

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

Senior Millage on the November Ballot

On July 10, after the second reading, the Washtenaw County Commissioners passed a resolution to submit to the electorate a millage question authorizing funding for “Older Person’s Services” on the November 5, 2024 ballot.

Washtenaw County is only 1 of 9 counties in Michigan that doesn’t have a millage to help support older Americans.

You have questions and we’ll have answers. Stay tuned for more information.



CSC Volunteer Appreciation Event!

You’re as Good as Gold **R**
Our team wins because of you!

Monday, August 19, 3:00-5:00 p.m.

CSC is grateful for our volunteers who help make CSC such a great place to be! In appreciation, we invite all volunteers to join us for fun, entertainment, games, and international cuisine dinner. **To register call or email CSC with your name and tele number.**



August Birthdays Celebration **R** Thursday, August 15 at Noon

Hosted by Susan Zale Law. Join us to celebrate & enjoy a tasty lunch & birthday cake with friends. **To register contact CSC.**



Ask an Expert: Vitamin B **R** Wednesday, August 21 11:15 a.m.

Facilitated by Sophia Speroff, MPH, RD & Betty Chaffee, Pharm D. Vitamin B is actually a group of several vitamins, often called “Vitamin B complex”. B vitamins are essential to our health, but where do we find them in the diet? What about adding dietary supplements? Join us to learn more! **To register, call or email CSC with your name & phone number.**



Yoga Nidra Power Rest **R** Monday, August 12, 9:30 a.m.

Instructor Dianna Kause. All are invited! One hour of yoga nidra is equivalent to nearly four hours of restful sleep. Participants can choose to either lay down or sit in a seated position on floor or in a chair. Option to bring a yoga mat, pillow, blanket or eye cover if desired. Dianna will guide you into a deep level of relaxation that will create numerous benefits such as improved memory, a decrease in blood pressure, better heart health, emotional stability, a boost to the immune system and many more! **To register call or email CSC with your name & phone number.**

Kaleidoscope CONCERTS

A Free Music Series Presented by:
Silver Maples Retirement Neighborhood and Chelsea Senior Center
Join Us at the High School Auditorium!

FUNDRAISER CONCERT

Tuesday, August 27
THREE MEN AND A TENOR

Great pop vocal music, quick-witted humor, and overall likeability make Three Men and a Tenor show a unique musical experience for audiences that cannot be matched.
Special Fundraising Reception at 6:00pm at the Chelsea High School Auditorium. Your contributions make a difference!



At Chelsea High School Auditorium
6:00pm Reception 7:00pm Concert

Call **734.475.4111** for more information.
Stay tuned for upcoming concert information!

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



Driver Safety



CSC with your name and tele number *and we will keep you updated on the details once we have more information.*

AARP Driver Safety Course Interest List

R

CSC is looking to schedule an *AARP Driver Safety Course* in the Fall. **If you are interested in attending this course in Fall 2024 call or email**



Art for Life

Kathy Gunderson will not be holding class in July or August but will return in September.



CSC Happy Hour:

On hiatus for August

Grab your friends & enjoy the Chelsea Community Fair Aug 20-24! .



Thank you Julie Deppner for your service to the Chelsea Senior Center and area seniors! August 8 will be Julie's last meeting as part of our Board of Directors. Jerry Wilczynski, CSC Board Chair, shares: *"Julie has been a tremendous asset on the Board and as part of our Governance Committee."* **Good luck Julie!**



Flu Shot Clinic & Wellness Fair

October 2024



CSC: Say Yes to Seniors, We Power Connections

September is National Senior Center Month!

We will have special activities each week in September and on **September 24 we will host a Community Open House** and kick off our annual fund drive!



Reflective Address Sign Program

Thanks to funding from the federal ARPA program, managed by Washtenaw County, Chelsea Senior Center was able to secure funds to provide area seniors, age 60+, no-cost Reflective Address Signs. CSC is managing this program in conjunction with the Chelsea Area Fire Authority (CAFA).

These highly visible (day or night) customized reflective signs will assist emergency vehicles in locating your home. **These no-cost Reflective Address Signs are available on an 'as supplies last' basis, one per household, to residents 60 and older that live within the CAFA service area: Chelsea, Sylvan, Lima, Lyndon, PARTS of Dexter Township.** The Reflective Address Sign Registration Forms are only available at Chelsea Senior Center and must be picked up in person, none will be mailed out. CSC will then provide you with instructions for contacting CAFA for placing your sign order. **Please Note:** installation of sign is the homeowners responsibility. **For more information contact CSC (734) 475-9242.**



Do you enjoy our Enhance Fitness exercise program? We're looking for an additional instructor. Let Jon know if you're interested!

- **Election Day is Tue 8/6.** WSEC is the polling location for City of Chelsea. Our schedule will be adjusted this day so check the calendar & kiosk at sign-in.
- **Art for Life returns in September.**
- **No Yoga Classes in August.** See Page 1 for a special yoga one-time event!
- **NO August Session for Legalities Q&A but returns in September.**
- **CSC will be CLOSED for the holiday MONDAY, SEPT 2.**
- **Please Note: CSC's Activity Schedule is subject to change due to room, volunteer, or instructor availability.**



Senior Center Staff	Jennifer Smith Executive Director/CEO
	Jon Van Hoek Assistant Director
	Meredith Nelson Office Manager
	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
Angela Johnson Senior Services 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-\$5 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. We always 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



IN THE

spotlight

Welcome to our new monthly column highlighting YOU!

Dragonfly Poetry & Art from friends at Chelsea Senior Center

Big beautiful dragonfly with translucent wings,

Blessed to have it in my world,

Finding shelter in my space,

Wing span, my hand,

Dragon Lake



Life in the water, there we go

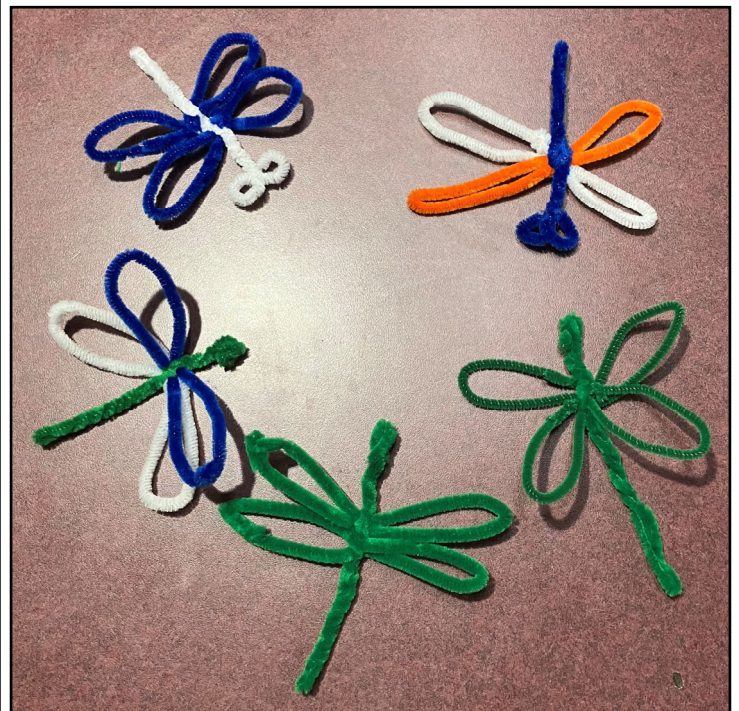
See us fly, bye-bye

Always moving and grooving to find our guy

Diving, turning into the glistening sunshine

Acrobatic carnivore, sit and watch the sky

As dinner goes flying by



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.



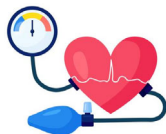
Chat to Heal: A Caregiver Group Support Program

Held every other Wednesday **R**
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** **\$**

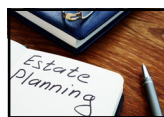
Enjoy a relaxing, seated chair massage by licensed massage therapist Jenny Miller by appointment-only. *Fees determined by Jenny.* **To schedule an appointment call Jenny directly: (734) 645-6166.**



Nurses Footcare

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.**



Legalities: Q&A on Estate Planning

(No August Session) **D**
Wednesday, Sept 18, 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.



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

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

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



Rankin Hearing Checks:

Rankin **R**
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.



TOPS Club

Take Off Pounds Sensibly **\$** **R**
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 Club 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 a.m. each Thursday. **\$49 Basic Annual Membership; \$1/meeting, both payable to the TOPS Club Leader. For more information call CSC or visit TOPS Club website: www.tops.org**



***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

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.

We would like to recruit a few more volunteers to continue to offer additional hours. Call or email us if interested.

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 3,000 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, August 7
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 a tour of the Intergenerational Garden along with a garden activity.



Cranium Crunchers



Held every Monday

12:45-1:45 p.m. *No Session 8/19*

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.



Friends planting salad gardens outside in the Trinh Pifer Intergenerational Garden.

Gather, Create, Expand Your Mind

Drop-in and games & people! pay-to-play



try new meet new
\$ = optional 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, members available to teach you how to play.

Game Time

Wednesdays, 12:30 p.m.

Your choice of *Mah Jongg, Pinochle, Scrabble*, and more, all skill levels welcome, members available to teach you how to play.

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.

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.

D 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!



D 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



D

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

D



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 & 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. Drop in and join us!



Paper Crafts: Card Making

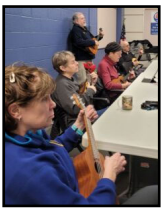
with Camille Bauer

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

For more information contact choir director Jeff Crowder: jdcrowdr@gmail.com



ON HIATUS UNTIL September

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.

No Session 8/6

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 enjoy!

Writing Memories



Writers Group

3rd Wednesday, 1:00 p.m.

No Session in August



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



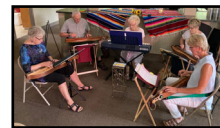
Meets monthly



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

*This month's gathering is Saturday, August 24, 11:00 a.m., at Linda Cole's home in Chelsea next to the funeral home. Lunch will be provided. *Bring your own chair.**

For more information call coordinator Babette (734) 904-8718.



Dulcimer Jam Sessions



1st & 3rd Mondays

2:00-3:00 p.m.



Facilitated by Sharon Broyles. Drop in and enjoy jamming with other mountain dulcimer players! All players need to bring their own dulcimers & 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. **For more information just give CSC a call.**

August 2024



734.475.9242
connectid@chelsea-seniors.org



- Senior Cafe Lunch:**
- Reserve your Senior Cafe Lunch by Noon the day before you plan to join us.
 - 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 Cafe Registration Form* found in the kitchen.
 - If age 60+, a \$3.95 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.

affiliate location



Please make sure to always check-in at one of the CSC kiosks before attending any activities.
ALL Guests must sign-in at CSC office.
-Activity Schedule is subject to change-

Thu 1 Aug

Computer Use
Chair Massage appts
8:30 Rollcall
9:00 *Garde Work Be*
NO Exercise Day
9:45 Movin'-Groovin'
10:00 TOPS Club
12:00 Lunch

12:30 Bridge

12:30 Knit/ Crochet
12:30 Open Painting Studio
12:45 Cardio Drumming
1:45 Tai Chi Begin. LAST
2:45 Tai Chi Inter. LAST

Fri 2 Aug

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

1:00 Square Dancing

Mon 5 Aug

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

Tue 6 Aug

12:00 Lunch
12:30 Mexican Train
NO A Joyful Noise
1:00 Quilting
1:30 Umkle
9:00 *Garde Work Be*
NO Exercise Day
11:00 Movin'-Groovin'
11:00 Blood Pressure Checks

Wed 7 Aug

12:00 Lunch
12:00 Connection's
Memory Cafe
12:30 Game Time
12:30 Jam Session
1:00 Sewing Group
4:00 Chat to Heal
Computer Use
Footcare appts
8:30 Rollcall
9:00 Pool/Billiards
9:00 Spined Ghs
NO Exercise Day
9:45 Enhance Fitness
10:00 Tech Support

Thu 8 Aug

Computer Use
8:30 Board Meeting
8:30 Rollcall
9:00 *Garde Work Be*
NO Exercise Day
9:45 Movin'-Groovin'
10:00 TOPS Club
12:00 Lunch

12:30 Bridge

12:30 Knit/ Crochet
12:30 Open Painting Studio
12:45 Cardio Drumming
NO Art for Life

Fri 9 Aug

1:00 Square Dancing
Computer Use
8:30 Rollcall
9:00 Bingo
9:45 Enhance Fitness
10:00 Cabbage
10:00 Woodcarving
12:00 Lunch
12:45 Eushie

Mon 12 Aug

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

Tue 13 Aug

12:30 Loss & Healing
12:30 Mexican Train
1:00 Quilting
1:30 Umkle
2:30 Cardio Drumming
Travel Top Day
Computer Use
8:30 Rollcall
9:00 *Garde Work Be*
9:30 On site Exercise Day
10:00 Paper Crafts
11:00 Movin'-Groovin'
12:00 Lunch

Wed 14 Aug

12:00 Lunch
12:30 Game Time
1:00 Sewing Group
Computer Use
8:30 Rollcall
9:00 Pool/Billiards
9:00 Spined Ghs
9:30 On site Exercise Day
9:45 Enhance Fitness
10:00 Tech Support
11:00 A Moment for Me

Thu 15 Aug

Computer Use
Chair Massage appts
NO Pickleball
9:00 *Garde Work Be*
9:30 On site Exercise Day
9:45 Movin'-Groovin'
10:00 TOPS Club
12:00 Birthday Lunch

12:30 Bridge

12:30 Knit/ Crochet
12:30 Open Painting Studio
12:45 Cardio Drumming

Fri 16 Aug

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

Mon 19 Aug

NO Cranium Crunchers
2:00 Dinkam Jam Session
3:00 Volunteer Appreciation Event
Computer Use
8:30 Line Dancing
8:30 Rollcall
9:00 Bingo
9:00 Pool/Billiards
9:45 Enhance Fitness
12:00 Lunch
12:30 Hand & Foot

Tue 20 Aug

1:00 Quilting
1:30 Umkle
2:30 Cardio Drumming
Computer Use
9:00 *Garde Work Be*
8:30 Rollcall
9:30 On site Exercise Day
11:00 Movin'-Groovin'
12:00 Lunch
12:30 Mexican Train
12:45 A Joyful Noise

Wed 21 Aug

12:00 Lunch
12:30 Game Time
12:30 Jam Session
1:00 Sewing Group
4:00 Chat to Heal
Computer Use
8:30 Rollcall
9:00 Pool/Billiards
9:00 Spined Ghs
9:30 On site Exercise Day
9:45 Enhance Fitness
10:00 Tech Support
11:15 Ask an Expert

Thu 22 Aug

12:30 Bridge
Computer Use
8:30 Rollcall
9:00 *Garde Work Be*
9:00 Newsletter Assembly
9:30 On site Exercise Day
9:45 Movin'-Groovin'
10:00 TOPS Club
12:00 Lunch

12:30 Bridge

12:30 Knit/ Crochet
12:30 Open Painting Studio
12:45 Cardio Drumming

Fri 23 Aug

1:00 Square Dancing
Computer Use
8:30 Rollcall
9:00 Bingo
9:45 Enhance Fitness
10:00 Cabbage
10:00 Woodcarving
12:00 Lunch
12:45 Eushie

Mon 26 Aug

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

Tue 27 Aug

12:30 Mexican Train
1:30 Umkle
2:30 Cardio Drumming
Computer Use
8:30 Rollcall
9:00 *Garde Work Be*
9:30 On site Exercise Day
10:00 All-Day Quilting
11:00 Movin'-Groovin'
12:00 Lunch
12:30 Loss & Healing
6:00 *Kaleidoscope Friends' Reunion Reception*
7:00 *Kaleidoscope*

Wed 28 Aug

11:00 A Moment for Me
12:00 Lunch
12:30 Game Time
1:00 Sewing Group
Computer Use
Footcare appts
8:30 Rollcall
9:00 Pool/Billiards
9:00 Spined Ghs
9:30 On site Exercise Day
9:45 Enhance Fitness
10:00 Tech Support

Thu 29 Aug

12:30 Bridge
Computer Use
8:30 Rollcall
9:00 *Garde Work Be*
9:30 On site Exercise Day
9:45 Movin'-Groovin'
10:00 TOPS Club
12:00 Lunch
12:30 Bridge

12:30 Knit/ Crochet

12:30 Open Painting Studio
12:45 Cardio Drumming

Fri 30 Aug

1:00 Square Dancing
Computer Use
8:30 Rollcall
9:00 Bingo
9:45 Enhance Fitness
10:00 Cabbage
10:00 Woodcarving
12:00 Lunch
12:45 Eushie

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. **D** **\$**

\$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. Drop in 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. **For more information call or email CSC.**



Enhance Fitness Exercise

Mon-Wed-Fri; 9:45-10:45 a.m. **D** **\$**

\$2/class suggested donation



Enhance Fitness is an evidence based fitness program geared toward improving the overall functional

fitness and well-being of older adults. Classes focus on cardio-vascular conditioning, strength training, flexibility, and balance training. Instructors are certified. **Bring your own water bottle.**



Gentle Yoga

Mondays

9:30-10:30 a.m. **D**

Instructor Dianna Kause

D



- Class Resumes Sept 2024 -

Sept-Nov '24 classes will be free thanks to Washtenaw Community College Senior Emeritus Program!



Tai Chi

Thursdays through Aug 1* **D**

• **Beginning Level 1:45 p.m.**

• **Intermediate Level 2:45 p.m.**

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!*

**NOTE: Fall '24 classes, Sept 13-Nov 22, will be on Fridays, Begin.@10:30 a.m. & Inter.@11:45 a.m.*



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. **D**

Instructor Dianna Kause

D



- Class Resumes Sept 2024 -

Sept - Nov '24 classes will be free thanks to 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. **D**

Thursdays, 9:45 a.m.



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



CSC Pickleball Club

Monday - Friday **R** **\$**

Drop-in Open Play 8:30 a.m.-1:30 p.m.

\$25/year CSC Membership AND

\$10/year Pickleball Club Fee



Open play 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. **\$** **D**

Thursdays, 12:45 p.m.

\$1 suggested donation to cover equipment

No Session 8/6



\$ **D**

Cardio Drumming provides a whole brain & whole body workout that promotes cognitive, physical, social, & emotional health at all life stages. You can participate at your level: seated or standing. We have balls & tubs 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.

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.



Lugnuts Baseball

Lansing

Tuesday, August 13, \$95/person

Depart 4:30 p.m., Return 11:30 p.m.



- WAITLIST ONLY -



Elephant Walk Toledo Zoo

Toledo, Ohio

Friday, September 6, \$80/person

Depart 9:00 a.m., Return 4:00 p.m.

Price includes roundtrip transportation, 1-hour walking tour, small animal meet & greet, giraffe feeding experience, and driver tip. \$25 deposit due at Registration. Full payment due Aug 23.



CSC Travelers recent excursion to Hartland Performing Arts Center to see Recycled Rockettes Dancing Divas.



Shades of Ireland 2024

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>



It's a Wonderful Life Reford Theatre

Saturday, December 21, \$50/person

Depart 11:00 a.m., Return 5:30 p.m.

Price includes roundtrip transportation, presentation before movie, ticket to movie. *Optional \$10 box lunch available.* \$25 deposit due at Registration. Full payment due Dec 6.



Fall Color Tour

Clare, Michigan

Thursday, October 10, \$94/person

Depart 7:30 a.m., Return 6:00 p.m.



- WAITLIST ONLY -



Michigan Capitol & Michigan History Museum

Lansing

Wednesday, November 20, \$50/person

Depart 9:00 a.m., Return 3:30 p.m.



- LIMITED AVAILABILITY -

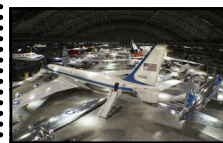


Branson, Missouri

December 2-7, 2024, \$1499 Double



- WAITLIST ONLY -



Flying High in Dayton

Dayton, Ohio

March 31-April 1, 2025

\$475 single/\$405 Dbl

Price includes escorted roundtrip transportation, accommodation in Dayton, 3 meals, Conservatory & Botanical Gardens, National Museum of United States Air Force, Dayton's Oregon District, and so much more! \$25 deposit due at Registration. Full payment due Feb 14.



Connections and Community



Trinh Pifer



Intergenerational Garden

UPDATES

- **GABIKA Update from Intergenerational Program Counselor Lindsay Smith:** *“Students are busy learning about pollinators and exploring how composting works. They pulled tri-color carrots and dug potatoes, planted beans, microgreens, cucumbers, and ‘mystery seeds’ to see what will come up. Students also participated in a sensory garden activity with the Ease the Day adult day program, and are keeping track of what is growing faster: sunflowers or kids. So far, the sunflowers are winning!”*
- **Senior Volunteers Needed!** We are in need of senior volunteers for the GABIKA cooking classes every Thursday 12:30-2:00 p.m. These classes feature fresh garden produce or just fun, tasty snacks kids can later make themselves at home. **Call CSC if interested.**
- **GABIKA Camp concludes 8/15.** Campers visit Mondays & Tuesdays 10:00 - 10:45 a.m. for garden activities, and Thursdays 12:30-2:00 p.m. for cooking sessions. **Call CSC to volunteer to help in the garden and/or to engage in all these fun intergenerational activities!**
- **Beautifying the CSC Entrance Area:** CSC Garden Team is partnering with Chelsea School District to renovate the beds around the CSC entrance. In one island "solarization" has started, a method of eradicating weeds by depriving them of sunlight. In a few weeks the tarps will be removed, seeds and roots in the soil will be allowed to sprout, and the process will be repeated. This is an organic way of preparing the bed for planting native pollinator plants this coming fall and spring. In the front areas that have already been planted with a variety of perennials, the team will continue a combination of hand-pulling, mulching, and selective spraying to gradually get ahead of the weeds. We'll also continue to work on rehabilitating the existing shrubs.
- **Garden Work Bees continue every Tue & Thu 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.
- **Contact Us:** CSC office: (734) 475-9242, Email: intergengarden@chelseaseniors.org Follow us on Facebook: facebook.com/groups/CSCIntergenerationalGarden



A.L.I.'s Fall Kick-off

Tuesday, August 13, 10:00 a.m.

Chelsea District Library, McKune Room

Join *Adult Learners Institute* for fun and refreshments as you meet A.L.I. Board members and instructors as they share information about their Fall classes. You can register for classes on-site on that day or anytime online at their website. **For more information call 734-292-5540 or visit: www.info@ALIMichigan.org**



Attn: Chelsea Senior Citizens

CHELSEA FAIR PARADE

SATURDAY, AUG 24

Parade starts @ 1 PM



SENIORS CAN WATCH FROM INSIDE OUR

Air Conditioned SHOWROOM

Doors Open at 11:30 am

(Main St. shuts down around 12:45; Parade Starts at 1pm)

Seating for Seniors is limited and will be first come, first served

Parking in lot for Handicap & Seniors Only

Seniors - Reserve your Spot: Call 734-475-1301

Palmer Auto Service

222 S. Main Street, Chelsea

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 or call 800-803-7174.**

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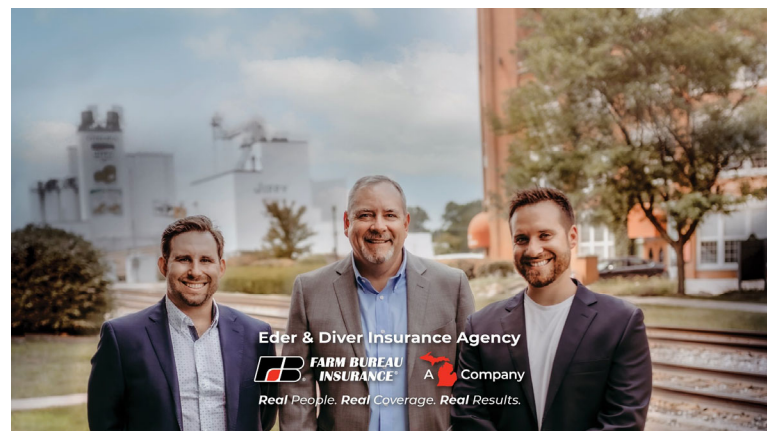
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AUGUST | 2024

SENIOR CENTER MENU

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

29	30	31	1	2
5 Cheesy Chicken & Rice Broccoli Beets Fruit Punch WG Bread	6 Sweet & Sour Chicken WG Brown Rice Peas Corn Orange	7 Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	8 Turkey Reuben on WG Bread Mixed Vegetables Grape Juice	9 Macaroni & Cheese Stewed Tomatoes Orange WG Roll
12 Hamburger Tater Tots Peas Watermelon WG Bun	13 Chicken Tenders Broccoli Salad Beets Watermelon WG Dinner Roll	14 Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple	15 <u>BIRTHDAY CELEBRATION</u> Roasted Turkey Mashed Potatoes Gravy Green Beans Applesauce WG Bread	16 Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun
19 General Tso's Chicken Brown Rice Peas Corn Apple	20 Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	21 Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	22 Pork Riblet Potato Wedges Pasta Salad Grape Juice WG Bun	23 Popcorn Chicken Mashed Potatoes Gravy Corn Orange
26 Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll	27 Kielbasa Sauerkraut Redskins Potatoes Grape Juice WG Bun	28 Goulash Carrots Banana WG Breadstick	29 Chicken Drumstick Mashed Potatoes Gravy Green Beans Orange WG Dinner Roll	30 BBQ Pork Baked Beans Tater Tots Applesauce WG Bun

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

AUGUST 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:
Eileen Geisler
James (Jim) Pickard
Charles (Chuck) Schauer

Mark your Calendars:

 Aug 19: Volunteer Appreciation Event	Aug 20-24: Chelsea Community Fair	
Sept 2: CSC Closed for Labor Day	Sept 24: Open House	Nov 11: Veterans Day Lunch

*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.*