



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 174 •

Membership \$25/year



Scholarships available

• August 2023 •



Drop-in



Registration Required



Fee/Donation



Rural Older Adults in Motion ROAM

We are expanding our
ROAM program!

Free rides on all WAVE buses for those 60+. When ROAM is not available, our Ann Van can be, plus rides to medical appointments requiring the driver to stay. All free. Contact us for details!



Learn-to-Play Mountain Dulcimer

Mondays, Sept 11-Nov 20 (skip 9/18)
2 pm, \$75 per person,
Limited Spots

Instructor Sharon Broyles,



Ever wanted to learn to play a mountain dulcimer? We can help! Join us for a 10 week session of group instruction. Price includes a borrowed dulcimer (Sharon has 10) & pic for use during each class, expert instruction, sheet music & binder to keep it in. You don't need to know how to read music to play the dulcimer. Have a dulcimer of your own? Join us! **To pay & register stop in to CSC office.**



Don't Fall for Fraud

Wed August 9, 1:00 pm



Presented by Teresa Beegle, Chelsea
State Bank Compliance & BSA Officer

Did you know that in 2022, consumers lost \$8.8 billion dollars? That's up 44% from 2021! 2.4 million fraud reports were filed in 2022, and experts believe that this is only a fraction of the actual number of fraudulent events. Join Teresa from Chelsea State Bank for a free presentation on current fraud topics including romance, grandchild, Social Security, internet fraud, lottery scams, and more. She will go over examples and best practices to protect yourselves and your loved ones. And a Q&A time will be at the end. **To register call or email CSC.**



CSC Volunteer Appreciation Event

September 20, 3:30-5:30 PM



Mark your calendars!

CSC is grateful for its volunteers that help make CSC such a great place to be!

In appreciation, we invite all volunteers to join us here at CSC for fun, friends, food and a performance by local favorites Gemini. **To register call or email CSC with your name and tele number.**



CSC Pickleball Club Schedule Update:

Starting 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 activities scheduled in the WSEC gym. No afternoon indoor gym time is available that week.



Ask an Expert: Collagen



Wednesday, August 9, 11:15 am

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

Join us for a discussion on Collagen. Along with a healthy and balanced diet, there are habits that may help protect your body. Is collagen one to get more skin in the game on? **To register, call or email CSC with your name & tele number.**



Gentle Yoga w/WCC



Starting Monday, September 11
9:30-10:30 am

Bring a mat and/or blanket. Class is geared toward students who can work on the floor. Traditional poses, stretches, breathing work and savasana, the resting and restorative pose, to end. *Classes are Free thanks to Washtenaw Community College!* **To register, call or email CSC with your name & tele number.**



Driver Safety



AARP Driver Safety Course:

September 25 & 26



12:30-4:30 pm

\$20 AARP member, \$25 non-member
Payable to AARP

Wondering if you are up-to-date on changes in the traffic laws? We can make sure your are! Revisit defensive driving techniques, proven safety strategies and learn about new traffic laws and rules of the road with AARP's Driver's Safety Course. Course will be held at Chelsea Senior Center and you must attend both classes. **To register and pay stop in to CSC Office.**

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



August Birthdays Celebration

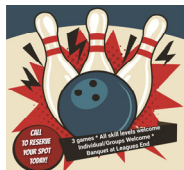
Monday, August 14 at Noon

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



Flu Shot Clinic & Wellness Fair

October 2023



Senior Fun Bowling at Chelsea Lanes

Wednesdays, 1 pm

If you like to bowl join us, **August to May**, for fun and friendly competition. Consider joining a team or consider being a sub!

For more info call Kathy Greenleaf at

Chelsea Lanes at 734.475.8141.



Falls Prevention

Check-Up:

Tuesday, Sept 19

9:00-10:30 am



*Facilitated by the Occupational Therapy Program at Eastern Michigan University in partnership with National Council of Aging (NCOA). Come and join the EMU Occupational Therapy program members to learn about fall risk and prevention. The workshop will cover CDC recommendations and NCOA guidelines. You will be able to be assessed to establish your fall risk and learn about the anatomical shifts and changes which influence mobility. The group will review environmental safety factors, fall recovery methods, and the importance of and suggestions for physical activity, including exercises and other opportunities to improve balance and lower risk. **To register call or email CSC with your name and tele number.***

- **Lunch start time July 31 thru August 4 will be 12:15 pm due to Chelsea School District event.**
- **CSC CLOSED for the holiday September 4**
- **'Art for Life' & 'Open Draw Time' are on summer vacation and will return in September**
- **Writing Memories Writer's Group no meeting this month, return in September**
- **Next Tai Chi session begins Sept 14**
- **No CSC Happy Hour for August; enjoy the Chelsea Community Fair, see Page 12 for details!**



Senior Nutrition Program

Updates:

WHO: Chelsea Senior Center partners closely with Chelsea School District to manage our lunch programs and keep our senior center vibrant.

WHAT: CSC's Senior Café Lunch Program is amazing and we are thrilled to serve you fresh, healthy, home-made meals each week day. CSC is in a new contract year and so we can keep doing what we do, we have made some thoughtful changes to the program.

WHY:

- Reduce cost costs and streamline process
- Be better stewards of our planet by limiting plastic & Styrofoam use when possible
- Promote food safety

WHEN: starting **Monday, July 17**



HOW:


- The hot menu item will be *the* meal served
- The salad bar will be available each day for in-person dining
 - Enjoy your side salad before your hot meal
 - Just 1 side salad per person please
 - No salads should be made to take home
- All meals will be served through the serving line at Noon and placed on plates
 - We are no longer packaging meals to take home
 - If you would like to take your meal or leftovers home, please start a new habit of bringing a container with you each time.
- Yes, we are keeping the optional dessert!



Thank you for helping us and supporting the decisions we are making!



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



Happy August all –

I hope that you have been able to get in some away / vacation time or have some planned. For me, just a long weekend in mid-August up north with my wife and 3 daughters and maybe a week in late September or early October. Though I am looking to joining our CSC travel group as we head up to Lansing on August 15th for a Lugnuts baseball game. Take a look at the travel section for the many options that group has planned. They're always looking for new faces on their planning committee! Speaking of traveling, just a reminder of our stepped-up ROAM transportation program so let us know if there are times WAVE can't be there for you and also be on the look-out for announcements of upcoming special day excursions in our Ann Van.

As usual, there are lots of things happening here at your CSC. If you haven't lately, I would strongly suggest reading though this newsletter in detail as there may well be a new class or activity that you might not have been aware of. Though not a CSC event, I hope that you'll be attending the upcoming Chelsea Fair. It is always a highlight of the year for me... especially the Fair Parade (it helps that it passes right in front of our house so we can enjoy it from our front yard).

Speaking of yards (notice how my thoughts lead one to another)... my latest home project is building an 8' x 8' greenhouse behind our garage. Why mention that you say? Just another reminder of our own "hoop house" and wonderful intergenerational garden. Get out there and enjoy it, pitch in or enjoy the produce from it which we make available almost daily on the table outside our office door.

Finally, I say this often in this column but time to say it again – your voice matters! Let us know if you have any suggestions for programs, either regular or "one off", or things we can do better. Remember, this is your senior center!

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
August 3

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 our volunteer nurses for their time & 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

Currently Ava doesn't have any room left in her basin for new feet. **To be added to her Wait List call her 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

\$ **R**

Take Off Pounds Sensibly
Thursdays, 9 am Weigh-In, 10 am Meeting

Could you use help taking the pounds off? Support and encouragement are key! You only get out of TOPS what you put into it. We can't guarantee weight loss just by attending meetings, but we can offer support through each stage of the journey, including after you reach your goal weight. Join us, first meeting is free! Weigh-in is 9:00 am each Thursday. **\$32 annual membership; \$1/meeting, both payable to the T.O.P.S. Leader. For more information give CSC a call. *NOTE: Group is currently FULL and collecting names on a Wait List***



Seniors Asking Seniors

D

2nd Monday, 1 pm

Hey Seniors,
Let's Chat!

Facilitated by Maurine Nelson & Lois deLeon
Join this peer-to-peer discussion group! Share your thoughts, your experiences, and questions about aging.



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

August 2, 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.

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

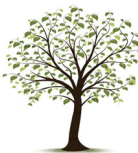
Open Painting Studio w/Chelsea Artists Guild

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, September 22, 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

No meeting in Aug



Facilitated by Jan Bernath. 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.



Red Hat Ladies

Meets monthly




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

August 26 @ 11:30 am at Linda Cole's house to watch Chelsea Community Parade. For more information call coordinator Babette at 734-904-8718.

August 2023

 Chelsea Senior Center
734.475.9242
connected@chelseaseniors.org



<h1>August 2023</h1> <div><div>Chelsea Senior Center 734.475.9242 connected@chelseaseniors.org</div></div>		<div><div>Tue 1 Aug<div>Onsite Ease the Day Computer Use 9:00 Pickleball 10:00 Morin-Groovin 10:30 Chair Yoga 11:00 Blood Pressure Checks</div></div><div><div>12:15 Lunch</div><div>12:30 Mexican Train</div><div>12:45 A Joyful Noise</div><div>1:00 Quilting</div><div>1:30 Ukulele</div><div>2:30 Cardio</div><div>Drumming</div></div></div>	<div><div>Wed 2 Aug<div>Computer Use Footcare appts 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 9:45 Enhance Fitness 10:00 Tech Support 12:15 Lunch</div></div><div><div>12:15 Connections</div><div>Memory Café</div><div>12:30 Jam Session</div><div>12:30 Game Time: Mah Jongg, Pinochle, Scrabble</div><div>1:00 Sewing Group</div></div></div>	<div><div>Thu 3 Aug<div>Onsite Ease the Day Computer Use Jewelry Repair appts 9:00 Pickleball 9:45 Morin-Groovin 10:00 T.O.P.S. 12:15 Lunch</div></div><div><div>12:30 Knit/Crochet</div><div>12:30 Open Painting Studio</div><div>12:30 Drop-in Bridge</div><div>12:45 Cardio</div><div>Drumming</div><div>1:00 Morin-Groovin w/respite care</div></div></div>	<div><div>Fri 4 Aug<div>Computer Use 9:00 Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:15 Lunch</div></div><div>12:45 Daytime Evchue</div></div>
<div><div>Mon 7 Aug<div>Computer Use 8:30 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 9:45 Enhance Fitness 12:00 Lunch</div></div><div><div>12:30 Hand& Foot</div><div>12:45 Brain & Body Wellness Workshop</div><div>LAST</div></div></div>	<div><div>Tue 8 Aug<div>Onsite Ease the Day Computer Use 9:00 Pickleball 10:00 Morin-Groovin 10:00 Paper Crafts: Card Making 10:30 Chair Yoga</div></div><div><div>12:00 Lunch</div><div>12:30 Mexican Train</div><div>1:00 Quilting</div><div>1:30 Ukulele</div><div>2:30 Cardio</div><div>Drumming</div></div></div>	<div><div>Wed 9 Aug<div>Computer Use 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 9:45 Enhance Fitness 10:00 Tech Support 11:15 Ask an Expert</div></div><div><div>12:00 Lunch</div><div>12:30 Game Time: Mah Jongg, Pinochle, Scrabble</div><div>1:00 Fraud Presentation</div><div>1:00 Sewing Group</div><div>4:00 Chat to Heal</div></div></div>	<div><div>Thu 10 Aug<div>Onsite Ease the Day Computer Use 8:30 Board Meeting 9:00 Pickleball 9:45 Morin-Groovin 10:00 T.O.P.S. 12:00 Lunch</div></div><div><div>12:30 Knit/ Crochet</div><div>12:30 Open Painting Studio</div><div>12:30 Drop-in Bridge</div><div>12:45 Cardio Drumming</div><div>1:00 Morin-Groovin w/respite care</div></div></div>	<div><div>Fri 11 Aug<div>Computer Use 9:00 Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch</div></div><div>12:45 Daytime Evchue</div></div>	
<div><div>Mon 14 Aug<div>Computer Use 8:30 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 9:45 Enhance Fitness 12:00 Birthday Lunch</div></div><div><div>12:30 Hand& Foot</div><div>1:00 Seniors Asking Seniors</div></div></div>	<div><div>Tue 15 Aug<div>Onsite Ease the Day Computer Use 9:00 Pickleball 10:00 Morin-Groovin 10:30 Chair Yoga 12:00 Lunch 12:30 Mexican Train</div></div><div><div>12:45 A Joyful Noise</div><div>1:00 Quilting</div><div>1:30 Ukulele</div><div>2:30 Cardio</div><div>Drumming</div><div>4:30 Travel Trip*</div></div></div>	<div><div>Wed 16 Aug<div>Computer Use 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 9:45 Enhance Fitness 10:00 Tech Support 12:00 Lunch</div></div><div><div>12:30 Jam Session</div><div>12:30 Game Time: Mah Jongg, Pinochle, Scrabble</div><div>1:00 Sewing Group</div><div>NO Writer's Group</div></div></div>	<div><div>Thu 17 Aug<div>Onsite Ease the Day Computer Use Chair Massage appts 9:00 Pickleball 9:00 Newsletter Assembly 9:45 Morin-Groovin 10:00 T.O.P.S.</div></div><div><div>12:00 Lunch</div><div>12:30 Knit/ Crochet</div><div>12:30 Open Painting Studio</div><div>12:30 Drop-in Bridge</div><div>12:45 Cardio Drumming</div><div>1:00 Morin-Groovin w/respite care</div></div></div>	<div><div>Fri 18 Aug<div>Computer Use 9:00 Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage</div></div><div><div>11:00 Blood Pressure Checks</div><div>12:00 Lunch</div><div>12:45 Daytime Evchue</div></div></div>	
<div><div>Mon 21 Aug<div>Computer Use 8:30 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 9:45 Enhance Fitness 12:00 Lunch</div></div><div><div>12:30 Hand& Foot</div></div></div>	<div><div>Tue 22 Aug<div>Onsite Ease the Day Computer Use 9:00 Pickleball 10:00 Morin-Groovin 10:30 Chair Yoga 12:00 Lunch 12:30 Mexican Train</div></div><div><div>1:00 Quilting</div><div>1:30 Ukulele</div><div>2:30 Cardio</div><div>Drumming</div></div></div>	<div><div>Wed 23 Aug<div>Computer Use Footcare appts 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 9:45 Enhance Fitness 10:00 Tech Support</div></div><div><div>12:00 Lunch</div><div>12:30 Game Time: Mah Jongg, Pinochle, Scrabble</div><div>1:00 Sewing Group</div><div>4:00 Chat to Heal</div></div></div>	<div><div>Thu 24 Aug<div>Onsite Ease the Day Computer Use 9:00 Pickleball 9:45 Morin-Groovin 10:00 T.O.P.S. 12:00 Lunch 12:30 Knit/Crochet</div></div><div><div>12:30 Open Painting Studio</div><div>12:30 Drop-in Bridge</div><div>12:45 Cardio</div><div>Drumming</div><div>1:00 Morin-Groovin w/respite care</div></div></div>	<div><div>Fri 25 Aug<div>Computer Use 9:00 Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch</div></div><div>12:45 Daytime Evchue</div></div>	
<div><div>Mon 28 Aug<div>Travel Trip* Computer Use 8:30 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 9:45 Enhance Fitness</div></div><div><div>12:00 Lunch</div><div>12:30 Hand& Foot</div></div></div>	<div><div>Tue 29 Aug<div>Onsite Ease the Day Computer Use 9:00 Pickleball 10:00 All-Day Quilting 10:00 Morin-Groovin 10:30 Chair Yoga 12:00 Lunch</div></div><div><div>12:30 Mexican Train</div><div>1:30 Ukulele</div><div>2:30 Cardio</div><div>Drumming</div></div></div>	<div><div>Wed 30 Aug<div>Computer Use 9:00 Pickleball 9:00 Stained Glass 9:00 Pool/Billiards 9:45 Enhance Fitness 10:00 Tech Support 12:00 Lunch</div></div><div><div>12:30 Game Time: Mah Jongg, Pinochle, Scrabble</div><div>1:00 Sewing Group</div></div></div>	<div><div>Thu 31 Aug<div>Onsite Ease the Day Computer Use 9:00 Pickleball 9:45 Morin-Groovin 10:00 T.O.P.S. 12:00 Lunch 12:30 Knit/Crochet</div></div><div><div>12:30 Open Painting Studio</div><div>12:30 Drop-in Bridge</div><div>12:45 Cardio</div><div>Drumming</div><div>1:00 Morin-Groovin w/respite care</div></div></div>	<div><div>* offsite location for activity</div><div></div><div>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.</div></div>	

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!



Chair 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 **D** **\$**

Mon-Wed-Fri,
9:45-10:45 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, next session begins Sept 14



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!



ballet chelsea
adaptive dance program

Movin' & Groovin' **D**

Tuesdays 10:00 am

Thursdays 9:45 am

Thursdays 1:00 pm *w/ respite care*

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 12:45 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 (perfumes, colognes, lotions, sprays, etc.) on the trip due to sensitivity issues of travelers.



Shades of Ireland

featuring Northern Ireland

Sept 19-Oct 1, 2024

\$5869 single, \$5069 double

Booking Number: 1152731

This trip is organized and booked through Collette Travel. Chelsea Senior Center WILL NOT be handling any reservations or money. See trip brochure for more information. Call Collette Travel directly 800.581.8942. Or use link to book: www.gateway.gocollette.com/link/115731



Information Meeting-Ireland Trip

September 25, 1:00 pm

Ed McKenna from Collette Travel is hosting an informational meeting on the 'Shades of Ireland' 2024 trip. Join him to find out all the details of this exciting adventure. **To register for this informational meeting call or email CSC with your name and tele number.**



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 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!

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.



Cornwell's Turkeyville Dinner Theatre

Thursday, September 14

\$105 per person

Depart 10 am, Return 5 pm

Enjoy a traditional turkey dinner and a musical theatre performance of "*Forever Plaid*". Price includes roundtrip coach transportation, dinner, performance, and driver tip. **\$25 deposit due at Registration. Full payment due by August 14.**



The Parade Company & Pewabic Pottery Tours

Detroit, MI

Wednesday, November 15

\$114 per person

Depart 8:30 am, Return 4 pm

Take a behind-the-scenes look at Detroit's most hidden treasure at *The Parade Company Studio* as they get ready for Detroit's America's Thanksgiving Parade, lunch will be at Sindbad's Restaurant on the Detroit River, and enjoy a self-guided tour of Pewabic Pottery Museum. Price includes round trip motor coach transportation to/from CSC, entrance into The Parade Company & Pewabic Pottery, and lunch at Sindbad's. Driver gratuity not included. **\$25 deposit due at Registration. Full payment due by October 15.**



Pioneer Trail Wine Around

Wednesday, October 18

\$127 per person

Depart 9:15 am, Return 6 pm

Join us for shopping, wine tasting, and lunch! Price includes roundtrip coach transportation with stops at Russel Stover Chocolates, wine tasting at St. Julien Winery, Cherry Creek Cellars, Flying Otter Vineyard, family style lunch at Danley's Country House in Tecumseh, and driver gratuity. **\$25 deposit due at Registration. Full payment due by Sept 18.**



A Lancaster Christmas

Pennsylvania

Nov 27-Dec 2 \$1769 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.**



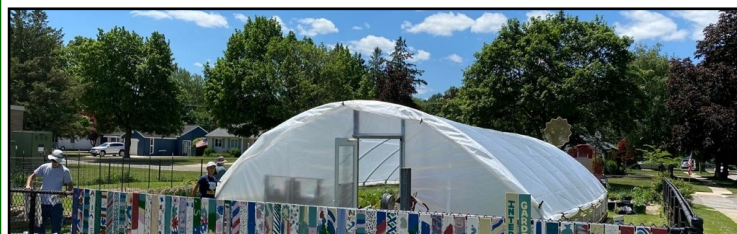
Intergenerational Garden **UPDATES**

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



ALI's Fall Kickoff

Tuesday, Aug 15, 10 am
McKune Rm, Chelsea District Library
221 S. Main St., Chelsea

Join ALI for fun & refreshments as you meet ALI Board members and instructors as they share the classes they will be teaching. Three people will win a \$10 certificate for Fall 2023 or Winter/Spring 2024 classes. Registrations will also be accepted on-site.

**For more information, visit ALI website:
www.AdultLearnersInstitute.org or call 734-292-5540.**



CSC Happy Hour:
Chelsea Community Fair

Grab your friends and
enjoy the fair! See below
for daily events schedule:

**August
22-26
2023**

SCHEDULE OF EVENTS

All events are subject to change if inclement weather is nearby.

10:00AM Fair gates open at 10:00AM for general admission.

All exhibits are open to the public from 10:00AM until 10:00PM on Wed, Thurs, Fri and Sat.
Rides and concessions by North American Amusements
every afternoon and evening starting at 3:00PM on Wednesday, 3:00PM on Wednesday and Thursday,
Noon on Friday and 1:00PM on Saturday.

All Main-Arena events are free with paid main gate admission and open to the public!

SUNDAY, AUGUST 20 - Gates open at 8:00 am | Free Admission to Tractor Pull, Dead-weight on cement

9:00 a.m. - Tractor Pull, Dead Weight on Cement - Main Arena
9:00 a.m. - 5:00 p.m. - Exhibits entered in Agriculture, Antiques, Baking, Canning, Floriculture, Arts and Hobbies, Photography, Machine Sewing and Needlework

MONDAY, AUGUST 21 - Gates open at 9:00 am |

Free Admission to Antique Tractor Pull in Main Arena
All day, Green exhibit barn closed for judging
4:00 - 8:00 p.m. - All rabbits and poultry to be entered and caged

5:00 p.m. - Ribbon Cutting Ceremony at Main Gate
5:00 - 6:30 p.m. - Entry of steers, dairy cows and feeder calves in livestock barn

7:00 - 8:30 p.m. - Entry of swine in livestock barn

TUESDAY, AUGUST 22 - Gates & Admission fee at 10am |

Show rides not open

9:00 - 11:00 a.m. - All other Livestock to be entered

Noon - Green Exhibitor Barn Opens

5:30 p.m. - Children's Parade begins downtown.

5:30 - 10:00 p.m. - K of C Bingo Tent

7:30 p.m. - Figure 8 Demolition Derby

WEDNESDAY, AUGUST 23 - Gates & Admission fee at 10am |

Show rides start at 3pm

9:00 a.m. - Judging of Goats

12:00 p.m. - Judging of Dairy Feeder Calves

30 minutes after the end of the Feeder Calves Show - Judging of Beef

6:00 p.m. - Judging of Sheep

7:30 p.m. - Demolition Derby, 3 Heats plus Feature

THURSDAY, AUGUST 24 - Senior Day-65 & older enter Free before 5PM | Gates & Admission fee at 10am | Show rides start at 3pm

8:00 a.m. - Horse Show

11:00 a.m. - Draft Horse Pull - Heavyweight Teams

1:00 p.m. - Kiddies Peddle-Power Tractor Pull

7:00 p.m. - Livestock Auction

7:30 p.m. - Lost Nations Rodeo

FRIDAY, AUGUST 25 - Gates open at 8:00 am for Ladies Day -

\$5.00 entry before 11AM for Ladies

Show rides start at Noon.

Ladies Day

8:00 a.m. - Horse Show

10:00AM for general admission and Military Day.

11AM-3PM Family Day.

Free Admission, No Re-Entry.

7:00 p.m. - Selection of 2022 Fair Queen

7:00 p.m. - Tractor Pulling Contest, Super Farm, Pro-Stock, Hot Farm Speed-Pull Weight Transfer Sled Classes

SATURDAY, AUGUST 26 - Gates & Admission fee at 10 a.m. |

Show rides start at 1 p.m.

8:30 a.m. - Compact Tractor Pull

11:00 a.m. - Chelsea Fair Parade

7:00 p.m. - Sweepstakes

Showmanship

7:00 p.m. - 4-Wheel and

2-Wheel Drive, Truck Pulling

Contest (No Diesel Trucks)

Super Farm Tractors (1 class)

And Mod Tractors

FAIR SERVICE CENTER OFFICE HOURS:

Thursday August 3 - 6:00PM - 8:00PM
Thursday August 10 - 6:00PM - 8:00PM
Thursday August 17 - 6:00PM - 8:00PM
Sunday August 20 - 9:00AM - 5:00PM
Sunday August 21 - Saturdays August 26
9:00AM - 7:00PM
Sunday August 27 - 9:00AM - 11:00AM

**FREE
PARKING**

Schedule is subject to change

Admission & Passes:

• Daily wristbands and individual ride

tickets available at the carnival

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:



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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Owner/Manager

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Chelsea, Michigan 48118
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www.colefuneralchapel.com



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RETIREMENT NEIGHBORHOOD

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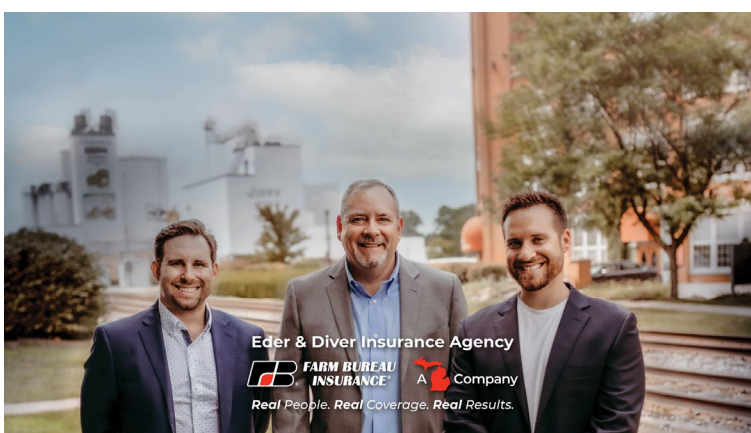
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AUGUST | 2023

SENIOR CENTER MENU


MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

31	1 Mac & Cheese Stewed Tomatoes Apple WG Dinner Roll	2 Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	3 Hamburger Tater Tots Peas Watermelon WG Bun	4 Popcorn Chicken Mashed Potatoes Gravy Corn Orange
7	8 Ham Sweet Potatoes Peas Apple Juice WG Bread 2	9 Salisbury steak Gravy Redskins Potatoes Peas Diced Peaches WG Bread 2	10 Taco's Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	11 Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice
14 BIRTHDAY CELEBRATION Pork Chop/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	15 Kielbasa Sauerkraut Redskins Potatoes Grape Juice WG Bun	16 Sloppy Joe Potato Wedges Coleslaw Orange WG Bun	17 Chicken Drumstick Mashed Potatoes Gravy Green Beans Orange WG Dinner Roll	18 Goulash Carrots Banana WG Breadstick
21 Pork Riblet Potato Wedges Pasta Salad Grape Juice WG Bun	22 General Tso's Chicken Brown Rice Peas Corn Apple	23 Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	24 Ravioli With sauce Carrots Apple WG Bread 1	25 Chicken Patty Redskin Potatoes Corn Orange WG Bun
28 Tuna Noodle Casserole Peas Mixed Fruit WG Bread 2	29 Meatloaf/Gravy Whipped Potatoes Green Beans Apple WG Bread 2	30 Chicken Alfredo Mixed Vegetables Broccoli Grape Juice WG Dinner Roll	31 Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2	1

News

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

Remember to bring a to go container for leftovers from your hot meal.

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
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Permit No. 21

AUGUST 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:

*Carol Bender, Jan Dresselhouse,
Jim Periord, Denise Sawyer-Moran,
Joan Smart*

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.