



Chelsea
Senior Center

The Next Chapter

Our mission is to enhance the
quality of life and well-being for
area seniors and their families.

• Issue 182 •

Membership \$25/year



Scholarships available

• April 2024 •



Drop-in



Registration Required



Fee/Donation

National Volunteer Week 2024:

April 21– 27

All CSC volunteers, stop in the office during
this week for a small token of our appreciation!



Solo Acts: A Theatrical Compilation and Community Conversation on Solo Aging

Thursday, April 18, 1:00 p.m.

Presented by Limelight, LLC. Join us for a
theatrical performance of the “Solo Acts” project; through the
mediums of storytelling and theatre, this performance group
seeks to increase the visibility of solo agers, so communities,
neighborhoods, and 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 & phone number.**



“Lives Well Lived” Interviews

Monday, April 15

12:30-1:30 p.m. & 1:45-2:45 p.m.



Chelsea High School’s Advanced Placement
English Literature students are interviewing seniors for
their “Lives Well Lived” assignment and need 10 senior
volunteers to interview. Interviews will be at CSC. **To
register for an interview slot call or email CSC with your
name & phone number.**



Author Visit: Roz Chast

Friday, April 19, 12:30 p.m.

Join us for a reading, Q&A, and book
signing with *New Yorker* cartoonist,
memoirist, and author **Roz Chast**. Her comic book style
memoir “*Can’t We Talk About Something More Pleasant*” is
a look at caring for her aging parents. Witty yet
compassionate, this work speaks to anyone who has cared for
aging or ailing loved ones. Copies of the book will be
available for sale by Serendipity Books, and all attendees will
be entered into a drawing to win a free signed copy thanks to
Chelsea District Library! **To register call or email CSC.**



Intergenerational Read & Seed 2024

Garden

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 call or
email CSC.**



A Moment For Me:

A Caregiver Support Group

Held every other Wednesday
begins April 10, 11:00 a.m.



Facilitated by Ginnie Hartman. This group is open to any
family caregiver who could use a break & benefit from the
support of others with similar changes to their lives.
Caregivers, you are welcome to bring your loved ones who
will benefit from the safe & nurturing environment of CSC’s
Ease the Day adult day program while you build a support
network. CSC program staff and volunteers will be on hand to
engage & encourage your loved one for the hour or so that
you’re here seeking a respite for yourself. There is no cost but
donations to CSC or the program are always welcome.

**Pre-registration is required for respite care. To register call
or email CSC with your name & phone number.**

A family-friendly
community event

Visit with more than 100 local businesses,
non-profits, crafters & artisans

Chelsea Expo 2024

Saturday, April 13
10 a.m. - 2 p.m.
512 Washington Street

door
prizes

Platinum

Edward Jones

Diane Kieliszewski &

Michael O’Quinn

Gold

Chelsea Hospital

Chelsea State Bank

“Jiffy” Mixes

Silver Maples

Free
Admission

Everyone
welcome!
For all ages.

Best-ever
bake sale!

Thank you to our
2024 Event Sponsors:

Culver’s
Thompson’s Pizza
Linden Square Assisted Living
Chelsea School District

Kids’
gardening
activity

Friend

Linden Square
Assisted Living



For more information: www.chelseaseniors.org / (734) 475-9242

**Mark your calendar! We need lots of volunteers
to help make Chelsea Expo a success. If you can spare
a couple of hours, 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



April Birthdays Celebration

Monday, April 22 at Noon

Hosted by *Staffan-Mitchell Funeral Home*. Join us to celebrate and enjoy a tasty lunch & birthday cake with friends. **To register for lunch call or email CSC.**



Happy Hour

Friday, April 26, 4:00 p.m.

Enjoy drinks, food & fun conversation with friends at *Aubree's Pizzeria & Grill*, 8031 Main St. in Dexter. **Registration required. Call or email CSC so we can reserve enough tables.**



Ask an Expert: Eye Health

Wednesday, April 10, 11:15 a.m.

Facilitated by *Sophia Speroff, MPH, RD & Betty Chaffee, Pharm D.* Your eyes are an important part of your health.

Most people rely on their eyes to see and make sense of the world around them. Come SEE what the buzz is all about! **To register, call or email CSC with your name & phone number.**



Customer Education Series:

Chelsea State Bank

Monday, May 13, 1:00 p.m.

Chelsea State Bank is preparing for a technology upgrade that is certain to elevate your banking experience. While the end result will bring enhanced features and increased security solutions to help keep your money safe, there may be short periods of time where some current features may be unavailable. CSB understands that with change comes hesitation or challenges. CSB will keep you up-to-date so you can plan ahead. Join us to learn more about the new features and even work one-on-one with a CSB Team Member to help you log into your account. **To register call or email CSC with your name & phone number.**

Due to school district activities & Chelsea Expo set-up, please note the following schedule changes:

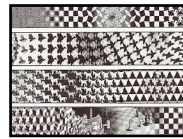
- **No Enhance Fitness: 4/10 & 4/12**
- **No Pickleball: 4/10, 4/11, 4/12 & 4/17**
- **No Movin' & Groovin': 4/11**
- **No Square Dancing: 4/12**
- **No Gentle Yoga: 4/29/24**



Show & Tell: Writing Memories Writers Group

Wednesday, April 17, 1:00 p.m.

Facilitated by *Jan Bernath*. This active group of writers has been meeting monthly at CSC for several years. Some of their writing pieces will be shared at this Open House. These pieces are written from the memories of the writers and range from humorous to melancholy. Drop in and join us to listen to what the group has been doing!



Art for Life: M.C. Escher

Thursday, April 11, * 3:00 p.m.

** new time !*

Suggested \$5 donation

Presented by *Kathy Gunderson*. The Dutch artist M.C. Escher's graphic artwork is largely of mathematical, tessellated designs of his "impossible constructions". He is one of the few artists who is admired by both mathematicians and fine artists alike. Escher was an accomplished printmaker in both wood block prints, as well as in lithography. His artwork is instantly recognizable and is highly collectable. **To register call**



AARP Free Tax Prep Assistance

Thursdays through 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. **For more information or to schedule an appointment call CSC at (734) 475-9242.**



GrandPad Program

Chelsea Senior Center has an exciting program to help seniors stay connected with family, loved ones, doctors, and friends. This program uses an innovative digital tablet, called a *GrandPad*, that is a simple and powerful way to stay in touch. We are excited to share that several area seniors are actively using a *GrandPad*. **If you are interested in learning more, call us. Funding provided by the Chelsea Community Foundation.**

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

Board Chair	Jon Bentley
Jerry Wilczynski	Julie Deppner
Board Vice Chair	Diane Jara
Paul Schissler	Jaclyn Klein
Treasurer	John Knox
Dave Schaible	Gary Maynard
Secretary	Carl Schwarze
Allen Cole	Diane Weid

A word from



Happy Spring,

I must start with a confession... last month I mentioned in this column that the roots of the Chelsea Senior Center date to March of 1964. I'm still not sure how I read it wrong, but it was actually 1965! Soooo, we can say that we're heading into our 60th year and celebrate it in full next year. My thanks to those who have already come to me with great details on our history and any additional details will always be welcome!

It's safe to say that we're all very happy to welcome spring. Though it hasn't been a particularly bitter winter, it sure will be nice to head outside more and take advantage of warmer days. My wife & I purchased a new car (SUV) at the very end of January and it's the first one I've owned in about a dozen years with a sunroof – I've missed being able to pop it open and enjoy the fresh air. A final note on cars that I think most of you can relate to... I miss the cars of the 60s (and 50s as well I believe) that had the sort of triangular vent windows along the front of the driver and passenger windows that you could crack open to allow just enough fresh air to hit you! My grandfather had a 1963 or so Mercury Monterey sedan which had an electric rear window that he could open. Sorry, I just meant to mention the arrival of spring and got off on a side road there!

Back to something that is hopefully more beneficial to you. In terms of the nicer weather, I have to encourage all of you who are able to get out for a walk to take advantage of the many trail options so close to all of us! When we picked Chelsea as our new home 9 years ago, I have to admit that I hadn't really looked at all the nearby trail options and almost every month or so I learn of a new one. I love to get out on my "dirt trail" bicycle whenever I can and often end up on one of the B2B trails. A couple of weeks ago I took the one starting near Timbertown and heading up to around North Territorial. In doing so I stumbled (not literally thankfully) upon the Gorman Lake Trailhead, a nice, short scenic trail, though I had to lift my bike over several downed trees. But this is the year that I'm finally taking on the Chelsea Trail Challenge and encourage you to do the same, whether you're walking or biking or other pursuits. There are also a great number of Washtenaw County Preserves to uncover. The point is, get out there, stay active and stay engaged... it'll be worth it!

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.*



Loss & Healing Group **R**

Every other Tuesday, 12:30 p.m.

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 & phone number.**



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

Wednesdays, 10:00 a.m.-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.*



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



Seniors Asking Seniors

2nd Monday, 1 pm

*** On Hiatus***



Rankin Hearing Checks: Rankin

audiology & hearing **Audiology & Hearing in Chelsea** will provide, **at their office**, complimentary hearing screening. **Give Rankin a call: (800) 437-9923.**



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

Wednesday, April 17, 11:00 a.m.

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 (734) 475-9242.



T.O.P.S. Group

Take Off Pounds Sensibly

Thursdays

9:00 a.m. Weigh-In, 10:00 a.m. 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 call CSC.*



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

**More information also available at
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!

Together with our partners Catholic Social Services, Jewish Family Services and Comfort Keepers, who provide in-home services, we have provided over 2,500 hours of respite care to local caregivers since April 2023.



Exhale, the Family Caregiver Initiative, is dedicated to offering innovative solutions that give caregivers of older adults an opportunity to breathe a little easier.

Visit www.exhaleforcaregivers.org to learn more.



CSC Memory Support Programs are funded by 5 Healthy Towns Foundation



Connections Memory Café

Held monthly

Wednesday, April 3

12:00-1:30 p.m.



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.

*This month we will enjoy
the great game of BINGO!*

Chat to Heal: A Caregiver Group Support Program

Held every other Wednesday

4:00-5:00 p.m.

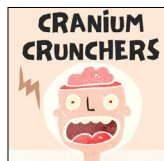


Who: Caregivers caring for people living with cognitive changes and mild memory loss.

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 & phone number. **Let us know if you plan to bring your loved one.



Cranium Crunchers

Held every Monday

12:45-1:45 p.m.



Facilitated by Gina Frankhart

Join us for games and activities designed to improve cognition, memory function, and foster discussion.
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, 9:00 a.m. \$

Bingo cards and place markers available.

Pool/Billiards

Mondays & Wednesdays, 9:00 a.m.

Table in Room 113, drop-in play, all skill levels welcome, cues available.

Hand & Foot

Mondays, 12:30 p.m.

Drop-in card game, all skill levels welcome, members available to teach you how to play.

Mexican Train

Tuesdays, 12:30 p.m.

Try this modern version of traditional dominos game, players available to teach you how to play.

Game Time

Wednesdays, 12:30 p.m.

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 p.m.

All skill levels welcome, members available to teach you how to play.

Cribbage

Fridays, 10:00 a.m.

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 p.m. \$

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 p.m.

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



Genealogy Help Group

Next meeting Friday, May 17, 1:30 p.m.

Gather to share ideas and techniques on tracing your family history. For all levels of understanding and research. *NOTE: This is the last meeting until Fall 2024.*



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 a.m. - 4:00 p.m.

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 p.m. 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, 1:00 p.m.

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, 10:00 a.m.-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 p.m.

Facilitated by Gary Munce and

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

2nd Tuesday, 10:00 a.m.

Creative instruction & all materials provided.

Leave with three personalized cards unique to the current month and general themes. \$10 class fee payable to Camille.

To register call or email CSC with your name & phone number.



Ukulele

Tuesdays, 1:30-2:30 p.m.

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, 1:00-4:00 p.m.

All are welcome!

Quilters work on collaborative projects made from donated fabric and other materi-

als. Each unique quilt is donated to a local organization.

Join us for All-Day Quilting on last Tuesday of each month 10:00 a.m.-4:00 p.m.



Silver Maples & Friends Choir

Tuesdays, 10:30 a.m.

Located at Silver Maples' Maple Room

Love to sing and wish you had more opportunities to share your passion? All seniors, CSC members & Silver Maples

residents, are welcome to add voices to the mix and enjoy the fellowship that sharing a love of music brings. *Choir meets at the Maples Room at Silver Maples Retirement Neighborhood.*

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



Stained Glass

Wednesdays, 9:00-11:30 a.m.

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 p.m.

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, 1:00 p.m.

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

Group gathers monthly to connect, engage, have fun and enjoy friendship.

This month's gathering Tuesday, April 16, 11:30 a.m., Metzger's German Restaurant, 305 N Zeeb Rd, Ann Arbor. For more info call coordinator Babette (734) 904-8718.

Mountain Dulcimer

Jam Session: 1st & 3rd Mondays, 2:00-3:00 p.m.

***Lessons: Mondays through May 6, 1:00-2:00 p.m., registration required**



Facilitated by Sharon Broyles. Drop in and 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.

**Lessons are currently in session and run thru May 6. For more information just give CSC a call.*

Exercise & Movement

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

Line Dancing

Mondays, 8:30 am, \$3 per class

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

D **\$**



Square Dancing

Fridays, 1:00-2:30 p.m.

\$2 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 **\$**



Enhance Fitness Exercise

Mon-Wed-Fri; 9:45-10:45 a.m.

\$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.**

D **\$**



**The Friday classes May 3 - July 26 are free thanks to Washtenaw Community College Senior Emeritus Program!*



Gentle Yoga

Mondays *no class 4/29*

9:30-10:30 a.m.

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. *May 6 - Aug 5 classes are free thanks to the Washtenaw Community College Senior Emeritus Program!*

D



Tai Chi

Thursdays; May 16-Aug 1

no class 6/20 or 7/4

•Beginning Level 1:45 p.m.

•Intermediate Level 2:45 p.m.

D



Instructor Karla Groesbeck. No matter your age or fitness level, the practice of meditation & mind-body exercise can bring calm, improve your flexibility, balance, motor skills, & mental focus. Reduce stress & increase vitality through these natural and compelling movements. *Classes are free thanks to the Washtenaw Community College Senior Emeritus Program!*

Walking Halls at WSEC

D

Weekdays, 8:30 a.m.-4:00 p.m.

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



Chair Yoga

Thursdays, 11:00 a.m.

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. *May 9 - Aug 1 classes are free thanks to the Washtenaw Community College Senior Emeritus Program!*

D



Senior Fun Bowling at Chelsea Lanes

Wednesdays, 1:00 p.m. *last day 4/24*

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 (734) 475-8141.**

R



Movin' & Groovin'

Tuesdays, 11:00 a.m.

Thursdays, 9:45 a.m.

D



Get a great work out with this 30 minute adaptive movement exercise class provided by Ballet Chelsea. Sit, stand, move & groove to the music, and have fun!



CSC Pickleball Club

Monday - Friday:

Drop-in Open Play, 8:30-11:00 a.m.

Sign-up Bonus Play: 11:00 a.m.-2:30 p.m.

\$25/year CSC Membership & \$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 contact CSC.**

R **\$**

Cardio Drumming

Tuesdays, 2:30 p.m.





Thursdays, 12:45 p.m.

\$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.

\$ **D**



Mon 1 Apr 1200 Lunch 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 2 Apr 1200 Lunch Computer Use Outside Ease the Day 8:30 Pickleball 9:00 Read & Seed 10:30 Silver Maple & Friends Choir 11:00 Morin-Groovin'	Wed 3 Apr 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* 4:00 Chat to Heal	Thu 4 Apr 12:00 Lunch 12:30 Knit/Crochet 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:45 Cardio Drumming	Fri 5 Apr 12:45 Daytime Endure 100 Square Dancing Computer Use 8:30 Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch
Mon 8 Apr 12:00 Lunch 12:30 Hand & Foot 12:45 Caninum Crunchers 8:30 Pickleball 9:00 Pool/Billiards 9:00 Bingo 9:30 Gentle Yoga 9:45 Enhance Fitness	Tue 9 Apr 12:00 Lunch Computer Use Outside Ease the Day 8:30 Pickleball 10:00 Paper Crafts 10:30 Silver Maple & Friends Choir 11:00 Morin-Groovin'	Wed 10 Apr 10:00 Tech Support 11:00 A Moment for Me 11:15 Ask an Expert 12:00 Lunch 12:30 Game Time 1:00 Sewing Group 1:00 Senior Fun Bowling*	Thu 11 Apr 12:00 AARP Tax Prep appt LAST 12:00 Lunch 12:30 Knit/Crochet 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:45 Cardio Drumming 3:00 Art for Life	Fri 12 Apr 12:00 Lunch 12:45 Daytime Endure NO Square Dancing Computer Use NO Pickleball 9:00 Bingo NO Enhance Fitness 10:00 Woodcarving 10:00 Cabbage
Mon 15 Apr 12:30 Hand & Foot 12:30 Lines Well Lived Interviews 12:45 Caninum Crunchers 1:00 Mountain Dulcimer Lessons 1:45 Lines Well Lived Interviews 2:00 Dulcimer Jam Session 12:00 Lunch	Tue 16 Apr 12:00 Lunch Computer Use Outside Ease the Day 8:30 Pickleball 10:30 Silver Maple & Friends Choir 11:00 Morin-Groovin' 11:30 Red Hat Ladies*	Wed 17 Apr 11:00 Legalities Q&A 12:00 Lunch 12:30 Jam Session 12:30 Game Time 1:00 Sewing Group 1:00 Show & Tell w/Walter's Group 1:00 Senior Fun Bowling* 4:00 Chat to Heal	Thu 18 Apr 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 1:00 Solo Acts performance	Fri 19 Apr 10:45 Blood Pressure Checks 12:00 Lunch 12:30 Author Visit 12:45 Daytime Endure 100 Square Dancing Computer Use 8:30 Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage
Mon 22 Apr 12:30 Hand & Foot 12:45 Caninum Crunchers 1:00 Mountain Dulcimer Lessons 1:45 Lines Well Lived Interviews 2:00 Dulcimer Jam Session 12:00 Lunch	Tue 23 Apr 12:00 Lunch Computer Use Outside Ease the Day Travel Trip* 8:30 Pickleball 10:30 Silver Maple & Friends Choir 11:00 Morin-Groovin'	Wed 24 Apr 11:00 A Moment for Me 12:00 Lunch 12:30 Game Time 1:00 Sewing Group 1:00 Senior Fun Bowling L-45T*	Thu 25 Apr 12:30 Open Painting Studio 12:30 Drop-in Bridge 12:45 Cardio Drumming	Fri 26 Apr 12:45 Daytime Endure 100 Square Dancing 100 A.L.I. Class 4:00 Happy Hour* Computer Use 8:30 Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Woodcarving 10:00 Cabbage 12:00 Lunch
Mon 29 Apr 12:00 Lunch 12:30 Hand & Foot 12:45 Caninum Crunchers 1:00 Mountain Dulcimer Lessons 1:45 Lines Well Lived Interviews 2:00 Dulcimer Jam Session 12:00 Lunch	Tue 30 Apr 10:30 Silver Maple & Friends Choir 11:00 Morin-Groovin' 12:00 Lunch 12:30 Mexican Train 1:30 Umkle 2:30 Cardio Drumming	<div></div> <div></div> <p>Please make sure to always check-in at one of the CSC kiosks before attending any activities.</p> <p>ALL Guests need to sign-in at our Front Office.</p>	Senior Cafe Lunch: <ul style="list-style-type: none">• Reserve your Senior Cafe Lunch by Noon the day before you plan to join us.• Stop in office or call during our business hours of 8:30 a.m.-4:00 p.m. each weekday.• Fill out the Senior Cafe 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!	<div>offsite location</div> <div>April 2024</div> <div></div> <div>734.475.9242</div> <div>connect@chelseaseniors.org</div> <div></div>



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 a.m., Return 5:00 p.m.

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.**



Traveler Automated Reminder Calls

CSC sends **AUTOMATED CALLS** before **ALL TRIPS!**

These calls show up on caller ID as "Somerville, MA" or "Suspected Spam".

Travelers make note that a day or two before the trip, you will receive a call **-PLEASE ANSWERS IT-** because answering machines and voicemail boxes do not handle these messages well.



Mackinac Island Lilac Festival (R) (\$)

June 7 – 9

\$1286 Single

*** WAITLIST ONLY ***



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

Wednesday, July 10, \$120/person

Depart 9:00 a.m., Return 6:30 p.m.

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 p.m., Return 11:30 p.m.

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

*** WAITLIST ONLY ***



Shades of Ireland 2024 (R) (\$)

featuring Northern Ireland

Sept 19-Oct 1

\$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 this link to book:

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



Ark Encounter & (R) (\$)

Creation Museum

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

*** WAITLIST ONLY ***

Connections and Community

Spring Concert Series at Chelsea Hospital



Chelsea Hospital is pleased to present the first of a **three-part Spring Concert Series** on **Sunday, April 21 from 2-3PM** in the **Hospital Atrium**. This **FREE** event will feature the Americana Sounds of Chelsea's own, *The MacDonald Brothers*. The duo, familiar to many as favorites at the Sights and Sounds Festival and the Chelsea Farmer's Market, will offer selections from a wide array of the American Music Portfolio. All members of the public are invited, and the hospital especially welcomes its neighbors from the Chelsea Senior Center. The performance will celebrate Chelsea Hospital's over half-century as a member of the community; the music will also bring comfort, hope, and entertainment to all those who can hear it within the hospital's walls.

Future performances featuring more home-grown musical talent will be held on **Sunday, May 19** and **Sunday, June 9**, also from **2-3PM**. Weather permitting, the June 9th show will be an outdoor concert in the hospital courtyard. Please plan to join! For additional information, email Jennifer.Maisch@trinity-health.org

Chelsea High School Theatre Guild presents:

**Senior
Discount
Tickets
\$8.00**



**Sunday
April 14
3:00 p.m.
CHS
Ron Mead
Auditorium**

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 CHS Theatre Guild.

Kaleidoscope Fundraising Concert

Three Men And A Tenor

Tuesday, May 21, 7:00 p.m.

WSEC Auditorium

Bring your checkbook & enjoy a great show!

All donations received will support the continuation of the concert series.

Refreshments provided.

Kaleidoscope CONCERTS

A Free Music Series Presented by:

Silver Maples Retirement Neighborhood and Chelsea Senior Center

Join Us In The Maples Room At Silver Maples!

Tuesday, March 19

PAUL KELLER QUINTET

Featuring vocalist/clarinetist Sarah D'Angelo, saxophone, piano, drums and bass deliver a clever and entertaining jazz performance.

Tuesday, April 16

TYLER DRISKILL & GUEST

Featuring Encore Theater performer Tyler Driskill on piano with a special guest singer, bringing us favorite American Jazz Standards and Broadway tunes.

**Tuesday, May 21 Fundraising Concert
THREE MEN AND A TENOR**

Great pop vocal music and quick-witted humor make the Three Men and a Tenor show a unique musical experience for audiences. This fundraising concert will be held at Washington Street Auditorium.

Tuesday, June 18

PICKS & STICKS

This string band plays acoustical folk, swing, country and jazz featuring hammer dulcimer, fiddle, bass and guitar. This is a fun show for all music lovers!

All concerts start at 7:00pm

Concerts held at: Silver Maples Retirement Neighborhood
100 Silver Maples Drive, Chelsea, MI 48118

Concerts are made possible due to generous donations from Chelsea State Bank as well as community and resident donors.

Space is limited.

Call 734.475.4111 for more information.

Stay tuned for upcoming concert information!

MAR / APR / MAY/JUN

MMAP
MICHIGAN MEDICARE/MEDICAID
ASSISTANCE PROGRAM



Navigating Medicare

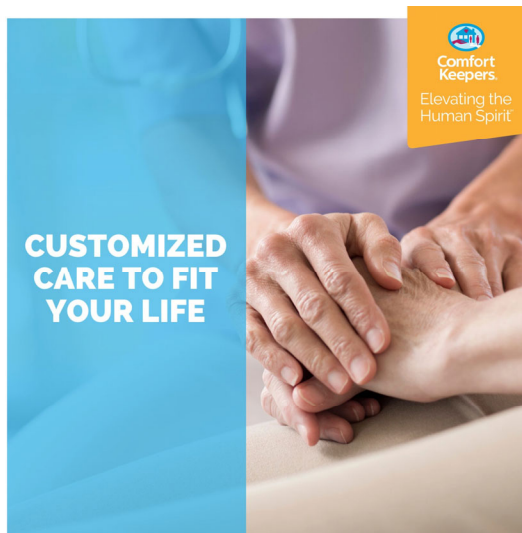
Got Medicare Questions? We can help! The *Michigan Medicare/Medicaid Assistance Program (MMAP)* is available to help individuals understand their health coverage options including Medicare Part D, Medigap plans, and Medicare Advantage Plans. *MMAP* can also assist current Medicare beneficiaries understand their benefits including possible fraud or abuse by a medical provider.

Call CSC to set up a phone call appointment with a MMAP Volunteer.

Thank You 2024 Sponsors!

Thank you 2024 Friend Sponsors

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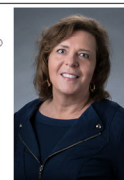
Susan Zale, PLLC
Estate Planning & Elder Law Attorney
134 W Middle St, Suite D
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An advertisement for Chelsea Retirement Community. It features a photograph of a smiling family (grandparents and a young child) taking a selfie. To the right of the photo is the Chelsea Retirement Community logo, which includes a stylized sun and mountains. Below the logo, the text reads: "DISCOVER THE Not-For-Profit DIFFERENCE OF CARE", "Call 734.389.8781 to set up a personal tour!", and "www.ChelseaRetirementCommunity.com". At the bottom, it says "805 W. Middle Street, Chelsea, MI | 734.389.8781".

An advertisement for Silver Maples of Chelsea Retirement Neighborhood. It features a photograph of a group of seniors sitting together and smiling. Above the photo is a logo with a stylized maple leaf and the text "SILVER MAPLES of Chelsea RETIREMENT NEIGHBORHOOD". Below the photo, the website "www.silvermaples.org" is listed.

An advertisement for Chelsea Hospital. It features a photograph of a smiling senior citizen lifting purple dumbbells, with a younger woman assisting them. To the left is the logo for M Health Trinity Health CHELSEA HOSPITAL. Below the photo, the text reads: "Regain your independence after a stroke. We're here to help!", "Start your journey today.", and "TrinityHealthMI.org/Rehab • 734-593-5600".

An advertisement for Eder & Diver Insurance Agency. It features a photograph of three men standing outdoors in front of a building. To the right of the photo is the logo for Eder & Diver Insurance Agency, which includes the Farm Bureau Insurance logo and the text "A Company". Below the logo, the tagline "Real People. Real Coverage. Real Results." is displayed.

APRIL | 2024

SENIOR CENTER MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1 Hamburger Tater Tots Peas Watermelon WG Bun	2 General Tso's Chicken Brown Rice Peas Corn Apple	3 Chicken Drumstick Mashed Potatoes Gravy Green Beans Orange WG Dinner Roll	4 Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	5 Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun
8 Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	9 Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	10 Sloppy Joe Potato Wedges Coleslaw Orange WG Bun	11 Turkey Reuben on WG Bread Mixed Vegetables Grape Juice	12 Pork Riblet Potato Wedges Pasta Salad Grape Juice WG Bun
15 Popcorn Chicken Mashed Potatoes Gravy Corn Orange	16 BBQ Pork Baked Beans Tater Tots Applesauce WG Bun	17 Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple	18 Pork Chops Mashed Potatoes & Gravy Green Beans Applesauce WG Bread	19 Chicken Patty Redskin Potatoes Corn Orange WG Bun
22 BIRTHDAY CELEBRATION Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	23 Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll	24 Salisbury steak Gravy Redskins Potatoes Peas Diced Peaches WG Bread 2	25 Chicken Tenders Potato Wedges Green Beans Apple WG Dinner Roll	26 Goulash Carrots Banana WG Breadstick
29 Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2	30 Beef Lasagna WG Breadstick Corn Banana	1	2	3

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.

Fresh produce from the Intergenerational Garden will be added to the menu when available.

The Menu is subject to change without notice.

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

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

APRIL 2024

Your **CSC membership expiration date**
is listed above your name →



Chelsea Senior Center

CSC is open weekdays 8:30 a.m. – 4:00 p.m.
Phone: (734) 475-9242 Fax: (734) 562-2164
Email: connected@chelseaseniors.org
Website: www.chelseaseniors.org

***In memoriam:**
Joan Bingel
Dianne Kelley-Sanchez
Larry Ledebur
Jean Satterthwaite*



April 13: Chelsea Expo

May 27: CSC Closed for Memorial Day Holiday

July 4 & 5: CSC Closed for Independence 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.*