



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



CSC's Community Open House **D**

Tuesday, September 24, 3:00-5:00 p.m.
As you know, CSC is a vibrant hub of weekday activity that empowers seniors to connect and live full lives. On September 24, we're inviting the community to experience as many activities as possible between 3:00 and 5:00 p.m. Let your friends know! Explore the center to see creative arts and fitness activities in action and gather information on travel adventures and caregiver programs. Pass on the news!



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Flu Shot Clinic & Wellness Fair **R**

Wednesday, October 9, 10 a.m.-1 p.m.
*Flu vaccines provided & administered by UM Health. *All vaccines are free!* Senior flu vaccine available for those over 65. The quadrivalent flu vaccine also available. And if the most current Covid vaccine is out it will be available also. *Wellness vendors* will be on hand with free giveaways & info about wellness services, opportunities, and programs available to older adults in our area. Free blood pressure checks too. *Chelsea Area Fire Authority* will have lock box and reflective sign information and order forms available. Breakout sessions with Posture Party and Medicare Medicaid Assistance Program, and so much more! ***To reserve your flu shot vaccine call or email CSC with your name and phone number.**



AARP Driver Safety Course **R** **\$**

Monday & Tuesday, September 23 & 24
12:30-4:30 p.m.
\$20 AARP member/\$25 non-member

Revisit defensive driving techniques, proven safety strategies and get up-to-date on new traffic laws and rules of the road. Course will be held at CSC and **you must attend both classes**. *Class fee payable to AARP.* **To register call or email CSC with your name and tele number.**



Medicinal Herbs Class **R** **\$**

Tuesday, September 17, 10 a.m.-Noon
Taught by Bonnie Mulliner. Bonnie will share her years of knowledge and experience with medicinal herbs. Each participant will learn how to make take home topical salves for sore muscles, arthritis, bee stings, and bug bites. Weather permitting, we will participate in identifying wild herbs outdoors. **\$5 Class Fee payable to CSC. To register and pay stop in at CSC office.**

September is National Senior Center Month!

Powering Connections-How will you connect? We have many activities for you to have fun and connect so please join us! See pages 8-9 for our calendar.



national council on aging.



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

Thursday, September 12, 3:00-4:00 p.m.
Suggested \$5 donation

Presented by Kathy Gunderson. Edgar Degas was born into a wealthy Parisian banking family in 1834. Enjoying a privileged childhood, Degas was classically trained academically as well as in the arts and his early works were in the Neo-Classical style. Degas preferred calling himself an "Independent" rather than his typical label of "Impressionist" despite being one of its founding members and a participant in all but one of the group's eight exhibitions. He is best known for his depictions of modern Parisian life especially his many paintings of ballet dancers. **To register call or email CSC with your name & phone number.**



Mountain Dulcimer Workshop **R** **\$**

Mondays, Sept 16-Nov 25 (no 10/7)
1:00-2:00 p.m.

Lead by Sharon Broyles. All levels welcome. Playing is made easy with Sharon's instructions. Join us to learn skills & fun tunes. Bring a 3-ring binder. **\$70 Class Fee payable to CSC.** **To register and pay stop in at CSC office.** If you are interested in renting a dulcimer for \$20 call Sharon directly (765) 720-7373. *Dulcimer Jam Session follows the workshop on the 1st & 3rd Mondays at 2 p.m., is open to all community dulcimer players, and all skill levels are welcome!*



Say Yes to Seniors Washtenaw

Safe, secure, supportive seniors are good for our community. Your voice matters. Vote November 5! Absentee ballots will be mailed at the end of September

2024 Michigan New Voting Rights Presentation **D**

Wednesday, October 2, 1:00-2:00 p.m.

Presented by the League of Women Voters of Washtenaw County. Drop in and join us for this non-partisan educational event on the 2024 Michigan new voting rights.



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



Ask an Expert: Gout
Wednesday, September 11
11:15 a.m.-12:15 p.m.



Facilitated by *Sophia Speroff, MPH, RD & Betty Chaffee, Pharm D.* Gout is a form of arthritis, or joint inflammation. It can be quite painful, but is often treated successfully with medications and changes to diet. Join us to learn more about how to prevent the symptoms of gout. **To register, call or email CSC with your name & phone number.**



Yoga Nidra Power Rest
every other Wednesday
beginning September 4, 11:00 a.m.

Instructor *Dianna Kause*. 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! *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 enjoy the class.* ***Pre-registration is required for respite care. To register call or email CSC with your name & phone number.**



September Birthdays Celebration
Thursday, September 26 at Noon

Hosted by *Chelsea Retirement Community*. Join us to celebrate & enjoy a tasty lunch & birthday cake with friends. **To register contact CSC.**



Falls Prevention Workshop
Tuesday, Sept 24, 9:00-10:30 a.m.

Facilitated by the *Occupational Therapy Program at Eastern Michigan University in partnership with National Council of Aging (NCOA)*. The group will cover CDC recommendations & NCOA guidelines on fall risk and prevention. You will be able to be assessed to establish your fall risk and learn about the anatomical shifts and changes which influence mobility, review environmental safety factors, fall recovery methods, and the importance of and suggestions for physical activity, including exercises and other opportunities to improve balance and lower risk. So join us to check out the various informational and participatory stations to keep active and decrease your fall risk. **To register call or email CSC with your name and phone number.**

- CSC will be **CLOSED** on Election Day, Tuesday, Nov 5
- **Donations Needed:** small lap size clean fleece blankets for CSC yoga classes



CSC Happy Hour:
Arctic Breakaway
Friday, September 27, 4:00 p.m.



Enjoy drinks, food, and fun conversation with friends at *Arctic Breakaway, 501 Coliseum Dr, Chelsea*. **Registration required so we know how many seats to reserve. Call or email CSC with your name and phone number.**



Trip Information Meeting:
Canadian Maritimes & Coastal Wonders
Friday, September 20, 1:00 p.m.

Join us for a presentation of trip details plus Q&A session of this 10-day trip, departing in late September 2025, with trip escort Bill O'Reilly. **This trip is organized by and booked through Collette Travel**
<https://gateway.gocollette.com/link/1248779>
Chelsea Senior Center WILL NOT be handling any reservations or payments. Any questions can be directed to Bill O'Reilly 734-646-5038 or billoreilly3@gmail.com. **To register for this info meeting, call or email CSC with your name & phone number.**



Making Decisions About Assisted Living Care Residence
Tuesday, October 8
11:00 a.m.-12:30 p.m.

Presented by *Justine Bykowski, MA and Barbara Zaret, MSW*. As retired professionals specializing in long-term care, Justine & Barbara are advocates for older adults & family members who are searching for unbiased information about licensed assisted living in Michigan. Join them to learn the parameters of assisted living, where to find HFA regulations and violations, and redressal options. **To register, call or email CSC with your name and phone number.**



MMAAP Open Enrollment Counseling Sessions
Fridays, Oct 25 & Nov 8
By appointment only

This free one-on-one MMAAP counseling service is provided by certified Michigan Medicare/Medicaid Assistance Program Counselors. They will assist you with your Medicare/Medicaid Open Enrollment questions. **For more information or to schedule an appointment call CSC (734) 475-9242.**

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	Diane Jara
Board Vice Chair	Jaclyn Klein
Paul Schissler	John Knox
Treasurer	Gary Maynard
Dave Schaible	Carl Schwarze
Secretary	Diane Weid
Allen Cole	

IN THE spotlight

Welcome to our monthly column highlighting YOU!

- CSC Member: Shirley Burg -

In CSC's Knit and Crochet group, you will often hear Shirley's infectious laugh following a rowdy roundtable discussion on various topics. The welcoming group gathers every Thursday to share home-baked goodies and knit and crochet projects for loved ones. Though her hands are less nimble today, Shirley has knitted many hats, dish cloths, socks and cowls over the years.

A love for cozy clothes was ignited in Canada where Shirley was born. She was raised in British Columbia after her birth in Alberta. Since then, Shirley has experienced a lifetime of adventures with many sunsets. Opportunity to work in nursing in Michigan prompted Shirley to relocate to the United States at age 22. While some people may associate Shirley with the old Burg's Drug Store and soda fountain (now Zou Zou's), Shirley clarifies that Burg's was her husband's family history. She met her sweetheart Vincent after the family pharmacy was sold. The two married and spent the next 63 years together. At the start of their marriage, Shirley stayed home to raise their six children. When Chelsea Hospital opened in 1970, she jumped at the opportunity to return to work.

"I needed the money to be able to take my children back to my home country for them to know my family," says Shirley. Twenty-eight years of night shifts (her preferred time of day) and rotations in surgical, burn, mental health and rehabilitation units provided the means for intercontinental travel.

When asked which way she drove to British Columbia, Shirley says, *"Every way! Sometimes, I even made it in four days."* Her fierce devotion to the frequent visits paid off. She's rewarded today with the bond her children share with their Canadian cousins.

Beyond road trips to British Columbia, Shirley's zest for life propelled her and her nursing colleague and CSC member Jean Vargas on a seven-week adventure to Fiji, Australia (including the Outback), New Zealand and Tahiti in the 1980s.

In the 1990s, Shirley and Vincent spent two summers biking throughout Germany, Austria and The Netherlands. Her first Century ride (100 miles!) gave her the legs for 600 road miles on their first European biking trip. On the return trip, they logged 1,100 miles. With biking adventures now in the past, Shirley catches a ride to Chelsea Senior Center, including to regular footcare appointments at CSC. She has many joyful memories of adventures and of CSC's Supper Club and line & tap dancing classes. *"I'll never forget dancing on the stage with a bunch of other ladies and having a great time,"* Shirley laughs.



Support Services

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



Loss & Healing Group **R** Every other Tuesday, 12:30-1:30 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. **To register call or email CSC with your name & phone number.**



A Moment For Me: A Caregiver Support Group **R** Every other Wednesday, 11 a.m.-Noon

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** Every other Wednesday 4:00-5:00 p.m.

Facilitated by Deana Fisher, LMSW, Certified Montessori Dementia Care Professional. Program is for Caregivers caring for people living with cognitive changes and mild memory loss. 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. ****Pre-registration is required for respite care. 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 **D** Wednesday, Sept 18, 11 a.m.-Noon

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 two Notaries 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.



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

9:00 a.m. Weigh-In
Real People. Real Weight Loss.® 10:00-11:00 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**

Support Services



Ease the Day

Ease the Day:
Caregiver Respite
Support Program



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.



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, September 4
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 BINGO!



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.



Ease the Day

Ease the Day 'Pop-Ups': For Both
Caregiver & *Loved One



Pop in and join us at one of these locations for an hour to experience our adult day program that positively engages your adult loved one. Learn how Ease the Day gives you a much-needed break for self-care. **Dependent loved one must be age 55 or over.* Space is limited. To reserve your spots call or email CSC.

- Sept 6: 1:00 p.m., Manchester City Hall
- Sept 11: 2:30 p.m., Chelsea Hospital Atrium Conference Room A/B
- Sept 20: 1:30 p.m., Dexter Wellness Center



Gather, Create, Expand Your Mind



D

Drop-in and 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, members available to teach you how to play.

Pool/Billiards

Mondays & Wednesdays, 9:00 a.m.

Table in Room 113, drop-in play, all skill levels welcome, cues available and members available to teach you how to play.

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.

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

Cribbage

Fridays, 10:00 a.m.

Involves playing & grouping cards in combinations to gain points, all skill levels welcome, members available to teach you how to play.

Euchre

Fridays, 12:45 p.m. \$

Trick-taking card game, all skill levels & new players welcome, members available to teach you how to play.

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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.



D 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



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.



D 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

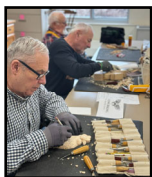
Wednesdays, 1:00 p.m.

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!

D



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

2nd Tuesday, 10:00 a.m.



Taught by Camille Bauer. Creative instruction & all materials provided. Leave with 3

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. (no 9/3)



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 either personal or collaborative projects made from donated fabric and materials. *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., begins 9/10

Located at Silver Maples' Maple Room

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 Silver Maples Retirement Neighborhood. **For more information or to register 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.*

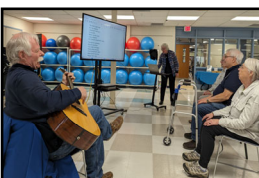


A Joyful Noise



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 is Sept 24, 11:30 a.m., Over The Edge Sports Bar & Pizzeria, 230 E Main St, Manchester. **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.**

Mon 2 Sept
- CLOSED -



Tue 3 Sept
12:30 Mexican Train
12:45 A Joyful Noise
Computer Use
8:30 Rollabal
9:00 Gentle Work Be
9:30 On site Ease the Day
11:00 Morris-Groovin
11:00 Blood Pressure Checks
12:00 Lunch

Wed 4 Sept
11:00 Yoga Nidra
12:00 Lunch
12:00 Connection: Memory Cafe
8:30 Rollabal
9:00 Pool/Billiards
9:00 Stained Glass
9:30 On site Ease the Day
9:45 Enhance Fitness
10:00 Tech Support

Thu 5 Sept
12:30 Budge
12:30 Knit/ Crochet
12:30 Open Painting Studio
12:45 Cardia Drumming
1:00 ALLI Chss
Computer Use
Chair Massage appts
8:30 Rollabal
9:00 Gentle Work Be
9:30 On site Ease the Day
9:45 Morris-Groovin
10:00 TOPS Chb
12:00 Lunch

Fri 6 Sept
12:45 Endue
1:00 Square Dancing
1:00 ALLI Chss
Trove/ Top Day
Computer Use
8:30 Rollabal
9:00 Bingo
9:45 Enhance Fitness
10:00 Cabbage
10:00 Woodcarving
12:00 Lunch

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

Tue 10 Sept
12:00 Lunch
12:30 Mexican Train
12:30 Loss & Healing
1:00 Quilting
1:30 Ulnike
2:30 Cardia Drumming
Computer Use
8:30 Rollabal
9:00 Gentle Work Be
9:30 On site Ease the Day
10:00 Paper Crafts
10:30 Silver Maple c/ Frisbee Chair
11:00 Morris-Groovin

Wed 11 Sept
11:15 Ask an Expert
12:00 Lunch
12:30 Game Time
1:00 Sewing Group
1:00 Senior Fun Bowling
8:30 Rollabal
9:00 Pool/Billiards
9:00 Stained Glass
9:30 On site Ease the Day
9:45 Enhance Fitness
10:00 Tech Support
11:00 A Moment for Me

Thu 12 Sept
12:00 Lunch
12:30 Budge
12:30 Knit/ Crochet
12:30 Open Painting Studio
12:45 Cardia Drumming
5:00 Art for Life
Computer Use
8:30 Board Meeting
8:30 Rollabal
9:00 Gentle Work Be
9:30 On site Ease the Day
9:45 Morris-Groovin
10:00 TOPS Chb
11:00 Chair Yoga

Fri 13 Sept
12:00 Lunch
12:45 Endue
1:00 Square Dancing
1:00 ALLI Chss
Computer Use
8:30 Rollabal
9:00 Bingo
9:45 Enhance Fitness
10:00 Cabbage
10:00 Woodcarving
10:30 Tai Chi Begin.
11:45 Tai Chi Inter.

Mon 16 Sept
12:00 Lunch
12:30 Hand & Foot
12:45 Cranium Crunches
Footcare appts
100 Mi Dulciner ~~W/est~~
8:30 Line Dancing
8:30 Rollabal
9:00 Bingo
9:00 Pool/Billiards
9:30 Gentle Yoga
9:45 Enhance Fitness

Tue 17 Sept
12:00 Lunch
12:30 Mexican Train
12:45 A Joyful Noise
1:00 Quilting
1:30 Ulnike
2:30 Cardia Drumming
Computer Use
8:30 Rollabal
9:00 Gentle Work Be
9:30 On site Ease the Day
10:00 Medicinal Herbs
10:30 Silver Maple c/ Frisbee Chair
11:00 Morris-Groovin

Wed 18 Sept
11:00 Legacies Q&A
12:00 Lunch
12:30 Game Time
12:30 Jam Session
1:00 Sewing Group
1:00 Writing/Memories
Writers Group
1:00 Senior Fun Bowling
4:00 Chat to Heal
Computer Use
8:30 Rollabal
9:00 Pool/Billiards
9:00 Stained Glass
9:30 On site Ease the Day
9:45 Enhance Fitness
10:00 Tech Support
11:00 Yoga Nidra

Thu 19 Sept
11:00 Chair Yoga
12:00 Lunch
12:30 Budge
12:30 Knit/ Crochet
12:30 Open Painting Studio
12:45 Cardia Drumming
Computer Use
Chair Massage appts
8:30 Rollabal
9:00 Gentle Work Be
9:00 Newsletter Assembly
9:30 On site Ease the Day
9:45 Morris-Groovin
10:00 TOPS Chb

Fri 20 Sept
10:45 Blood Pressure Checks
11:45 Tai Chi Inter.
12:00 Lunch
12:45 Endue
1:00 Square Dancing
1:00 Top Informational Meeting
Computer Use
8:30 Rollabal
9:00 Bingo
9:45 Enhance Fitness
10:00 Cabbage
10:00 Woodcarving
10:30 Tai Chi Begin.

Mon 23 Sept
12:30 Hand & Foot
12:30 Driver Safety Course Part 1 of 2
12:45 Cranium Crunches
100 Mi Dulciner ~~W/est~~
8:30 Line Dancing
8:30 Rollabal
9:00 Bingo
9:00 Pool/Billiards
9:30 Gentle Yoga
9:45 Enhance Fitness
12:00 Lunch

Tue 24 Sept
11:30 Red Hat Luncho
12:00 Lunch
12:30 Mexican Train
12:30 Loss & Healing
12:30 Driver Safety Course Part 2 of 2
1:30 Ulnike
2:30 Cardia Drumming
3:00 CSC Open House
Computer Use
8:30 Rollabal
9:00 Gentle Work Be
9:00 Falls Prevention
9:30 On site Ease the Day
10:00 All-Day Quilting
10:30 Silver Maple c/ Frisbee Chair
11:00 Morris-Groovin

Wed 25 Sept
11:00 A Moment for Me
12:00 Lunch
12:30 Game Time
1:00 Sewing Group
1:00 Senior Fun Bowling
Computer Use
Footcare appts
8:30 Rollabal
9:00 Pool/Billiards
9:00 Stained Glass
9:30 On site Ease the Day
9:45 Enhance Fitness
10:00 Tech Support


Thu 26 Sept
12:30 Budge
12:30 Knit/ Crochet
12:30 Open Painting Studio
12:45 Cardia Drumming
Computer Use
8:30 Rollabal
9:00 Gentle Work Be
9:30 On site Ease the Day
9:45 Morris-Groovin
10:00 TOPS Chb
11:00 Chair Yoga
12:00 Birthday Lunch

Fri 27 Sept
12:00 Lunch
12:45 Endue
1:00 Square Dancing
4:00 Happy Hour
Computer Use
8:30 Rollabal
9:00 Bingo
9:45 Enhance Fitness
10:00 Cabbage
10:00 Woodcarving
10:30 Tai Chi Begin.
11:45 Tai Chi Inter.

Mon 30 Sept
12:30 Hand & Foot
12:45 Cranium Crunches
100 Mi Dulciner ~~W/est~~
100 ALLI Chss
Computer Use
8:30 Line Dancing
8:30 Rollabal
9:00 Bingo
9:00 Pool/Billiards
9:30 Gentle Yoga
9:45 Enhance Fitness
12:00 Lunch

Senior Cafe Lunch:
Reserve your Senior Cafe Lunch by Noon the day before you plan to join us.
Step in CSC office or call during our business hours of 8:30 am-4:00 p.m. each week-day.
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 CSC member in order to enjoy lunch here.


note office 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-

September is National Senior Center Month!

Join CSC this month to discover your unique interests, talents & aspirations. Explore new activities, hobbies & experiences. Gain knowledge & share your experiences with others in spirited conversations & connections right here at YOUR senior center!



September 2024



Chelsea Senior Center
734.475.9242
comec@djchelsea.org

Exercise & Movement

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

Line Dancing

Mondays, 8:30-9:30 am, \$3 per class
Drop in and join us for 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. Drop in to learn, dance, meet new friends, and have fun. It works best if there are at least 8 people each time. \$2 class fee payable to Walt. **For more information call or email CSC.**



Enhance Fitness Exercise **D** **\$**
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.** *The Friday classes 9/13-12/13 (no 11/22 or 11/29) are free thanks to Washtenaw Community College Senior Emeritus Program!*



Gentle Yoga

Mondays, Sept 9-Dec 2
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. *Classes are free thanks to Washtenaw Community College Senior Emeritus Program!*



Tai Chi

Fridays, Sept 13-Nov 22 (no 10/18) **D**
Beginning Level: 10:30-11:30 a.m.
Intermediate Level: 11:45 a.m.-12:45 p.m.

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



Walking Halls at WSEC

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

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



Chair Yoga

Thursdays, Sept 12-Dec 5

11:00 a.m.-Noon

Instructor Dianna Kause. Bring a mat. Yoga promotes strength, balance, flexibility, mobility, & a sense of calm. A gentle approach makes this class accessible to all experience levels to help keep you moving. *Classes are free thanks to Washtenaw Community College Senior Emeritus Program!*



Senior Fun Bowling at Chelsea Lanes

Wednesdays 1:00 p.m., Aug-May

Join the gang at the alleys 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, 11:00-11:30 a.m.

Thursdays, 9:45-10:15 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

8:30 a.m.-2:30 p.m.

\$25/year CSC Membership AND \$10/year Pickleball Club Fee

Indoor play at WSEC. Both drop-in and court sign-up sessions available. Remember to always sign in at a CSC kiosk each time you come in to play and make sure your memberships are current. **For more information contact CSC.**



Cardio Drumming

Tuesdays, 2:30-3:30 p.m.

Thursdays, 12:45-1:45 p.m.

\$1 suggested donation to cover equipment

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.



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



Christmas in the Air Potter Center

Saturday, December 7, \$99/person

Depart 5:00 p.m., Return 10:30 p.m.

Price includes roundtrip transportation, driver tip, and ticket to performance. No Meal Stop. \$25 deposit due at Registration. Full payment due Nov 7.



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.



Firekeepers Casino Battle Creek

Tuesday, October 15, \$60/person

Depart 9:45 a.m., Return 5:15 p.m.

Price includes escorted roundtrip transportation, driver tip, \$20 slot credit, \$5 gift card to use for food, slot play, or gift shop. \$25 deposit due at Registration. Full payment due Sept 15.



Footloose the Musical Meadow Brook Theatre

Wednesday, January 15, 2025, \$135/person

Depart 10:00 a.m., Return 6:00 p.m.

Price includes escorted roundtrip transportation, driver tip, lunch in Auburn Hills, and entrance into performance. NOTE: Please review cancelation policy on trip flyer. \$25 deposit due at Registration. Full payment due Dec 15.



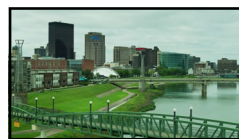
Fall Color Tour

Clare, Michigan

Thursday, October 10, \$94/person

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

- 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, and so much more! \$25 deposit due at Registration. Full payment due Feb 14.



Michigan Capitol & Michigan History Museum

Lansing

Wednesday, November 20, \$50/person

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

- LIMITED AVAILABILITY -



Canadian Maritimes & Coastal Wonders

featuring the Cabot Trail

Sept 21-Oct 1, 2025

\$5899 Single/\$4899 Dbl Booking Number: 1248779

This trip is organized and booked through Collette Travel. Contact Collette for details. Chelsea Senior Center WILL NOT be handling any reservations or money. See trip brochure in CSC office for more information. Call Collette Travel directly (800) 581-8942, or use this link to book: <https://gateway.gocollette.com/link/1248779>



Branson, Missouri

December 2-7, 2024, \$1499 Double

- WAITLIST ONLY -



Connections and Community



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.**



Trinh Pifer

UPDATES

Oh, golly, it has been just a spectacular growing season in the garden. Between the long, favorable growing season and the knowledge and energy of new volunteer leadership, as of early August, the garden has yielded more than 712 pounds of produce! By the time this newsletter is published, the corn and raspberries should be ready for picking, and the first mini pumpkins should be coloring up nicely.



Where is it going? At the end of July summer GABIKA campers helped harvest a bushel basket of potatoes, which they used to make tasty potato pancakes. Lunch attendees have enjoyed fresh tasty contributions to the salad bar. Ease the Day friends and GABIKA campers enjoyed a morning of games identifying fragrant herbs and combining them into new scent combinations. And visitors to the CSC have been greeted by a farm stand loaded with a wide variety of organic produce.



A fun thing to keep your eye on up through the fall are the massive vines growing in the hoop house; these are from a Chelsea Area Garden Club member, who donated some seeds from her giant (think 20 lbs!) zucchini plants. Will ours grow that big? Stay tuned!

While most of the volunteer focus is on sustaining the bountiful, beautiful vegetable garden, we do have one volunteer focusing on whacking away at the perennial borders and front beds, too. In partnership with the Chelsea School District grounds crew, we are pursuing a combined plan of weeding, spraying, mulching and tarping that, in time, will hopefully get the weed bed under better control. A new challenge for planting the front beds is the changing tastes of our local deer, that are munching on just about everything. The only sure thing in a garden is change.

Garden Work Bees continue every Tue & Thu 9-11 a.m. Please join us! 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: [CSCIntergenerationalGarden](https://www.facebook.com/CSCIntergenerationalGarden)

Senior Citizen Admission Policy into Chelsea School District Athletic Events

Adult Learners Institute's September Classes

- Sept 5: Music to Relax and Restore*
- Sept 6: Trauma-Problems of Daily Living*
- Sept 13: How To Watch Football*
- Sept 16: What Does It Mean To Be Dementia Friendly?*
- Sept 30: American Songbook*

Classes listed above start at 1:00 p.m. and are in-person at Chelsea Senior Center. **Registration is required to attend. Do so by mail or register online at www.alimichigan.org. For a complete listing on all A.L.I. class offerings consult Fall A.L.I. catalog, copies available at various locations throughout Chelsea, or visit their website www.alimichigan.org. Any questions call and leave a message at A.L.I. office phone: 734-292-5540.**



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.***

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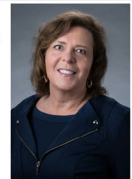
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SEPTEMBER | 2024

SENIOR CENTER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chelsea Senior Center Closed Labor Day!	3 Sweet & Sour Chicken WG Brown Rice Peas Corn Orange	4 Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	5 Turkey Reuben on WG Bread Mixed Vegetables Grape Juice	6 Cheesy Chicken & Rice Broccoli Beets Fruit Punch WG Bread
9 Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	10 Beef Lasagna WG Breadstick Corn Banana	11 Chicken Tenders Broccoli Salad Beets Watermelon WG Dinner Roll	12 Hamburger Tater Tots Peas Watermelon WG Bun	13 Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple
16 Sloppy Joe Potato Wedges Coleslaw Orange WG Bun	17 Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	18 Macaroni & Cheese Stewed Tomatoes Orange WG Roll	19 Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	20 Pork Chops Mashed Potatoes/Gravy Green Beans Applesauce WG Bread
23 Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	24 BBQ Pork Baked Beans Tater Tots Applesauce WG Bun	25 General Tso's Chicken Brown Rice Peas Corn Apple	26 BIRTHDAY CELEBRATION Chicken Drumstick Mashed Potatoes Gravy Green Beans Orange WG Dinner Roll	27 Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll
30 Kielbasa Sauerkraut Redskins Potatoes Grape Juice WG Bun	1	2	3	4

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
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SEPTEMBER 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,
Jim Edwards,
Lynette Powell, Beverly Sager

Mark your Calendars:
Sept 2: Closed for Labor Day **Sept 24:** Open House **Oct 9:** Flu Shot Clinic & Wellness Fair
Oct 10: Board of Directors' Annual Meeting **Nov 5:** Closed for Election Day **Nov 11:** Veterans Day Honor Lunch
Nov 22: Don Cole Community Thanksgiving Lunch **Dec 13:** Mitchell Family Community Christmas 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.*