Capathia Jenkins & Tony DeSare. Price includes escorted coach transportation from Chelsea, driver tip, and ticket for main floor seating to performance. Lunch on your own at Twisted Rooster on Belleville Rd on way back to Chelsea. **\$25 deposit due at Registration. Full payment due by January 10.**



The Holocaust Center:
Farmington Hills, MI
Tuesday, April 4
\$65 per person



Depart 9:00 am, Return 4:30 pm

The HC includes museum exhibits, research library, archives, gallery, that focus on Holocaust victims' & survivors' personal stories. Price includes escorted coach transportation from Chelsea, driver tip, and entrance into The HC. Lunch on your own before tour. **\$25 deposit due at Registration. Full payment due by March 4.**



INTEREST LIST:
The Tragedy of Macbeth
Michigan Shakespeare Festival
Summer 2023

CSC Travel Committee is collecting names of members interested in seeing **The Tragedy of Macbeth** in the summer of 2023 at the *Michigan Shakespeare Festival* located in Canton, MI. This is an **INTEREST LIST ONLY**, no sign-ups just yet. **If you are indeed interested in seeing this production please call CSC 734.475.9242 with your name and tele number.**



Niagara-on-the-Lake, Ontario
September 5-8
\$1899 Single occupancy
\$1499 Double



This charming village is bordered by waterfront with arbor-framed streets, eclectic downtown, world class theatre and Wine Country. Price includes roundtrip motor coach transportation, 3 Nights at White Oak Resort, admission and tours to multiple attractions and wineries. *Trip insurance available.* **\$250 deposit due at Registration. Full payment due by July 5.**

We are
"Where the Home Begins"



Visit our Chelsea store at:
1 Old Barn Circle, Chelsea
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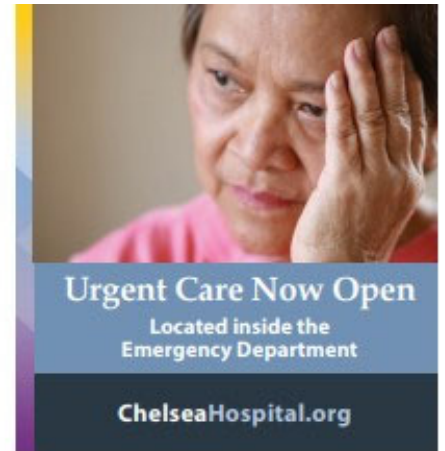


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Navigating Medicare

Got Medicare Questions? We can help!

The *Michigan 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.

Call CSC to set up a phone call appointment with a MMAP Volunteer.

Medicare beneficiaries or their representatives residing in Michigan can also call *MMAP* directly at 800.803.7174 for help with their Medicare questions.

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 Bill or Jennifer for more information.

Follow us!



F:@chelseaseniorcenter I:chelseaseniorcenter



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



CSC FAX LINE:
734-562-2164



MARK YOUR CALENDARS:

April 15: Chelsea EXPO

CSC CLOSED in 2023:

May 29 Memorial Day

July 3 & 4 Independence Day

Sept 4 Labor Day

Nov 24 & 25 Thanksgiving

Dec 25-29 Christmas & New Year



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.

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Member SIPC

JANUARY | 2023

SENIOR CENTER MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

2 Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Spinach Diced Peaches WG Bread 2	3 Tuna Noodle Casserole Peas Applesauce WG Bread 2	4 BBQ Pork Tater Tots Baked Beans Banana WG Bun	5 Pancakes Sausage patties Hash Browns Broccoli Orange Juice	6 ROAST TURKEY /GRAVY WHIPPED POTATOES GREEN BEANS CRANBERRY SAUCE WG ROLL
9 Popcorn Chicken Mashed Potatoes Gravy Corn Orange	10 Beef Lasagna Carrots Apple WG Breadstick	11 Sweet & Sour Chicken Brown Rice Peas Corn Sliced Peaches	12 Ham Sweet Potatoes Peas Applesauce WG Bread 2	13 Cheesy Chicken Rice Casserole Broccoli Sliced Peas WG Dinner Roll
16 Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	17 Salisbury Steak Gravy Redskins Potatoes Carrots Diced Peaches WG Bread 2	18 Mac & Cheese Stewed Tomatoes Banana WG Dinner Roll	19 Chicken Tenders Potato Wedges Beets Apple WG Dinner Roll	20 <u>BIRTHDAY CELEBRATION</u> Pork Chop/Gravy Whipped Potatoes Green Beans Apple WG Bread 2
23 Chicken Parmesan Spaghetti w Sauce California Blend Diced Peas	24 Grilled Cheese Sandwich Tomato Soup Capri Blend Banana	25 Pork Riblet Potato Wedges Coleslaw Grape Juice WG Bun	26 General Tso's Chicken Brown Rice Peas Corn Orange	27 Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2
30 Sloppy Joe Potato Wedges Coleslaw Mixed Fruit WG Bun	31 Taco's Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Apple	1	2	3

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: chicken, mandarin oranges

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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JANUARY 2023

Your CSC membership expiration date is listed above your name →



**Chelsea
Senior Center**

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:

Nadine Gorski

David Hoeft

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.*