



Drop-in



Registration Required



Fee/Donation



Ask an Expert:

Lactose

Wednesday, Sept 13, 11:15 am

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

Join us for an understanding all about lactose: spilled milk and if you should drink it or not. **To register, call or email CSC with your name & tele number.**



Art for Life: Caravaggio

Thursday, Sept 14, 4 pm

Suggested \$5 donation

Presented by Kathy Gunderson.

Michelangelo Merisi da Caravaggio, despite a short career, is considered the leading Italian Baroque painter of the 16th century. He is known for his dramatic works using strong contrasts of light & dark and dynamic compositions. Known equally for his intense paintings, was Caravaggio's reputation as a violent "brawler", leading to his early death at the age of 38. **To register call or email CSC with your name & tele number.**



Elder Abuse & Prevention Training

Friday, Sept 22, 10:30-11:30 am

Presented by Senior Resource
Connect. Elder abuse can happen

anywhere. This class discusses different types of abuse, signs to look out for, and actionable steps we can take to prevent elder abuse in our community. Participants will walk away with a general knowledge of potential older adult risk factors & feel secure in referring an older adult to resources if needed. **To register call or email CSC with your name and tele number.**



Driver Safety



AARP Driver Safety Course

Sept 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 you 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 call or email CSC with your name and**

Discover Your Chelsea Senior Center



September is National Senior Center Month!

Join CSC this month to discover your unique interests, talents & aspirations. Explore new activities, hobbies & experiences. Gain knowledge & share your experiences with others in sparkling conversations & connections right here at YOUR senior center! Look for our logo within this newsletter highlighting these special events.



CSC Volunteer Appreciation Event

Wednesday, Sept 20, 3:30-5:30 PM

CSC is grateful for its volunteers that help make CSC such a great place to be! In appreciation, we invite all of our 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.**



Falls Prevention Check-Up

Tuesday, Sept 19, 9-10:30 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 & prevention. The workshop will cover CDC recommendations & 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 & lower risk. **To register call or email CSC with your name and tele number.**



GetConnected: Linking Older Adults with Resources on Medication, Alcohol, and Mental Health

Wednesday, Sept 13, 1:00-2:30 pm

Presented by Catholic Social Services of Washtenaw County's Senior Services Department. GetConnected is an evidence based toolkit developed by the Substance Abuse and Mental Health Services Administration and the National Council on Aging. This presentation will cover important topics related to substance use prevention, medications, and mental health as it relates to later life. **Part I: It Can Happen to anyone: Coping with Life Transitions, Part II: Managing Medication Wisely, Part III: Keeping a Healthy Outlook on Life.** For more information, contact Lisa Catledge, LMSW at CSSW 734.971.9781 x453. **To register call or email CSC with your name and tele number.**

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



your name and tele number

CSC Happy Hour:

Arctic Breakaway

Friday, Sept 29, 4 pm

Enjoy drinks, food, & fun conversation with friends at *Arctic Breakaway*, 501 Coliseum Dr, Chelsea. **Registration required, call or email CSC with**



September Birthdays Celebration

Monday, Sept 18 at Noon

Hosted by *Eder & Diver Insurance Agency*

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



'Sit with Bill'

Sept 11 at 11:00 am

Drop in for this informal monthly opportunity for

any CSC member to sit down with CSC Executive Director Bill O'Reilly in a small group session to talk about anything at all and what is happening at CSC in particular. You can suggest improvements or new programs, relay issues, or share what's going right.



Learn-to-Play Mountain Dulcimer

Mondays, Sept 11-Nov 20 (skip 9/18)

2 pm, \$75 per person, Limited Spots

Instructor Sharon Broyles, local player & instructor



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.**

- **CSC is CLOSED for Labor Day 9/4**
- **Paper Crafts-Card Making is On Hiatus, returns in November**
- **No Stained Glass Class 9/13 & 9/20**



Flu Shot Clinic

Wednesday, October 11, 9 am-Noon

Sponsored by University of Michigan Health Advantage



Quadrivalent "senior" flu shots provided and administered by Chelsea Hospital. Flu shots are usually free through Medicare. Bring your card and secondary insurance card for billing purposes. **To reserve your flu shot call or email CSC with your name & tele number.**



Gentle Yoga w/WCC

Mondays starting Sept 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.**



Silver Maples & Friends Choir

Tuesdays, 10:30 am

Located at Silver Maples' Maple Room

Love to sing and wish you had more opportunities to share your passion?

All seniors, CSC members and Silver Maples residents, are

welcome to add voices to the mix and enjoy the fellowship that sharing a love of music brings. *Choir meets at the Maples Room at Silver Maples Retirement Neighborhood.* **If interested call or email CSC or for more information contact choir director Jeff Crowder: jdcrowdr@gmail.com**



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 share that several area seniors are actively using a *GrandPad*. We continue to learn and plan more options.

Funding for this program provided by the Chelsea Community Foundation.





CSC has been offering services beyond our walls since 2013. We provide referrals & resource lists for many requests including in-home care, house cleaning, handyman services, and transportation needs. **For more information call, email, or stop by CSC.**

CSC continues to connect area seniors to transportation options. The WAVE is our



Rural Older Adults in Motion ROAM

go-to option and operates within the Chelsea & Dexter School District boundaries. **To schedule a ride with WAVE call 734.475.9494.** CSC has free WAVE passes available for seniors 60+ years of age. When there is a need that WAVE cannot meet, CSC can connect seniors with other options, including the CSC 'Ann Van'. **For more information on transportation options please call CSC or email ROAM@chelseaseniors.org.**



Senior Nutrition Program

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

60 and better.

Senior Café: Lunch is served each weekday in the cafeteria at Noon. Doors open at 11:45 am. See page 15 for this month's menu. **Please call to reserve a meal.**

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

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

A word from



September again?!

Hello again everyone. I try to write these columns the week before we go to press but this month I haven't been able to get to it until the day before print day. As a result, this month I am able to see the nearly finished version of the newsletter and I am more amazed than ever at all your CSC has going on just this coming month! Perhaps most important for me personally is our annual Volunteer Appreciation Event on the 20th. If you are one of the 100+ amazing volunteers who help keep CSC humming, then I hope that you will sign up and join us... let us celebrate you and have some fun! Seriously, just glance at the first couple of pages of this newsletter to see the unique events we are holding just in September, the return of some old favorites and even a new event or two. And then see the dozens of recurring activities noted on pages 4 thru 7. Following my amazement is the pride I have in the team that pulls all these activities together!

On Page 2, and in the calendar, you will notice a new event "Sit with Bill", which will start September 11th and run from 11:00 - 11:30. It will simply be an informal monthly opportunity for any CSC member to sit down with me in a small group session to talk about anything at all and what is happening at CSC in particular. You can suggest improvements or new programs, relay issues or tell me what's going right. No sign-up necessary, just stop by Room 112. This came up as a result of a small group of members asking me to sit with them last week while I was stopping into Room 112 – they simply wanted to relay some thoughts. So let's give this a try and see if members will take advantage of this... and know you can talk with me any day!

I was pleasantly surprised to see how many of you actually read these words I jumble together each month. That was demonstrated by how many of you asked me over the past month how my greenhouse construction project was coming. I have to admit a "senior moment" as I was caught off guard when the first few asked about it; in my head I was asking "How do they know about the greenhouse?" – then I remembered "Oh yeah, you wrote about it in the column dummy!". Anyway, it's moving along slowly as my busy schedule allows but with any luck, this coming weekend might finally see it completed! I'll share a photo of the completed project next time!

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
CURRENTLY ON HIATUS

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 more info 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 **\$**



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

Real People. Real Weight Loss. 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

D

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.



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 **\$**



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: Caregiver Respite Support Program* ®

Ease the Day has given family caregivers over **750 hours** of respite services since April 2023. A special thanks to our outstanding CSC Volunteers who have made this possible!

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.

More information available at www.chelseaseniors.org

**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.*

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

September 6, 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 respite care.**

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

8-week workshop

Mondays, Sept 18 - Nov 6 ®

12:45 - 2:45 pm



Who: Limited to those in early stage memory loss and cognitive decline.

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 contact CSC 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.

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 Group

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

CURRENTLY ON HIATUS

Returns in November



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

No class 9/13 & 9/20

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

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. **For more info**

call coordinator Babette at 734-904-8718.

September



2023

734.475.9242
connected@chelseaseniors.org



* 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.

September is National Senior Center Month!
Join CSC this month to discover your unique interests, talents & aspirations. Explore new activities, hobbies & experiences. Gain knowledge & share your experiences with others in sparkling conversations & connections right here at YOUR senior center! Look for our logo within this newsletter highlighting these special events.

Fri 1 Sept 12:45 Daytime Enchue

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

Mon 4 Sept

- CLOSED -



Tue 5 Sept

Onsite Ease the Day
Computer Use
9:00 Pickleball
10:00 ~~Movin'-Groovin'~~
10:30 Chair Yoga
10:30 ~~Silver Maples c*~~
Friends Chair*

11:00 Blood Pressure Checks
12:00 Lunch
12:30 Mexican Train
12:45 A Joyful Noise
1:00 Quilting
1:30 Ukulele
2:30 Cardio Drumming

Wed 6 Sept

Computer Use
Footcare appts
9:00 Pickleball
9:00 Stained Glass
9:00 Pool/Billiards
9:45 Enhance Fitness
10:00 Tech Support
11:30 Mobile CDL

12:00 Lunch
12:00 Connections
Memory Café
12:30 Jam Session
12:30 Game Time: Mah Jongg, Pinochle, Scrabble
1:00 Sewing Group
1:00 ~~Senior Fun Bowling*~~
4:00 Chat to Heal

Thu 7 Sept

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

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

Fri 8 Sept

12:45 Daytime Enchue

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

Sat 9 Sept
11:00 Travel Trip*

Mon 11 Sept

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

11:00 Sit with Bill
12:00 Lunch
12:30 Hand & Foot
1:00 Seniors Asking Seniors
2:00 Learn-to-Play Dulcimer

Tue 12 Sept

Onsite Ease the Day
Computer Use
9:00 Pickleball
10:00 ~~Movin'-Groovin'~~
10:30 Chair Yoga
10:30 ~~Silver Maples c*~~
Friends Chair*

12:00 Lunch
12:30 Mexican Train
1:00 Quilting
1:30 Ukulele
2:30 Cardio Drumming

Wed 13 Sept

Computer Use
9:00 Pickleball
NO Stained Glass
9:00 Pool/Billiards
9:45 Enhance Fitness
10:00 Tech Support
11:15 Ask an Expert

12:00 Lunch
12:30 Game Time: Mah Jongg, Pinochle, Scrabble
1:00 Sewing Group
1:00 ~~Get Connected: Linking Resources~~
1:00 ~~Senior Fun Bowling*~~

Thu 14 Sept

Onsite Ease the Day
Computer Use
8:30 Board Meeting
9:00 Pickleball
9:45 ~~Movin'-Groovin'~~
10:00 ~~Travel Trip*~~
10:00 T.O.P.S.
12:00 Lunch

12:30 Knit/Crochet
12:30 Open Painting Studio
12:30 Drop-in Bridge
12:45 Cardio Drumming
1:45 Begin Tai Chi
2:45 Inter Tai Chi
4:00 Art for Life

Fri 15 Sept

10:45 Blood Pressure Checks

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

Mon 18 Sept

Computer Use
Footcare appts
8:30 Line Dancing
9:00 Pickleball
9:00 Pool/Billiards
9:00 Bingo
9:30 Gentle Yoga
9:45 Enhance Fitness

12:00 Birthday Lunch
12:30 Hand & Foot
12:45 Brain & Body
Wellness Workshop #1
NO Learn-to-Play
Dulcimer

Tue 19 Sept

Onsite Ease the Day
Computer Use
9:00 Pickleball
9:00 Falls Prevention Check-Up
10:00 ~~Movin'-Groovin'~~
10:30 Chair Yoga

10:30 ~~Silver Maples c*~~
Friends Chair*

12:00 Lunch
12:30 Mexican Train
12:45 A Joyful Noise
1:00 Quilting
1:30 Ukulele
2:30 Cardio Drumming

Wed 20 Sept

Computer Use
NO Pickleball
NO Stained Glass
9:00 Pool/Billiards
NO Enhance Fitness
10:00 Tech Support
12:00 Lunch
12:30 Jam Session

12:30 Game Time: Mah Jongg, Pinochle, Scrabble
1:00 Sewing Group
1:00 ~~Senior Fun Bowling*~~
3:30 Volunteer Appreciation Event
4:00 Chat to Heal
7:00 ~~Kaleidoscope Concert*~~

Thu 21 Sept

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
12:45 Cardio Drumming
1:45 Begin Tai Chi
2:45 Inter Tai Chi

Fri 22 Sept

10:30 Elder Abuse Prevention Training

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

12:00 Lunch
12:45 Daytime Enchue
1:30 Genealogy Help Group

Mon 25 Sept

Computer Use
8:30 Line Dancing
9:00 Pickleball
9:00 Pool/Billiards
9:00 Bingo
9:30 Gentle Yoga
9:45 Enhance Fitness
10:30 Travel Trip*

12:00 Lunch
12:30 Hand & Foot
12:30 AARP Driver Safety Course, Part 1
12:45 Brain & Body
Wellness Workshop #2
1:00 Ireland Trip Info Meeting
2:00 Learn-to-Play Dulcimer

Tue 26 Sept

Onsite Ease the Day
Computer Use
9:00 Pickleball
10:00 All-Day Quilting
10:00 ~~Movin'-Groovin'~~
10:30 Chair Yoga
10:30 ~~Silver Maples c*~~
Friends Chair*

12:00 Lunch
12:30 Mexican Train
12:30 AARP Driver Safety Course, Part 2
1:30 Ukulele
2:30 Cardio Drumming

Wed 27 Sept

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

12:00 Lunch
12:30 Game Time: Mah Jongg, Pinochle, Scrabble
1:00 Sewing Group
1:00 ~~Senior Fun Bowling*~~

Thu 28 Sept

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
12:45 Cardio Drumming
1:45 Begin Tai Chi
2:45 Inter Tai Chi

Fri 29 Sept

12:45 Daytime Enchue

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

4:00 Happy Hour*

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/class suggested donation. *NO CLASS 9/20/23*

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!*



Tai Chi



Thursdays; sessions begin Sept 14

• **Beginning Level class, 1:45 pm**

• **Intermediate Level class, 2:45 pm**

Instructor Karla Groesbeck. 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 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!



Senior Fun Bowling at Chelsea Lanes **R**

Wednesdays, 1 pm

If you like to bowl then join the gang at the alleys, **August to May**, for fun & friendly competition. Consider joining a team or consider being a sub! **For more info call Chelsea Lanes at 734.475.8141.**



ballet chelsea
adaptive dance program

Movin' & Groovin' **D**

Tuesdays 10:00 am

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 & \$10/year Pickleball Club Fee

NO GYM 9/20/23

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 12:45 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 in these trips.

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 2024

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.**



ROAM Around Town:

Community Labyrinth

Monday, September 25

\$7 per person

Depart 10:30 am, Return 12:30 pm



It is said that the healing power of walking a labyrinth helps connect the body with the mind & the mind with an inner spirit. Join us to travel to Chelsea's very own Chartres Labyrinth in a beautiful & serene woodland setting. Price includes transportation to/from the labyrinth & CSC. **Limit 9 travelers. Full payment due at registration.**



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.**



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 **DETROIT Studio Tours**

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.**



ROAM Around Town:

Gordon Hall Days

Saturday, September 9

\$7 per person PLUS \$5 entry fee self-pay on-site

Depart 11 am, Return 2 pm

Join us for a guided tour of the historic Gordon Hall, see model trains, a car show, crafts, demonstrations, and MORE! Price includes transportation to/from Gordon Hall & CSC. **Limit 5 travelers. Full payment due at registration.**



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

Kaleidoscope CONCERTS

A Free Music Series Presented by:
Silver Maples Retirement Neighborhood and Chelsea Senior Center

Wednesday, Sept 20, 7:00 pm
The Maples Room-Silver Maples
ABC Sisters & Big Band Theory

Chelsea School District Athletic Department Announces:

2023-2024 **SOUTHEASTERN CONFERENCE** SENIOR CITIZEN ADMISSION POLICY

ALL SENIOR CITIZENS (AGE 62 & UP) RECEIVE FREE ADMISSION TO ALL REGULAR SEASON SEC EVENTS!**

A LAMINATED PASS IS NO LONGER NEEDED AND THIS APPLIES TO SENIOR CITIZENS OF ALL SCHOOL DISTRICTS.

** PLEASE NOTE THAT SOME RESTRICTIONS MAY APPLY TO CERTAIN SELF-FUNDED SPORTS AND PROOF OF AGE MAY BE REQUIRED



Adult Learners Institute's September Classes:

Sept 8; John Hauger offers "*Music of the 1970s*"

Sept 29; Steve Daut shares "*A World of Forklore*"

Classes listed above start at 1 pm and are in-person at CSC. **For a complete listing on all ALI class offerings consult ALI catalog, copies available at CSC and various other locations throughout the Chelsea, or on their NEW website at www.alimichigan.org. Tele: 734.292.5540**

Registration is required and is by mail-in only.



**Mobile
CDL
at
CSC
1st
Wed
of
each
month
11:30
am
starts
Sept 6!**



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Chelsea Senior Center, 512 Washington St, Chelsea, MI 48118

FIRST WEDNESDAY of month; beginning September 6th \

Contact us with questions at 734-475-8732 or mobiledl@chelseadistrictlibrary.org

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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:



September 20: Volunteer Appreciation Event
 October 26: Gifts of Autumn
 November 10: Veterans Day Lunch
 November 17: Thanksgiving Lunch
 December 15: Christmas Lunch

Thank You 2023 Sponsors!

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SEPTEMBER | 2023

SENIOR CENTER MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

28		29	30	31	1 Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun
4 Labor Day No Service	5 Hamburger Tater Tots Peas Watermelon WG Bun	6 Salisbury steak Gravy Redskins Potatoes Peas Diced Peaches WG Bread 2	7 Mac & Cheese Stewed Tomatoes Apple WG Dinner Roll	8 Chicken Patty Redskin Potatoes Corn Orange WG Bun	
11 Tuna Noodle Casserole Peas Mixed Fruit WG Bread 2	12 General Tso's Chicken Brown Rice Peas Corn Apple	13 Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	14 Ravioli With sauce Carrots Apple WG Bread 1	15 Chicken Patty Redskin Potatoes Corn Orange WG Bun	
18 <u>BIRTHDAY CELEBRATION</u> Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	19 Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	20 Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	21 Pork Riblet Potato Wedges Pasta Salad Grape Juice WG Bun	22 Goulash Carrots Banana WG Breadstick	
25 Ham Sweet Potatoes Peas Apple Juice WG Bread 2	26 Sloppy Joe Potato Wedges Coleslaw Orange WG Bun	27 Chicken Drumstick Mashed Potatoes Gravy Green Beans Orange WG Dinner Roll	28 Kielbasa Sauerkraut Redskins Potatoes Grape Juice WG Bun	29 Chicken Tenders Broccoli Salad Beets Watermelon WG Dinner Roll	

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

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SEPTEMBER 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:

Roy Chapman

Ruth Curtis

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.