



Drop-in



Registration Required



Fee/Donation



May Birthdays Celebration

Thursday, May 23 at Noon



Hosted by Cole Funeral Chapel. Join us to celebrate and enjoy a tasty lunch & birthday cake with friends. **To register contact CSC.**




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 at CSC 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 contact CSC with your name and phone number.**



Thank you to all of the Exhibitors, Volunteers, Sponsors, and Community Members that helped make Chelsea Expo 2024 a success!

Mark your calendar for next year's event:
April 5, 2025!

Positive Approach to Care Training Workshop

Thursday, May 2, 12:15-2:15 p.m.



Led by Katie Garvey, OTRL, CAPS, CSC's Respite Care Coordinator. Are you or do you know someone who is supporting a loved one living with dementia? Come and learn about the perspective of those whose brains are changing to gain insight into struggles to meet their needs. This interactive workshop is based on the work of Teepa Snow, an occupational therapist who is advocating for better relationship-based care. You will learn to adapt and change how you communicate to be more effective and helpful, and have a chance to practice these skills. **To register call or email CSC with your name & phone number.**



Senior Market Bucks

Summer Senior Market Bucks available at CSC!
Sponsored by Chelsea Hospital

Senior Market Bucks can be used starting end of May at the Chelsea Farmers Market, open weekly through October. Wed 10-3 and Sat 8-1. Stop by CSC office on May 23 to pick up a coupon book; one booklet per person. For more information on the Chelsea Farmers Market please visit their website at: www.chelseafarmersmkt.org

Thursday, May 23, 11:30 a.m.
Drop in to pick up a coupon booklet, while supplies last, for those who are **Washtenaw County Residents AND 60 years of age or older.** Booklets will also available at the Chelsea Farmers Market. No income requirement. Coupons can be used on Michigan-grown foods, including fruits, vegetables, eggs, cheese, yogurt, meat, poultry, fish and honey. *Foods not mentioned in the above list are not eligible. Non-food items cannot be purchased with Senior Market Bucks.* **For more information about the program, contact Christian Calaguas (734) 593-5281, email Christian.Calaguas@trinity-health.org**

Happy Trails: Hiking Adventures at Waterloo State Park*

Tuesday, May 7 (3 mile) & May 14 (1-2 mile)
4:00 p.m.



Led by Sharon Kegerreis. Let us nurture ourselves in nature! Join CSC's own hiking enthusiast Sharon to wander amid the wildflowers & spring foliage in Waterloo. On 5/7 we will hike around Mill Lake for a 3 mile loop. On 5/14 we will combine trails to hike up to 2 miles. **Meet in the Lower Parking Lot of the Eddy Discovery Center, 17030 Bush Rd, at 4:00 p.m.** We hike rain or shine. Hikes will be canceled if there is bad weather. Bring water and wear sturdy hiking shoes and layers. A walking stick is encouraged. Our walking pace will accommodate all who participate. Be aware that there are ticks in the woods so plan to do a tick check after the hike. **Recreation Passport is required for state park entry. Self-registration at park is an option for \$19 cash/check only.* **To register to hike contact CSC.**

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



Happy Hour **R**

Friday, May 31
4:00 p.m.

Join us for food and fun conversation with friends

at Bill O'Reilly's house. Pizza, salad, pop, and water will be provided. *Bring your own adult beverage and a snack or side dish to share.* We gather rain or shine! **Space is limited. Call CSC to reserve your spot and get directions.**

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.

Senior Café Lunch:

- Reserve your Senior Café Lunch by Noon the day before you plan to join us.
- Simply stop in CSC office or call during our business hours of 8:30 a.m.-4:00 p.m. each weekday.
- Fill out the *Senior Café Registration Form* found in the kitchen.
- If age 60+, a \$3 donation is suggested.
- If under 60 years of age, lunch cost is \$5.
- You don't have to be a CSC member in order to enjoy lunch here!



- **CSC will be closed Monday, May 27, in observance of Memorial Day holiday.**
- **Seniors Asking Seniors group is currently On Hiatus.**
- **Garden Work Bees are Tuesday & Thursday mornings 9-11 a.m.**



Art for Life: **R** **\$**

Daumier

Thursday, May 9

3:00 p.m.

Suggested \$5 donation

Presented by Kathy Gunderson.

Honoré Daumier, the 19th century French painter, sculptor and printmaker, is perhaps best known for his social and political cartoons, skewering all members of society, including King Louis Philippe, one of which sent Daumier to prison for six months. Although from an artistic family, Daumier was largely self taught and was not known for his oil paintings during his lifetime. Today, his paintings are known for his realistic but sympathetic portrayal of the working class of industrial Paris. **To register call or email CSC with your name & phone number.**

Ask an Expert: Osteoarthritis **R**

Wednesday, May 8, 11:15 a.m.



Facilitated by Sophia Speroff, MPH, RD & Betty Chaffee, Pharm D.

Osteoarthritis is the most common chronic joint condition that can cause joint pain and stiffness. It is also called wear-and-tear arthritis, degenerative arthritis, and degenerative joint disease. Certain medications, along with low impact exercise, and diet changes may help relieve pain and inflammation. **To register, call or email CSC with your name & phone number.**



GrandPad Program **R**

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 and we need extra hands! See Page 12 for more information.



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



I am writing this while taking a short break from the wonderful annual Chelsea Expo – what a great day & event! I had the pleasure of attending the Expo prior to working here and thought then that it was a wonderful event and have an even greater appreciation for it after seeing it “from the inside” since 2019. It’s a bit of an irony as I started my time here at CSC just before the 2019 Expo and now, 5 years later, it will be the last big event I will be part of before my retirement. Life does indeed have a way of going full circle.

What has always made the Expo special to me is that it, like many other events in the Chelsea area, is the sense of community that comes with it! So many familiar faces, the tremendous team of volunteers who make it all possible, the local businesses and organizations all coming together under one roof. I am a very strong believer in win-win scenarios and indeed that is just what this event is for everyone. If you weren’t able to enjoy it this year, please mark your calendars for next year’s Chelsea Expo – Saturday, April 5, 2025! In spite of my retirement, I am certain I will be here to enjoy it again.

Speaking of a sense of community, I have to give a special thanks to the many local businesses who are financial Sponsors year-round and an equal very big thanks to our many individual donors! And there are many small acts that happen to make our senior center a special place. A recent example is the CSC Pickleball group’s donation of funds which we used to purchase a new popcorn maker for the benefit of all our members. There’s Thompson’s Pizza and Linden Square Assisted Living who donated lunch and dessert for the many volunteers helping out today with the Expo – a donation where they asked for nothing in return. I strongly encourage you to check out our newsletter, webpage, Facebook posts and hall monitors to see our many Sponsors and simply thank them for their support of the Chelsea Senior Center.

There are so many other examples of the sense of community that makes Chelsea so special but for me, there is no better example than the hundreds of volunteers both here at the senior center and throughout the Chelsea community! You / we are what makes so many special things possible... thank you! OK, back to the Expo for me if I plan to beat my step count of over 27,000 last year - I’m only at 11,000 so far today but it’s still just morning but I did log 25,000 yesterday as part of the set-up work. Who needs a gym when you’ve got fun like this to keep you in shape?!

You matter and we love seeing you here! Stay healthy & active!

- Bill O’Reilly

Support Services

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



Loss & Healing Group Every other Tuesday, 12:30 p.m. **R**

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



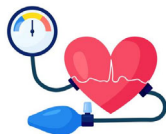
A Moment For Me: **A Caregiver Support Group** **R** Held every other Wednesday, 11:00 a.m.

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



Chat to Heal: A Caregiver Group Support Program **R** 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.**



Blood Pressure Checks **D** See calendar for dates & 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 **R** **\$** w/ Ava Passino R.N., BCGN This service is available by appointment-only. *Fees determined by Ava.* **To schedule an appointment call Ava directly: (313) 303-7836.**



Legalities: Q&A on Estate Planning Wednesday, May 15, 11:00 a.m. **D**

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



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.*



Mending Service **D** **\$** ***This service is for CSC Members***

Simple repairs, hemming, simple zipper replacement. *Clothes must be freshly cleaned, placed in a bag with your name, phone number, description of repair needed clearly labeled on bag. Drop off the bag to CSC Front Desk. 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.*



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

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 **\$** **R** **Take Off Pounds Sensibly** Thursdays

Real People. Real Weight Loss.® **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

As the weather gets warmer, *Ease the Day* will be spending more time outside, enjoying nature and engaging in meaningful activities. We welcome Friends to join us! Community caregivers who are looking for a comfortable, safe change of environment look no further. The respite program is designed to give the caregivers peace of mind to have some time, up to 9 hours a week, to call their own. Tuesday and Thursday mornings are filling up but we also offer an additional option of Wednesday mornings from 9:30 a.m. to 12:00 p.m.

Ease the Day Friends & Families all agree that coming to *Ease the Day* is the highlight of their weeks. Schedule a visit to see why!

Caregivers can come & participate in CSC programming offered during this time, or other self-care activities, while their loved ones have programming of their own available. Registration & 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, May 1

12:00-1:30 p.m.

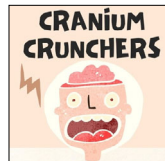


Who: Individuals living with cognitive changes and mild memory loss PLUS their caregivers.

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
Noodle Ball!



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.



CSC
Respite Care
Coordinator,
Katie Garvey,
at our Ease the
Day activity at
Chelsea Expo

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.

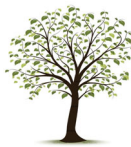
Enjoy open painting studio time and artistic fellowship for free with CSC membership. Bring your own materials. No instruction provided.



Genealogy Help Group

Tuesday, May 14, 1:00 p.m.

Gather to share ideas and techniques on tracing your family history. For all levels of understanding and research. We will meet in Room 113 where computers are available (or bring your laptop) and together we'll try to get you going on your search or help you overcome brick walls in your family history.



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 materials. 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, May 21, 11:30 a.m., Mama's Mercantile & Eatery (the old Clear Lake Grill), 4450 Clear Lake Rd, Grass Lake. For more info call coordinator Babette (734) 904-8718.



Mountain Dulcimer

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

**Lessons: Mondays thru May 13,
No Class May 6, 1:00-2:00 p.m.*



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 currently in session run thru May 13.*
For more information just give CSC a call.



May 2024



734.475.9242
connect@chelseaseniors.org



Office 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.

Wed 1 May

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

12:00 Lunch
12:00 Connections
Memory Café
12:30 Jam Session
12:30 Game Time
1:00 Sewing Group
4:00 Chat to Heal

Thu 2 May

Computer Use
Chair Massage appts
Onsite Ease the Day
8:30 Pickleball
9:00 Garden Work Bee
9:45 ~~Movie: Goodbye~~
10:00 T.O.P.S.
11:00 Chair Yoga

12:00 Lunch
12:15 Positive Approach to Care Workshop
12:30 Knit/Crochet
12:30 Open Painting Studio
12:30 Drop-in Bridge
12:45 Cardie Drumming

Fri 3 May

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

1:00 Square Dancing

Mon 6 May

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

Tue 7 May

12:00 Blood Pressure Checks
Computer Use
Onsite Ease the Day
8:30 Pickleball
9:00 Garden Work Bee
10:00 ALL-Claw
10:30 Silver Maple & Friends Choir*
11:00 ~~Movie: Goodbye~~

Wed 8 May

11:00 A Moment for Me
11:15 Ask an Expert
12:00 Lunch
12:30 Game Time
1:00 Sewing Group
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 9 May

Computer Use
Onsite Ease the Day
8:30 Board Meeting
8:30 Pickleball
9:00 Garden Work Bee
9:45 ~~Movie: Goodbye~~
10:00 T.O.P.S.

11:00 Chair Yoga
12:00 Lunch
12:30 Knit/Crochet
12:30 Open Painting Studio
12:30 Drop-in Bridge
12:45 Cardie Drumming
3:00 Art for Life

Fri 10 May

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

12:45 Daytime Enchire
1:00 Square Dancing

Mon 13 May

12:30 Hand & Foot
12:45 Gratitude Candles
1:00 Customer Education Series: CSB
1:00 Mountain
1:00 Dementia Lessons: LAST
Computer Use
8:30 Line Dancing
8:30 Pickleball
9:00 Pool/Billiards
9:00 Bingo
9:30 Gentle Yoga
9:45 Enhance Fitness
12:00 Lunch

Tue 14 May

12:30 Mexican Train
Computer Use
Onsite Ease the Day
8:30 Pickleball
9:00 Garden Work Bee
10:00 Paper Crafts
10:30 Silver Maple & Friends Choir*
11:00 ~~Movie: Goodbye~~
12:00 Lunch

Wed 15 May

12:00 Lunch
12:30 Jam Session
12:30 Game Time
1:00 Sewing Group
1:00 Writer's Group
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
11:00 Legalities Q&A

Thu 16 May

11:00 Chair Yoga
12:00 Lunch
12:30 Knit/Crochet
12:30 Open Painting Studio
12:30 Drop-in Bridge
12:45 Cardie Drumming
1:45 Tai Chi Begins
2:45 Tai Chi Inter.
Computer Use
Chair Massage appts
Onsite Ease the Day
8:30 Pickleball
9:00 Garden Work Bee
9:00 Newsletter Assembly
9:45 ~~Movie: Goodbye~~
10:00 T.O.P.S.

Fri 17 May

12:00 Lunch
12:45 Daytime Enchire
1:00 Square Dancing
Computer Use
8:30 Pickleball
9:00 Bingo
9:45 Enhance Fitness
10:00 Woodcarving
10:00 Cabbage
10:45 Blood Pressure Checks

Mon 20 May

12:00 Lunch
12:30 Hand & Foot
12:45 Gratitude Candles
8:30 Line Dancing
8:30 Pickleball
9:00 Pool/Billiards
9:00 Bingo
9:30 Gentle Yoga
9:45 Enhance Fitness

Tue 21 May

12:00 Lunch
12:30 Mexican Train
12:30 Loss & Healing
1:00 Quilting
1:30 Ukulele
2:30 Cardie Drumming
Computer Use
Onsite Ease the Day
8:30 Pickleball
9:00 Garden Work Bee
10:30 Silver Maple & Friends Choir*
11:00 ~~Movie: Goodbye~~
11:30 Red Hat Ladies*

Wed 22 May

11:00 A Moment for Me
12:00 Lunch
12:30 Game Time
1:00 Sewing Group
Computer Use
Footcare appts
Onsite Ease the Day
8:30 Pickleball
9:00 Stained Glass
9:00 Pool/Billiards
9:45 Enhance Fitness
10:00 Tech Support

Thu 23 May

12:00 Birthday Lunch
12:30 Knit/Crochet
12:30 Open Painting Studio
12:30 Drop-in Bridge
12:45 Cardie Drumming
1:45 Tai Chi Begins
2:45 Tai Chi Inter.
Computer Use
Onsite Ease the Day
8:30 Pickleball
9:00 Garden Work Bee
9:45 ~~Movie: Goodbye~~
10:00 T.O.P.S.
11:00 Chair Yoga
11:30 Market Buds

Fri 24 May

1:00 Square Dancing
Computer Use
8:30 Pickleball
9:00 Bingo
9:45 Enhance Fitness
10:00 Woodcarving
10:00 Cabbage
12:00 Lunch
12:45 Daytime Enchire

Mon 27 May

- CLOSED -

MEMORIAL DAY
HONORING ALL WHO SERVED



Tue 28 May

12:00 Lunch
12:30 Mexican Train
1:30 Ukulele
2:30 Cardie Drumming
Computer Use
Onsite Ease the Day
8:30 Pickleball
9:00 Garden Work Bee
10:00 All-day Quilting
10:00 ALL-Claw
10:30 Silver Maple & Friends Choir*
11:00 ~~Movie: Goodbye~~

Wed 29 May

12:30 Game Time
1:00 Sewing Group
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
12:00 Lunch

Thu 30 May

12:30 Knit/Crochet
12:30 Open Painting Studio
12:30 Drop-in Bridge
12:45 Cardie Drumming
1:45 Tai Chi Begins
2:45 Tai Chi Inter.
Computer Use
Onsite Ease the Day
8:30 Pickleball
9:00 Garden Work Bee
9:45 ~~Movie: Goodbye~~
10:00 T.O.P.S.
11:00 Chair Yoga
12:00 Lunch

Fri 31 May

1:00 Square Dancing
4:00 Happy Howl*
Computer Use
8:30 Pickleball
9:00 Bingo
9:45 Enhance Fitness
10:00 Woodcarving
10:00 Cabbage
12:00 Lunch
12:45 Daytime Enchire

Exercise & Movement

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

Line Dancing

Mondays, 8:30 am, \$3 per class **D** **\$**
It is great exercise with toe tapping music & fun times!



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** 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

D



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!*

Senior Fun Bowling at Chelsea Lanes

Senior League returns in August



R

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.**

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

R **\$**

Fastest growing sport in the area! Both open play and sign-up for court times available indoors at WSEC. Remember to always sign in at a CSC kiosk each time you come in to play and to make sure your memberships are current. You can renew in person or online. **For more information contact CSC.**

Cardio Drumming

Tuesdays, 2:30 p.m.

Thursdays, 12:45 p.m.

\$1 suggested donation to cover equipment

\$ **D**



Cardio Drumming provides a whole brain & whole body workout that promotes cognitive, physical, social, and emotional health at all life stages. You can participate at your level: seated or standing. We have balls and tubs for you to use or you can bring your own. Drumsticks are available to purchase for \$3.



CSC Travel Opportunities



Important Information

You must travel with the group to and from CSC in order to participate in these trips.

All trips leave from the CSC's large Eastside Parking Lot unless otherwise noted.

Arrive 30 minutes early to insure a prompt departure.

Travelers of all ages are welcome.

Please do not wear fragrances (perfumes, colognes, lotions, sprays, etc.) on the trip due to sensitivity issues of travelers.



CSC Trips that are Wait List-Only:

Tigers Baseball, May 15

U of M Kelsey Museum, June 11

Turkeyville Dinner Theatre, June 27

Mackinac Island Lilac Festival, June 7 – 9

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 ANSWER IT-** because answering machines and voicemail boxes do not handle these messages well.



Keep a lookout for more information on:



"It's A Wonderful Life" at Redford Theatre

Elephant Walk at Toledo Zoo

Fall Color Tour to Claire, Michigan

DNR Outdoor Center



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
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.**



Recycled Rockettes Dancing Divas (R) (\$)

Hartland Performing Arts Center
Thursday, June 20, \$50/person
Depart 11:30 a.m., Return 4:30 p.m.

Price includes roundtrip transportation, ticket to performance, and driver tip. **\$25 deposit due at Registration. Full**



Shades of Ireland 2024 (R) (\$)

featuring Northern Ireland
Sept 19-Oct 1

\$5869 Single/\$5069 Dbl 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>



Michigan Capitol & Michigan History Museum (R) (\$)

Lansing
Wednesday, November 20, \$50/person
Depart 9:00 a.m., Return 3:30 p.m.

Price includes roundtrip coach transportation, tour of capitol building, museum entry fee, and brown bag lunch. **\$25 deposit due at Registration. Full payment due by Oct 20.**



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.**

Connections and Community

MMAP
MICHIGAN MEDICARE/MEDICAID
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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.

Spring Concert Series at Chelsea Hospital

Sunday, May 19 2-3PM



Chelsea Hospital is pleased to feature more home-grown musical talent for their Spring Concert Series. 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. *Next concert: Sunday, June 9, 2-3PM. Weather permitting, this show will be an outdoor concert in the hospital courtyard. For additional information,*

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, 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!



Trinh Pifer

Intergenerational Garden UPDATES

The Intergen Garden Is OPEN!

It's gardeners' favorite time of year, and it's already hopping! Seedlings are sprouting and strawberries are blooming in the hoop house, and it's already warm enough to start cleaning up outside vegetable and flower beds, though we are still keeping in mind that pollinators are still sheltering in last year's stems and leaf litter. Rhubarb, garlic and spinach are growing outside, while inside, our Ease the Day friends have started tomatoes, peppers and some beneficial flowers for us to plant out in May. Watch for early spring greens to appear soon on the CSC lunchtime salad bar as the Read and Seed plantings mature, followed by radishes, sugar snap peas, beets and more as it becomes time to open the Farm Stand.



Read & Seed: In early April was our annual rollicking program, when preschoolers heard garden-related stories then came out to the hoop house to plant seeds, taste radishes and kale, and learn about how strawberries grow. The adult volunteers may have had even more fun than the kids!

Chelsea Expo:

We hosted a table for the Expo to sign up volunteers and direct visitors out to the garden for kids' activities and to explore.

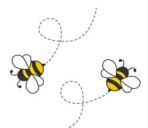
THANK YOU to the Chelsea Area Garden Club for all the hard work that went into their houseplant fundraiser at the Expo to support the IG!



Work Bees every Tuesday & Thursday 9-11 a.m.

Please join us to help our garden grow! We provide gloves, tools, stools and expertise. Drop in and do as much or as little as you wish. Tasks range from strenuous to gentle. Can't make those times but want to participate? Drop us a line and let's talk!

Contact Us: CSC office: (734) 475-924,
Email: intergengarden@chelseaseniors.org,
Follow us on Facebook:
facebook.com/groups/CSCIntergenerationalGarden



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MAY | 2024

SENIOR CENTER MENU



FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

29						
6	Turkey Reuben on WG Bread Mixed Vegetables Grape Juice	7 Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	8 Ham Sweet Potatoes Peas Apple Juice WG Bread 2	1 Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	2 Hamburger Tater Tot Peas Watermelon WG Bun	3 General Tso's Chicken Brown Rice Peas Corn Apple
13	13 Popcorn Chicken Mashed Potatoes Gravy Corn Orange	14 Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2	15 BBQ Pork Baked Beans Tater Tot Applesauce WG Bun	16 Sloppy Joe Potato Wedges Coleslaw Orange WG Bun	17 Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple	10 Pork Riblet Potato Wedges Pasta Salad Grape Juice WG Bun
20	20 Chicken Patty Redskin Potatoes Corn Orange WG Bun	21 Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	22 Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll	23 BIRTHDAY CELEBRATION Pork Chops Mashed Potatoes/Gravy Green Beans Applesauce WG Bread	24 Chicken Tenders Broccoli Salad Beets Watermelon WG Dinner Roll	31 Goulash Carrots Banana WG Breadstick
27	27 Chelsea Senior Center Closed	28 Chicken Drumstick Mashed Potatoes Gravy Green Beans Orange WG Dinner Roll	29 Beef Lasagna WG Breadstick Corn Banana	30 Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2		

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

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Permit No. 21

MAY 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:
*Noal Brown, Bill Chandler,
Mary “Eileen” Gondek,
Shirley Muir, Ken Rice, Alice Walz*

Mark your Calendars:
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.*