



Drop-in



Registration Required



Fee/Donation



## 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, telephone number, and soup category.**



## February Birthdays Celebration

Wednesday, February 21 at Noon

Hosted by Jiffy Mixes. Join us to celebrate February birthdays! Enjoy a tasty lunch & birthday cake with friends. **To register call or email CSC.**



## Happy Hour

Friday, February 23, 4 pm  
at Arctic Breakaway

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



Intergenerational  
Garden



Read & Seed 2024:  
Specific Dates TBD

Our 2024 dates are yet to be determined, but if you would like to volunteer to support this annual program that pairs preschoolers with seniors to **Read** about gardens, vegetables, and flowers and then **Seed** by enjoying planting seeds in the hoop house, please let us know. We can use lots of hands and voices! **To volunteer please call or email CSC.**



## Mountain Dulcimer Lessons

Mondays, 1:00-2:00 pm

March 4-May 6

\$75/person

*Instructor Sharon Broyles.* 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.**



## Chelsea Expo

Saturday, April 13

10 am - 2 pm

Mark your calendar!

**We need lots of volunteers to help to make Chelsea Expo a success.**

If you can spare your friendly, smiling face for a couple of hours that day, let us know. **Or, if you like to bake, we can use your tasty talents for our BEST EVER Bake Sale!**

**Let us know in the CSC office if we can count on you.**



## Update: Discover Your Chelsea Senior Center



THANK YOU to everyone who helped CSC work toward our goal for our 2023 annual fund campaign. Results are in ... and your generosity helped us meet and exceed our goal! We began on October 1 with a goal to raise \$50,000 by year end. **As of December 31, 2023, our total raised for general operations at the Center was \$67,200! Thank you!** Stay tuned for details about our 2024 annual fund drive set to kick off on September 3 with a community open house at CSC.



**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.

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



### **AARP Free Tax Preparation Assistance**

**Thursdays Feb 15 - Apr 4**

**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: Love Through the Ages**

**Thursday, February 8, 4 pm**

**Suggested \$5 donation**

**R \$**

*Presented by Kathy Gunderson.* In celebration of the most romantic day of the year, Kathy's presentation will look at a short history of the origins of St Valentine's Day, rooted in both pagan & Christian traditions, and then view twelve different artists' interpretations of love spanning over six centuries. *Artwork featured here is Jim Dine "4 Hearts" 1969.* **To register call or email CSC with your name & tele number.**



### **Ask an Expert: Pre Diabetes**

**Wednesday, February 14**

**11:15 am**

**R**

*Facilitated by Sophia Speroff, MPH, RD & Betty Chaffee, Pharm D.* Diabetes can cause serious health problems over time. But what's the fuss about prediabetes? Does it mean diabetes is unavoidable? Join Sophia and Betty to learn more! **To register, call or email CSC with your name & tele number.**



### **Loss & Healing Group**

**R**

**Every other Tuesday, 12:30 pm \*No Class 2/27/24\***

*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**



### **Legalities: Q&A on Estate Planning**

**Wednesday, February 21, 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**

*Facilitated by Sharon Broyles.* Bring your mountain dulcimer and drop in to enjoy jamming with other dulcimer players! All players need to bring their own dulcimers and music stands. If you are a non-player you are welcome to join too; Sharon will show you something easy to do to play along.



### **Square Dancing**

**Fridays starting March 8**

**1:00-2:30 pm**

**\$2/person per class**

*Facilitated by Walt Zatorski.* Join Walt, local square dance caller, each week at CSC for this toe-tapping activity to get us out of the house and moving. Plan to join us to learn, dance, meet new friends, and have fun. It works best if there are at least 8 people each time. Class fee payable to Walt. **To register call or email CSC with your name & tele number.**

**R \$**

- **Election Day is Tues 2/27/24, WSEC is a polling location, see calendar for CSC program changes.**
- **Meditation class is On Hiatus, stay tuned for more information.**
- **No Line Dancing 2/12**
- **No Cardio Drumming 2/13 & 2/27**



**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 Kegerreis** 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**

|                         |               |
|-------------------------|---------------|
| <b>Board Chair</b>      | Jon Bentley   |
| Jerry Wilczynski        | Julie Deppner |
| <b>Board Vice Chair</b> | Diane Jara    |
| Paul Schissler          | Jaclyn Klein  |
| <b>Treasurer</b>        | John Knox     |
| Dave Schaible           | Gary Maynard  |
| <b>Secretary</b>        | Carl Schwarze |
| Allen Cole              |               |

*A word from*



Welcome to 2024 –

I hope that your new year is off to a great start. Already a busy one here at your senior center but that should not be a surprise to any of you. Last month, I mentioned the two new people we were welcoming to our team. I thought this month I would take the time to be sure you understand what each of our team members do to make all of our programs, services and activities happen. Hopefully this will help you better understand who is who and what we offer.

**Jennifer Smith, Assistant Director.** Jennifer is our *senior* senior center team member as she has been here now for nearly 10 years. She's our unofficial Chief Juggler as she's the one that keeps all the balls in the air and *never drops one*. She is responsible for our programs, working with our Donors & Sponsors, many other pieces and in the background providing support for nearly all of our activities and services.

**Meredith Nelson, Office Manager.** Meredith keeps things humming, often behind the scenes, in the main office area. She is the one ultimately responsible for front desk operations, she puts together and prints our monthly newsletter, creates and sends out the Thursday E-blasts, supports all the programming and manages our supplies and ordering.

**Jan Scarbrough, Bookkeeper.** While perhaps one of the least seen of the team, certainly one of the most valuable. Jan makes sure all the money is accounted for, the bills paid, our annual external audit goes smoothly and that we all get paid!

**Jon Van Hoek, Senior Services / SNP Coordinator.** Jon oversees our Senior Nutrition Program which consists of the Meals on Wheels program and our daily on-site or congregate lunches. Jon works the great team of volunteers to get the meals prepared, packaged and delivered each day as well as the lunches we serve each day in the cafeteria. He also manages our Grand-Pads program to get technology in the hand of local seniors.

**Lisa Klinkman & Katie Garvey, Senior Wellness Coordinator & Respite Care Coordinator respectively.** Lisa & Katie's chief responsibilities are to oversee our Ease the Day respite program for family caregivers. They are each very experienced in their respective fields and real assets to the CSC community.

**Gina Frankhart, Senior Services Coordinator.** Gina manages the several Memory Care programs we offer: Chat to Heal, Connections Memory Café, Cranium Crunchers, plus our new Loss & Healing Group.

**Marcia White - Member & Volunteer Coordinator.** Marcia focuses on ensuring things work smoothly at the front desk, on-boarding new members and volunteers.

**Sharon Kegerreis, Outreach & Connections Coordinator.** Sharon focuses 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.

As always, do not ever hesitate to let ANY of us know of any questions you may have or if there is anything we can do to help. 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,

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: 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](mailto:caregiversupport@chelseaseniors.org)**

**More information available at  
[www.chelseaseniors.org](http://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](http://www.exhaleforcaregivers.org) to learn more.



## **CSC Memory Support Programs are funded by**



### **Connections Memory Café**



*Held monthly*

**Wednesday, February 7**

**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**

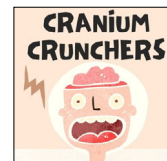


**Who: Caregivers caring for people living with cognitive changes and mild memory loss.**

**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!**

**\$ = 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 March 15, 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.



**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!

## 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, February 13, 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.



### 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.



### 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**

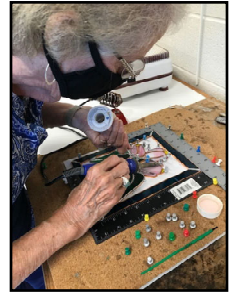


### Stained Glass



**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!

### 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*

*gathering: Friday 2/23/24, Noon, potluck at Chelsea Senior Center. For more info call coordinator Babette at 734-904-8718.*



### \*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.

# February

2024

 Chelsea  
Senior Center  
734 475 9242  
connected@chelseaseniors.org

*\*offsite location*



## 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.

## Thu 1 Feb

Computer Use  
Onsite Ease the Day  
8:30 Pickleball  
9:45 Morin-Groovin  
10:00 T.O.P.S.  
11:00 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 Tai Chi Begin.  
2:45 Tai Chi Inter.

## Fri 2 Feb

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

12:45 Daytime Euchre

## Mon 5 Feb

12:00 Lunch  
12:30 Hand & Foot  
12:45 Cranium  
Crunchers  
2:00 Dvicimer Jam  
Session  
9:00 Pool/Billiards  
9:00 Bingo  
9:30 Gentle Yoga  
9:45 Enhance Fitness

## Tue 6 Feb

12:30 Mexican Train  
12:45 A Joyful Noise  
1:00 Quilting  
1:30 Ukulele  
2:30 Cardio Drumming  
Computer Use  
Onsite Ease the Day  
8:30 Pickleball  
10:30 Siker Maples c/o  
Friends Chair  
11:00 Morin-Groovin  
12:00 Lunch

## Wed 7 Feb

12:00 Lunch  
12:00 Connections  
Memory Café  
12:30 Jam Session  
12:30 Game Time: 2:45  
Jazz, Pinochle, Scabble  
1:00 Sewing Group  
1:00 Senior Fun Bowling  
4:00 Chat to Heal  
Computer Use  
8:30 Pickleball  
9:00 Stained Glass  
9:00 Pool/Billiards  
9:45 Enhance Fitness  
10:00 Tech Support  
11:30 Mobile CDL

## Thu 8 Feb

Computer Use  
Board Meeting  
Onsite Ease the Day  
8:30 Pickleball  
9:45 Morin-Groovin  
10:00 T.O.P.S.  
11:00 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 Tai Chi Begin  
2:45 Tai Chi Inter.  
4:00 Art for Life

## Fri 9 Feb

12:00 SOUP-gr Bowl  
12:45 Daytime Euchre  
Computer Use  
8:30 Pickleball  
9:00 Bingo  
9:45 Enhance Fitness  
10:00 Woodcarving  
10:00 Cabbage  
12:00 Lunch

## Mon 12 Feb

9:45 Enhance Fitness  
12:00 Lunch  
12:30 Hand & Foot  
12:45 Cranium  
Crunchers  
1:00 Seniors Asking  
Seniors  
Computer Use  
Footcare appts  
NO Line Dancing  
8:30 Pickleball  
9:00 Pool/Billiards  
9:00 Bingo  
9:30 Gentle Yoga

## Tue 13 Feb

12:30 Mexican Train  
12:30 Loss & Healing  
1:00 Quilting  
1:30 Ukulele  
NO Cardio  
Drumming  
Computer Use  
Onsite Ease the Day  
8:30 Pickleball  
10:00 Paper Crafts  
10:30 Siker Maples c/o  
Friends Chair  
11:00 Morin-Groovin  
12:00 Lunch

## Wed 14 Feb

12:00 Lunch  
12:30 Game Time: 2:45  
Jazz, Pinochle, Scabble  
1:00 Sewing Group  
1:00 Senior Fun Bowling  
Computer Use  
8:30 Pickleball  
9:00 Stained Glass  
9:00 Pool/Billiards  
9:45 Enhance Fitness  
10:00 Tech Support  
11:15 Ask an Expert

## Thu 15 Feb

Computer Use  
Onsite Ease the Day  
8:30 Pickleball  
9:00 Newsletter  
Assembly  
9:30 AARP Tm Prep  
appts  
9:45 Morin-Groovin

10:00 T.O.P.S.  
11:00 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 NO Tai Chi Begin

## Fri 16 Feb

Checks  
12:00 Lunch  
12:45 Daytime Euchre  
Computer Use  
8:30 Pickleball  
9:00 Bingo  
9:45 Enhance Fitness  
10:00 Woodcarving  
10:00 Cabbage  
10:45 Blood Pressure

## Mon 19 Feb

12:00 Lunch  
12:30 Hand & Foot  
12:45 Cranium  
Crunchers  
2:00 Dvicimer Jam  
Session  
9:00 Pool/Billiards  
9:00 Bingo  
9:30 Gentle Yoga  
9:45 Enhance Fitness  
Computer Use  
8:30 Line Dancing  
8:30 Pickleball

## Tue 20 Feb

12:30 Mexican Train  
12:45 A Joyful Noise  
1:00 Quilting  
1:30 Ukulele  
2:30 Cardio Drumming  
Computer Use  
Onsite Ease the Day  
8:30 Pickleball  
10:30 Siker Maples c/o  
Friends Chair  
11:00 Morin-Groovin  
12:00 Lunch

## Wed 21 Feb

12:00 Birthday Lunch  
12:30 Jam Session  
12:30 Game Time: 2:45  
Jazz, Pinochle, Scabble  
1:00 Sewing Group  
1:00 Writer's Group  
1:00 Senior Fun Bowling  
Computer Use  
8:30 Pickleball  
9:00 Stained Glass  
9:00 Pool/Billiards  
9:45 Enhance Fitness  
10:00 Tech Support  
11:00 Legalties

## Thu 22 Feb

Computer Use  
Onsite Ease the Day  
8:30 Pickleball  
9:30 AARP Tm Prep  
appts  
9:45 Morin-Groovin  
10:00 T.O.P.S.  
11:00 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 Tai Chi Begin  
2:45 Tai Chi Inter.

## Fri 23 Feb

12:00 Lunch  
12:00 Red Hat Ladies  
12:45 Daytime Euchre  
4:00 Happy Hour  
Computer Use  
8:30 Pickleball  
9:00 Bingo  
9:45 Enhance Fitness  
10:00 Woodcarving  
10:00 Cabbage  
10:30 Travel Trip

## Mon 26 Feb

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



## Tue 27 Feb

11:00 Morin-Groovin  
12:00 Lunch  
12:30 Mexican Train  
12:30 NO Loss & Healing  
1:30 Ukulele  
2:30 NO Cardio  
Drumming  
Computer Use  
Onsite Ease the Day  
8:30 Pickleball  
10:00 All-day Quilting  
10:30 Siker Maples c/o  
Friends Chair

## Wed 28 Feb

12:30 Game Time: 2:45  
Jazz, Pinochle, Scabble  
1:00 Sewing Group  
1:00 Senior Fun Bowling  
Computer Use  
8:30 Pickleball  
9:00 Stained Glass  
9:00 Pool/Billiards  
9:45 Enhance Fitness  
10:00 Tech Support  
12:00 Lunch

## Thu 29 Feb

Computer Use  
Onsite Ease the Day  
8:30 Pickleball  
9:30 AARP Tm Prep  
appts  
9:45 Morin-Groovin  
10:00 T.O.P.S.  
11:00 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 Tai Chi Begin  
2:45 Tai Chi Inter.



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.

## 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!

### Line Dancing **D** **\$**

Mondays 8:30 am

\$3 per class \*No Class 2/12\*

It is great exercise with toe tapping



### 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 Jan 12 - March 29 thanks to Washtenaw Community College Senior Emeritus Program!



### Gentle Yoga **D**

Mondays; Jan 8 - April 1  
9:30-10:30 am

Instructor Dianna Kause. 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 **D**

Thursdays; Jan 11 - March 28  
\*No Class 2/15\*

• 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, & mental focus. Reduce stress & increase vitality through these natural & compelling movements. *Classes are free thanks to the Washtenaw Community College Senior Emeritus Program!*



### Chair Yoga **D**

Thursdays; Jan 11 - March 28  
11:00 am

Instructor Dianna Kause. 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. *Classes are free thanks to the Washtenaw Community College Senior Emeritus Program!*



### Senior Fun Bowling at Chelsea Lanes **R**

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.**



### Movin' & Groovin' **D**

Tuesdays 11 am

Thursdays 9:45 am

ballet chelsea  
adaptive dance program

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:

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**

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 **\$** **D**

Tuesdays 2:30 pm \*NO class 2/13 & 2/27\*

Thursdays 12:45 pm

\$1 suggested donation to cover equipment

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.



### Turkeyville Dinner Theatre: (R) (\$)

*Escanaba in Da Moonlight*

**Thursday, June 27, \$105/person**

**Depart 9:30 am, Return 5:00 pm**

Price includes roundtrip coach transportation, driver tip, dinner, dessert, performance, Waitstaff tip on your own. **\$25 deposit due at Registration. Full payment due May 27.**



### Mackinac Island Lilac Festival (R) (\$)

**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.**



### Lugnuts Baseball (R) (\$)

*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) (\$)

*featuring Northern Ireland*

**Sept 19-Oct 1 \*CUT OFF DATE MARCH 20\***

**\$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) (\$)

**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.**



### ROAM Around Town: Motawi

*Tileworks*

**Friday, (R) (\$)**

**February 23, \$12/person**

**Depart 10:30 am, Return 12:30 pm**

In partnership w/Silver Maples of Chelsea. Visit this award-winning studio in Ann Arbor to see how their hand-crafted ceramic tiles are made. Price includes roundtrip



### Mystery Trip (R) (\$)

**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. Price includes roundtrip transportation, admission, and driver tip. Lunch is on your own. **\$25 deposit due at Registration. Full payment due February 26.**



### Firekeepers Casino (R) (\$)

*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.**



### Assisted Living the Musical (R) (\$)

*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) (\$)

*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) (\$)

*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



**Mobile Chelsea District Library  
at Chelsea Senior Center  
Wednesday, February 7  
11:30 am**



### Adult Learners Institute Announces March Classes:

*\*March 1; Helpful Responses:  
Identifying & Meeting Needs for  
Those Living w/Dementia*

*March 6 & 13; American Musical  
Treasures*

*March 8; What's Up? Wolf Ethology 101*

*March 25; Is an Electric Vehicle in Your Future?*

*March 27; Mindfulness & the Art of Internal Language*

Classes listed here are held in the Board Room at WSEC.  
For more information or to register contact ALI at  
tele: 734.292.5540, email: [info@alimichigan.org](mailto:info@alimichigan.org),  
website: [www.adultlearnersinstitute.org](http://www.adultlearnersinstitute.org). Registration  
is required via Adult Learners Institute. *\*March 1  
class registration done at Chelsea Senior Center.*

Chelsea High School Theatre Guild presents...

**Senior  
Discount  
Tickets  
\$8.00**



**Sunday  
April 14  
3 pm  
CHS  
Ron Mead  
Auditorium**

THE  
HOUSE OF ATREUS

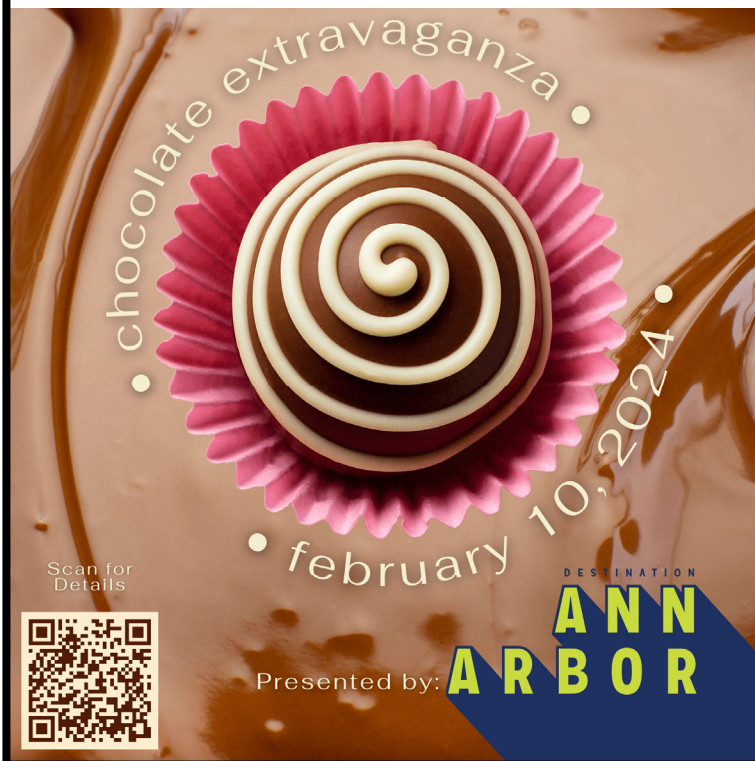
Chelsea High School Theatre Guild presents  
this Greek tragedy in Three Acts:  
*Hecuba, Agamemnon, Electra.*

**SENIOR DISCOUNT TICKETS** available  
for purchase at CSC, General Seating, for 4/14, 3 pm.  
Limited Supply. First come, first served.

No holds or reservations. Cash or checks only  
made payable to Chelsea High School Theatre Guild.

## Chelsea's Annual Chocolate Extravaganza Saturday, February 10

Come to Chelsea for this wonderful day filled with  
Chocolate, Cocoa Crawl, Shopping, Demos,  
Vendor Markets, and More!




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## 2024 Events!

**50/100 Centennial Series**

- Jan 8 ~ Merkel Furniture with Tim and George Merkel
- Mar 4 ~ Cole Funeral Chapel with Allen Cole
- May 6 ~ Chelsea Milling Company with Howdy Holmes
- Aug 5 ~ Chelsea State Bank with John Mann
- Sep 9 ~ Chelsea Lumber Company with John Daniels
- Oct 7 ~ Lane Animal Hospital with Chan Lane
- Nov 4 ~ CAHS 50th Anniversary with CAHS Board

**2024 Tours & Gatherings**

- Spring & Summer ~ To be Announced!
- Fall ~ Haunted Chelsea
- December 7 ~ Holiday Home Tour
- December ~ Holiday Potluck

*Most events free or discounted for members!*

## 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.*



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

## Follow us!



F:@chelseaseniorcenter I:chelseaseniorcenter



## 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 2024 Sponsors!

## Edward Jones celebrates the Chelsea Senior Center.



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*mix*



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RETIREMENT NEIGHBORHOOD

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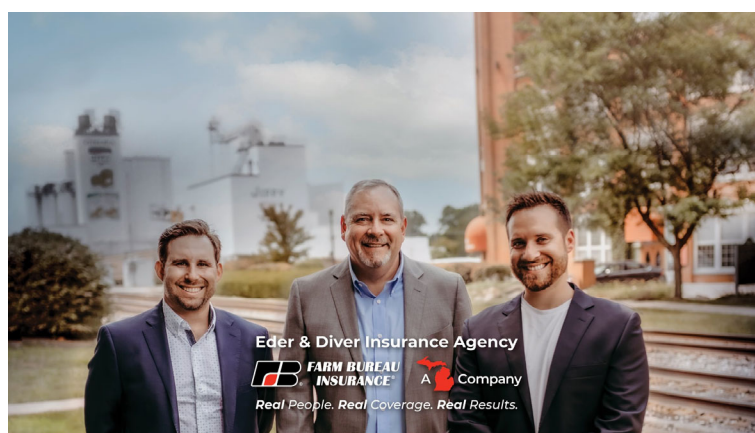
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# FEBRUARY | 2024

## SENIOR CENTER MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29

30

31

1

2

**Beef Hot Dog**  
**Baked Beans**  
**Mixed Vegetables**  
Orange  
WG Bun

5

**General Tso's**  
**Chicken**  
**Brown Rice**  
Peas  
Corn  
Apple

6

**Hamburger**  
**Tater Tots**  
Peas  
Watermelon  
WG Bun

7

**Chicken Drumstick**  
**Mashed Potatoes**  
Gravy  
Green Beans  
Orange  
WG Dinner Roll

8

**Ham or Turkey Sub**  
**Sandwich**  
**Lettuce/Tomato**  
**Cheese**  
**Mixed Vegetables**  
Grape Juice

9

12

**Chicken Parmesan**  
**Spaghetti w Sauce**  
**Carrots**  
Grape Juice

13

**Beef Stroganoff**  
**Noodles**  
**Three Bean Salad**  
Banana  
WG Dinner Roll

13

**Raspberry**  
**Vinaigrette**  
**Chicken Breast**  
**Rosemary Potatoes**  
**Carrots**  
Apple  
WG Bread 2

14

**Pork Riblet**  
**Potato Wedges**  
**Pasta Salad**  
Grape Juice  
WG Bun

15

**Crispy Fish Filet**  
**Potato Wedges**  
**Orange**  
WG Bun

16

19

**Ravioli**  
**Spaghetti Sauce**  
**Carrots**  
**WG Sliced Bread**  
Apple

20

**Tacos**  
**Lettuce/Tomato**  
**Shredded Cheese**  
**Black Bean Fiesta**  
**WG Tortilla 2**  
Banana

20

**BIRTHDAY CELEBRATION**  
**Meatloaf/Gravy**  
**Whipped Potatoes**  
**Green Beans**  
**Applesauce**  
WG Bread 2

21

**Chicken Patty**  
**Redskin Potatoes**  
**Corn**  
Orange  
WG Bun

22

**Mac & Cheese**  
**Stewed Tomatoes**  
**Grape Juice**  
WG Dinner Roll

23

26

**Sloppy Joe**  
**Potato Wedges**  
**Coleslaw**  
Orange  
WG Bun

27

**Chicken Tenders**  
**Potato Wedges**  
**Green Beans**  
Apple  
WG Dinner Roll

27

**Goulash**  
**Carrots**  
**Banana**  
WG Breadstick

28

**Chicken Alfredo**  
**Rotini Pasta**  
**Mixed Vegetables**  
Grape Juice  
WG Dinner Roll

29

**Mac & Cheese**  
**Stewed Tomatoes**  
**Grape Juice**  
WG Dinner Roll

1

### News

FOR CONGREGATE AND MEALS ON WHEELS RESERVATIONS PLEASE CALL 734-475-9242 AT LEAST ONE DAY IN ADVANCE

DROP-INS ALSO WELCOME THANK YOU

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Chelsea, MI 48118

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**FEBRUARY 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](mailto:connected@chelseaseniors.org)

Website: [www.chelseaseniors.org](http://www.chelseaseniors.org)

*In memoriam:  
Frank Pignanelli*



**Mark your Calendars:**

*April 13: Chelsea Expo*

*May 27: CSC Closed for Memorial Day Holiday*



*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.** 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.*