



Drop-in



Registration Required



Fee/Donation



Veteran's Day Honor Lunch

Friday, November 10, 11:45 am



CSC invites ALL veterans to join us for this free lunch. This Honor Lunch is our way to honor all veterans, regardless of age, in appreciation for their service to our country. Membership at CSC is NOT required. *For history buffs, consider joining us before lunch at 11:15 am for a short presentation by local historian Tom Drinkwater, whose work has focused on Gettysburg, will share what he's discovered about our local Chelsea-area connections to the Battle of Gettysburg.* After lunch, Silver Maples will provide bus service from CSC to and from the Veteran's Tribute at Veterans Park. **To reserve lunch, and to reserve a ride to/from the Veteran's Tribute, please give CSC a call with your name and tele number.**



Loss & Healing Group

Every other Tuesday through January 2
12:30– 2:00 pm



Facilitated by Gina Frankhart & Ginny Hartman. Are you coping with a loss and need a place to talk, share, listen, and heal? Join us to learn about the stages of grief, coping skills, and creative expression. **Space is limited. To register call or email CSC with your name & tele number.**



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.**



Thanksgiving Meal on Thanksgiving Day

Thursday, November 23
11:30 am-1:30 pm, FREE



Chelsea Hospital Dining Room,
Space is Limited, Registration is Required by Nov 17

Hosted by Chelsea Hospital. Members of the community who would 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.**



Discover Your Chelsea Senior Center Annual Campaign

October 1 – December 31, 2023

Help us reach our goal of \$50,000.00

"Joining the Chelsea Senior Center saved my life."

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.



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.**



'Show & Tell': Fenton Glass

Thursday, November 9, 1 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.



Generations Interviews

Friday, December 1, and
Monday, December 4



UPDATED TIME: 9:45 am-11:45 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.**

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

Check Out Our New Activities:
Legalities: Q&A on Estate Planning
Meditation Class



CSC Community Christmas Lunch

Friday, December 15
Doors open at Noon
Register before Dec 1

R **\$**

Presenting Sponsor Staffan Mitchell Funeral Home. Time to reflect and to give thanks! Join friends for this annual traditional meal at CSC. **Registration is required. Register by Dec. 1 by calling CSC.**



Meditation Class
Wednesdays, 11 am
beginning November 15

D

Meditation Mix-In this beginner friendly class. Drop in and explore different styles of meditation. Styles include: guided, present moment, breath, mantras, deep-rest, active, and loving-kindness. Participants may sit in a chair, on a meditation cushion or a yoga mat. Participants may also want to bring a drink and a blanket or sweatshirt.



November Birthdays Celebration
Monday, November 20 at Noon

R

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



Ask an Expert: Fiber

Wednesday, Nov 8, 11:15 am

R

Facilitated by Sophia Speroff, MPH, RD & Betty Chaffee, Pharm D. You've heard fiber is good for you. But what foods are

fiber-rich? Are fiber supplements an option? Join us to learn why fiber is important, where to find it in the grocery store, and how fiber supplements might help! **To register, call or email CSC with your name & tele number.**



- Election Day is Tue Nov 7, see calendar for schedule changes
- CSC Happy Hour will return after the Holidays
- No Enhance Fitness Nov 7, Nov 17
- Mending Service has returned to CSC



Legalities: Q&A on Estate Planning
Wednesday, November 15, 11 am

D

Presented by Leigh A. Beauchamp, Estate Planning Attorney. Drop in and join us for this general Q&A. It is not intended to replace meeting with a lawyer regarding your specific needs.



Art for Life: Charles Willson Peale
Thursday, November 16, 4 pm
Suggested \$5 donation

R

Presented by Kathy Gunderson. Charles Willson Peale is best known as an American portrait painter of leading figures of the American Revolution, including having painted George Washington's portrait on seven different occasions (even though Washington was a notoriously impatient model). Peale, however, was not just a painter but a true "Renaissance man" who was also an accomplished maker of saddles, patriot and soldier and, most notably, the founder of the first American museum in 1784 which exhibited the first display of mastodon bones in this country. **To register**



Understanding LGBTQ+
Looking for ways to relate with your grandkids? Be the most knowledgeable at family gatherings? Just curious and want more information? We can help.

R

Join us Monday, November 20, 1-2:30 pm

Presented by Heidi Reyst. When it comes to issues of gender, sexuality, or even just pronouns, many people are simply confused. This discussion will help to clarify these areas, help dispel misconceptions, and answer questions you may have. Whether you know someone who is LGBTQ+, have never met anyone you know to be LGBTQ+, or are just looking to gain a better understanding and ask questions in a comfortable space, please join us. Your participation is welcomed! Heidi Reyst earned her PhD in Applied Social Psychology at The George Washington University in 2001. The field of Social Psychology focuses on how we form our social identities, and how our social identities impact our interactions, particularly with in-group and out-group dynamics. She teaches this course for companies as part of her consulting practice and is happy to share this with her town. **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

Senior Center Staff

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

Chelsea Senior Center Board of Directors

Board Chair	John Daniels
Jerry Wilczynski	Julie Deppnera
Board Vice Chair	Jaclyn Klein
Paul Schissler	John Knox
Treasurer	Gary Maynard
Dave Schaible	Carl Schwarze
Secretary	Mary Tomac
Allen Cole	Charlotte Wyche

A word from



Hello again everyone,

Geez, this year is flying by way too quickly – November already?! Hopefully many or most of you will be joining us for the annual Don Cole Community Thanksgiving Lunch here on November 17th. If you haven't already signed up, please do so soon! And stick around after that as we are also planning to have a special presentation/performance in the auditorium here called "Solo Acts"; a look at being a senior living alone.

Our very sincere thanks to all of you who made donations to our Gifts of Autumn fundraising event in support of our *Discover Your Chelsea Senior Center* annual campaign. Please remember that the campaign goes until the end of the year so you can donate any time to help support the many programs and services we offer daily, year-round and year after year!



This is also the time of year for flu season and, as has unfortunately become equally necessary, the latest dose of vaccine for COVID protection.

My wife and I had our both of shots (Flu & COVID) a week ago and had zero issues or effects. If you are immune compromised and /or have respiratory issues, you should also give strong consideration to the RSV vaccine.

And please remember the common-sense approach of staying home if you are feeling sick... even if it's "just a cold", it won't help anyone to spread it around. Only working together can we all stay healthy!

I look forward to seeing you soon, but in case we don't connect, please have a very enjoyable, peaceful, and happy Thanksgiving! (and go Lions on Thanksgiving Day!) 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 **D**

Retired physician Gary Maynard is available to answer your basic health questions. **Drop in and see him each Monday at 11:00 am.**



Massage (chair) w/ Jenny Miller **R** **\$**

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.*



Jewelry & Watch Repair *with Jewelry Set in Stone* **CURRENTLY ON HIATUS**



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.**



Mending Service **D**

Simple repairs, hemming, simple zipper replacement. This service is for CSC Members.

Clothes must be freshly cleaned and placed in a bag with your name, phone number, and description of repair needed clearly labeled on the bag. Drop off the bag to CSC Front Desk. Repaired items will be available to pick up usually one week after the drop off. *Donations to C2S2 program appreciated.*



Notary Public Service **R** **\$**

CSC has a Notary on our team. **Call CSC for an appointment.** *Donations to our C2S2 Program appreciated.*



♥ GrandPad

GrandPad Program **R**

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



Blood Pressure Checks **D**

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



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 **D** **\$**

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.*

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:

9:00 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.*



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. **November Topic: Ageism & Ableism from book "The Chair Rocks" by Applewhite.**



Nurses Footcare

w/ Ava Passino R.N., BCGN
CURRENTLY ON HIATUS



Ease the Day: Caregiver Respite Support Program ®

Ease the Day has provided over 1,000 hours of respite care to family caregivers since April. This break from caregiving is powered by CSC staff and outstanding community volunteers. If you know of someone who could use a break, wants to give their loved one a fun, engaging time with others, and lives in our area, call us! We have options to help.

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**

Volunteers: As we consider expanding our onsite day program in 2024, we seek additional volunteers, especially males. It is a commitment of a couple of hours a week based on availability and preference. We offer training and welcome input and ideas. Ask any of our current volunteers just how much fun we have. Friendship and laughter are good for the soul. Just look at the evidence in the pictures below. We could also use help with organizing our collection of supplies if anyone is motivated and gifted in this area.

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

November 1, 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.*

CRANIUM CRUNCHERS



Cranium Crunchers

Held every Monday

12:45 - 1:45 pm *NO Class 11/20*

Facilitated by Gina Frankhart.

Drop in to join us each Monday and participate in activities that will enhance your memory:

- Games -
- Discussions -
- Exercises -
- Fun & More-

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 3, 1:30 pm

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



D

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!

This group gathers each week to not only create knit & crochet, but also to share treats, visit, and enjoy each others' company.

They work on individual projects or pieces to donate using donated yarn. Check out their hand-crafted items for sale in Room 112! All are invited (even if you don't knit or crochet) to have a seat, visit, and enjoy a treat!

D

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!

D

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

Tuesday, November 14, 10:00 am

Creative instruction & all materials provided. Leave with three personalized cards unique to the current month and general themes. \$10 class fee payable to Camille.



'Sit with Bill'

Second Monday, 11 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: jdcrowdr@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: Tuesday Nov 21, 11:30 am, Thompson's Pizzeria, Chelsea. For more info call coordinator Babette at 734-904-8718.

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** Thursdays, 10:30 am **FREE**

Bring a mat. Using warm-ups, traditional poses, & focused breathing, yoga promotes strength, balance, flexibility, mobility, & a sense of calm. A gentle approach makes this class accessible to all experience levels to help keep you moving. **FREE!**



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, through December 8, thanks to Washtenaw Community College Senior Emeritus Program!*



Gentle Yoga w/Dianna **D**

Mondays, 9:30-10:30 am

Last Class 11/27/23

Bring a mat and/or blanket. Class is geared toward students who can work on the floor.

Traditional poses, stretches, breathing work & savasana, the resting and restorative pose, to end. *Classes are free thanks to the Washtenaw Community College Senior Emeritus Program! Next session starts in January.*



Tai Chi w/Karla **D**

Thursdays through Nov 16

• **Beginning Level, 1:45 pm**

• **Intermediate Level, 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. *Classes are free thanks to the 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 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 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 **\$** **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.



November 2023

Chelsea Senior Center
734.475.9242
connected@chelseaseniors.org



 **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.

Mon 6 Nov 11:00 Health Support 12:00 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		Tue 7 Nov -ELECTION DAY- Computer Use Onsite Ease the Day 9:00 Pickleball 10:30 Silver Maples & Friends Choir NO Motor-Groovin' 12:00 Lunch		Wed 8 Nov 12:00 Lunch 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 1:00 Senior Fun Bowling* 4:00 Chat to Heal		Thu 9 Nov 12:00 Lunch 12:30 Knit/Crochet 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:45 Cardio Drumming 145 Begin Tai Chi 245 Inter. Tai Chi		Fri 10 Nov 11:15 Gettysburg & Chelsea Connections 11:45 Veteran's Day Lunch 12:45 Daytime Euchre	
Mon 13 Nov 12:00 Lunch 12:00/12:30 Duetting practice/class 12:30 Hand & Foot 12:45 Canine Crunchers 1:00 Seniors Asking Seniors 9:00 Bingo 9:30 Gentle Yoga 9:45 Enhance Fitness 11:00 Health Support 11:00 Sit with Bill		Tue 14 Nov 12:00 Mexican Train 12:30 NO Loss & Healing 1:00 Joyful Noise 1:00 Quilting 1:00 A.L.I. Class NO Ukulele NO Cardio Drumming		Wed 15 Nov 11:00 Meditation Class 12:00 Lunch 12:30 Jan Session 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 1:00 Water's Group 1:00 Senior Fun Bowling* 4:00 Chat to Heal		Thu 16 Nov 12:00 Lunch 12:30 Knit/Crochet 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:45 Cardio Drumming 145 Lat Begin Tai Chi 245 Lat Inter. Tai Chi 4:00 Art for Life		Fri 17 Nov 10:45 Blood Pressure Checks 12:00 Thanksgiving Lunch 12:45 Daytime Euchre	
Mon 20 Nov 12:00 Birthday Lunch 12:00/12:30 Duetting practice/class LAST 12:30 Hand & Foot NO Canine Crunchers 1:00 Understanding LGBTQ+ 1:00 A.L.I. Class 1:30/2:00 Duetting practice/class LAST		Tue 21 Nov 12:00 Mexican Train 12:30 Loss & Healing 12:45 A Joyful Noise 1:00 Quilting 1:00 Ukulele 2:30 Cardio Drumming		Wed 22 Nov 12:00 Lunch 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 1:00 Senior Fun Bowling*		Thu 23 Nov - CLOSED - 		Fri 24 Nov - CLOSED - 	
Mon 27 Nov Travel Trip Day* Computer Use 8:30 Line Dancing 9:00 Pickleball 9:00 Pool/Billiards 9:00 Bingo 9:30 Gentle Yoga LAST 9:45 Enhance Fitness		Tue 28 Nov 12:00 Lunch 12:30 Mexican Train 1:30 Ukulele 2:30 Cardio Drumming		Wed 29 Nov 12:00 Lunch 12:30 Game Time: Mah Jongg, Pinochle, Scrabble 1:00 Sewing Group 1:00 Senior Fun Bowling* 4:00 Chat to Heal		Thu 30 Nov 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:45 Cardio Drumming		* 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.	



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.



INTEREST LIST: UofM Kelsey Museum



Tentatively scheduled June 11, 2024, 1 pm;

Small U of M museum of ancient & medieval artifacts from Egypt & Near East. Collections

include coins, glassware, textiles, mummies, jewelry, mosaics, and more! Wheelchair accessible. To sign up call or email



Mackinac Island Lilac Festival

June 7 – 9, 2024

Single \$1286, Double \$1009



Enjoy the largest event of the summer and experience the splendor of lilacs as

they are in bloom across Mackinac Island. Price includes roundtrip coach transportation, accommodations at Bicycle Inn on Main St, island carriage tour, Grand Hotel lunch buffet, and much more! Space is limited. \$50 deposit due at Registration. Full payment due May 7, 2024.



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. \$50 deposit due at Registration. Full payment due March 23.

WAITLIST-ONLY STATUS:

- The Parade Company & Pewabic Pottery Tours
Detroit, MI, November 15
- A Lancaster Christmas,
Pennsylvania, Nov 27-Dec 2



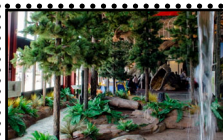
Holiday Pops with the Phil



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.



DNR Outdoor Adventure Center



Thursday, Jan 18, 2024, \$65/person

Depart 10 am, Return 3:30 pm

Imagine visiting Michigan's outdoors in a downtown, mobility-accessible INDOOR setting! Explore waterfalls, animal tracks, Michigan fish, and more. Price includes roundtrip transportation, admission, and driver tip. Lunch is on your own. Limit 25 adventurers. \$25 deposit due at Registration. Full payment due December 18.



Mystery Trip



Wednesday, March 6, 2024, \$75/person

Depart 9:15 am, Return 4:45 pm

Red light, blue light, stay to the left or you won't be right. ARE YOU JOHN Q. PUBLIC? This trip is for you. You would rather be on the outside looking in than on the inside looking out. Lights, camera, music, conversation QUIET, APPLAUSE. How sweet it is! Price includes roundtrip transportation, admission, and driver tip. Lunch is on your own. \$25 deposit due at Registration. Full payment due February 26, 2024.



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



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


Tuesday, Nov 14, 7:00 pm
The Maples Room-Silver Maples
Michigan-based band: BLUE



Medicare Shopping Season!

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 15-Dec 7: ENROLL IN A PLAN YOU SELECTED
Jan 1, 2024: YOUR COVERAGE BEGINS



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



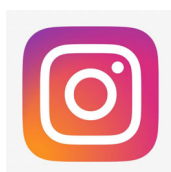

CHelsea HOSPITAL

**Christmas Dinner
on Christmas Day**
Monday, December 25
11:30 am-1:30 pm
Chelsea Hospital Dining Room


Space is Limited, Registration is Required by Dec 15

Hosted by Chelsea Hospital. Members of the community who would be alone on Christmas or who will struggle to pay for a Christmas meal are invited to gather for a free meal at Chelsea Hospital. **Registration is required to reserve a meal. Space is limited. Register by Dec 15 by calling CSC at 734.475.9242.**

Follow us!



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**Chelsea House
Orchestra**




Senior Discount Tickets available for purchase at CSC. Limited Supply, first come, first served. No holds or reservations. Cash or checks only made payable to Chelsea House Orchestra.

CHELSEA HOUSE ORCHESTRA

HOMETOWN SHOW




CHELSEA HOUSE ORCHESTRA PERFORMING WITH
BEACH FIDDLE CLUB NORTH CREEK FIDDLERS BRAD PHILLIPS

NOV 4TH | 7 PM | CHELSEA HIGH SCHOOL AUDITORIUM

TICKETS AVAILABLE ONLINE OR AT THE DOOR
\$10 STUDENTS & SENIORS | \$15 ADULTS
SCAN THE QR CODE FOR ONLINE TICKETS



Adult Learners Institute's October Classes:

Nov. 6, 13, 20, 27; "Exploring Musical Theater"

Classes listed above start at 1 pm and are in-person at CSC.

Registration is required with A.L.I. and is by mail-in only.

For a complete listing on all ALI class offerings consult ALI catalog, www.alimichigan.org. Tele: 734.292.5540



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!

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Financial Advisor
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Chelsea, MI 48118
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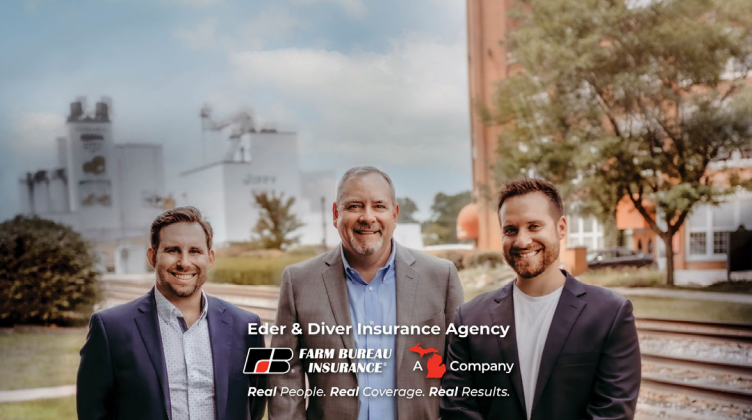
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NOVEMBER | 2023

SENIOR CENTER MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

30	31	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. Menu subject to change due to availability.
6 Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	7 General Tso's Chicken Brown Rice Peas Corn Apple	8 Pork Riblet Potato Wedges Pasta Salad Grape Juice WG Bun	9 Mac & Cheese Stewed Tomatoes Apple WG Dinner Roll	10 Chicken Drumstick Mashed Potatoes Gravy Green Beans Orange WG Dinner Roll	
13 Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2	14 Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	15 Tuna Noodle Casserole Peas Mixed Fruit WG Bread 2	16 Sloppy Joe Potato Wedges Coleslaw Orange WG Bun	17 <u>THANKSGIVING CELEBRATION</u> Turkey & Gravy Mashed Potatoes Green Beans Stuffing Cranberry Sauce WG Dinner Roll Pumpkin Pie	
20 <u>BIRTHDAY CELEBRATION</u> Pork Chops Mashed Potatoes & Gravy Green Beans Applesauce WG Bread	21 Turkey Reuben on WG Bread Mixed Vegetables Grape Juice	22 Popcorn Chicken Mashed Potatoes Gravy Corn Orange	23 CSC CLOSED HAPPY THANKSGIVING!	24 CSC CLOSED HAPPY THANKSGIVING!	
27 Goulash Carrots Banana WG Breadstick	28 Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll	29 Chicken Tenders Potato Wedges Beets Watermelon WG Dinner Roll	30 Beef Lasagna Corn Banana WG Breadstick	1	

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

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NOVEMBER 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:

Donna Dallaire

Stanley Platsis

Mark your Calendars:



** Nov 10: Veteran's Day Lunch * Nov 17: Thanksgiving Lunch * Nov 23 & 24: CSC Holiday Closure *
* Dec 15: Christmas Lunch * Dec 25-Jan 1: CSC Holiday Closure * April 13: Chelsea Expo **



*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.