



**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 170** •

Membership \$25/year



Scholarships available

• **April 2023** •



Drop-in



Registration Required



Fee/Donation



April Birthdays Celebration

Monday, April 24 at Noon

Hosted by Chelsea Hospital



Share a tasty lunch and birthday cake with friends. **To register call or email CSC. *Stay tuned for Senior Market Bucks arriving soon!***



Have questions about the

Ease the Day Program? We have answers!

Join us Friday, April 7 at 11 am for Q&A.



Many of us don't call ourselves "caregivers" because we just take care of the people we love. Take a minute to explore the possibility that caring for a loved one may be taking its toll on you. *Check out the CSC web page to find out your Caregiver Intensity Index score.*

Ease the Day Start Date: Tuesday, April 25



Registration is now open. Contact CSC if you are a caregiver seeking respite. **Call 734.475.9242 and ask for Lisa or Katie or email: caregiversupport@chelseaseniors.org. For more info see page 5 or check our website.**



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance (MOB) is an 8-week workshop for people who are concerned about falling.



This workshop can help you:

- Learn to prevent falls
- Learn to manage falls
- Make safe changes at home
- Improve balance and flexibility

MOB Includes:

- Participant Workbook
- Exercise routine starting at third class
- Guest Health Care Speaker
- Certificate after completion

Do you need special help in order to participate? If so, please contact at least 10 days in advance at mobprogram@nkfm.org or call 800-482-1455 ext. 2140

This workshop is provided at no cost to you; donations are accepted



**National Kidney Foundation
of Michigan
in Partnership with
Chelsea Senior Center**

**To register, contact
Chelsea Senior Center:
(734)475-9242**

connected@chelseaseniors.org

**Chelsea Senior Center
512 Washington Street
Chelsea, MI 48118**

Tuesdays, 9:30am-11:30am

**Sessions 1-8:
May 2, 9, 16, 23, 30
June 6, 13, 20**



A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. Funded in part by the Federal Older Americans Act and the Michigan Health and Aging Services Administration and The Senior Alliance. The NKFM complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended and Section 504 of the Social Rehabilitation Act of 1973 II-8 and is an Equal opportunity employer program. Reasonable accommodation will be provided upon notification or request.

National Volunteer Week

April 17- 21



**Chelsea
Senior Center**



If you volunteer for CSC, stop in the office during this week for a small token of our appreciation thanks to Culver's!



Chelsea Expo

Saturday, April 15, 10 am-2 pm



Join us for this enjoyable, family-friendly event. The 90 plus vendors include area businesses, crafters, non-profits, and school groups. Come find out what your community has to offer; enjoy free goodie bags and door prizes; purchase homemade items from our "Best Ever Bake Sale" fundraiser; save room for lunch available for purchase in the cafeteria (kielbasa w/sauerkraut, kosher hot dog, sloppy joe, pizza slices, bagel w/cream cheese, muffins, coffee, and pop); enjoy a performance by Ballet Chelsea at 12:30 pm!

Interested in helping at EXPO? Stop by CSC or give us a call.

**Thank you to our event sponsors:
Thompson's Pizza and Linden Square!**

Mood Lifters
Our Strategy. Your Strength.



Mood Lifters

Wednesdays, April 19-July 26

10:30-11:45 am, \$25/person



Want help living a happier, healthier life? Consider joining our next *Mood Lifters* session!

Mood Lifters is a cutting edge, science-based wellness program that teaches people how to live happier, healthier lives. Its comprehensive approach is designed to address the complex biological, psychological and social causes and consequences of mental health challenges. *Mood Lifters* helps you take steps in all these areas toward better mental health. And, it works!

Mood Lifters provides weekly group meetings in which peer leaders teach a series of science-based strategies that improve mood, relationships and well-being.

Space is limited, to Register & Pay please stop by the CSC office. Due to the generosity of Chelsea Hospital, this program is being offered for only \$25 for the entire 15 weeks of facilitated, peer-led sessions and the Mood Lifters' workbook.

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

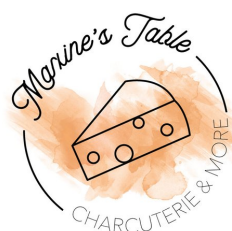
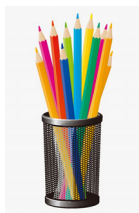
Open Draw Time w/Colored Pencils

Wednesdays beginning April 26

11:45 am-12:45 pm

Enjoy open drawing studio time and artistic fellowship with CSC membership. Bring your own materials and current drawing projects. No instruction provided.

D



Charcuterie Workshop

Thursday, May 17, 2 pm

\$35 per person

Enjoy a personal charcuterie experience with all the training led by staff from *Maxine's Table*, cheese & social. Participants will make and take an individual board. **Space is**

Limited. Payment due at registration. Register before May 12. To register call or email CSC with your name & tele number.

R **\$**



Art for Life: April Fools!

Thursday, April 13, 4 pm

Suggested \$5 donation

Presented by Kathy Gunderson. Artwork, both two dimensional and sculptural, changed drastically and rapidly in the early 20th century. Born from the atrocities of the Great War,

Dadaism, and ultimately, Surrealism, questioned the illusions of what art should be. Objects that had another practical function were repurposed and labeled as art. In the 100 years since Marcel DuChamp challenged the art world by attempting to place a urinal in a 1917 non-injured NYC art show, creating art out of unusual objects has become common place. This presentation will discuss earlier pioneers in this very different art movement as well as more contemporary artists known for their Surreal Sculptures. **To register call or email CSC with your name & tele number.**

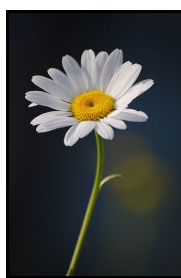
R **\$**

• Due to school district testing and Expo set-up please mark your calendars to note the following changes:

- No Enhanced Fitness 4/12 & 4/14
- No Pickleball 4/12, 4/13, 4/14
- No Movin' & Groovin' 4/13
- No Cardio Drumming 4/13

• Tai Chi make-up dates from CSC snow day closures are: 4/6 & 4/20

• Free Friday exercise make-up date is 4/21.



On My Own: Pet Ownership

Thursday, April 27, 12:45-2pm

Dr. Paula Rode, veterinarian and owner of the Chelsea Animal Hospital, will speak and answer questions about pet ownership, the positives and the pitfalls, in particular as a senior. **To register call or email CSC with your name & tele number.**

R



Happy Hour

Friday, April 28, 3:30 pm

Aubree's Pizzeria & Grill, 8031

Main St, in Dexter

Enjoy drinks, food & fun conversation with friends!

Registration required. Call or email CSC with your name &



R



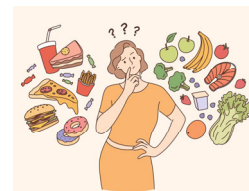
Ask an Expert:

What is so trendy about Fad Diets?

Wednesday, April 12, 11:15 am

Join us while we discuss the different types of fad diets, the current research and

health effects of them and potential side effects and other drawbacks of intermittent fasting and other various fad diets. **To register, call or email CSC with your name & tele number.**



R



GrandPad

GrandPad Program

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

with family, loved ones, and friends. The program uses an innovative digital tablet, called a *GrandPad*, that is a simple and powerful way to stay in touch with family and friends.

We are excited to say that 5 area seniors are actively using a GrandPad. We are learning a lot and plan to have more options available this summer.

Funding for this program provided by the Chelsea Community Foundation.



Chelsea
COMMUNITY FOUNDATION

Supporting All Things Chelsea



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



Rural Older Adults in Motion ROAM

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.**



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 multiple

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



Intergenerational Garden

A word from



Hello Friends,

April already!? Hopefully we can finally say goodbye to winter but one never knows in Michigan. It's a birthday month for me (and 2 days after mine is my daughter Bridget's) and of course lots happening as usual here at CSC.

One of the biggest events here in April, and the entire year, is the return of the Chelsea Expo! We hope that you can join us and the many, many others attending this great event on Saturday, April 15th from 10:00 to 2:00. We'll have over 100 area businesses and organizations represented, free hand-outs, door prizes, a 50/50 raffle. Lunch will be served in the cafeteria and of course, the return of the World's Greatest Bake Sale! So, come and join us and if time permits, we are looking for volunteers in various places at various times during the day. And we would more than welcome your donations of baked goods! Call the office for details and questions on any of this – hope to see you there!

As noted last month, April marks the full opening of our *Ease the Day* (ETD) program to provide respite care for family caregivers so be on the look-out for more details on that. Even if you don't have a need for this new program, you might know someone who does or you might consider volunteering for this or helping out elsewhere at CSC.

A final item on this new program – we will be adding Room 100 (the old "Fishbowl") to our space here. With ETD initially there just Tuesdays and Thursdays, we plan to use the space for other programs so don't be surprised to see existing classes or programs moving into either the larger front / north side of 100 or the back / south side which we are unofficially calling 101. It can't be said that things are ever in a rut here at your Chelsea Senior Center!

You matter and we love seeing you here! Stay healthy & active! - Bill O'Reilly

Senior Center Staff

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

Chelsea Senior Center Board of Directors

Board Chair	John Daniels
Jerry Wilczynski	Julie Deppner
Board Vice Chair	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

Retired physician Gary Maynard is available to answer your basic health questions. Appointments are available. **Call or stop by CSC office for more information.**

D



Massage (chair) w/ Jenny Miller

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.**

R **\$**



Jewelry & Watch Repair

with Jewelry Set in Stone
Thursday, April 6

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.**

R

Blood Pressure Checks

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



D



Notary Public Service

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

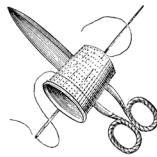
C2S2 Program appreciated.

R **\$**

Mending Service

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.*



D **\$**



Hearing Checks: Rankin

Audiology & Hearing in Chelsea will provide, at their

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



Technology Support

Wednesdays, 10 am-Noon

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.*

D **\$**

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



T.O.P.S. Group

Take Off Pounds Sensibly

Thursdays, 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.**

R **\$**



Seniors Asking Seniors

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.

D



Nurses Footcare

w/ Ava Passino R.N., BCGN

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

To schedule an appointment call Ava directly: 313.303.7836.

R **\$**



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



Ease the Day: Caregiver Respite Support Program is an initiative that gives family caregivers & their older adult loved ones (55 & better) a much needed break without worry or guilt.

The *Ease the Day Program** has opportunities to meet the complex needs of caregivers:

- Onsite Ease the Day is an adult day program at the Center on Tuesdays and Thursdays
- In-home companion care
- In-home skilled support care
- Resource navigation and advocacy to help connect to other community resources.

*Intake assessments must be done to determine eligibility. Some service limitations apply. These services are provided at no cost, but donations of money, time, or talent are welcomed.

Chelsea Senior Center has partnered with Catholic Social Services, Jewish Family Services, Silver Maples, and Chelsea Hospital Ministerial Association to provide many opportunities for caregivers to seek help and find respite. Together with our partners and volunteers, we will work to meet these needs and bridge the gap in respite care opportunities in Western Washtenaw County.

Have questions about the *Ease the Day Program*?

We have answers! Join us Friday, April 7 at 11 am for a Q&A Session.

Many of us don't call ourselves "caregivers" because we just do take care of the people we love. Take a minute to explore the possibility that caring for a loved one may be taking its toll on you. Check out the CSC web page to find out your *Caregiver Intensity Index* score.

***Ease the Day* will officially launch on April 25th! Registration is now open. Contact the Chelsea Senior Center if you are a caregiver seeking respite. Call 734.475.9242 and ask for Lisa or Katie or email: caregiversupport@chelseaseniors.org** ®

Invitation to potential *Ease the Day* Volunteers: Do you have a heart for caregivers and their older adult loved ones? Would you like to help give caregivers a few hours' break? Volunteer caregivers will provide companionship care and conversational support. ***A big thank you to people who have already stepped forward. We are still in need of more volunteers, especially for Thursday mornings 9:15 - 12:30. Interested caregivers may inquire anytime by calling 734.475.9242 or email: caregiversupport@chelseaseniors.org.***

Many thanks to our funders: 2022 Exhale, the Family Caregiver Initiative, the Ralph C. Wilson, Jr. Foundation, Health Foundation for Western & Central New York, Ann Arbor Area Community Foundation, and managed by The Philanthropic Initiative (TPI). Exhale, the Family Caregiver Initiative, is dedicated to offering innovative solutions that give caregivers of older adults an opportunity to breathe a little easier. Visit www.exhaleforcaregivers.org to learn more.



CSC Memory Support Programs
are funded by



Connections Memory Café

Held monthly on 1st Wednesday

April 5, 12:00 - 1:30 pm ®



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

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

April 5th will feature storytelling with Steve Daut of Ann Arbor's The Ark. On April 5th.

Come at 11:30 am to visit our new *Ease the Day* space and learn more about the program!

How: For more info or to register call or email CSC with your name and tele number.

Chat to Heal: A Caregiver Group Support Program

Held every other Wednesday

4:00 - 5:00 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 & 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 with your name & tele number. ***Let us know if you plan to bring your loved one.***

Brain & Body Wellness Workshop

6-week workshop starting April 17

Mondays ®

12:45 - 2:45 pm



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, to register call or email CSC with your name & tele number.

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

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

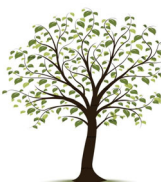


Open Painting Studio **D** w/Chelsea Artists Guild

Thursdays, 12:30-3:30 pm

Enjoy open painting studio time and artistic fellowship for free with CSC membership.

Bring your own materials. No instruction provided.



Genealogy Help Group **D**

Next meeting May 26, 1:30 pm

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

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 & 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 CDL

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



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!

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

®

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.*



A Joyful Noise



Tuesdays, April 4 & 18

12:45 pm

Facilitated by Marilyn Kuehl & Gary Munce. For people who love to sing along to most songs they hear, in the shower, car, grocery store, or around a campfire. No voice training or choral experience needed. We'll sing to different genres, both recordings & live music each time, and, for the rare occasions when all the words don't come flooding back when you start to sing, we'll have lyrics on hand. Worried about singing? Drop in to listen and just enjoy the music.



Ukulele

Tuesdays, 1:30-2:30 pm

New players always welcome!



The group meets weekly to practice and learn new songs. CSC has ukuleles to borrow if you want to try playing before you buy one, just stop by CSC office to sign one out.

Writing Memories

Writers Group

3rd Wednesday, 1 pm

D

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*

gathering is Monday, April 17, 11:30 am at CSC. For more information call coordinator Babette at 734-904-8718.

Mon 3 Apr 12:30 Hand & Foot Computer Use 8:45 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness 12:00 Lunch	Tue 4 Apr 12:30 Mexican Train 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming 11:00 Flood Pressure Checks 12:00 Lunch	Wed 5 Apr 12:00 Connections Memory Café 12:30 Jam Session 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 1:00 Senior Fun Bowling* 4:00 Chat to Heal Computer Use Footcare appts 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness 12:00 Lunch	Thu 6 Apr 12:30 Knit/Crochet 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:30 Cardio Drumming 1:45 Tai Chi Computer Use Chair Massage appts Jewelry Repair appts 9:00 Pickleball 9:45 Movin' & Groovin' 10:00 T.O.P.S. 12:00 Lunch	Fri 7 Apr 11:00 Ease the Day Q&A 12:00 Lunch 12:45 Daytime Endue Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage
Mon 10 Apr 12:30 Hand & Foot 1:00 Seniors Asking Seniors Computer Use 8:45 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness 12:00 Lunch	Tue 11 Apr 12:30 Mexican Train 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming 10:00 Paper Crafts: Card Making 10:30 Silver Maples & Friends Choir* 12:00 Lunch	Wed 12 Apr 12:00 Lunch 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 1:00 Senior Fun Bowling* Computer Use NO Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support NO Enhance Fitness 11:15 Ask an Expert	Thu 13 Apr 12:30 Open Painting Studio 12:30 Drop-in Bridge NO Cardio Drumming 4:00 Art for Life Computer Use 8:30 Board Meeting NO Pickleball NO Movin' & Groovin' 10:00 T.O.P.S. 12:00 Lunch 12:30 Knit/Crochet	Fri 14 Apr 12:45 Daytime Endue Computer Use NO Pickleball 9:00 Bingo NO Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch
Mon 17 Apr 12:00 Lunch 12:30 Hand & Foot 12:45 Brain & Body Wellness Workshop #1 Computer Use 8:45 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness 11:30 Red Hat Ladies	Tue 18 Apr 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming 10:30 Silver Maples & Friends Choir* 12:00 Lunch 12:30 Mexican Train 12:45 A Joyful Noise	Wed 19 Apr 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 12:30 Jam Session 1:00 Sewing Group 1:00 Writer's Group 1:00 Senior Fun Bowling* 4:00 Chat to Heal Computer Use 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness 10:30 Mood Lifters #1 12:00 Lunch	Thu 20 Apr 12:00 Lunch 12:30 Knit/Crochet 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:30 Cardio Drumming 1:45 Tai Chi Computer Use Chair Massage appts 9:00 Pickleball 9:00 Newsletter Assembly 9:45 Movin' & Groovin' 10:00 T.O.P.S.	Fri 21 Apr 11:00 Flood Pressure Checks 12:00 Lunch 12:45 Daytime Endue 12:45 Weatherization Assistance Program Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage
Mon 24 Apr 12:30 Hand & Foot 12:45 Brain & Body Wellness Workshop #2 Computer Use 8:45 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness 12:00 Birthday Lunch	Tue 25 Apr 12:30 Mexican Train 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming Onsite Ease the Day Computer Use 9:00 Pickleball 10:00 All-Day Quilting 10:30 Silver Maples & Friends Choir* 12:00 Lunch	Wed 26 Apr 10:30 Mood Lifters #2 11:45 Open Draw Time 12:00 Lunch 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 1:00 Senior Fun Bowling* Computer Use Footcare appts 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness	Thu 27 Apr 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:30 Cardio Drumming 12:45 On My Own Onsite Ease the Day Computer Use 9:00 Pickleball 9:45 Movin' & Groovin' 10:00 T.O.P.S. 12:00 Lunch 12:30 Knit/Crochet	Fri 28 Apr 12:45 Daytime Endue 3:30 Happy Hour at Aubree's in Dexter* Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch
 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	Senior Café Lunch: • Reserve your Senior Café Lunch by Noon the day before you plan to join us. • Stop in office or call during business hours of 8:30am-4pm each weekday. • Fill out the <i>Senior Café Registration Form</i> found in the kitchen. • If age 60+, a \$3 donation is suggested. • If under 60 years of age, lunch cost is \$5. • You don't have to be a member of CSC in order to enjoy lunch here!	* offsite location for activity   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.	*Donating Items to CSC* Have items that you wish to get rid of and think that CSC could use them? Please call the CSC Office FIRST before leaving anything anywhere in the building. We do not have the storage space to keep these types of things. If you are unsure as to where to donate your items, CSC can offer suggestions depending on the type of item so please, call first before leaving anything.	 Chelsea Senior Center 734.475.9242 connected@chelseaseniors.org 

Sat 15 Apr

10 am - 2 pm
Chelsea
EXPO

April 2023

Exercise & Movement

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

Walking Halls at WSEC **D**



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 **R** **\$**



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 **D** **\$**

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 ends April 7, restarts May 19.

NO Class: 4/12 & 4/14



Easy Tai Chi & Qigong

Snow Day closure make-ups: 4/6 & 4/20, 1:45 pm

Next session begins May 18



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 Sen-



Line Dancing **D** **\$**

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' **D**

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! ***NO Class 4/13/23***



CSC Pickleball Club **R** **\$**

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.**

NO Pickleball - NO Gym: 4/12, 4/13, 4/14

Cardio Drumming **\$** **D**

Tuesdays 2:30 pm

Thursdays 12:30 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.





CSC Travel Opportunities



Important Information

All trips leave from the CSC's large Eastside Parking Lot, unless otherwise noted. **Arrive 30 minutes early to insure a prompt departure.** *Travelers of all ages are welcome.*

Traveler Automated Reminder Calls

CSC sends **AUTOMATED CALLS** before **ALL TRIPS** These calls show up on caller ID as "Somerville, MA" or "Suspected Spam". Travelers make note that a day or two before trip, you will receive a call -**PLEASE ANSWER IT**- because answering machines & voicemail boxes do not handle these messages well.

MICHIGAN 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.**



Grease at Tibbits Opera House

Coldwater, MI

Thursday, July 13, \$95 per person

Depart 12 noon, Return 8 pm

This lively '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 ticket to performance. Meal afterwards on your own at Broadway Grill. **\$25 deposit due at Registration. Full payment due by June 13.**



Lugnuts Baseball Lansing, MI

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.**



Niagara-on-the-Lake, Ontario

September 5-8

\$1899 Single, \$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.**



A Lancaster Christmas Pennsylvania

Nov 27-Dec 2

\$1,769 single, \$1399 double

Overnights in Somerset, Lancaster, Pittsburgh. Multiple tours, sight-seeing, and shows "Miracle of Christmas" & "A Christmas Carol". Baggage handling, taxes, & gratuities. **\$50 deposit due at Registration. Full payment due by Oct 27.**



ROAM Around Town

Chelsea Area Historical Museum

Tuesday, May 16, \$7 per person

Depart 10:30 am, Return 12:30 pm

Join us for a tour of the Chelsea Area Historical Museum with Jan Bernath, CAHS President. Price includes ROAM bus transportation to/from, entrance into museum, tea & cookies served on-site. **For CSC Members-only. Full payment due at Registration. Limit 12 travelers.**



Nashville Tennessee

August 28-Sept 1,

\$1859 Single, \$1499 Double

Music City adventure price includes roundtrip deluxe motor coach transportation, 4 nights at Gaylord Opryland Hotel, admission to multiple sights and tours around town, 7 meals, and gratuities. **\$250 deposit due at Registration. Full payment due by July 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.**



Detroit Prohibition Tour

Tuesday, May 9, \$120 per person

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.**



Detroit River Cruise

Thursday, June 22, \$106 per person

Depart 10:00 am, Return 4:30 pm

Take a midday break from the world and cruise along the river on the Detroit Princess. Perfect for seeing downtown areas of Detroit & Windsor, hear a live Motown band and enjoy lunch featuring a bountiful buffet. **\$25 deposit due at Registration. Full payment due by May 22.**

Connections and Community



Support Chelsea Bulldog Athletes! Looking for some fun and a way to support Chelsea School District athletes? Attend one of their sporting events! *Spring Season includes Baseball, Golf, Lacrosse, Soccer, Softball, Tennis, Track, and Water Polo.* **For more information and specific sport schedules visit their website at 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 CSC during normal business hours.*

Adult Learners Institute Announces April Classes:



April 28: John Hauger continues his exploration of the music of the twentieth century, this time with the *Music of the 1960s*. So get ready for “Sgt. Pepper’s Lonely Heart Club Band”, while “Blowin’ in the Wind” and then “Let it Be”. This class is held at CSC. **Register through A.L.I.**

Four other classes are offered in April at various locations in Chelsea. **For more information on these and all A.L.I. classes, consult the A.L.I. catalogs, copies of which are available at locations throughout Chelsea and at the A.L.I. website at www.adultlearnersinstitute.org.** Registration is required by mail-in only to Adult Learners Institute, P.O. Box 134, Chelsea, MI 48118.



Chelsea High School is collecting plastic bags and film, “stretchy” plastic, #4

CHS is competing in the “NexTrex Challenge”, which they won in 2020. **Accepted items include grocery bags, bread bags, cereal and cracker box liners, salt bags, plastic mailers, and bubble wrap. All items must be clean and dry. A collection bin is in the CSC lobby, or you can drop contributions at the high school during specific dates and times, or by appointment.** To set up an appointment to drop off large amounts of plastic, contact Shawn Sinacola at: ssinacola@chelsea.k12.mi.us or Holly Reiser at: hreiser@chelsea.k12.mi.us



****Plastic collection will run until April****



**Chelsea High School
Music Department
Collage Concert
Saturday, April 15
7:00 pm**



**Chelsea High School Auditorium
Admission: \$10 Adult, \$5 Senior/Student**



**Tuesday, May 16, 7 pm
“River Raisin Ragtime”**

A professional theater orchestra dedicated to preserving and restoring ragtime, our country’s original popular musical style!

At the Chelsea Senior Center in partnership with Silver Maples

Join us for this fundraising concert in support of Kaleidoscope Concerts, which is a Free Music Series that brings live music and local musicians and groups to Seniors in and around the Chelsea area.

**Chelsea High School Theatre Guild tickets:
“A Midsummer Night’s Dream”**

Sunday, April 23, 3 pm

Washington Street Education Center Auditorium

CHS Theatre Guild has given CSC a block of 20 tickets for its April production at a reduced Senior Rate of \$8 each for General Admission seating. Limited supply! No Reservations List, you must purchase ticket in CSC Office.

A Midsummer Night's Dream

By William Shakespeare

Adapted by Doug McClure

Performances:
April 22nd, 3p + 7p

April 23rd, 3p

At The Washington Street Education Center



MMAP

MICHIGAN MEDICARE/MEDICAID
ASSISTANCE PROGRAM



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.

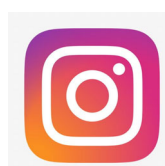
Call CSC to set up a phone call appointment with a MMAP Volunteer.

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

Thank you 2023 Sponsors!

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- Comfort Keepers of Ann Arbor
- McDermott Elder Law
- University of Michigan Health Advantage

Friend Level:

- Chelsea Lanes
- Linden Square Assisted Living

CSC FAX LINE:

734-562-2164



MARK YOUR CALENDARS:



April 15: Chelsea EXPO

May 16: Kaleidoscope Fundraiser Concert

May 29: CLOSED for Memorial Day

July 3 & 4: CLOSED for Independence Day

Thank You 2023 Sponsors!

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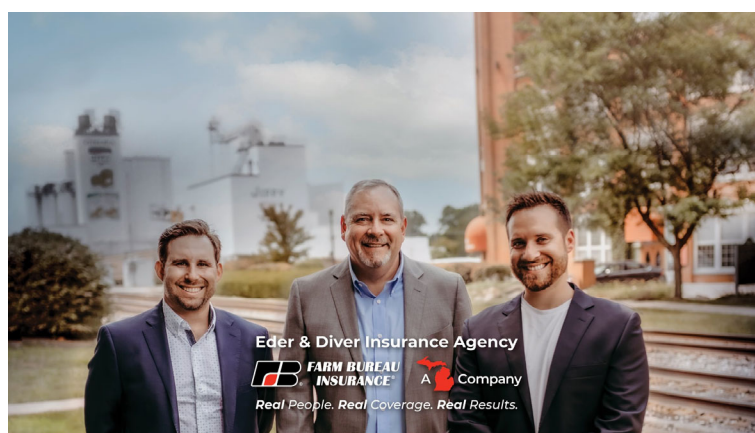
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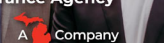
 
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APRIL | 2023

SENIOR CENTER MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

3	BBQ Pork Tater Tots Baked Beans Applesauce WG Bun	4	Popcorn Chicken Mashed Potatoes Gravy Corn Orange	5	Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2	6	Beef Hot Dog Baked Beans Mixed Vegetables Banana WG Bun	7	Grilled Cheese Sandwich Tomato Soup Capri Blend Mixed Fruit
10	Chicken Alfredo Mixed Vegetables Broccoli Grape Juice WG Dinner Roll	11	Sweet & Sour Chicken Brown Rice Peas Corn Orange	12	Salisbury steak Gravy Redskins Potatoes Peas Diced Peaches WG Bread 2	13	Chicken Tenders Potato Wedges Beets Apple WG Dinner Roll	14	Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2
17	Ham Sweet Potatoes Peas Apple Juice WG Bread 2	18	Mac & Cheese Stewed Tomatoes Applesauce WG Dinner Roll	19	Roast Turkey & Gravy Mashed Potatoes Green Beans Orange WG Bread 2	20	Sloppy Joe Potato Wedges Coleslaw Banana WG Bun	21	Pork Chop/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2
24	Birthday Celebration Chicken Drumstick Mashed Potatoes Gravy Green Beans Orange WG Dinner Roll	25	Tuna Noodle Casserole Peas Mixed Fruit WG Bread 2	26	Taco's Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	27	Pork Riblet Potato Wedges Coleslaw Applesauce WG Bun	28	Cheesy Chicken Rice Casserole Broccoli Beets Fruit Punch WG Dinner Roll

News

Senior Café lunch will be in rooms 112/113 on April 12 & April 13.

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.

In season fresh produce from the Intergenerational Garden is included when available.

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

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APRIL 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:

*Robert Keiser, George Merkel,
Barbara Preston,
Webb Seegert*

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.***

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.