



Chelsea
Senior Center

The Next Chapter

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

• Issue 173 •

Membership \$25/year



Scholarships available

• July 2023 •



Drop-in



Registration Required



Fee/Donation



CHELSEA
HOSPITAL

Senior Market Bucks & Project Fresh Registration Event



Thursday, July 13, 11:30 am-12:30 pm
Chelsea Senior Center

Coupon booklets will be available while supplies last. For both programs, you must be a Washtenaw County resident AND 60 years of age or older. One booklet per person. Senior Market Bucks will be available to those who have not already received a set this market season.

Senior Market Bucks: no income requirement. Coupons can be used on Michigan-grown foods, including fruits, vegetables, eggs, cheese, yogurt, meat, poultry, fish and honey. Foods not mentioned in the above list are not eligible. Non-food items cannot be purchased with the coupons. **For more information about Senior Market Bucks, contact Christian Calaguas at 734-593-5281 or email: Christian.Calaguas@trinity-health.org.**

Senior Project Fresh: \$25 in coupons are available to Washtenaw County residents who are 60 years of age or older and have a total monthly household income less than \$2,248 (single person) or \$3,041 (2 person household). Coupons can be used to buy Michigan-grown fruits, vegetables, fresh cut herbs, and honey through participating local farmer's markets. **For more information about Senior Project Fresh, contact Tedi Milgrom at 734-492-0505 or email: milgromt@washtenaw.org**

For both programs: No change is permitted. You may use coupons and cash together for a purchase. Last day to use either coupon booklet is October 31, 2023.

Senior Market Bucks



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.



July Birthdays Celebration

Thursday, July 13 at Noon

Hosted by Chelsea Lumber

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



CSC Happy Hour:

On hiatus for July & August

Grab your friends and enjoy the **Chelsea Sounds &**

Sights Festival July 28 & 29 in downtown Chelsea. See Page 12 of this Newsletter for more details.



Ask an Expert:

Enzymes

Wednesday, July 12, 11:15 am

Facilitated by Sophia Speroff,
MPH, RD & Betty Chaffee,
Pharm D

Join us for a discussion on **Enzymes**. We can produce enzymes in our body naturally but find out what other products and foods contain enzymes and how it affects us.

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



Technology Class:

Online Safety; Stop. Think. Connect.

Tuesday, July 11, 1:00 pm

Facilitated by Gary Munce



Back by popular demand! Gary will repeat 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 CSC has retired IT professionals available to assist you one-on-one.*

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



New Class Time!
Starting July 1st, Enhance Fitness class time will be 9:45 am—10:45 am!



Senior Nutrition Program

Senior Café Lunch Updates & Reminders:

- **As of July 1st, 2023, substitutions to the Hot Meal option now being offered are either a Chicken Salad Sandwich or a Chef Salad.**
- Reserve your Senior Café Lunch by Noon the (business) 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!

- **CSC CLOSED for the holiday Monday July 3 & Tuesday July 4**
- 'Art for Life' & 'Open Draw Time' are on summer vacation and will return in +September
- **No Jewelry/Watch Repair appts for July**
- ***NEW* Line Dancing class time begins 7/10/23; class will meet 8:30-9:30 am**



**CSC Travel Committee's recent trip
ROAM Around Town to the
Lakehouse Bakery with Chef Keegan**



Falls Prevention Check-Up:

**Tuesday, September 19
9:00-10:30 am**

Facilitated by the Occupational Therapy Program at Eastern Michigan University, in partnership with National Council of Aging (NCOA).

Did you know that falling is NOT a normal part of aging? Learn how you or a loved one can stay falls free with simple steps to help prevent and reduce risks. **Save the date on your calendar, registration for this program will begin in August.**



CSC Pickleball Club Schedule Update:

From **Monday, July 31, through Friday Aug 4**, the WSEC gym is only available for **indoor pickleball play 8:30 am -11:30 am** due to a

Chelsea School District activity being scheduled in the WSEC gym. No afternoon indoor gym time is available that week.



Driver Safety



AARP Driver Safety Course Interest List:



CSC is looking to schedule an **AARP Driver Safety Course** in the Fall. **If you are interested in attending this course call or email CSC with your name and tele number** and we will keep you updated on the details once we have more information.



GrandPad Program



The Chelsea Senior Center has launched an exciting program to help seniors stay connected with family, loved ones, and friends. The program uses an innovative digital tablet, called a *GrandPad*, that is a simple and powerful way to stay in touch with family and friends.

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

Funding for this program provided by the Chelsea Community Foundation.



Chelsea
COMMUNITY FOUNDATION

Supporting All Things Chelsea



CSC has been offering services beyond our walls since 2013. C2S2

provides referrals for many requests including in-home care, house cleaning, handyman services, and transportation needs. **For more information call, email, or stop by CSC.**

If you need a ride we are fortunate to have options for you. The WAVE operates the 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

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 Wyche

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

A word from



Hello Friends -

While I am very much a “the glass is half-full” person, it’s still hard to believe that the year is already half over! July is of course when we celebrate the 4th of July or Independence Day. So, I thought this would be a good time to talk about independence – but in this regard, I mean your living as independently as you can – whether alone or with others. As I hope you have gathered through your time as a CSC member, we are all about keeping our members and area seniors healthy, active and engaged. The healthier you are, the more likely you are able to stay independent. I hope that you also know that we are a resource for services to help keep you independent - such as a list of people to help with home repairs, yard work and many more.

And in the near future we will be expanding our ROAM program to provide more transportation options to further support your independence. Stay tuned for more details.

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

CSC's New Waste Reductions Committee



We are pleased to have this new committee in place to encourage CSC's recycling of more and more items center-wide. Please use the new recycle containers for scrap paper, plastic cups & bottles, metal cans, etc. But **NO** food waste, napkins, etc. Also take advantage of the plastic bags & film recycling collection container outside the auditorium!

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

NO July appts, returns in Aug

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 to nurse Barb and nurse Jean for their service!



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.



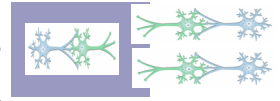
CSC Memory Support Programs are funded by



Connections Memory Café

Held monthly on 1st Wednesday

July 5, 12 - 1:30 pm



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

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

This month we will play Left Center Right and have prizes!

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

5-week workshop

Mondays, July 10-August 7

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! **D**
\$ = optional pay-to-play for prizes

BINGO

Mondays & Fridays, 9 am, \$
Bingo cards and place markers available.

Pool/Billiards

Mondays & Wednesdays, 9 am
Table in Room 113, drop-in play, all skill levels welcome, cues available.

Hand & Foot

Mondays, 12:30 pm
Drop-in card game, all skill levels welcome, members available to teach you how to play.

Mexican Train

Tuesdays, 12:30 pm
Try this modern version of traditional dominos game, players available to teach you how to play.

Game Time

Wednesdays, 12:30 pm
Drop-in play, your choice of *Mah Jongg*, *Pinochle*, or *Scrabble*, all skill levels welcome, members available to teach you how to play.

Drop-in Bridge

Thursdays, 12:30 pm
All skill levels welcome, members available to teach you how to play.

Cribbage

Fridays, 10 am
Drop-in play that involves playing and grouping cards in combinations which gain points, all skill levels welcome, members available to teach you how to play.

Daytime Euchre

Fridays, 12:45 pm, \$
Trick-taking card game that is always open to new players, members available to teach you how to play.

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

Open Painting Studio 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



1st & 3rd Tuesday, 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 July 18, 11:30 am, at Metzger's German Restaurant, 305 N Zeeb Rd, Ann Arbor. For more information call coordinator Babette at 734-904-8718.*

Mon 3 July**- CLOSED -****Tue 4 July****- CLOSED -**

HAPPY
Independence
4th JULY Day

Wed 5 July

Computer Use
Footcare appts
9:00 Pickleball
9:00 Stained Glass
9:00 Pool/Billiards
9:45 Enhance Fitness
10:00 Tech Support
10:30 Mood Lifters #12

Thu 6 July

Onsite Ease the Day
Computer Use
Chair Massage appts
9:00 Pickleball
9:45 ~~Movin'-Groovin'~~
10:00 T.O.P.S.
12:00 Lunch

12:00 Knit/Crochet
12:30 Open Painting Studio
12:30 Drop-in Bridge
12:30 Cardio
Drumming
1:45 Tai Chi

Fri 7 July

12:45 Daytime Endue

Computer Use
9:00 Pickleball
9:00 Bingo
9:45 Enhance Fitness
10:00 Woodcarving
10:00 Cabbage
12:00 Lunch

Mon 10 July

12:30 Hand & Foot
12:45 Brain & Body
Wellness Workshop #1
100 Seniors Asking Seniors

Computer Use
8:30 Line Dancing
9:00 Pickleball
9:00 Pool/Billiards
9:00 Bingo
9:45 Enhance Fitness
12:00 Lunch

Tue 11 July

Onsite Ease the Day
Computer Use
9:00 Pickleball
10:00 Paper Crafts:
Card Making
10:30 Gentle Yoga
12:00 Lunch

12:30 ~~Movin'-Groovin'~~
12:30 Mexican Train
1:00 Quilting
100 Technology Class
1:30 Ukulele
2:30 Cardio
Drumming

Wed 12 July

Computer Use
9:00 Pickleball
9:00 Stained Glass
9:00 Pool/Billiards
9:45 Enhance Fitness
10:00 Tech Support
10:30 Mood Lifters #13

11:15 Ask an Expert
12:00 Lunch
12:30 Game Time: ~~Mah Jongg~~, Pinocle, Scrabble
1:00 Sewing Group
4:00 Chat to Heal

Thu 13 July

Onsite Ease the Day
Computer Use
9:00 Pickleball
9:45 ~~Movin'-Groovin'~~
10:00 T.O.P.S.
11:30 Senior Market
Bucks & Project Fresh
Event

12:00 ~~Travel Trip*~~
12:00 Birthday Lunch
12:30 Knit/Crochet
12:30 Open Painting Studio
12:30 Drop-in Bridge
12:30 Cardio Drumming
1:45 Tai Chi

Fri 14 July

12:45 Daytime Endue

Computer Use
9:00 Pickleball
9:00 Bingo
9:45 Enhance Fitness
10:00 Woodcarving
10:00 Cabbage
12:00 Lunch

Mon 17 July

12:30 Hand & Foot
12:45 Brain & Body
Wellness Workshop #2

Computer Use
8:30 Line Dancing
9:00 Pickleball
9:00 Pool/Billiards
9:00 Bingo
9:45 Enhance Fitness
12:00 Lunch

Tue 18 July

Onsite Ease the Day
Computer Use
9:00 Pickleball
10:30 Gentle Yoga
11:30 **Red Hat Ladies***
12:00 Lunch

12:30 ~~Movin'-Groovin'~~
12:30 Mexican Train
12:45 A Joyful Noise
1:00 Quilting
1:30 Ukulele
2:30 Cardio
Drumming

Wed 19 July

Computer Use
9:00 Pickleball
9:00 Stained Glass
9:00 Pool/Billiards
9:45 Enhance Fitness
10:00 Tech Support
10:30 Mood Lifters #14

12:00 Lunch
12:30 Jam Session
12:30 Game Time: ~~Mah Jongg~~, Pinocle, Scrabble
1:00 Sewing Group
100 Writer's Group

Thu 20 July

Onsite Ease the Day
Computer Use
Chair Massage appts
9:00 Pickleball
9:00 Newsletter
Assembly
9:45 ~~Movin'-Groovin'~~

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

Fri 21 July

11:00 Blood Pressure
Checks
12:00 Lunch
12:45 Daytime Endue

Computer Use
9:00 Pickleball
9:00 Bingo
9:45 Enhance Fitness
10:00 Woodcarving
10:00 Cabbage

Mon 24 July

12:30 Hand & Foot
12:45 Brain & Body
Wellness Workshop #3

Computer Use
8:30 Line Dancing
9:00 Pickleball
9:00 Pool/Billiards
9:00 Bingo
9:45 Enhance Fitness
12:00 Lunch

Tue 25 July

Onsite Ease the Day
Computer Use
9:00 Pickleball
10:00 All-Day Quilting
10:30 Gentle Yoga
10:30 **Travel Trip***
12:00 Lunch

12:30 ~~Movin'-Groovin'~~
12:30 Mexican Train
1:30 Ukulele
2:30 Cardio
Drumming

Wed 26 July

Computer Use
Footcare appts
9:00 Pickleball
9:00 Stained Glass
9:00 Pool/Billiards
9:45 Enhance Fitness
10:00 Tech Support

10:30 Mood Lifters
LAST
12:00 Lunch
12:30 Game Time: ~~Mah Jongg~~, Pinocle, Scrabble
1:00 Sewing Group
4:00 Chat to Heal

Thu 27 July

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

12:30 Open Painting Studio
12:30 Drop-in Bridge
12:30 Cardio
Drumming
1:45 Tai Chi LAST

Fri 28 July

12:45 Daytime Endue
1:30 Genealogy Help
Group

Computer Use
9:00 Pickleball
9:00 Bingo
9:45 Enhance Fitness
10:00 Woodcarving
10:00 Cabbage
12:00 Lunch

Mon 31 July

12:30 Hand & Foot
12:45 Brain & Body
Wellness Workshop #4

Computer Use
8:30 Line Dancing
9:00 Pickleball
9:00 Pool/Billiards
9:00 Bingo
9:45 Enhance Fitness
12:00 Lunch

** offsite location for activity*

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

Donating Items to CSC

Do you have items that you wish to get rid of and think that CSC could possibly use them? Please call the CSC Office FIRST before leaving anything anywhere in the building. We do not have the storage space to keep these types of things. If you are unsure as to where to donate your items, CSC can offer suggestions depending on the type of item so please, call first before leaving anything in the building.

**Senior Nutrition Program**

As of July 1st, substitutions to the Hot Meal option now being offered at Senior Café Lunch are either a Chicken Salad Sandwich or a Chef Salad.

See monthly menu for details.



July 2023

Chelsea Senior Center

734.475.9242

connected@chelseaseniors.org



Exercise & Movement

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

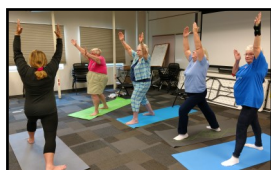
Walking Halls at WSEC

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, 10:30 am

\$4 per class donation requested

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

Mon-Wed-Fri,

***NEW TIME* 9:45-10:45 am**

D **\$**



\$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, last class of session: 7/27/23



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 8:30 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. **PLEASE NOTE:** July 31-Aug 4 gym time is 8:30 am—11:30 am.**

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

You must travel with the group to and from CSC in order to participate.

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 during a recent ROAM Around Town trip

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:

Eddy Discovery Center



Tuesday, July 25

\$7 per person

Depart 10:30 am, Return 12:30 pm

Explore Michigan's geology, flora, fauna, and natural habitats from a comfortable indoor setting with a DNR interpreter as our guide. **Full payment due at Registration. You must travel with the group to/from CSC in order to participate. Limit 12 travelers.**

Lugnuts Baseball



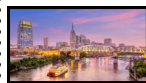
Lansing, MI



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

WAITLIST ONLY



A Lancaster Christmas



Pennsylvania

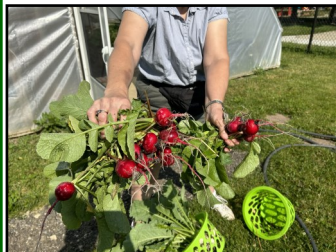
Nov 27-Dec 2 \$1,769 single, \$1399 double

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

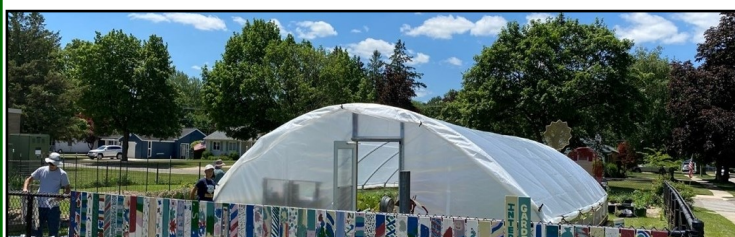


The Farm Stand has fresh produce grown in the garden. Look for these tasty, healthy, treats outside the CSC office. *Donations for the fresh produce from the Farm Stand directly supports the Garden.*



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



Sounds & Sights Festival, Chelsea's annual summer weekend event, will feature live music, kids' entertainment & activities, classic car show, art market, chalk art exhibit, farmers market, food court, and sidewalk sales throughout downtown **July 28-29**.

SATURDAYS

May 27/Sept 16 - Stacey Murray
June 3 - Kay Harper
June 10 - Tom Girard
June 17 - The Instrument Room
June 24 - Loyce Hoffman
July 1 - Dan Bickel
July 8 - Kevin Brown
July 15 - MacDonald Bros
July 22 - Bill Personke w/Katie Personke
July 29/Sept 2 - Lily MacPhee
August 5/Sept 30 - Katie Geddes
August 12 - JTE Band
Aug 19 - A2SO
August 26 - Loyce Hoffman
Sept 9 - Dave Boulette
Sept 23 Paul Girard Jazz Combo

WEDNESDAYS

May 31 - Scott Thacher
June 7 - Bill Personke
June 28 - Mike Ward Psychopops
July 26 - Nathanael Zuellig
Aug. 30 - Bob Bransky
Sept. 13 - Tom Girard
Sept. 27 - MacDonald Bros

CHelsea FARMERS

MARKET

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MARKET MUSIC 2023

Saturdays, 8 to 1pm
Music 10:30 am to 12:45pm
Palmer Commons in Downtown Chelsea

Wednesdays, 1 to 5pm
Music: 1 to 3pm
Corner of Old US 12 & M52
Chelsea State Bank parking lot

MacDonald Bros

Dave Boulette

Lily MacPhee

Nathanael Zuellig

Stacey Murray

Sculpture Walk chelsea

Annual outdoor sculpture exhibition featuring sixteen sculptures by regional artists placed throughout historic Chelsea, Michigan.

Exhibition runs from May 2023 to May 2024.

All Sculptures are available for purchase, contact terris@chelseamich.com for inquiries. All proceeds support the continuation of the Sculpture Walk program.

[@sculpturewalkchelsea](https://www.facebook.com/@sculpturewalkchelsea)
[@sculpture_walk](https://www.instagram.com/@sculpture_walk)

Coordinated by:

Chelsea MICH

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.

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



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!



MARK YOUR CALENDARS:



Aug 22-26: Chelsea Community Fair

September 4: CLOSED for Labor Day

September 20: Volunteer Appreciation Event

November 10: Veterans Day Lunch

Thank You 2023 Sponsors!

Edward Jones celebrates the Chelsea Senior Center.



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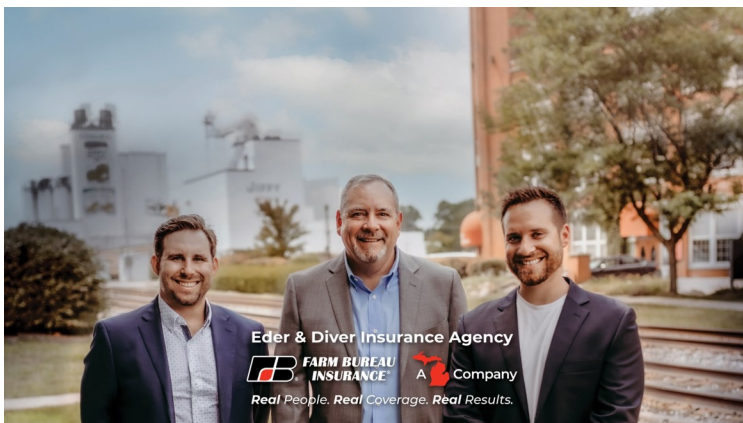
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JULY | 2023

SENIOR CENTER MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

3 CLOSED FOR HOLIDAY	4 CLOSED FOR HOLIDAY	5 Goulash Carrots Banana WG Breadstick	6 Kielbasa Sauerkraut Redskins Potatoes Grape Juice WG Bun	7 Sloppy Joe Potato Wedges Coleslaw Orange WG Bun
10 Ravioli With sauce Carrots Apple WG Bread 1	11 Chicken Patty Redskin Potatoes Corn Orange WG Bun	12 Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	13 Birthday Celebration Chicken Drumstick Mashed Potatoes Gravy Green Beans Orange WG Dinner Roll	14 Tuna Noodle Casserole Peas Mixed Fruit WG Bread 2
17 Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2	18 Turkey Ruben on Wheat Capri Blend Applesauce	19 Roast Turkey & Gravy Mashed Potatoes Green Beans Orange WG Bread 2	20 Turkey/Ham Sub Sandwich Garden Salad Dressing Fruit Punch Juice	21 Chicken Alfredo Mixed Vegetables Broccoli Banana WG Dinner Roll
24 Popcorn Chicken Mashed Potatoes Gravy Corn Orange	25 Meatloaf/Gravy Whipped Potatoes Green Beans Apple WG Bread 2	26 BBQ Pork Pasta Salad Baked Beans Applesauce WG Bun	27 Pancakes Sausage patties Hash Browns Broccoli Orange Juice	28 Beef Lasagna Corn Banana WG Breadstick
31 Sweet & Sour Chicken Brown Rice Peas Corn Apple	1	2	3	4

Happy Summer!

To order lunch to eat at the Center, call 734.475.9242 at least one day in advance.

Note the following update:

For those who join us at the Center for lunch, you can choose a sandwich or salad instead of the hot meal:

- Chicken salad (mayonnaise based) on croissant
- Chef Salad: turkey, ham, egg, cheese

Salads and sandwiches must be ordered by noon the day prior.

Watch for in season fresh produce from the Intergenerational Garden!

The Senior Nutrition Program is funded by Washtenaw County OCED, Area Agency on Aging 1B, and other state and federal agencies.

If you would like information about meals on wheels delivery, call 734.475.9242.

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

Nonprofit Org.
U.S. Postage
PAID
Chelsea, Mich.
Permit No. 21

JULY 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:

David Wolfgang

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.