



Drop-in



Registration Required



Fee/Donation



Discover Your Chelsea Senior Center Annual Fund Drive

October 1 – December 31, 2023

Help us reach our goal of \$50,000.00

"Joining the Chelsea Senior Center saved my life."

"I logged 7,000 steps playing pool at the Center!"

"It's a good day when we can remember our name and phone number when checking in to the kiosk!"

Help us help you. The Chelsea Senior Center is a community resource like no other. We give a voice, a face, and a safe, vibrant place to celebrate being a senior! A trusted partner of seniors for over 60 years, the Chelsea Senior Center makes a difference each and every day. And, we have more to do! The senior population is exploding and that means opportunities to do more. Help us help you. Consider donating to Chelsea Senior Center today.



Discover \$ Donate \$ Desserts: a Gifts of Autumn Fundraising Event

Thursday, October 26, 4:30-6 pm

Chelsea Depot



Discover Your Chelsea Senior Center: Get a glimpse into a day at the Center, hear our plans for next year, and help us meet our 2023 fundraising goal. Bring your checkbook and your sweet tooth! To RSVP to this fundraiser give CSC a call.



Solo Acts: A Theatrical Compilation on Solo Aging

Friday, November 17, 1:30 pm, WSEC Auditorium

A performance using the mediums of storytelling and theatre by artists of Limelight, LLC, and Eastern Michigan University. To register call or email CSC with your name and tele number.



Flu Shot Clinic & Wellness Fair - Cancelled

Event cancelled due to unforeseen circumstances.
Please consider getting your flu shot elsewhere.



Rural Older Adults in Motion ROAM

We are updating our
ROAM program!

If you're 60+ and need a ride we can help. Starting October 1st, you will need to use a WAVE Bus Pass to ride fare free. These bus passes are available for anyone age 60+ and can only be obtained from Chelsea Senior Center. Each pass is valued at \$20 and provides 10 round-trip rides within Chelsea. We have plenty available! Stop in or call today. Restrictions apply.



FANG-TASTIC FUN HALLOWEEN LUNCH PARTY



Tuesday, October 31 at Noon

Celebrate the holiday at CSC and enjoy lunch, treats, and Halloween fun with friends! Lunch party includes:

- * **Costume Contest** (gift card awarded to winner)
- * **Dessert Buffet** (bring a trick or treat to share)
- * **Fang-tastic Fun Lunch**
- * **Spooky Halloween Music to Sing & Dance to**

Come in costume to be included in parade in judging for Best Costume. Bring your favorite dessert to share with others at lunch. Sing and dance along to the fun music! To sign up to bring your dessert and/or reserve your lunch call or email CSC.



PUMPKIN DECORATING CONTEST



Calling all Halloween Fans & Creative Types!

- Order your pumpkin by Wed 10/18, just call CSC.
- Pick up pumpkin at CSC on Fri 10/20, first come first served.
- To be included in judging, decorated pumpkins are due back at CSC on Tues 10/24 @ 9:30 am.
- Winner will be chosen by popular vote, one vote per person, and announced on Tues 10/31 at lunch (gift card awarded to winner).
- Your entry must be picked back up by Wed Nov. 1st or it will be tossed into the witch's brew.

Contest Rules:

- ◇ One entry per person.
- ◇ Must use CSC provided pumpkin.
- ◇ Main part of each entry must be the provided pumpkin.
- ◇ Carving is encouraged but not required.
- ◇ No flame, candles, or electrical devices.
- ◇ Entry must have a title/name.
- ◇ Accessories must be firmly attached.
- ◇ Use discretion, nothing too scary or inappropriate.



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



'Show & Tell': Fenton Glass Thursday, November 9, 1:00 pm

Join Bev as she shares her passion for **Fenton Glass**. She will bring pieces from her collection and discuss Fenton Glass as a collectable. Bring your questions or your own pieces to show and discuss, she can help with identification.



Front Desk Volunteer Training & Refresher Course

Tuesday, October 24 at Noon

This training is for **any new interest and all current** front desk volunteers. Enjoy a free lunch, meet other front desk volunteers, learn about the position, hear office updates and procedural changes. Our front desk volunteers are very important to our daily operations and they help us make a great first impression! **To register call or email CSC, also let us know if you will be eating lunch with us that day.**



Posture Party

Wednesday, October 11, 10:00-11:00 am

Hosted by Katie Garvey & Jayne Yatzak

Katie and Jayne will share how developing and maintaining sound posture throughout life promotes health, reduces fall risk, and supports

continued engagement in activities of choice as well as provide evidence-based information and demonstrations to recognize & improve or maintain good posture with exercises. **To register call or email CSC with your name and tele number.**



Generations Interviews

Friday, December 1, and
Monday, December 4

9:45 am-11:15 am

Seniors, we need your wisdom, stories, and voices! 6th grade students from Beach Middle School will visit CSC to work on a Generations assignment. We encourage you to volunteer (we need LOTS) and take time to share your history, experiences, and interesting lives with the younger generation. **To register as a volunteer please call or email CSC with your name and tele number.**

- **Caregiver Training Workshop**, see Page 5
- **AARP is looking for Tax-Aide Volunteers**, see Page 13
- **Chair Yoga** has moved to **Thu 10:30 am**



CSC Happy Hour:

The Nest at Robin Hills Farm

Friday, October 27, 4 pm

Enjoy drinks, food, & fun conversation with friends at *The Nest Cocktail Bar & Kitchen*. 4-5 pm Happy Hour drinks, 5 pm kitchen opens for food. **Registration required, call or email CSC with your name & tele number.**



Adult Learners Institute:

Pastime of Vintage Base Ball

Monday, October 9, 1 pm

Presented by Jon Van Hoek. Learn the history of baseball's beginnings, and the modern pastime of "vintage base ball", yes, originally two words, in which amateur community clubs around Michigan and the nation compete by 1860's rules. **To register call or email CSC with your name & tele number.**



Art for Life: Ivan Albright

Thursday, October 12, 4 pm

Suggested \$5 donation

Presented by Kathy Gunderson. Albright was a Chicago area native whose dark & minutely detailed paintings have been classified as "Magic Realism". Albright's

best remembered work is probably the shocking portrait created for the 1945 film adaptation of Oscar Wilde's classic novel "The Picture of Dorian Gray". **To register call or email CSC with your name & tele number.**



October Birthdays Celebration

Wednesday, October 11 at Noon

Hosted by Chelsea Retirement Community.

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



Ask an Expert:

Medications & Memory

Wednesday, Oct 11, 11:15 am

Facilitated by Sophia Speroff, MPH, RD & Betty Chaffee, Pharm D. Some medications can have a significant effect on our memory and thinking processes. Learn more about prescription and nonprescription meds to watch out for. **To register, call or email CSC with your name & tele number.**





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. **For more information on transportation options for seniors 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. Keep a lookout for garden activities and events!



Intergenerational Garden

A word from



Happy October all –

With Halloween just around the corner, I have to commend the folks of Chelsea for keeping the Halloween spirit alive all year long – every Tuesday the residents put big orange plastic pumpkin bags out by the curb and then the Great Pumpkin (Charlie Brown fans will know the reference) sends a truck to bring them all home... and the next week we do it all over again.

With October we switch how things operate with the WAVE buses and our ROAM program. All area seniors, ages 60+, will still be able to get free rides on all WAVE buses, we're just changing how it's done. Effective October 1st, we will be giving out WAVE bus passes at no cost – each pass is worth \$20 in rides and will cover about 8 rides. There is no limit how many passes you can get though we will only distribute two at a time. A long story made very short, this is much more economical than our paying the significant flat fee we have been paying WAVE. You can stop by the office to get the passes or call us and we will mail it out to you. Let us know of any questions at all!

Speaking of 60+... a member recently asked, given the fact that we no longer set a minimum age for membership, if we would be dropping the word "Senior" from our name – never! We are and always will be senior focused! It's been a couple of years since we dropped the age requirement and still less than 5% of our members are below 60 and less than 1% are below 50!

Finally, I continue to be surprised by the number of you who have asked about the progress of my greenhouse. Well, it's finally done! A few finishing touches including my building the shelves, etc., on the inside but it'll be ready for early spring plantings and perhaps even some hearty winter tolerant items. In case you wonder, I built it from scratch of my own design.

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

- Bill O'Reilly



Senior Center Staff

Bill O'Reilly Executive Director
Jennifer Smith Assistant Director
Meredith Nelson Administrative Services
Jon Van Hoek Senior Services Coordinator
Jan Scarbrough Bookkeeper
Lisa Klinkman Senior Wellness Coordinator
Katie Garvey Respite Care Coordinator
Gina Frankhart Senior Services Coordinator

Chelsea Senior Center
Board of Directors

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

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

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



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 **\$**



GrandPad

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.



Chelsea
COMMUNITY FOUNDATION
Supporting All Things Chelsea

R

Blood Pressure Checks

See calendar for dates and times. Thank you to our volunteer nurses for their time & service!

D



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



Technology Support

Wednesdays, 10 am-Noon

Need help with your computer, laptop, phone, or tablet? We have expert volunteers who can help and offer guidance; **bring in your passwords and/or log-in IDs so they can better assist you.** *Donations to our C2S2 program appreciated.*

D **\$**

Silver Solutions Network: Whatever you are considering when you retire, be part of the repurposing for your next chapter. Reach Silver Solutions Network through the Chelsea Senior Center at 734.475.9242.



Real People.
Real Weight Loss.®

T.O.P.S. Group

Take Off Pounds Sensibly
Thursdays:

9:00 am Weigh-In, 10:00 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. **October Topic: 'End-of-Life' with speaker from McDermott Elder Law.**



D



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 **\$**



Ease the Day: Caregiver Respite Support Program* ®

Ease the Day offers opportunities for the Washtenaw County community to be more inclusive and recognize everyone's gifts. We have provided over 1,000 hours of respite care to family caregivers, powered by outstanding CSC and community volunteers. We've built birdhouses, made music together, exercised, gardened, painted, cooked, played pool, ping-pong, and the ever-popular noodle ball. Friendships and laughter abound.

To register for services or if you want more information, contact the Chelsea Senior Center.
Call 734.475.9242 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.*

Volunteers: There is an abundance of talent among our members. If you have a topic of personal interest or hobby which you would like to share, we would love to have you join us for a session. We want to have more male volunteers who bring a special energy and spirit to the program. If you or someone you know would be interested in helping out one day a week for a few hours, contact CSC.

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.



PAC Caregiver Training Workshop ®

Thursday, October 12
Noon-2 pm

Facilitated by Katie Garvey, OTRL, CAPS

As a Certified Independent Trainer and Coach with Positive Approach to Care, Katie will use PAC's interactive style to provide useful knowledge and skills to meet the needs of those for whom we care. The PAC curriculum was developed by Teepa Snow, OTRL, FAOTA, a leading dementia education and care expert. Feel free to bring along a brown bag lunch. Light snacks will be provided. **To register call or email CSC with your name & tele number.**



CSC Memory Support Programs *are funded by*



Connections Memory Café

Held monthly on 1st Wednesday

October 4, 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 25 - Nov 13
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

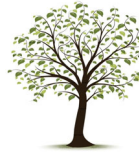
Enjoy open painting studio time and artistic fellowship for free with CSC membership. Bring your own materials. No instruction provided.



Genealogy Help Group

Next meeting Friday, November 17, 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



'Sit with Bill'

Second Monday, 11:00 am

Drop in for an informal monthly opportunity for any CSC member to sit with CSC Executive Director Bill O'Reilly in a small group to talk about anything at all and what is happening at CSC in particular, suggest improvements, new programs, relay issues, or share what's going right.



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.



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 & Silver

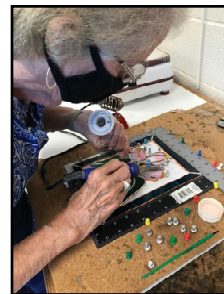
Maples residents, are welcome to add voices to the mix and enjoy the fellowship that sharing a love of music brings. *Choir meets at the Maples Room at Silver Maples Retirement Neighborhood. If interested call or email CSC or for more information contact choir director Jeff Crowder: jdcwrdr@gmail.com*



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

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. *This Month's*

Meeting: Tues 10/24 @ 11:30 am, at Sam Hill, 5827 Jackson Rd. For more info call coordinator Babette at 734-904-8718.

Mon 2 Oct 1200 Lunch Computer Use 8:30 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 9:30 Gentle Yoga 9:45 Enhance Fitness	1200 Lunch 12:30 Hand & Foot 12:45 Brain & Body Wellness Workshop #2 2:00 Learn-to-Play Dulcimer #3	Tue 3 Oct 12:00 Lunch 12:30 Mexican Train 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming 11:00 Morin-Groovin 11:00 Blood Pressure Checks	Wed 4 Oct 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 5 Oct 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 6 Oct 12:45 Daytime Eucharist Computer Use 9:00 Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch
Mon 9 Oct 12:00 Lunch 12:30 Hand & Foot 12:45 Brain & Body Wellness Workshop #3 100 Seniors Asking Seniors 100 ALI Class: Vintage Base Ball 2:00 Learn-to-Play Dulcimer #4	Tue 10 Oct 12:30 Mexican Train 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming 10:30 Silver Maples c/o Friends Chair* 11:00 Morin-Groovin 12:00 Lunch	Wed 11 Oct 11:15 Ask an Expert 12:00 Birthday Lunch 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 1:00 Senior Fun Bowling*	Thu 12 Oct 12:00 PAC Workshop 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 13 Oct 12:45 Daytime Eucharist Computer Use 9:00 Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch	
Mon 16 Oct 12:00 Lunch 12:30 Hand & Foot 12:45 Brain & Body Wellness Workshop #4 2:00 Learn-to-Play Dulcimer #5 9:30 Gentle Yoga 9:45 Enhance Fitness	Tue 17 Oct 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming 7:00 Kaleidoscope Concert* 11:00 Morin-Groovin 12:00 Lunch 12:30 Mexican Train	Wed 18 Oct 12:00 Lunch 12:30 Jam Session 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 1:00 Writer's Group 1:00 Senior Fun Bowling* 4:00 Chat to Heal	Thu 19 Oct 10:30 Chair Yoga 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 20 Oct 10:45 Blood Pressure Checks 12:00 Lunch 12:45 Daytime Eucharist Computer Use 9:00 Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage	
Mon 23 Oct 12:30 Hand & Foot 12:45 Brain & Body Wellness Workshop #5 2:00 Learn-to-Play Dulcimer #6 9:30 Gentle Yoga 9:45 Enhance Fitness 12:00 Lunch	Tue 24 Oct 11:00 Morin-Groovin 11:30 Red Hat Ladies* 12:00 Lunch 12:00 Front Desk Refresher Course 12:30 Mexican Train 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming	Wed 25 Oct 10:30 Travel Trip* 12:00 Lunch 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 1:00 Senior Fun Bowling*	Thu 26 Oct 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:45 Cardio Drumming 1:45 Begin Tai Chi 2:45 Inter. Tai Chi 4:30 Gift of Autumn Fundraising Event*	Fri 27 Oct 12:45 Daytime Eucharist 4:00 Happy Hour* Computer Use 9:00 Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch	
Mon 30 Oct 12:30 Hand & Foot 12:45 Brain & Body Wellness Workshop #6 2:00 Learn-to-Play Dulcimer #7 9:30 Gentle Yoga 9:45 Enhance Fitness 12:00 Lunch	Tue 31 Oct 12:45 Halloween Joyful Noise 12:30 Mexican Train 1:30 Ukulele 2:30 Cardio Drumming 10:00 All-Day Quilting 10:30 Silver Maples c/o Friends Chair* 11:00 Morin-Groovin 12:00 Fung-tastic Fun Lunch Party	<div> Stay informed & connected! Do you get our weekly email updates? If not, send us an email from the address you wish to add to your CSC membership profile. Make sure you add our email address to your 'Contacts' so that our emails do not end up in your Spam or Junk folder.</div> <div></div>			<div><p>* offsite location for activity</p><p>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.</p></div>
<div><p>734.475.9242 connected@chelseaseniors.org</p></div> <div></div>					

October 2023

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

NEW DAY

Thursdays, 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,
9:45-10:45 am**

\$2/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!*



Gentle Yoga w/WCC **R**

Mondays, 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.*



Tai Chi

Thursdays:

- 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 & increase vitality through these natural and compelling movements. Class is free thanks to Washtenaw Community College Senior Emeritus Program.



Line Dancing

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, from August until May, for fun & friendly competition. Consider joining a team or consider being a sub! **For more info call Chelsea Lanes at 734.475.8141.**



Movin' & Groovin' **D**

Tuesdays 11:00 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** **\$**

Monday - Friday:

Open Play, 9:00 am-Noon

Bonus Play, 12:30 pm-2:30 pm

**\$25/year CSC Membership AND
\$10/year Pickleball Club Fee**

Fastest growing sport in the area! Both open play and sign-up for court times available 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

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.



ROAM Around Town:

Lost Railway Museum of Grass Lake

Wednesday, October 25, \$10/person

Depart 10:30 am, Return 12:30 pm

In partnership with Silver Maples of Chelsea

Imagine a time before paved streets, cars or buses, when an electric interurban railway system was the primary mode of transportation delivering visitors to & from Ann Arbor, Chelsea, Jackson, Battle Creek, Lansing. Join CSC & Silver Maples travelers to uncover these tracks of history! Price includes roundtrip transportation & entrance into museum. **Limit 10 travelers. Full payment due at registration.**



Assisted Living the Musical

Saturday, April 6, 2024

\$90/person

Depart 6 pm, Return 10:30 pm

21st Century seniors are partying like its 1969. It all takes place at the Pelican Roost, the very active retirement community that is home to the 18-different characters played by the show's two actors. Price includes roundtrip coach transportation, ticket to performance, and driver tip. **\$25 deposit due at Registration. Full payment due March 6.**



Ark Encounter & Creation Museum

Kentucky

April 23-24, 2024

\$553 single, \$480 double

Visit these state-of-the-art museums that bring the pages of the Bible to life, casting its characters and animals in dynamic form and placing them in familiar settings. Dinner at the award-winning restaurant and Northern Kentucky landmark 'Greyhound Tavern'. Price includes roundtrip coach transportation, one night accommodations, entrance into museums, one breakfast and one dinner. Tour guide and driver gratuities not included. **\$25 deposit due at Registration. Full payment due March 23.**



Holiday Pops with the Phil

Saturday, December 9, \$80/person

Depart 6 pm, Return 10:30 pm

Join us at Brighton Center of Performing Arts to get into the spirit of the season with the Michigan Philharmonic, Brighton High School Choir & Orchestra as they perform holiday favorites. Price includes roundtrip coach transportation, ticket to performance, and driver tip. **\$25 deposit due at Registration. Full payment due November 9.**



Pioneer Trail Wine Around

Wednesday, October 18

\$127/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 Sept 18.**



The Parade Company &

Pewabic Pottery Tours

Detroit, MI

Wednesday, November 15, \$114/person

Studio Tours Depart 8:30 am, Return 4 pm
Take a behind-the-scenes look at Detroit's treasure at *The Parade Company Studio*, lunch at Sindbad's Restaurant, and a self-guided tour of Pewabic Pottery Museum. Price includes roundtrip coach transportation, entrance into The Parade Company & Pewabic Pottery, and lunch at Sindbad's. Driver gratuity not included. **\$25 deposit due at Registration. Full payment due October 15.**



A Lancaster Christmas

Pennsylvania

Nov 27-Dec 2, \$1769 single, \$1399 double

Overnights in Somerset, Lancaster, Pittsburgh. Multiple tours, sight-seeing, & shows "Miracle of Christmas" & "A Christmas Carol". Baggage handling, taxes, & gratuities. **\$50 deposit due at Registration. Full payment due Oct 27.**



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:

<https://gateway.gocollette.com/link/1152731>

Connections and Community



Don Cole Community Thanksgiving Lunch



Friday, November 17
Doors open at Noon
Register by Nov. 3

Presenting sponsor Cole Funeral Home. Time to reflect and to give thanks! Join friends for this annual traditional meal at CSC. **Registration is required. Register by Nov. 3 by calling CSC.**



CHELSEA HOSPITAL

Thanksgiving Dinner on Thanksgiving Day



Thursday, November 23
Time TBA, FREE

Chelsea Hospital Dining Room, Register by Nov. 17

Hosted by Chelsea Hospital. Members of the community who will be alone on Thanksgiving or who will struggle to pay for a Thanksgiving meal are invited to gather for a free meal at Chelsea Hospital. **Registration is required to reserve a meal. Space is limited. Register by Nov. 17 by calling CSC at 734.475.9242.**



Tuesday, Oct. 17, 7:00 pm
The Maples Room-Silver Maples
Ann Arbor Chamber Orchestra



Medicare Shopping Season!

Medicare shopping season begins October 1, 2023. Each year from October 15 through December 7, Medicare beneficiaries have an opportunity to evaluate and make

changes in their Medicare coverage. CSC can connect you to a MMAP Volunteer to discuss your options. **Appointments are required, call CSC 734.475.9242 to schedule an appointment with a MMAP volunteer.** Medicare beneficiaries or their representatives residing in Michigan can also call MMAP directly at 800-803-7174 for help with their Medicare questions.

Oct 1: BEGIN YOUR PLAN REVIEW

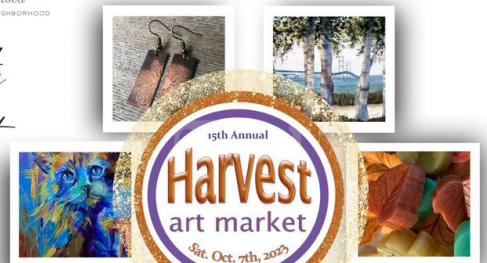
Oct 15-Dec 7: ENROLL IN A PLAN YOU SELECTED

Jan 1, 2024: YOUR COVERAGE BEGINS



SILVER MAPLES
of Chelsea
RETIREMENT NEIGHBORHOOD

Best Little Art Market Around!



Mobile Chelsea District Library at Chelsea Senior Center
1st Wed of each month
11:30 am

Adult Learners Institute's October Classes:

Oct. 9; "Pastime of Vintage Base Ball"

Oct. 16; "Managing your Money in Retirement"

Oct. 17; "Islands in Paris"

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, www.alimichigan.org. Tele: 734.292.5540**

Registration is required and is by mail-in only.



The Chelsea High School Theatre Guild Presents:

Senior Discount Tickets \$8.00

The
25th Annual
Putnam County Spelling Bee
Fall 2023



Sunday Oct. 22 3 pm WSEC

Chelsea High School Theatre Guild presents this musical comedy that centers on a fictional spelling bee set in a geographically ambiguous Putnam Valley Middle School. An eclectic group of mid-pubescent vie for the spelling championship of a lifetime, complete with audience participation!

SENIOR DISCOUNT TICKETS available for purchase at CSC, General Seating, for 10/22, 3 pm. **Limited Supply. First come, first served.** No holds or reservations. Cash or checks only made payable to Chelsea High School Theatre Guild.



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



Looking for Tax-Aide Volunteers

AARP Foundation Tax-Aide program is looking for friendly people to join their team in order to maintain and expand this beneficial service. They will provide hands-on computer training and support to learn the necessary skills. Primary positions are Facilitators (greet taxpayers and help initiate the process) and Counselors (work directly with taxpayers to complete their tax returns). Training takes place during December and January with tax prep time February through April. **For more information or to volunteer, email coordinator Lynn Fox at lynnafox@gmail.com or visit www.aarpfoundation.org/taxaidevolunteer**



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!

Edward Jones celebrates the Chelsea Senior Center.



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Chelsea, MI 48118
734-475-0705

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chelsealumber.com

www.ChelseaRetirementCommunity.com
805 W. Middle Street, Chelsea, MI | 734.389.8781

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OCTOBER | 2023

SENIOR CENTER MENU

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

2 Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	3 Grilled Cheese Tomato Soup Mixed Vegetables Fresh Apple	4 Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2	5 Hamburger Tater Tots Peas Watermelon WG Bun	6 Mac & Cheese Stewed Tomatoes Apple WG Dinner Roll
9 General Tso's Chicken Brown Rice Peas Corn Apple	10 Tuna Noodle Casserole Peas Mixed Fruit WG Bread 2	11 <u>BIRTHDAY CELEBRATION</u> Chicken Drumstick Mashed Potatoes Gravy Green Beans Orange WG Dinner Roll	12 Pork Riblet Potato Wedges Pasta Salad Grape Juice WG Bun	13 Chicken Patty Redskin Potatoes Corn Orange WG Bun
16 Popcorn Chicken Mashed Potatoes Gravy Corn Orange	17 Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	18 Ravioli With sauce Carrots Apple WG Bread 1	19 Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	20 Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll
23 Goulash Carrots Banana WG Breadstick	24 Salisbury steak Gravy Redskins Potatoes Peas Diced Peaches WG Bread 2	25 Kielbasa Sauerkraut Redskins Potatoes Grape Juice WG Bun	26 Ham Sweet Potatoes Peas Apple Juice WG Bread 2	27 Sloppy Joe Potato Wedges Coleslaw Orange WG Bun
30 Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	31 <u>Happy Halloween!</u> Monster Meatloaf & Gravy Smashed Ghosts (Potatoes) Witch Fingers (Green Beans) Applesauce & WG Bread 2 <i>Dessert Potluck: bring a tasty treat or treat to share</i>	1	2	3

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.
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Chelsea, Mich.
Permit No. 21

OCTOBER 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:

Dorothy Greer

Vonda Petri

Mark your Calendars:



** Nov 10: Veteran's Day Lunch * Nov 17: Thanksgiving Lunch * Dec 15: Christmas Lunch *
* Dec 25-Jan 1: CSC Holiday Closure**



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.