



Drop-in



Registration Required



Fee/Donation



## 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.**



## March Birthdays Celebration

Friday, March 15 at Noon

Hosted by Silver Maples. Join us to celebrate and enjoy a tasty lunch & birthday cake with friends. **To register for lunch call or email CSC.**



## BMS 8th Grade Fiddlers

Friday, March 15

11:30 am

The Beach Middle School 8th Grade Fiddlers will be in the café at CSC to entertain us before lunch!



## Intergenerational Garden

### Read & Seed 2024

Tue April 2 & Wed April 3



Join the fun and 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. We need lots of hands and voices, choose one day or two! **For more info or to volunteer please call or email CSC.**



## Loss & Healing Group

Every other Tuesday, 12:30 pm

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



## Don't Fall for Fraud: Protecting Your Financial Information from Fraudsters and Scammers

Tuesday, March 26, 10:30 am



Presented by Teresa Beegle, Chelsea State Bank's Compliance and BSA Office & Nancy Zander, Chelsea State Bank's Risk Mitigation Officer.

Did you know that in 2022, consumers lost \$8.8 billion dollars? That's up 44% from 2021! 2.4 million fraud reports were filed in 2022, and experts believe that this is only a fraction of the actual number of fraudulent events. This is why CSB will be hosting a free presentation on current fraud topics right here at the Senior Center. They'll cover various current schemes targeting seniors, including romance, grandchild, Social Security, internet fraud, lottery scams, and more! You'll see examples and learn best practices to protect yourselves and your loved ones. Plus, they'll answer any questions you may have. **To register call or email CSC with your name & tele number.**



## 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.



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



## **In-Home Caregiver Respite Volunteer Open House**

**March 13, 12:30-2:30 pm**

Give the gift of a social visit to seniors in need of extra support and give caregivers a break. No hands-on care involved. Relieve isolation, loneliness, & prevent caregiver burnout. Attend this open house to ask questions. Sign up to volunteer to provide in-home caregiver respite in the Chelsea area. All in-home volunteers go through a background check and are placed for best fit. **To register call or email CSC with your name & tele number.**



## **AARP Free Tax Preparation Assistance**

**Thursdays thru April 4**

*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.**



## **Ask an Expert: DIY Health Research**

**Wednesday, March 13, 11:15 am**

*Facilitated by Sophia Speroff, MPH, RD & Betty Chaffee, Pharm D.* Ever wonder where to get reliable and unbiased information about nutrition, meds, and health? Information that you can understand? Of course, your best bet is your professional dietitian or pharmacist. But sometimes you need information right away. Join Sophia and Betty to talk about the best places to find health information.

**To register, call or email CSC with your name & tele number.**



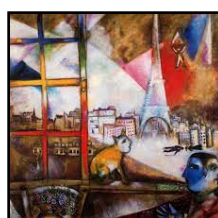
**Seniors Asking Seniors:** 2nd Monday, 1 pm  
Approximately 7 years ago, when SAS started, Maurine & Lois, the facilitators of the group, were aware of many concerns of aging issues. Collectively, we wanted to provide a place for discussion. Now we are reaching a new season, possibly the end of SAS, and wondering if it's worth meeting in this capacity moving forward or possibly exploring something new. **If you have aging issues on your mind and would enjoy a safe space to discuss them, let us know.**



## **Solo Acts: A Theatrical Compilation & Community Conversation on Solo Aging**

**Thursday, April 18, 1 pm**

*Presented by Limelight, LLC.* Join us for a theatrical performance of the "Solo Acts" project; through the mediums of storytelling & theatre, this performance group seeks to increase the visibility of solo agers, so communities, neighborhoods, & decision-makers can incorporate the contributions of solo agers as well as activate solutions to support and improve their quality of life. **To register call or email CSC with your name & tele number.**



## **Art for Life: Marc Chagall**

**Thursday, March 14, 4 pm**

**Suggested \$5 donation**

*Presented by Kathy Gunderson.*

Though art historians have tried to categorize the works of 20th century artist Marc Chagall, his colorful paintings remain uniquely his own. Although often labeled as a Surrealist, Chagall's works depict his memories of life in Russia, and not of dreams and the subconscious most typical of Surrealism. **To register call or email CSC with your name & tele number.**



## **Happy Hour**

**Friday, March 29, 4 pm**

**at Thompson's Pizzeria**

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

- We are celebrating 11 years of our Senior Nutrition Program! Each Friday in March we will celebrate at lunch with a special treat!**



**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 & activities for multiple generations to engage and collaborate. Volunteers are getting the garden ready for Spring! We need extra hands!



**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 back,

And welcome to March – a day later than usual thanks to the leap year. Many of you know that one of my passions is history. A historical milestone is happening for CSC this year. It marks 20 years that CSC has called 512 Washington / the old high school home and we'll be celebrating that later in the year. But that milestone has rekindled my interest in better understanding the history of CSC. What we do know:

The first dedicated space was at 134 W. Middle.

That old house has since been replaced by the current firehouse. Apparently, that was also known as "The Korner House".

A scrapbook we have starts with a newspaper article which opens with "After only two months as an organization, membership in the Chelsea Senior Citizens Club has more than doubled.". Though the article's date isn't shown, it appears to be 1964.

If that's the case, then this year marks 60 years.

Another milestone... we date back to the days of Beatlemania!

We have a very interesting handwritten list of the membership from 1966-67! It even shows that Mr. & Mrs. Leo Merkel lived at the address I now call home. For many of you, you may find that your parents or grandparents were also members here.

Then apparently, we were at North Elementary School but we're not sure of the dates.

We then shared space with Faith in Action, but I'm uncertain if that was that at their current location? Nor do we know the dates.

Then here in 2004. That was due in large part to the tireless efforts of Gladys Buck Kennedy. Our formal Articles of Incorporation are dated May 29, 1981, and in August 2003 we achieved our 501c3 status.

So, I'm hoping that some of you might be able to fill in the gaps and details. Also, if any of you are scrapbookers and might be interested in taking our articles, photos, etc., from the early days and putting them into a nicer format, please let me know and we can talk it over!

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.**

### Blood Pressure Checks **D**

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



### 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.**

### Nurses Footcare

w/ Ava Passino R.N., BCGN **R** **\$**

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



### Mending Service **D** **\$**

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



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

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



♥ GrandPad

### GrandPad Program **R**

The Chelsea Senior Center has launched an exciting program to help seniors stay connected with family, loved ones, and friends. The program uses an innovative digital tablet, called a *GrandPad*, that is a simple and powerful way to stay in touch with family and friends. We are excited to share that several area seniors are actively using a *GrandPad*. We continue to learn and plan more options. *Funding for this program provided by the Chelsea Community Foundation.*



### Technology Support **D** **\$**

**Wednesdays, 10 am-Noon**

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

### 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.



**D**



### Hotspots Available **D**

*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.**



### Rankin Hearing Checks: Rankin

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



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

**Wednesday, March 20, 11 am**

*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.

**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.**

**\$** **R**





## **Ease the Day: Caregiver Respite Support Program**



### **Ease the Day**

Are you at home caring for a loved one? Looking for a break from the routine, a little time to yourself and a social opportunity for the person for whom you 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 734.475.9242**

**Or email: [caregiversupport@chelseaseniors.org](mailto:caregiversupport@chelseaseniors.org)**

**More information also available at  
[www.chelseaseniors.org](http://www.chelseaseniors.org)**

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

**Ease the Day is expanding to offer respite care hours on Wednesday mornings from 9:30 am-Noon.** This new offering is for families in need of services who are not currently participating in the Tuesday and Thursday Ease the Day groups. 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 one-day service, please have them get in touch with us!

Come and join us **Wednesday March 13, 12:30-2:30pm** as we host the event: ***In-Home Caregiver Respite Volunteer Open House***, details on Page 2 of this newsletter. *Catholic Social Services of Washtenaw County* will be partnering with CSC to educate and inspire potential volunteers about the joy of volunteering for Ease the Day and the Volunteer Caregiver Respite Program (VCR) program.

*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  
5 Healthy Towns Foundation**



## **Connections Memory Café**



*Held monthly*

**Wednesday, March 6**

**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.**

*This month enjoy drumming with Sundance Di Domenico "Sunny" Music Therapy Drum Circles with "Drums on the Run"*

## **Chat to Heal: A Caregiver Group Support Program**

*Held every other Wednesday*



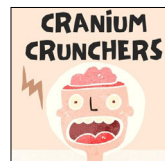
**4 - 5 pm**

**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**

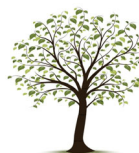
Enjoy open painting studio time and artistic fellowship for free with CSC membership. Bring your own materials. No instruction provided.



### 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.



### Newsletter Assembly

Join us as we fold and label each newsletter for monthly mailing to CSC membership. See calendar for date and time.



### 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!



### 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.



### Knit & Crochet Group

**Thursdays, 12:30 pm All are welcome!**

This group gathers each week to knit & crochet and 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!



### 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, March 12, 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!



Group meets weekly to practice & 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.

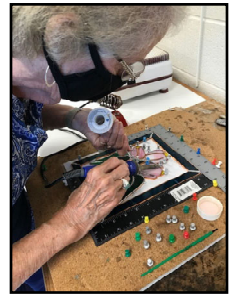
**If interested call or email CSC or for more information contact choir director Jeff Crowder: jdcrowdr@gmail.com**



### 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: Tuesday, March 19, 11:30 am, Stiver's Restaurant, 11 S Fletcher Rd, Chelsea. For more info call coordinator Babette at 734-904-8718.*



### Dulcimer Jam Sessions

**1st & 3rd Mondays**

**2:00-3:00 pm**

*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.



## 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

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



### 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

• 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 and 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

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

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.





# March

## 2024



Chelsea  
Senior Center

734.475.9242

connected@chelseaseniors.org



*\*offsite location*



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.**

### 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.

### Fri 1 Mar

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

12:45 Daytime Enchue  
1:00 ALI class

### Mon 4 Mar

12:00 Lunch  
12:30 Hand & Foot  
12:45 Cranium  
Crunchers  
1:00 Mountain  
Dulcimer Lessons  
2:00 Dulcimer Jam  
Session  
9:45 Enhance Fitness

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 5 Mar

12:00 Lunch  
12:30 Mexican Train  
12:45 A Joyful Noise  
1:00 Quilting  
1:30 Ukulele  
2:30 Cardio Drumming  
11:00 ~~Morin-Groovin~~  
~~Friends Choir\*~~  
11:00 Blood Pressure  
Checks

Computer Use  
Onsite Ease the Day  
8:30 Pickleball  
10:30 ~~Silver Maples c\*~~  
~~Friends Choir\*~~  
11:00 ~~Morin-Groovin~~  
11:00 Blood Pressure  
Checks

### Wed 6 Mar

10:00 Tech Support  
12:00 Lunch  
12:00 Connections  
Memory Café  
12:30 Jam Session  
12:30 Game Time  
1:00 Sewing Group  
1:00 ~~Senior Fun Bowling\*~~  
1:00 ALI class  
4:00 Chat to Heal

Computer Use  
Footcare appts  
Onsite Ease the Day  
8:30 Pickleball  
9:00 Stained Glass  
9:00 Pool/Billiards  
9:45 ~~Travel Trip\*~~  
9:45 Enhance Fitness

### Thu 7 Mar

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.

Computer Use  
Chair Massage appts  
Onsite Ease the Day  
8:30 Pickleball  
9:30 AARP Tai Prep appts  
9:45 ~~Morin-Groovin~~  
10:00 T.O.P.S.  
11:00 Chair Yoga

### Fri 8 Mar

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

12:45 Daytime Enchue  
1:00 Square Dancing  
1:00 ALI class

### Mon 11 Mar

12:00 Lunch  
12:30 Hand & Foot  
12:45 Cranium  
Crunchers  
1:00 Mountain  
Dulcimer Lessons  
1:00 Seniors Asking  
Seniors  
9:45 Enhance Fitness

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 12 Mar

12:30 Mexican Train  
12:30 Loss & Healing  
1:00 Quilting  
1:30 Ukulele  
2:30 Cardio Drumming  
10:30 ~~Silver Maples c\*~~  
~~Friends Choir\*~~  
11:00 ~~Morin-Groovin~~  
12:00 Lunch

Computer Use  
Onsite Ease the Day  
8:30 Pickleball  
10:00 Paper Crafts  
10:30 ~~Silver Maples c\*~~  
~~Friends Choir\*~~  
11:00 ~~Morin-Groovin~~  
12:00 Lunch

### Wed 13 Mar

12:00 Lunch  
12:30 Game Time  
12:30 In-Home Caregiver  
Volunteer Open House  
1:00 Sewing Group  
1:00 ~~Senior Fun Bowling\*~~  
1:00 ALI Class

Computer Use  
Onsite Ease the Day  
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 14 Mar

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

Computer Use  
Onsite Ease the Day  
8:30 Board Meeting  
8:30 Pickleball  
9:30 AARP Tai Prep appts  
9:45 ~~Morin-Groovin~~  
10:00 T.O.P.S.  
11:00 Chair Yoga  
12:00 Lunch

### Fri 15 Mar

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

10:45 Blood Pressure  
Checks  
11:30 8th Grade  
Fiddlers  
12:00 Birthday Lunch  
12:45 Daytime Enchue  
1:00 Square Dancing  
1:30 Genealogy Help  
Group

### Mon 18 Mar

9:45 Enhance Fitness  
12:00 Lunch  
12:30 Hand & Foot  
12:45 Cranium  
Crunchers  
1:00 Mountain  
Dulcimer Lessons  
2:00 Dulcimer Jam  
Session  
9:30 Gentle Yoga

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

### Tue 19 Mar

11:30 ~~Red Hat Ladies\*~~  
12:00 Lunch  
12:30 Mexican Train  
12:45 A Joyful Noise  
1:00 Quilting  
1:30 Ukulele  
2:30 Cardio Drumming  
11:00 ~~Morin-Groovin~~

Computer Use  
Onsite Ease the Day  
8:30 Pickleball  
9:45 ~~Travel Trip\*~~  
10:30 ~~Silver Maples c\*~~  
~~Friends Choir\*~~  
11:00 ~~Morin-Groovin~~

### Wed 20 Mar

11:00 Legalities Q&A  
12:00 Lunch  
12:30 Jam Session  
12:30 Game Time  
1:00 Sewing Group  
1:00 ~~Writer's Group~~  
1:00 ~~Senior Fun Bowling\*~~  
4:00 Chat to Heal

Computer Use  
Onsite Ease the Day  
8:30 Pickleball  
9:00 Stained Glass  
9:00 Pool/Billiards  
9:45 Enhance Fitness  
10:00 Tech Support

### Thu 21 Mar

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.

Computer Use  
Chair Massage appts  
Onsite Ease the Day  
8:30 Pickleball  
9:00 Newsletter  
Assembly  
9:30 AARP Tai Prep appts  
9:45 ~~Morin-Groovin~~  
10:00 T.O.P.S.

### Fri 22 Mar

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

12:45 Daytime Enchue  
1:00 Square Dancing

### Mon 25 Mar

12:00 Lunch  
12:30 Hand & Foot  
12:45 Cranium  
Crunchers  
1:00 Mountain  
Dulcimer Lessons  
1:00 ALI class  
9:45 Enhance Fitness

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 26 Mar

10:30 Don't Fall for  
Fraud  
11:00 ~~Morin-Groovin~~  
12:00 Lunch  
12:30 Mexican Train  
12:30 Loss & Healing  
1:30 Ukulele  
2:30 Cardio Drumming

Computer Use  
Onsite Ease the Day  
8:30 Pickleball  
10:00 All-day Quilting  
10:30 ~~Silver Maples c\*~~  
~~Friends Choir\*~~

### Wed 27 Mar

10:00 Tech Support  
12:00 Lunch  
12:30 Game Time  
1:00 Sewing Group  
1:00 ~~Senior Fun Bowling\*~~  
1:00 ALI class

Computer Use  
Footcare appts  
Onsite Ease the Day  
8:30 Pickleball  
9:00 Stained Glass  
9:00 Pool/Billiards  
9:45 Enhance Fitness

### Thu 28 Mar

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.

Computer Use  
Onsite Ease the Day  
8:30 Pickleball  
9:30 AARP Tai Prep appts  
9:45 ~~Morin-Groovin~~  
10:00 T.O.P.S.  
11:00 Chair Yoga  
12:00 Lunch

### Fri 29 Mar

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

12:45 Daytime Enchue  
1:00 Square Dancing  
4:00 Happy Hour\*





## 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

**\* WAITLIST ONLY \***



### Mystery Trip

Wednesday, March 6 \$75/person

Depart 9:15 am, Return 4:45 pm

**\* WAITLIST ONLY \***



### 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.**



### Huron Lady II: Port Huron (R) (\$)

Wednesday, July 10, \$120/person

Depart 9:00 am, Return 6:30 pm

Price includes roundtrip coach transportation, tip, lunch at The Voyageur, river cruise on Huron Lady II w/narrative tour, \$2.50 gift card to Sweet Tooth. **\$25 deposit due at Registration. Full payment due June 10.**



### 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.**



### 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.**



### Shades of Ireland 2024 (R) (\$)

*featuring Northern Ireland*

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

**\$5869 Single/\$5069 Db1 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>



### Ark Encounter &

Creation Museum (R) (\$)

*Kentucky*

April 23-24, \$553 Single/\$480 Db1

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.**



### 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.**



### 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

### 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.**



### Adult Learners Institute Announces March Classes:

**\*March 1 @ 1 pm; 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,  
website: www.adultlearnersinstitute.org. Registration  
is required via Adult Learners Institute. *\*The March 1  
class registration is 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.

## Kaleidoscope CONCERTS

### Kaleidoscope Fundraiser Concert

**Three Men & A Tenor**

**Tuesday, May 21, 7 pm**

**WSEC Auditorium**



WASHTENAW COMMUNITY  
CONCERT BAND

### 2023-2024 SEASON: STORIES

**10.26.23**

**Flights of Fantasy**

**12.15.23**

**Holiday Tales**

**2.29.24**

**Songs of the Sea**

**4.7.24**

**ENSEMBLE CONCERT**

**5.2.24**

**A Story of Community**

**6.20.24**

**SCREENS OF ALL SIZES**

**7.18.24\***

**PATRIOTIC POPS IN THE PARK**

Concert series at Washtenaw Community College  
and \*German Park, Ann Arbor, Michigan

Dr. William Perrine, Music Director & Conductor

season sponsored by





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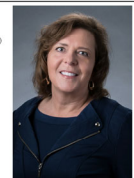
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## Edward Jones celebrates the Chelsea Senior Center.



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**Estate Planning & Elder Law Attorney**  
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## Thank You 2024 Sponsors!

Leigh A. Beauchamp,  
Estate Planning Attorney

**John A. McDermott**

Attorney at Law

Chelsea, Michigan 48118

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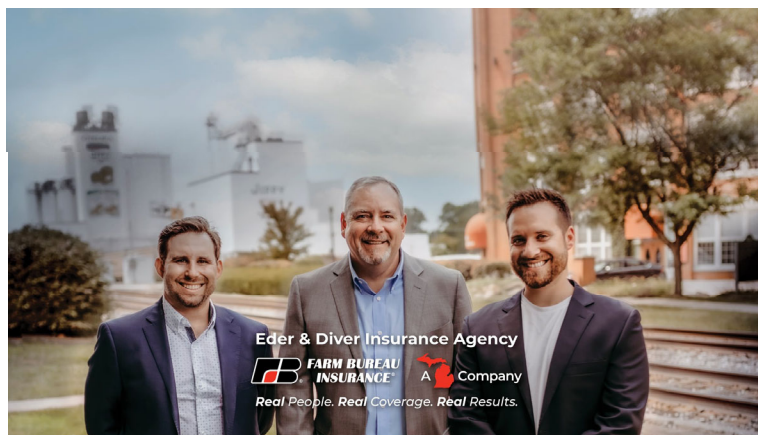
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# MARCH | 2024

## SENIOR CENTER MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

26	27	28	29	1											
4	General Tso's Chicken Brown Rice Peas Corn Apple	5	BBQ Pork Baked Beans Tater Tots Applesauce WG Bun	6	Chicken Drumstick Mashed Potatoes Gravy Green Beans Orange WG Dinner Roll	7	Hamburger Tater Tots Peas Watermelon WG Bun	8	Grilled Cheese Tomato Soup Mixed Vegetables Fresh Apple	15	BIRTHDAY CELEBRATION Corned Beef & Cabbage Roasted Red Skin Potatoes Applesauce WG Bread	22	Crispy Fish Filet Potato Wedges Orange WG Bun	29	Mac & Cheese Stewed Tomatoes Grape Juice WG Dinner Roll
11	Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	12	Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	13	Pork Riblet Potato Wedges Pasta Salad Grape Juice WG Bun	14	Popcorn Chicken Mashed Potatoes Gravy Corn Orange	15	BIRTHDAY CELEBRATION Corned Beef & Cabbage Roasted Red Skin Potatoes Applesauce WG Bread	22	Crispy Fish Filet Potato Wedges Orange WG Bun	29	Mac & Cheese Stewed Tomatoes Grape Juice WG Dinner Roll		
18	Chicken Patty Redskin Potatoes Corn Orange WG Bun	19	Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	20	Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2	21	Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple	22	Crispy Fish Filet Potato Wedges Orange WG Bun	29	Mac & Cheese Stewed Tomatoes Grape Juice WG Dinner Roll				
25	Chicken Tenders Potato Wedges Green Beans Apple WG Dinner Roll	26	Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	27	Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll	28	Goulash Carrots Banana WG Breadstick	29	Mac & Cheese Stewed Tomatoes Grape Juice WG Dinner Roll						

### News

To order lunch to eat at CSC call 734.475.9242 at least one day in advance.

Remember to bring a to-go container for leftovers from your lunch.

The Senior Nutrition Program is funded by Washtenaw County OCED, Ageways, and other state and federal agencies.

If you would like more information about Meals on Wheels delivery call 734.475.9242.

*The Menu is subject to change without notice.*

\*We are celebrating 11 years of our Senior Nutrition Program this year! Join us each Friday for a special dessert treat!\*



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

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**MARCH 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:***

*Merlin Batdorff, Darla Bohlender,  
Sally Dickinson, Walter Hahn,  
Karen Kruise, Doris Pratt*



**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.** Please thank our Platinum sponsor **Edward Jones Advisors Diane Kieliszewski and 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.*