



Drop-in



Registration Required



Fee/Donation



Thank you

**Tracey
Dalton**

for your service in the
Chelsea School District & our
Senior Nutrition Program!

THANK YOU!

Thank you

**Charlotte
Bentley**

for your many years of
service on the
CSC Board of Directors!



Tracey's Farewell Gathering: D

Thursday, June 22 at 12:30 pm

Join us for cake and punch as we
thank Tracey for her service and wish
her well in her retirement!



June Birthdays Celebration R

Wednesday, June 28 at Noon

Hosted by Chelsea State Bank.

Share a tasty lunch and birthday cake
with friends. To register call or email
CSC.



**Garden Work Bees
are**

**Tuesdays & Saturdays
10 am to Noon**



CSC Happy Hour:

LIVE Nightclub, Ann Arbor

Friday, June 16 R

6:30-8:30 pm

Join us in Ann Arbor at *LIVE Nightclub*, 102 S First St,
to watch **The Cadillac Cowboys** and our very own **Gary
Munce** perform. No cover. The club will be crowded and
could be standing room only. Adult beverages and soft
drinks are served at *LIVE*, but not any food. You can
drive and park separately
**or transportation is
available, \$10 per person.**
Arrive at CSC at 6 pm,
return around 9 pm.
Payment is required to
register for
transportation. Limited
spots. Call or email CSC
with your name & tele
number.



Gary's Tech Class: D

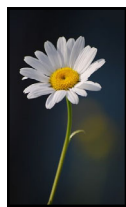
**Online Safety: Stop. Think.
Connect.**

Dates & Times to be posted on
CSC Bulletin Boards

Facilitated by Gary Munce. Gary
continues his discussion on the tools to stay safe online
whether browsing, shopping, or banking and 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.

*If you have specific online safety concerns drop-in and
visit the **Tech Support sessions on Wednesdays at 10 am**
where we have retired IT professionals available
to assist you one-on-one.*

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



On My Own: *Is on Hiatus for June*

Watch for next topic and gathering in July



Art for Life: Winslow Homer

Thursday, June 8, 4 pm

Suggested \$5 donation **R** **\$**

Presented by Kathy Gunderson.

The 19th century American artist Winslow Homer is best known

for his marine scape paintings of the east coast, where he spent most of his life, despite traveling extensively.

Homer began his artistic career as a magazine illustrator and then focused on paintings in oils and, later, watercolors. He not only showed the struggles of life at

sea but also depicted the pastimes of America in the 1800's, giving us a vision of life over a century ago." To register call or email CSC with your name & tele number.

Senior Market Bucks



Senior Market Bucks 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

Enjoy \$10 in coupons

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.



- CSC has FREE birthday cards & magazines available for members in Room 112.
- NO Tai Chi class on 6/22/23.
- Open Draw Time is On Hiatus for the summer, group returns in September.
- Mending Service at CSC is no longer available.
- CSC CLOSED for the holiday Monday 7/3 & Tuesday 7/4

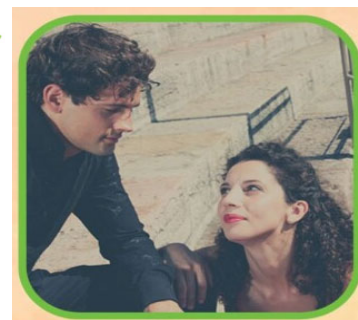


Music in the Air Concert:

Jacopo & Maddalena Giacomuzzi

Friday, June 2, 2:00 pm

D



Join us for a mini concert with the award winning Italian classical pianists and siblings *Jacopo and Maddalena Giacomuzzi* The duo returns to CSC and will perform 2-3 songs and allow time for questions from the audience.

Ask an Expert:

R

Magnesium

Wednesday, June 14 11:15 am

Join us for a discussion on *Magnesium: So good for you, and yet so hard to find.* We used to be able to get enough



magnesium in a balanced diet, but experts are becoming concerned that's no longer the case. Join Sophia and Betty to talk about the importance of magnesium and how to be sure we're supplying our bodies with enough of it. To register, call or email CSC with your name & tele number.



GrandPad Program

R

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 R.O.A.M. bus on our behalf and can cover most local needs. We also have the 'Ann Van' and other options to best meet specific needs. **Schedule a ride on the R.O.A.M. bus by calling the WAVE at 734.475.9494.** If you schedule in advance, you will have more ride time options. Seniors 60 and better in the Chelsea School District ride the R.O.A.M. bus fare-free. **For more information please call, email, or stop by CSC.**



Rural Older Adults in Motion ROAM



Senior Nutrition Program

The *Senior Nutrition Program* provides meals to seniors who are

60 and better.

Senior Café: Lunch is served each week day in the cafeteria at Noon. Doors open at 11:45 am. See the menu on page 15 for options. **Please call to reserve.**

Meals on Wheels: Home delivered meals is an option available for seniors who are homebound. The program delivers meals in Chelsea five days/week and in Manchester two days/week. If you know of someone who could benefit from a friendly check in and a hot meal delivered, **call CSC for more information.**

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

Senior Nutrition Program is supported by Area Agency on Aging 1B and Washtenaw County OCED in partnership with Chelsea School District.

The Trinh Pifer Intergenerational

Garden provides space and activities for multiple generations to engage and collaborate. See Page 12 for garden activities and events!



Intergenerational Garden

A word from



Hello Friends -

OK, time to check to see if anyone is actually reading this. Each month I put words together for this column and now I'm wondering what you might have to share. I have always found history (and family histories) of real interest and so I am reminded of the newspaper columns of a century ago that said things like "Mrs. Merkel's cousin Hilda from Grass Lake visited her Tuesday last and they enjoyed a lunch of watercress sandwiches and tea." And so, I am offering to turn a part or all of this column over to you next month or in coming months to share your thoughts about what's happening at CSC, in town or in your lives – though maybe skip what you had for lunch. It could prove interesting. I have to add a story - those who know me, know that I'm constantly reminded of a story... I recently saw in the newspaper (electronic version) a funny story of something that went a bit wrong in the country of Wales. By law there, traffic signs are in English and Welsh. The department responsible for the signs was putting up a new sign and sent an e-mail to the Welsh translator they use for these – they sent him the e-mail with the English phrase and asked him to translate it. They got his e-mail response and as they expected, it was in Welsh. So up went the new sign but after a few days those in the area who spoke Welsh called the department and asked why the Welsh portion of the new sign said "I will be out of the office until April tenth and will respond to your message upon my return".

Hopefully our messaging to you is not lost in translation – as always, we welcome your comments about our newsletters, Thursday morning e-blasts, signs or anything else about what is happening here at YOUR Chelsea Senior Center. Though the summer months are upon us, we won't be slowing down here – activities will be continuing at full speed (though you'll see many of the Pickleball players playing outside rather than in the gym). And a reminder that we've got that wonderful garden out there just waiting for you to visit or help with and the picnic tables as well should you wish to enjoy some shade or even carry your lunch outside. Enjoy!

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 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.**

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, June 1

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



Hotspots Available

Provided by Chelsea District Library

A hotspot is a portable unit that is used to access the internet by using Wi-Fi via a wireless local area network. **Stop in the CSC Office to sign one out.**



R

Blood Pressure Checks

D

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 **\$**



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 **\$**



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. *NOTE: Group is currently FULL and collecting names on a Wait List***



\$ **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



Hearing Checks: Rankin

Audiology & Hearing in Chelsea will provide, at their office, complimentary hearing screening. Give them a call 800.437.9923.



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: Caregiver Respite Support Program is off to a wonderful and fun start! It is an initiative that gives family caregivers a much-needed break and their older adult loved ones (55 and better)

engaging time with friends. 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.** 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

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 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

June 7, 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 enjoy time together away from the stresses at home. We will have lunch, games, and activities for you to enjoy.

This month will feature a

Sing-a-long with Gary Munce and Rick Frankhart

How: Registration is Required Each Month. For more information or to register call 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. Please call CSC to reserve.

How: For more information or to register call CSC with your name & tele number. Let us know if you plan to bring your loved one.

Brain & Body Wellness Workshop

6-week workshop July 10-August 14

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 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.



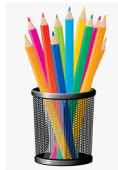
Drop-in



Registration Required



Fee/Donation



Open Draw Time

**ON HIATUS for the summer,
group returns in September**

Open Painting Studio w/Chelsea Artists Guild

Thursdays, 12:30-3:30 pm

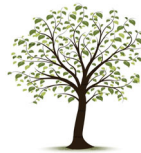
Enjoy open painting studio time and artistic fellowship for free with CSC membership. Bring your own materials. No instruction provided.



Genealogy Help Group

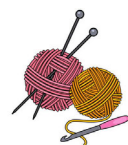
Next meeting Friday, July 28, 1:30 pm

Gather to share ideas & techniques on tracing your family history, for all levels of understanding & research, group meets every other month.



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!



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.



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

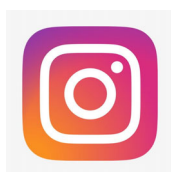


Tuesdays, 1-4 pm, All are welcome!

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.

Follow us!



F:@chelseaseniorcenter I:chelseaseniorcenter

CSC FAX LINE:

734-562-2164



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, June 6 & 20, 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, have fun and enjoy friendship. *Next gathering is*

Tuesday, June 20, 11:30 am, Holiday's Restaurant, 2080 W Stadium Blvd, Ann Arbor. For more information call coordinator Babette at 734-904-8718.



<h1>June 2023</h1>  <p>734.475.9242 connected@chelseaseniors.org</p>		 <p>Lunch Options available besides Main Entree:</p> <p>* Turkey w/cheese sandwich on Whole Wheat bread</p> <p>* Chicken salad sandwich on Croissant</p> <p>* Salad: Chef, Cobb, or Mandarin Chicken</p>		<p><i>* offsite location for activity</i></p>   <p><i>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.</i></p>		<p>Thu 1 June</p> <p>Onsite Ease the Day Computer Use Chair Massage Jewelry Repair appts 9:00 Pickleball 9:45 Movin'-Groovin 10:00 T.O.P.S.</p>	<p>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</p>	<p>Fri 2 June</p> <p>Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch</p>	<p>12:45 Daytime Encore 2:00 Concert: Music in the Air</p>
<p>Mon 5 June</p> <p>Computer Use 8:45 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness 12:00 Lunch</p>	<p>12:30 Hand & Foot 12:45 B&BWV LAST</p>	<p>Tue 6 June</p> <p>Onsite Ease the Day Computer Use 9:00 Pickleball 9:30 Matter of Balance #6 10:30 Gentle Yoga 12:00 Lunch</p>	<p>12:30 Movin'-Groovin 12:30 Mexican Train 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming</p>	<p>Wed 7 June</p> <p>Computer Use Footcare 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness</p>	<p>10:30 Mood Lifters #8 12:00 Lunch 12:00 Connections Memory Café 12:30 Jam Session 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group</p>	<p>Thu 8 June</p> <p>Onsite Ease the Day Computer Use 8:30 Board Meeting 9:00 Pickleball 9:45 Movin'-Groovin 10:00 T.O.P.S. 12:00 Lunch</p>	<p>12:30 Knit/Crochet 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:30 Cardio Drumming 1:45 Tai Chi 4:00 Art for Life</p>	<p>Fri 9 June</p> <p>Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch</p>	<p>12:45 Daytime Encore</p>
<p>Mon 12 June</p> <p>Computer Use 8:45 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness 12:00 Lunch</p>	<p>12:30 Hand & Foot 1:00 Seniors Asking Seniors</p>	<p>Tue 13 June</p> <p>Onsite Ease the Day Computer Use 9:00 Pickleball 9:30 Matter of Balance #7 10:00 Paper Crafts: Card Making</p>	<p>10:30 Gentle Yoga 12:00 Lunch 12:30 Movin'-Groovin 12:30 Mexican Train 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming</p>	<p>Wed 14 June</p> <p>Computer Use 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness 10:30 Travel Trip*</p>	<p>10:30 Mood Lifters #9 11:15 Ask an Expert 12:00 Lunch 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 4:00 Chat to Heal</p>	<p>Thu 15 June</p> <p>Onsite Ease the Day Computer Use Chair Massage 9:00 Pickleball 9:45 Movin'-Groovin 10:00 T.O.P.S. 12:00 Lunch</p>	<p>12:30 Knit/Crochet 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:30 Cardio Drumming 1:45 Tai Chi</p>	<p>Fri 16 June</p> <p>Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage</p>	<p>11:00 Blood Pressure Checks 12:00 Lunch 12:45 Daytime Encore 6:30 Happy Hour*</p>
<p>Mon 19 June</p> <p>Computer Use 8:45 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness 12:00 Lunch</p>	<p>12:30 Hand & Foot</p>	<p>Tue 20 June</p> <p>Onsite Ease the Day Computer Use 9:00 Pickleball 9:30 Matter of Balance LAST 10:30 Gentle Yoga 11:30 Red Hat Ladies* 12:00 Lunch</p>	<p>12:30 Movin'-Groovin 12:30 Mexican Train 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming 7:00 Kaleidoscope Concert*</p>	<p>Wed 21 June</p> <p>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 #10</p>	<p>12:00 Lunch 12:30 Jam Session 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 1:00 Writer's Group</p>	<p>Thu 22 June</p> <p>Onsite Ease the Day Computer Use 9:00 Pickleball 9:00 Newsletter Assembly 9:45 Movin'-Groovin 10:00 Travel Trip* 10:00 T.O.P.S.</p>	<p>12:00 Lunch 12:30 Knit/Crochet 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:30 Cardio Drumming 12:30 Tracey's Farewell 1:45 Tai Chi</p>	<p>Fri 23 June</p> <p>Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch</p>	<p>12:45 Daytime Encore</p>
<p>Mon 26 June</p> <p>Computer Use 8:45 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 10:00 Enhance Fitness 12:00 Lunch</p>	<p>12:30 Hand & Foot</p>	<p>Tue 27 June</p> <p>Onsite Ease the Day Computer Use 9:00 Pickleball 10:00 All-Day Quilting 10:30 Gentle Yoga 12:00 Lunch 12:30 Movin'-Groovin</p>	<p>12:30 Mexican Train 1:30 Ukulele 2:30 Cardio Drumming</p>	<p>Wed 28 June</p> <p>Computer Use Footcare 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 10:00 Tech Support 10:00 Enhance Fitness</p>	<p>10:30 Mood Lifters #11 12:00 Birthday Lunch 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 4:00 Chat to Heal</p>	<p>Thu 29 June</p> <p>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</p>	<p>12:30 Open Painting Studio 12:30 Drop-in Bridge 12:30 Cardio Drumming 1:45 Tai Chi</p>	<p>Fri 30 June</p> <p>Computer Use 9:00 Pickleball 9:00 Bingo 10:00 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch</p>	<p>12:45 Daytime Encore</p>

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 **D** **\$**

Tuesdays, starting June 6 10:30 am

Using warm-ups, traditional poses, and focused breathing, yoga

promotes strength, balance, flexibility, mobility, and a sense of calm. A gentle approach makes this class accessible to all experience levels to help keep you moving. *\$4 per class donation requested.*

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. Bring your own water bottle.

Free Friday classes, thanks to Washtenaw Community College!



Easy Tai Chi & Qigong

Thursdays, 1:45 pm



No matter your age or fitness level, the practice of meditation & mind-body exercise can bring calm, improve your flexibility, balance, motor skills, and mental focus. Reduce stress and increase vitality through these

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



Line Dancing **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!



Members enjoying themselves on the recent Detroit Prohibition Tour



ROAM Around Town:

Lakehouse Bakery

Wednesday, June 14,

\$7 per person



Depart 10:30 am, Return 12:30 pm

Folks do not live on bread alone, cookies are important too! Join us for a tour of the Lakehouse Bakery with their staff and, weather permitting, enjoy cookies in their outdoor space. **Full payment due at Registration, Limit 12 travelers.**



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.**



Nashville Tennessee

August 28-Sept 1



**WAITLIST
ONLY**



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, and gratuities. **\$50 deposit due at Registration. Full payment due by Oct 27.**



Connections and Community



Intergenerational Garden **UPDATES**

Farm Stand Returns & Welcome Back Cassidy!

Cassidy Tokarski returns to CSC as a part-time Intergenerational Program Counselor working with Camp Gabika campers and assisting Laura Noble, our volunteer Garden Manager, with the Trinh Pifer Intergenerational Garden. Cassidy is with us through the summer and we are very excited to have her back!

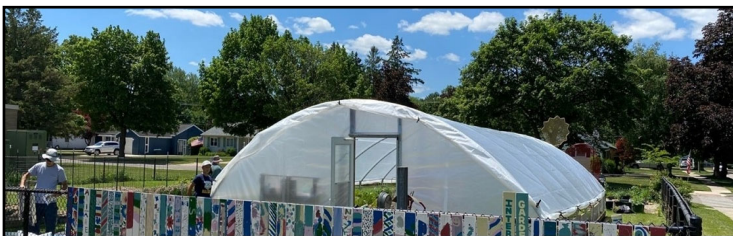
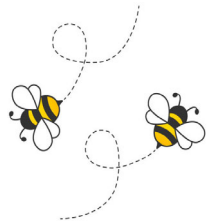
The Farm Stand has returned! Cassidy will be working with volunteers to harvest and wash fresh produce grown in the garden. Look for these tasty, healthy, treats outside the Center office each time you visit the Center.

Donations for the fresh produce from the Farm Stand directly supports the Garden.



Work Bees every Tuesday & Saturday:

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



Chelsea Senior Center



Intergenerational Garden

PRESENTED BY RICK TAYLOR - REINHART REALTORS

JUNE 1 - JULY 27 2023

SOUNDS SIGHTS *Chelsea Michigan*

ON THURSDAYS NIGHTS

FREE LIVE MUSIC & ENTERTAINMENT EVERY THURSDAY IN JUNE & JULY 6:30 - 8:30 PM

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!



Chelsea of the 1890s comes alive in song, dance, humor, and drama in this new musical.

THE ONLY MAN IN TOWN!



"Don't miss it!"

Fri June 9 7:30pm, Sat June 10 7:30pm, Sun June 11 3:00pm
General Admission \$20 CHS Auditorium, 740 N Freer Rd
Book, Music, Lyrics by Jason Eyster Directed by Rebecca Groeb

Join CSC's very own Jon Van Hoek and the team to cheer them on for their 2023 campaign!



~ 2023 CAMPAIGN ~
13th season



May 13 @ Mt Clemens Regulars
May 20 Home v Lansing Capitals
June 3/4 @ Mayor's Cup
Upper Sandusky, OH
June 17 Home v Kalamazoo Continentals
June 25 @ Greenfield Village Lah-De-Dahs
July 9 Home v Wyandotte Stars
July 15 @ Portage Base Ball Festival
August 5 @ Wyandotte Stars

August 19 @ Ada/Cascade
August 26 Home v Dexter Union
September 3 @ Ohio Cup, Columbus
September 9 @ Dexter Union
September 23 @ Webster Fall Festival
plus a few local scrimmages!

For details, directions, inquiries...to get involved + join in the fun with us!...
chelseamonitorbbc@gmail.com - 248.930.6130 - Facebook: Chelsea Monitors

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:



July 3 & 4: CLOSED for
Independence Day

Aug 22-26 : Chelsea Community
Fair

September 4: CLOSED for
Labor Day

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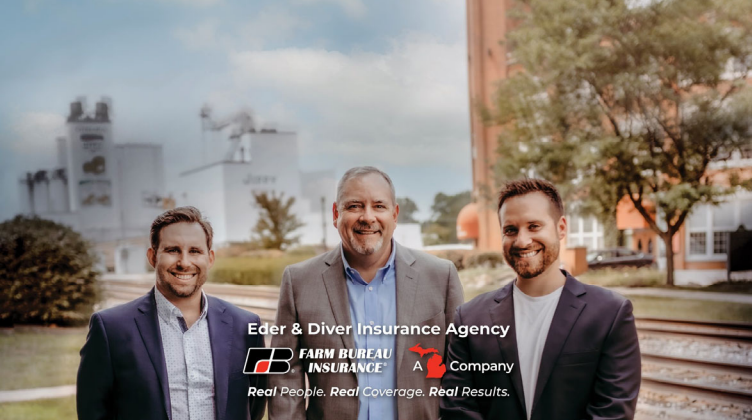
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JUNE | 2023

SENIOR CENTER MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

29		30	31	1	2
				Chicken Alfredo Mixed Vegetables Broccoli Grape Juice WG Dinner Roll	Popcorn Chicken Mashed Potatoes Gravy Corn Orange
5	6		7	8	9
Tuna Noodle Casserole Peas Mixed Fruit WG Bread 2	Beef Lasagna Corn Banana WG Breadstick	Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2	Ham Sweet Potatoes Peas Apple Juice WG Bread 2	BBQ Pork Tater Tots Baked Beans Applesauce WG Bun	
12	13	14	15	16	
Cheesy Chicken Rice Casserole Broccoli Beets Fruit Punch WG Dinner Roll	Salisbury steak Gravy Redskins Potatoes Peas Diced Peaches WG Bread 2	Roast Turkey & Gravy Mashed Potatoes Green Beans Orange WG Bread 2	Sweet & Sour Chicken Brown Rice Peas Corn Banana	Mac & Cheese Stewed Tomatoes Apple WG Dinner Roll	
19	20	21	22	23	
Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	Turkey/Ham Sub Sandwich Garden Salad Dressing Fruit Punch Juice	Pork Chop/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	Chicken Tenders Broccoli Salad Beets Watermelon WG Dinner Roll	Taco's Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	
26	27	28	29	30	
General Tso's Chicken Brown Rice Peas Corn Apple	Pork Riblet Potato Wedges Pasta Salad Grape Juice WG Bun	<u>BIRTHDAY CELEBRATION</u> Meatloaf/Gravy Whipped Potatoes Green Beans Orange WG Bread 2	Hamburger Potato Salad Peas Watermelon WG Bun	Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	

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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JUNE 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:

*Janet Ammann, Thomas Brown,
Robert Guinan, Beverly Kapolka,
Alice Ledwidge, Vincent Watkin*

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.