

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

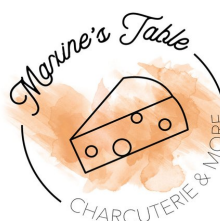


## Ease the Day & Memory Support Programs Open House

Wednesday, May 10, 1 pm **D**

Join us to learn more about exciting new programs at the Chelsea Senior

Center. Come meet the coordinators, ask your questions, and gather information on *Ease the Day: Caregiver Respite Support Program* and our Memory Support Programs: *Connections Memory Café*, *Chat to Heal*, and *Brain & Body Wellness Workshop*. For more information see Page 5.



## Charcuterie Workshop

Wednesday, May 17, 2 pm

\$35 per person **\$** **R**

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 and pay stop into CSC Office.**



## Fundraiser for Future Concerts

Tuesday, May 16, 7 pm at Silver Maples\*

### "River Raisin Ragtime"

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

\*Note location change



## Pollinator Garden Planting w/Arbor Club

Saturday, May 13 **D**

10 am-Noon

Earth Day Project

Help us fill that empty border bed again with an array of pollinator host plants, purchased with funds from a grant through the Washtenaw County Conservation District. This project, spearheaded by Maegan Gabriel of Wild Cherry Farm, looks to be the first public pollinator garden in Washtenaw County and it's at CSC's Intergenerational Garden! High school students and preschool families will be on hand to help plant this wonderful addition to the garden.



## Intergenerational Garden

## Senior Market Bucks



### Senior Market Bucks now available at CSC!

Sponsored by Chelsea Hospital

Senior Market Bucks can be used at the Chelsea Farmers Market, which takes place weekly Wednesdays from 1-5 pm and Saturdays from 8 am-1 pm. Stop by CSC office to pick up a coupon book; one booklet per person. For more information on the Chelsea Farmers Market please visit their website at: [www.chelseafarmersmkt.org](http://www.chelseafarmersmkt.org)

## Enjoy \$10 in coupons

**D**

Use these coupons on Michigan-grown foods, including fruits, vegetables, eggs, cheese, milk, yogurt, meat, poultry, fish and honey. These coupons are valid at the Chelsea Farmers Market (Wednesdays from 1 p.m. to 5 p.m. and Saturdays from 8 a.m. to 1 p.m.), the Manchester Farmers Market (Thursdays from 3 p.m. to 6 p.m.) and Dexter Farmers Market (Tuesdays from 11 a.m. to 3 p.m. and Saturdays from 8 a.m. to 1 p.m.).

Non-food items cannot be purchased with Senior Market Bucks. Available to Washtenaw County residents 60 years of age or older. No change is permitted. You may use coupons and cash together for a purchase. Coupons expire October 31, 2023.



## Gary's Tech Class:

Online Safety: Stop. **R**

Think. Connect.

Wednesday, May 24, 1 pm

Facilitated by Gary Munce. Learn tools to stay safe online whether browsing, shopping, or banking. Join Gary for a discussion about best practices for online privacy and security. Whether using a phone, tablet, laptop, or desktop, learn about Antivirus Software that protects you against hackers and viruses, understand your digital footprint and what that means, and how to stay safe when using public Wi-Fi. Make smart use of the tools available to keep your data safe and protect your privacy. **To register, call or email CSC with your name & tele number.**

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



## May Birthdays Celebration

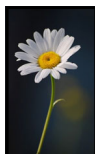
Tuesday, May 23 at Noon

Hosted by Cole Funeral Chapel Share a tasty lunch and birthday cake with friends. **To register call or email CSC.**

**R**

## On My Own: "More Transitions"

Thursday, May 25, 12:45-2pm Join Bree Stilwell, Certified Professional Life Transitions Coach, for an open discussion about how reflecting on our past experiences with change can help us both better manage and thrive in older adulthood. **To register call or email CSC with your name and tele number.**



## Positive Approach to Care (PAC)

### Workshop:

Wednesday, May 24, 10-11:30 am

This trademarked training from Teepa Snow, OTR/L, FAOTA, a nationally recognized expert on caregiving, especially those living with dementia, offers practical knowledge & skills to understand brain changes & how to build trust and to respond effectively. It is an interactive workshop. The training will be presented by Katie Garvey, OTR/L, CAPS, a Certified Independent Trainer, and Coach with PAC. **Register by 5/19/23, call or email CSC with your name & tele number.**

**R**



## Art for Life:

Gustave Caillebotte

Thursday, May 11, 4 pm

Suggested \$5 donation

Presented by Kathy Gunderson.

Gustave Caillebotte was a French Impressionist painter whose early

work was more realistic in the style of the French Académie than that of his contemporaries. For decades, he was more known for his organization and funding of Impressionist shows, as well as his generous patronage of fellow artists, including Monet and Renoir. Inheriting great wealth at a young age, Caillebotte had no need to sell his work, leaving the bulk of his estate to his family, friends and the French government. It was not until the second half of the last century that Caillebotte became appreciated for his own remarkable skill as a painter of modernity. **To register call or email CSC with your name & tele number.**

**R** **\$**



## Happy Hour

Friday, May 19 3:30 pm

at Charlotte Bentley's

**R**

Enjoy food & fun conversation with friends outside at Charlotte's house right around the corner from CSC. Snack size Jimmy John's sandwiches & chips will be provided. You BYOB and a appetizer or dessert to share along with your favorite travel chair. **Call or email CSC with your name & tele number.**

## Ask an Expert:

Free Yourself from Radicals with Antioxidants!

Wednesday, May 10, 11:15 am



**R**

Join us for a discussion on Vitamin C, antioxidants, and free radicals and how they work in our bodies. **To register, call or email CSC with your name & tele number.**



## 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

**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](mailto:mobprogram@nkfm.org) or call 800-482-1455 ext. 2140

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

Area Agency on Aging 1-B  
Assures you can trust

The Senior Alliance  
Life Age Now

NATIONAL KIDNEY FOUNDATION  
of Michigan

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

**To register, contact**  
Chelsea Senior Center:  
(734)475-9242  
[connected@chelseaseniors.org](mailto: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

- Gentle Yoga retunes June 2023, stay tuned for more details!
- Free Friday Senior Fitness sponsored by the Senior Emeritus Program at WCC starts May 19







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. See Page 12 for garden activities and events!*



**Intergenerational Garden**

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**  
 Jerry Wilczynski  
**Board Vice Chair**  
 Paul Schissler  
**Treasurer**  
 Dave Schaible  
**Secretary**  
 Charlotte Bentley

John Daniels  
 Julie Deppner  
 Jaclyn Klein  
 John Knox  
 Gary Maynard  
 Carl Schwarze  
 Mary Tomac  
 Charlotte Wyche

*A word from*



Hello Friends -

As I write this, we're finalizing plans on our great annual Chelsea Expo which at the moment won't happen until tomorrow so excuse me a moment while I transport into the future a few days... back now – what a great success the Expo was and it was so great to see everyone turn out for this wonderful event! Mark your calendars for the next one April 13, 2024!

If you have been in here participating in this or that or even just reading our newsletter, you know that we have had even more than our usual number of programs going as we have introduced several new ones over the past year. I just wanted to let you know that while we will never stop looking for new programs and services to keep you active and engaged, we're going to hold off on introducing anything new for a bit to make sure that we're properly managing all that we have on our plates already... otherwise things can fall through the cracks. If we ever drop the ball / let something fall through the cracks, please let us know. Nothing is more important to the entire CSC team than to be sure we're delivering on our promises and providing for each of you as best as we can!

One activity we have coming up is a bit of an Open House, Wednesday, May 10<sup>th</sup> at 1:00. While the thing that initially prompted this was our new Ease the Day program, we realize that it's a great way to share details on a great number of other programs and services we offer here. Even if you think you know everything about CSC, I suspect you will find a few services or activities that you did not know were available. So, stop in and spread the word to friends and family to stop in and check out this event.

With spring now being official, if you haven't already, get over here and see what's happening in our garden and green house / hoop house. Before you know it, fresh veggies from it will be available for you here. Get outside and enjoy the fresh air!

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

- Bill O'Reilly

## 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.**

**R**



### 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, May 4

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!



### 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; **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

**Ease the Day** officially launched on **April 25<sup>th</sup>**! Come and join us for our Open House on May 10, 2023.

To register for services or if you want more information, contact the Chelsea Senior Center. Call 734.475.9242 and ask for Lisa or Katie or email [caregiversupport@chelseaseniors.org](mailto:caregiversupport@chelseaseniors.org)

**Ease the Day: Caregiver Respite Support Program** is an initiative that gives family caregivers and their older adult loved ones (55 and better) a much-needed break. Many of us don't call ourselves "**caregivers**" because we just do what we're expected to do. 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.

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, 9:30 am-2:00pm
- In-home volunteer companion care provided by Catholic Social Services of Washtenaw County
- In-home skilled support care provided by Jewish Family Services and Comfort Keepers.
- 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 Hospital Ministerial Alliance and Silver Maples are also community partners. 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.

**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. Interested volunteer caregivers may inquire anytime by calling 734-475-9242 or emailing [caregiversupport@chelseaseniors.org](mailto: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](http://www.exhaleforcaregivers.org) to learn more.



**CSC Memory Support Programs**  
are funded by



## Connections Memory Café

*Held monthly on 1st Wednesday*

**May 3, 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 enjoying time together away from the stresses at home. We will have lunch, games, and activities for you to enjoy.

*This month will feature  
playing BINGO*

**How: Registration is required each month. 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 - 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 & 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 April 17-May 22*

**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!**

**\$ = 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.



Drop-in



Registration Required



Fee/Donation



### Open Draw Time

**Wednesdays, 11:45 am**

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



### Open Painting Studio 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

**Next meeting Friday, May 19, 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

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



### Knit & Crochet

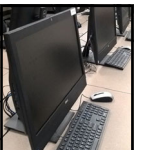
**Thursdays, 12:30 pm** All are welcome! Group gathers each week and works on individual projects or pieces to donate. Check out their hand-crafted items in Room 112!



### Community Computer Use

**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

*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

**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!





<b>Mon 1 May</b> 12:30 Hand & Foot 12:45 Brain & Body Wellness Workshop #3 Computer Use 8:45 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness 12:00 Lunch	<b>Tue 2 May</b> Election Day Onsite Ease the Day Computer Use 9:00 Pickleball 9:30 Matter of Balance #1 10:30 Silver Maples & Friends Choir* 11:00 Blood Pressure Checks 12:00 Lunch 12:30 <del>Movin-Groovin</del> 12:30 Mexican Train 1:00 Quilting 1:30 Ukulele NO Cardio Drumming	<b>Wed 3 May</b> Computer Use Footcare appts 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness 10:30 Mood Lifters #3 11:45 Open Draw Time 12:00 Lunch 12:00 Connections Memory Café 12:30 Jam Session 12:30 Game Time: <del>Mah Jongg</del> , Pinochle, Scrabble 1:00 Sewing Group 1:00 Senior Fun Bowling* 4:00 Chat to Heal	<b>Thu 4 May</b> Onsite Ease the Day Computer Use Massage appts Jewelry Repair appts 9:00 Pickleball 9:45 <del>Movin-Groovin</del> 10:00 T.O.P.S. 12:00 Lunch 12:30 Knit/Crochet 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:30 Cardio Drumming	<b>Fri 5 May</b> Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch 12:45 Daytime Euchre	
<b>Mon 8 May</b> 12:30 Hand & Foot 12:45 Brain & Body Wellness Workshop #4 Computer Use 8:45 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness 12:00 Lunch 100 Seniors Asking Seniors	<b>Tue 9 May</b> Onsite Ease the Day Computer Use 9:00 Pickleball 9:30 Matter of Balance #2 10:00 Paper Crafts: Card Making 10:30 Silver Maples & Friends Choir* 12:00 Lunch 12:30 <del>Movin-Groovin</del> 12:30 Mexican Train 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming	<b>Wed 10 May</b> 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 #4 11:15 Ask an Expert 11:45 Open Draw Time 12:00 Lunch 12:30 Game Time: <del>Mah Jongg</del> , Pinochle, Scrabble 1:00 Sewing Group 1:00 Senior Fun Bowling* 1:00 Open House	<b>Thu 11 May</b> Onsite Ease the Day Computer Use 8:30 Board Meeting 9:00 Pickleball 9:45 <del>Movin-Groovin</del> 10:00 T.O.P.S. 12:00 Lunch 12:30 Knit/Crochet 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:30 Cardio Drumming 4:00 Art for Life	<b>Fri 12 May</b> Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch 12:45 Daytime Euchre	
<b>Sat 13 May</b> 10:00 - Noon Pollinator Garden Planting					
<b>Mon 15 May</b> 12:00 Lunch 12:30 Hand & Foot 12:45 Brain & Body Wellness Workshop #5 Computer Use Footcare appts 8:45 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness	<b>Tue 16 May</b> Onsite Ease the Day Computer Use 9:00 Pickleball 9:30 Matter of Balance #3 10:30 Silver Maples & Friends Choir* 11:30 Red Hat Ladies* 12:00 Lunch 12:30 <del>Movin-Groovin</del> 12:30 Mexican Train 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming 7:00 Kaleidoscope	<b>Wed 17 May</b> 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 #5 11:45 Open Draw Time 12:00 Lunch 12:30 Game Time: <del>Mah Jongg</del> , Pinochle, Scrabble 12:30 Jam Session 1:00 Sewing Group 1:00 Writer's Group 1:00 Senior Fun Bowling* 2:00 Charcuterie Workshop 4:00 Chat to Heal	<b>Thu 18 May</b> Onsite Ease the Day Computer Use Massage appts 9:00 Pickleball 9:00 Newsletter Assembly 9:45 <del>Movin-Groovin</del> 10:00 T.O.P.S. 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	<b>Fri 19 May</b> Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 11:00 Blood Pressure Checks 12:00 Lunch 12:45 Daytime Euchre 1:30 Genealogy Help Group 3:30 Happy Hour @ Charlotte's	
<b>Mon 22 May</b> 12:30 Hand & Foot 12:45 Brain & Body Wellness Workshop LAST Computer Use 8:45 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness 12:00 Lunch	<b>Tue 23 May</b> Onsite Ease the Day Computer Use 9:00 Pickleball 9:30 Matter of Balance #4 10:30 Silver Maples & Friends Choir* 12:00 Birthday Lunch 12:30 <del>Movin-Groovin</del> 12:30 Mexican Train 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming	<b>Wed 24 May</b> Computer Use Footcare appts 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness 10:00 PAC Workshop 10:30 Mood Lifters #6 11:45 Open Draw Time 12:00 Lunch 12:30 Game Time: <del>Mah Jongg</del> , Pinochle, Scrabble 1:00 Sewing Group 1:00 Tech Class 1:00 Senior Fun Bowling*	<b>Thu 25 May</b> Onsite Ease the Day Computer Use 9:00 Pickleball 9:45 <del>Movin-Groovin</del> 10:00 T.O.P.S. 12:00 Lunch 12:30 Knit/Crochet 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:30 Cardio Drumming 12:45 On My Own 1:45 Tai Chi	<b>Fri 26 May</b> Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch 12:45 Daytime Euchre	
<b>Mon 29 May</b> - CLOSED - MEMORIAL DAY HONORING ALL WHO SERVED 	<b>Tue 30 May</b> Onsite Ease the Day Computer Use 9:00 Pickleball 9:30 Matter of Balance #5 10:00 All-Day Quilting 10:30 Silver Maples & Friends Choir* 12:00 Lunch 12:30 <del>Movin-Groovin</del> 12:30 Mexican Train 1:30 Ukulele 2:30 Cardio Drumming	<b>Wed 31 May</b> 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 #7 11:45 Open Draw Time 12:00 Lunch 12:30 Game Time: <del>Mah Jongg</del> , Pinochle, Scrabble 1:00 Sewing Group 1:00 Senior Fun Bowling* 4:00 Chat to Heal	* 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.		
 Chelsea Senior Center 734.475.9242 connected@chelseaseniors.org					



## Gather, Create, Expand Your Mind



### Woodcarving



**Fridays, 10 am-noon**

This group meets to carve each week. Everyone brings their own materials and tools for individual projects. Many wood carvers

have basic tools on hand to share and are happy to provide instruction. Stop in and check it out!

### Jam Sessions



**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



**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

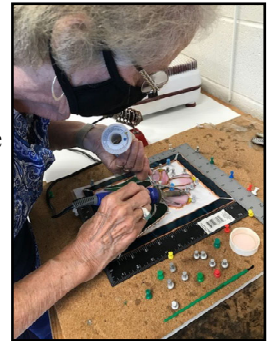


**Wednesdays,**

**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, May 9 & 23, 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**



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**



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

*gathering is Tuesday, May 16, 11:30 am, at Aubree's in Dexter. For more information call coordinator Babette at 734-904-8718.*



## Exercise & Movement

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

### Walking Halls at WSEC **D**



Weekdays, 8:30 am - 4 pm

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



### Gentle Yoga w/Maggie **\$**

Coming in June!

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.

### 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 cardiovascular conditioning, strength training, flexibility, and balance training. Instructors are certified.

\*Free Friday classes, thanks to Washtenaw Community College, begin May 19\*



### Easy Tai Chi & Qigong

Thursdays, 1:45 pm, beginning May 18 **D**



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 **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**

Tuesdays 12:30 pm & 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 **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.**

### 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.

**Please do not wear fragrances (no perfumes, colognes, lotions, sprays, etc.) on the trip due to sensitivity issues of travelers.**

### **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.



*Thanks for choosing to travel with us!*

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



### **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.**



### **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.**



### **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.**



### **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.**



### **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.**



### **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.**



### **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.**



### **Detroit River Cruise**

**Thursday, June 22, \$106 per person**

**Depart 10:00 am, Return 4:30 pm**

Take a midday break

world and the river  
cess. Per-  
Detroit &

**WAITLIST ONLY**

from the  
cruise along  
on the Detroit Prin-  
fect for seeing downtown areas of  
Windsor, hear a live Motown band and enjoy





## Connections and Community



### Intergenerational Garden **UPDATES**

**Chelsea Expo:** Thank you to everyone who stopped by the IG table to say hello! We enjoyed hosting a children's gardening activity and handing out flyers. Hope you enjoyed visiting the hoop house and admiring all the sprouting veggies planted by the preschoolers during Read & Seed 2023.

**Earth Day Fundraiser:** The Garden Mill on Main Street donated a portion of all sales on Earth Day to the Garden! Be sure to stop by the Garden Mill if you need seeds or supplies. Jennifer Fairfield and her folks have been faithful IG supporters for years, so if you're in her shop please say thank you!

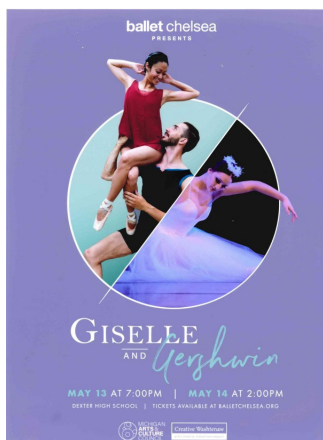
**Earth Day Project Part 1:** Thank you to all of you who helped beautify the CSC entrance by transplanting perennial flowers. Senior volunteers and Chelsea High School students dug up ALL the perennials along the south side of the IG fence and transplanted them to the beds in front of the Senior Center.



**Bulbs planted in the Fall by the Intergenerational Garden team of volunteers and students from the CHS Arbor Club, now in glorious bloom.**

#### **EVERY TUESDAY & SATURDAY:**

At least one person is working in the garden every Tuesday and Saturday from 10 am until Noon (unless it's raining) throughout the spring, and we have so much to do. I hope you'll join us, even if only for a little bit. It all helps!



#### **Ballet Chelsea presents: “Giselle and Gershwin” at Dexter High School**

Chelsea Senior Center has a block of 10 tickets for the May 14, 2 pm performance. Tickets are normally \$25 but our **special senior group discount is \$15/ticket**. CSC has a limited supply. **No Reservation List, you must purchase your ticket in the CSC Office.**



#### **Adult Learners Announces May Classes**

‘Every wreck tells a story’ is the claim *David Trojan* makes for his class on “**Michigan Aviation Archaeology**”, **May 4, at the Cedars of Dexter. On May 11, May 12** if there’s rain, **at North Lake Church, Ann Beyer** will show us “**How to cook outside using a Dutch oven**”. A special treat includes a Civil War re-enactment. On the **first four Mondays of May**, *Grace Shackman* shows “**How Architecture Can Tell Us About Chelsea & Dexter’s History**”. Two classes will be at the Cedars of Dexter and the other two will be walking tours. In her “**Introduction to Mindfulness Meditation**”, on the **five Wednesdays of May**, *Bilha Birman-Rivlin* shows how what happens in our minds affects our physical well being.

For more information on all ALI classes, consult the ALI catalog, copies available at CSC and at [www.adultlearnersinstitute.org](http://www.adultlearnersinstitute.org).

Registration is Required by mail-in only to Adult Learners Institute, PO Box 134, Chelsea, MI 48118

## Kaleidoscope CONCERTS

**Tuesday, June 20**  
**PICKS & STICKS**

This string band plays acoustical folk, swing, country and jazz featuring hammer dulcimer, fiddle, bass and guitar. This is a fun show for all music lovers!

**All concerts start at 7:00pm**  
Concerts held at: Silver Maples Retirement Neighborhood  
100 Silver Maples Drive, Chelsea, MI 48118

Concerts are made possible due to generous donations from Chelsea State Bank as well as community and resident donors.

**Space is limited.**  
Call **734.475.4111** for more information.  
Stay tuned for upcoming concert information!

## 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.**

### 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.

### Senior Café Lunch:

- Reserve your Senior Café Lunch by Noon the day before you plan to join us.
- Stop in office or call during our business hours of 8:30am-4pm each weekday.
- Fill out the *Senior Café Registration Form* 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!

## Thank you 2023 Sponsors!

### *Bronze Level:*

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

### *Friend Level:*

- Chelsea Lanes
- Linden Square Assisted Living
- Thompson's Pizza

### MARK YOUR CALENDARS:



May 16: Kaleidoscope Fundraiser  
Concert at Silver Maples\*  
(\*note location change)



May 29: CLOSED for Memorial Day

July 3 & 4: CLOSED for Independence Day

September 4: CLOSED for Labor Day

## Thank You 2023 Sponsors!

## Edward Jones celebrates the Chelsea Senior Center.



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*mix*



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# MAY | 2023

## SENIOR CENTER MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<b>1</b> Beef Lasagna Corn Banana WG Breadstick	<b>2</b> BBQ Pork Tater Tots Baked Beans Applesauce WG Bun	<b>3</b> Salisbury steak Gravy Redskins Potatoes Peas Orange WG Bread 2	<b>4</b> Mac & Cheese Stewed Tomatoes Apple WG Dinner Roll	<b>5</b> Chicken Tenders Potato Wedges Beets Apple Juice WG Dinner Roll
<b>8</b> Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	<b>9</b> Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Apple	<b>10</b> Taco's Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	<b>11</b> Sweet & Sour Chicken Brown Rice Peas Corn Orange	<b>12</b> Pork Chop/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2
<b>15</b> Pork Riblet Potato Wedges Coleslaw Applesauce WG Bun	<b>16</b> Scramble Eggs Sausage Patty Hash Browns Spinach Apple WG Biscuit	<b>17</b> Goulash Carrots Banana WG Breadstick	<b>18</b> Chicken Drumstick Mashed Potatoes Gravy Green Beans Sliced Peaches WG Dinner Roll	<b>19</b> Hamburger Tater Tots Peas Orange WG Bun
<b>22</b> Kielbasa Sauerkraut Redskins Potatoes Grape Juice WG Bun	<b>23</b> <u>BIRTHDAY CELEBRATION</u> Meatloaf/Gravy Whipped Potatoes Green Beans Orange WG Bread 2	<b>24</b> Sloppy Joe Potato Wedges Coleslaw Banana WG Bun	<b>25</b> Ravioli With sauce Carrots Apple WG Bread 1	<b>26</b> Turkey Ruben on Wheat Capri Blend Applesauce
<b>29</b> CLOSED FOR HOLIDAY	<b>30</b> Chicken Patty Redskin Potatoes Corn Orange WG Bun	<b>31</b> Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	<b>1</b>	<b>2</b>

### 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.

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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**MAY 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](mailto:connected@chelseaseniors.org)

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

***In memoriam:***

*Lois Gibson*

*Edward Sutliff*

**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.*