



Drop-in



Registration Required



Fee/Donation



Inclement Weather Policy: The Chelsea Senior Center closes when the Chelsea School District closes for SNOW or ICE or EXTREME COLD. All programs and meals are cancelled if CSC is closed for bad weather. Check local radio or television stations for school closing information. If CSC is closed, the telephone voice message will be updated stating the closure.



January Birthdays Celebration

Monday, January 22 at Noon



Hosted by Edward Jones: Diane Kieliszewski & Michael O'Quinn. Join us to celebrate

January birthdays! Enjoy a tasty lunch & birthday cake with friends while Diane & Michael provide us with a Market Update. **To register call or email CSC.**



National Bagel Day!

Monday, January 15

Stop in between CSC classes and grab yours, while supplies last, to celebrate **National Bagel Day!**



Happy Hour

Friday, January 26, 4 pm
at Los Tres Amigos



Enjoy drinks, food & fun conversation with friends! **Registration required. Call or email CSC so we can reserve enough tables.**



CSC Staff & Board Member Changes:

- * Bill O'Reilly has announced his retirement scheduled for the end of June 2024.
- * Join us in welcoming two new team members: Marcia White & Sharon Keggereis! See Bill's column on page 3 for more details.
- * December marked the handing of the torch for several CSC Board Members. John Daniels, Mary Tomac & Charlotte Wyche stepped down as the second of their three year terms came to an end; they were term-limited. Our very sincere thanks to each of them for their 6 years of service and especially to Charlotte for the time she served as CSC Board President (now Board Chair). We welcome two new members: Diane Jara & Jon Bentley. Their agreeing to serve in these roles is very much appreciated by all!



Stay informed & connected! Do you get our weekly email updates?

Don't miss any important CSC updates, last minute schedule changes or announcements! Simply give us your email address to add to your membership profile.

Then make sure to add the CSC email address: connected@chelseaseniors.org to your 'Contacts' or 'Safe Senders List' so that CSC emails do not end up in your Spam or Junk folder.



Mountain Dulcimer Lessons

Mondays, 1:00-2:00 pm

March 4-May 6

\$75/person



This 10-week session is for all skill levels. Fee includes instruction and a 3-ring binder with sheet protectors for music. Available dulcimers will be brought in for those who sign up for one with the option of renting a dulcimer for \$20 during the session. The purchase of a dulcimer music stand is highly recommended. **Payment due at registration. To register and pay stop by CSC office.**



SOUP-er Bowl Contest

Friday, February 9
during lunch at Noon



Do you have a soup recipe that is championship worthy? Then enter it into the SOUP-er Bowl competition!

Categories include: CLEAR/BROTH SOUP, THICK/CREAM SOUP, and CHOWDER. Make your soup and bring it in to CSC in a crockpot or roaster to keep warm in the cafeteria. CSC will label it with a Entry Number & Name. Lunch attendees will then walk around and take samples to taste and then vote on their favorite in each category. Winners will be awarded at the end of the lunch. **To register as a SOUP-er Bowl competitor call or email CSC with your name, tele number, and soup category.**

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



AARP Free Tax Preparation Assistance

Thursdays Feb 15 - Apr 4
Scheduling begins January 15

R

*This FREE tax preparation assistance service is provided by trained IRS/AARP Volunteers and intended for Older Adults who have lower income levels and simple returns. AARP membership is not required. The volunteers can assist with Federal and Michigan (no other states) 1040 forms and credits and amended returns. Returns are submitted electronically and you will receive a paper copy to take home. They can also offer advice if you are doing your own return and have questions. **For more information or to schedule an appointment call CSC at 734.475.9242.***



Art for Life: Henri Matisse

Thursday, January 11, 4 pm
Suggested \$5 donation

R **\$**

Presented by Kathy Gunderson.

Henri Matisse, the 20th century Modernist, is best known for his joyous and spontaneous use of color in his artwork. In reality, however, Matisse's colorful work was anything but "spontaneous" but was achieved from a long career of continuously digger deeper and pushing boundaries, whether in painting or in his popular painted paper "Cut Outs". **To register call or email CSC with your name & tele number.**



Ask an Expert: Coenzyme Q10

Wednesday, January 10
11:15 am

R

Facilitated by Sophia Speroff, MPH, RD & Betty Chaffee, Pharm D. This month's topic is Coenzyme Q10 (aka CoQ10); it keeps our bodies running smoothly but how can we be



*sure we have enough? Where can we find it in food? Should we all take supplements? Join Sophia and Betty to learn more! **To register, call or email CSC with your name & tele number.***

- **CSC will be closed Monday, January 1st for the New Year Holiday. We reopen on Tuesday, January 2.**
- **A Joyful Noise returns in February.**
- **Sit w/Bill is currently On Hiatus.**



Grief & Loss Group

Every other Tuesday, 12:30 pm

R

*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.***



Legalities: Q&A on Estate Planning

Wednesday, January 10, 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.



Dulcimer Jam Sessions

1st & 3rd Mondays

2:00-3:00 pm

D

Bring your mountain dulcimer and drop in to enjoy jamming with other dulcimer players! All players need to bring their own dulcimers, music stands, and have some experience playing.

***Generations Interviews** had 75+ volunteers share their stories with the 6th grade students from Beach Middle School. **THANK YOU** volunteers for your time, energy & effort to make this a successful event!*



Discover Your Chelsea Senior Center Update:

THANK YOU to everyone that has helped CSC work towards our goal for this annual campaign! We will have the official results to report next month so stay tuned...

Senior Center Staff

Bill O'Reilly Executive Director
Jennifer Smith Assistant Director
Meredith Nelson Office Manager
Jon Van Hoek Senior Services Coordinator
Jan Scarbrough Bookkeeper
Lisa Klinkman Senior Wellness Coordinator
Katie Garvey Respite Care Coordinator
Gina Frankhart Senior Services Coordinator
Marcia White Member & Volunteer Services Coordinator
Sharon Keggereis Outreach & Connections Coordinator



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. Garden is now put to bed for the winter, see you in February!



Intergenerational Garden

**Chelsea Senior Center
Board of Directors**

Board Chair
Jerry Wilczynski
Board Vice Chair
Paul Schissler
Treasurer
Dave Schaible
Secretary
Allen Cole

Jon Bentley
Julie Deppner
Diane Jara
Jaclyn Klein
John Knox
Gary Maynard
Carl Schwarze

A word from



Welcome to 2024!

Time does indeed fly. It's a new year with lots of changes coming but the good things here will remain the same. Certainly, for me personally, the biggest change will be my retirement! As I informed our Board of Director Members at our December meeting, I will, with a combination of excitement and angst, be stepping down on June 28th. I'd say a 6+ months' notice should be enough. I have thoroughly enjoyed my time here leading this great team and getting to know all of you. And I've said many times, as I close my nearly 50 year career, I honestly cannot think of a better position to have capped my career and the team here is the absolutely the best that I've ever had the pleasure of leading.

I'm not going anywhere! Becky and I will be staying right here in Chelsea and you'll see me around the senior center still, just in the role of a fellow member taking part in some of the great activities we offer. We will likely be looking to post the position opening around April, more details will follow in the coming months. My last day will mark over 5 years here so yes, time truly does fly!

On the other hand, we are very pleased to welcome two new team members! Thanks to grant funding we received from the federal ARPA program, administered by Washtenaw County, we are able to create two new part-time positions to better serve our members and the senior community. Marcia White will be our Member & Volunteer Coordinator, and Sharon Kegerreis will be our Outreach & Connections Coordinator. Many of you already know Marcia from her time as part of the great team of volunteers managing things at our front desk and years ago serving on the CSC Board. In this newly created role, Marcia will focus on ensuring things work smoothly at the front desk, on-boarding new members and volunteers and of course, a variety of other tasks to help you and our community. Sharon, a published author / writer, with a background in advertising, will focus on connecting with individuals and organizations to get the word out there about all that CSC has to offer and in particular to ensure that we are connecting to as many area seniors and their family members as possible. To be clear, these are new positions and all of our great current team members will be remaining!

Many more details to come on all of this but we are all looking forward to the new year and what we can do to better to make a positive difference in your lives! 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 **R**

Retired physician Gary Maynard is available to answer basic health questions. **To schedule an appointment call CSC.**



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

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

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



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

Blood Pressure Checks

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



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.*

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.**

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,

Hey Seniors,
Let's Chat!

and questions about aging.

Nurses Footcare

w/ Ava Passino R.N., BCGN

This service is available by appointment only. *Fees determined by Ava.* **To schedule an appointment call Ava directly: 313.303.7836.**





Ease the Day

Ease the Day: Caregiver Respite Support Program



Ease the Day volunteers and staff have provided over 2,000 hours of respite care. 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**

The caregivers who are entrusting us with their loved one are getting much needed down time and know that their loved one is in a great engaging program. We have continued to broaden our reach and thanks to all who have referred friends or family to participate. This December, we were entertained with dulcimer music, celebrated holiday traditions, learned about wellness, and even scrapbooked.

Starting in early February, ETD is expanding to offer respite care hours on Wednesday mornings from 9:30 -Noon. This new offering is for additional families in need of services. Caregivers can come and participate in CSC programming offered during this time, or other self-care activities, while their loved ones have programming of their own available. Registration and screening are required. If you know a family who could benefit from this service, please have them get in touch with Lisa or Katie at CSC.

ETD Tuesday & Thursday on-site groups continue to meet and spaces are still available for full day or partial day slots. In 2024, we will dance, paint, exercise, garden, and learn about the world around us.

For those who need support in the home, our partner *Catholic Social Services* coordinates companionship volunteer care. They continue to need people who would be willing to visit and engage in private home settings, especially in some of the more rural areas. It is typically a weekly 2-4 hour commitment. Please let Katie or Lisa know if this is something that you might be interested in doing and they can get you in touch with the coordinator.

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

Wednesday, January 3

12 - 1:30 pm



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

What: Enjoy a fun 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 info or to register call CSC with your name & tele.

Chat to Heal: A Caregiver Group Support Program



Held every other Wednesday



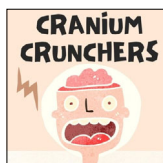
4 - 5 pm

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

Held every Monday

12:45 - 1:45 pm



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

BINGO

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

Pool/Billiards

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

Hand & Foot

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

Mexican Train

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

Game Time

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

Drop-in Bridge

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

Cribbage

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

Daytime Euchre

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

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

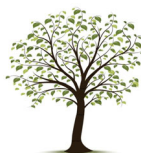
Open Painting Studio w/Chelsea Artists Guild

Thursdays, 12:30-3:30 pm
Enjoy open painting studio time and artistic fellowship for free with CSC membership. Bring your own materials. No instruction provided.



Genealogy Help Group

Next meeting January 19, 2024, 1:30 pm
Gather to share ideas & techniques on tracing your family history, for all levels of understanding & research, group meets every other month.



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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!

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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!

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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!

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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.



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Paper Crafts: Card Making

with Camille Bauer

Tuesday, January 9, 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.

(R)



Ukulele

Tuesdays, 1:30-2:30 pm

New players always welcome!

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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.



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.

D



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

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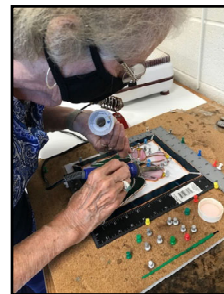


Stained Glass

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.

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A Joyful Noise

1st & 3rd Tuesday, 12:45 pm

Facilitated by ehl & Gary

people who love to sing most songs they hear, in the show-er, car, gro-camp-al ex-ferent time, and,



Marilyn Ku-Munce. For along to

Returns in February

hear, in the show-er, car, gro-camp-al ex-ferent time, and, fire. No voice training or cho-perience needed. We'll sing to dif-ferent genres, both recordings & live music each time, and, for the rare occasions when all the words don't

D

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.

D



Red Hat Ladies

Meets monthly

This group gathers monthly to connect, engage, have fun and enjoy friendship. This month's gathering: 1/16/24, 11:30 am, Uptown Coney Island, 1555 S Main St, Chelsea. For more info call coordinator Babette at 734-904-8718.

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Donating Items to CSC

Please call the CSC Office FIRST before leaving anything anywhere in the building.

We do not have the storage space to keep these types of things. If you are unsure as to where to donate your items, CSC can offer suggestions depending on the type of item so please, call first before leaving anything in the building.



Tue 2 Jan
12:00 Lunch
12:30 Mexican Train
Computer Use
Onsite Ease the Day
8:30 Pickleball
10:30 Silver Maples c/o Friends Chair
11:00 Movie: Grown
11:00 Blood Pressure Checks

Wed 3 Jan
12:00 Lunch
12:30 Connections
Memory Café
12:30 Game Time: Mah
Jugg, Pinochle, Scrabble
12:30 Jam Session
1:00 Sewing Group
1:00 Senior Fun Bowling^{*}

Thu 4 Jan
12:00 Lunch
12:30 Knit/Crochet
Computer Use
Chair Massage appts
Onsite Ease the Day
8:30 Pickleball
9:45 Movie: Grown
10:00 T.O.P.S.
11:00 Chair Yoga

Fri 5 Jan 12:45 Daytime Exchange
Computer Use
8:30 Pickleball
9:00 Bingo
9:45 Enhance Fitness
10:00 Woodcarving
10:00 Cabbage
12:00 Lunch

Mon 8 Jan 12:00 Lunch
12:30 Hand & Foot
Computer Use
8:30 Line Dancing
8:30 Pickleball
9:00 Pool/ Billiards
9:00 Bingo
9:30 Gentle Yoga
9:45 Enhance Fitness

Tue 9 Jan 12:00 Lunch
12:30 Mexican Train
Computer Use
Onsite Ease the Day
8:30 Pickleball
10:00 Paper Crafts
10:30 Silver Maples c/o Friends Chair
11:00 Movie: Grown

Wed 10 Jan 12:00 Lunch
12:30 Ask an Expert
Computer Use
8:30 Pickleball
9:00 Stained Glass
9:00 Pool/ Billiards
9:45 Enhance Fitness
10:00 Tech Support
11:00 Legacies

Thu 11 Jan 12:30 Knit/Crochet
12:30 Open Painting Studio
Computer Use
Onsite Ease the Day
8:30 Pickleball
9:45 Movie: Grown
10:00 T.O.P.S.
11:00 Chair Yoga
12:00 Lunch

Fri 12 Jan 12:45 Daytime Exchange
Computer Use
8:30 Pickleball
9:00 Bingo
9:45 Enhance Fitness
10:00 Woodcarving
10:00 Cabbage
12:00 Lunch

Mon 15 Jan 9:45 Enhance Fitness
National Bag/Day
Computer Use
Footcare appts
8:30 Line Dancing
8:30 Pickleball
9:00 Pool/ Billiards
9:00 Bingo
9:30 Gentle Yoga

Tue 16 Jan 12:30 Mexican Train
12:30 Grief & Loss
Computer Use
Onsite Ease the Day
8:30 Pickleball
10:30 Silver Maples c/o Friends Chair
11:00 Movie: Grown
11:30 Red Hat Ladies^{*}
12:00 Lunch

Wed 17 Jan 12:00 Lunch
12:30 Game Time: Mah
Jugg, Pinochle, Scrabble
12:30 Jam Session
1:00 Sewing Group
1:00 Writer's Group
1:00 Senior Fun Bowling^{*}

Thu 18 Jan 11:00 Chair Yoga
12:00 Lunch
12:30 Knit/Crochet
Computer Use
Onsite Ease the Day
Chair Massage appts
8:30 Pickleball
9:00 Newsletter Assembly
9:45 Movie: Grown
10:00 Travel Trip^{*}
10:00 T.O.P.S.

Fri 19 Jan 12:00 Lunch
12:45 Daytime Exchange
1:30 Genealogy Help Group
Computer Use
8:30 Pickleball
9:00 Bingo
9:45 Enhance Fitness
10:00 Woodcarving
10:00 Cabbage
10:45 Blood Pressure Checks

Mon 22 Jan 12:00 Birthday Lunch
12:30 Hand & Foot
Computer Use
8:30 Line Dancing
8:30 Pickleball
9:00 Pool/ Billiards
9:00 Bingo
9:30 Gentle Yoga
9:45 Enhance Fitness

Tue 23 Jan 12:30 Mexican Train
1:00 Quilting
Computer Use
Onsite Ease the Day
8:30 Pickleball
10:30 Silver Maples c/o Friends Chair
11:00 Movie: Grown
12:00 Lunch

Wed 24 Jan 11:00 Meditation
12:00 Lunch
12:30 Game Time: Mah
Jugg, Pinochle, Scrabble
1:00 Sewing Group
1:00 Senior Fun Bowling^{*}
4:00 Chat to Heal

Thu 25 Jan 12:30 Knit/Crochet
12:30 Open Painting Studio
Computer Use
Onsite Ease the Day
8:30 Pickleball
9:45 Movie: Grown
10:00 T.O.P.S.
11:00 Chair Yoga
12:00 Lunch

Fri 26 Jan 12:00 Lunch
12:45 Daytime Exchange
4:00 Happy Hour^{*}
Computer Use
8:30 Pickleball
9:00 Bingo
9:45 Enhance Fitness
10:00 Woodcarving
10:00 Cabbage

Mon 29 Jan 12:00 Lunch
12:30 Hand & Foot
Computer Use
8:30 Line Dancing
8:30 Pickleball
9:00 Pool/ Billiards
9:00 Bingo
9:30 Gentle Yoga
9:45 Enhance Fitness

Tue 30 Jan 12:00 Lunch
12:30 Mexican Train
Computer Use
Onsite Ease the Day
8:30 Pickleball
10:00 All-day Quilting
10:30 Silver Maples c/o Friends Chair
11:00 Movie: Grown

Wed 31 Jan 12:00 Lunch
12:30 Game Time: Mah
Jugg, Pinochle, Scrabble
1:00 Sewing Group
1:00 Senior Fun Bowling^{*}

Inclement Weather Policy:
CSC closes when the Chelsea School District closes for SNOW or ICE or EXTREME COLD. All programs and meals are cancelled if CSC is closed for bad weather. Check local radio or television stations for school closing information. If CSC is closed, our telephone voice message will be updated stating the closure.

^{offsite location}
January 2024
Chelsea Senior Center
734.475.9242
connected@chelseaseniors.org

Exercise & Movement

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

Walking Halls at WSEC

D



Weekdays, 8:30 am - 4 pm

Check-in at CSC Kiosk before you begin.
10 laps around Room 100/101 is one mile.
Grab a friend and get moving!



Meditation

Wednesdays, 11 am

D

Drop-in this beginner friendly class to explore different styles of meditation including: 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. Bring a drink and a blanket or sweatshirt.



Enhance Fitness Exercise

**Mon-Wed-Fri,
9:45-10:45 am**

D **\$**

\$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 begins January 12 thanks to Washtenaw Community College Senior Emeritus Program!



Gentle Yoga w/Dianna

Mondays 9:30-10:30 am

January 8-March 25

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 the Washtenaw Community College Senior Emeritus Program!*



Tai Chi w/Karla

Thursdays starting January 11

• **Beginning Level, 1:45 pm**

• **Intermediate Level, 2:45 pm**

D



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!



Chair Yoga w/Dianna

Thursdays, 11 am

Bring a mat. Using warm-ups, traditional poses, & 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. No fee to attend class.

D

Line Dancing

Mondays 8:30 am

\$3 per class

It is great exercise with toe tapping music and fun times!

D **\$**



Senior Fun Bowling at Chelsea Lanes

Wednesdays, 1 pm

Join the gang at the alleys, from August until May, for fun & friendly competition.

Consider joining a team or even being a sub!

For more info call Chelsea Lanes at 734.475.8141.

R



Movin' & Groovin'

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!

D



CSC Pickleball Club

Monday - Friday:

Drop-in Open Play, 8:30-11 am

Sign-up Bonus Play: 11 am-2:30 pm

\$25/year CSC Membership AND

\$10/year Pickleball Club Fee

R **\$**

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. 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

\$ **D**



Cardio Drumming provides a whole brain & 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.



INTEREST LIST: UofM Kelsey Museum (R) (S)
Tentatively scheduled **June 11, 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 CSC.**



Mackinac Island Lilac Festival (R) (S)
June 7 – 9
\$1286 Single/\$1009 DbI

Price includes roundtrip coach transportation, accommodations at Bicycle Inn on Main St, island carriage tour, Grand Hotel lunch buffet, & much more! **Space is limited. \$50 deposit due at Registration. Full payment due May 7, 2024.**



Lugnuts Baseball (R) (S)
Lansing, MI
Tuesday, August 13, \$95/person
Depart 4:30 pm, Return 11:30 pm

Price includes roundtrip coach transportation, entry to game, all-you-can-eat-buffet, raffle, and driver tip. **\$25 deposit due at Registration. Full payment due by July 12.**



Shades of Ireland 2024 (R) (S)
featuring Northern Ireland
Sept 19-Oct 1
\$5869 Single/\$5069 DbI

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.

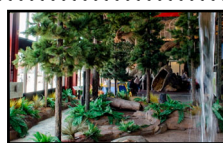
Or use link to book:

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



Branson, Missouri (R) (S)
December 2-7, 2024, \$1499 Double

Price includes roundtrip coach transportation, accommodations in St. Louis & Branson Landing, admission to 6 shows, and so much more! **Space is limited. \$50 deposit due at Registration. Full payment due Nov 2, 2024.**



DNR Outdoor Adventure Center (R) (S)
Atwater St, Detroit
Thursday, Jan 18, \$65/person
Depart 10 am, Return 3:30 pm

Price includes roundtrip transportation, admission, and driver tip. Lunch is on your own. **Limit 25. \$25 deposit due at Registration. Full payment due December 18.**



Mystery Trip (R) (S)
Wednesday, March 6, \$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.**



Firekeepers Casino (R) (S)
Battle Creek
Tuesday March 19, \$60/person
Depart 9:45 am, Return 5:15 pm

Price includes roundtrip coach transportation, \$20 slot credit, and \$5 food/slot/gift shop credit. **\$25 deposit due at registration. Full payment due February 19, 2024.**



Assisted Living the Musical (R) (S)
Brighton Center for Performing Arts
Saturday, April 6, \$90/person
Depart 6 pm, Return 10:30 pm

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 (R) (S)
Kentucky
April 23-24, \$553 Single/\$480 DbI

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.**



Tigers Baseball (R) (S)
Comerica Park, Detroit
Wednesday, May 15, \$95/person
Board Bus 10:30 am, Return 5:00 pm

Price includes roundtrip coach transportation, entry to 1:10 pm game, \$15 food voucher, and driver tip. **\$25 deposit due at Registration. Full payment due by April 15.**

Connections and Community



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.



CSC membership is required to participate in activities and programs. Remember to allow time to process your membership in CSC Office.

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

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



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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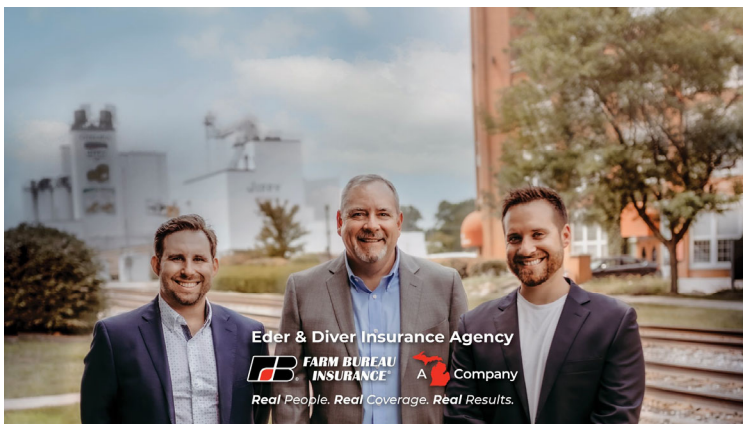
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JANUARY | 2024

SENIOR CENTER MENU

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1 Chelsea Senior Center Closed Happy New Year!	2 Chicken Tenders Potato Wedges Green Beans Apple WG Dinner Roll	3 Mac & Cheese Stewed Tomatoes Grape Juice WG Dinner Roll	4 Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	5 Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll
8 Popcorn Chicken Mashed Potatoes Gravy Corn Orange	9 Hamburger Tater Tots Peas Watermelon WG Bun	10 Pork Riblet Potato Wedges Pasta Salad Grape Juice WG Bun	11 General Tso's Chicken Brown Rice Peas Corn Apple	12 Chicken Drumstick Mashed Potatoes Gravy Green Beans Orange WG Dinner Roll
15 Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll	16 Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	17 Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2	18 Sloppy Joe Potato Wedges Coleslaw Orange WG Bun	19 Chicken Patty Redskin Potatoes Corn Orange WG Bun
22 BIRTHDAY CELEBRATION Pork Chops Mashed Potatoes & Gravy Green Beans Applesauce WG Bread	23 Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple	24 Turkey Reuben on WG Bread Mixed Vegetables Grape Juice	25 Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	26 Kielbasa & Saurkraut Redskin Potatoes Orange WG Bun
29 Cheesy Chicken & Rice Broccoli Beets Fruit Punch WG Bread	30 Goulash Carrots Banana WG Breadstick	31 Ham Sweet Potatoes Peas Apple Juice WG Bread	1 1	2

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.

The menu is subject to change without notice.

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

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

JANUARY 2024

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:

*Jerald Frisbie. Jan Van Houten,
Donald Lamphere, Maria Lashbrook,
Gwen Schrader*



Mark your Calendars:

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.