



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



Flu Shot* Clinic & Wellness Fair **R** Wednesday, October 9, 10 a.m.-1 p.m.

All vaccines* provided & administered by **UM Health**. All vaccines are free! Senior *flu vaccine available for those over 65, 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 giveaways & info about services, opportunities, & programs available to older adults in our area. Free **blood pressure checks** too. **Chelsea Area Fire Authority** will have lock box & reflective sign information & order forms available. Breakout sessions with **Posture Party**, **Medicare/Medicaid Assistance Program**, and so much more! ***To reserve your flu shot call or email CSC with your name & phone number.**

2024 Michigan New Voting Rights Presentation **D** Wednesday, October 2, 1:00-2:00 p.m.

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



FANG-TASTIC FUN **R** **HALLOWEEN LUNCH PARTY** Thursday, October 31 at Noon

Celebrate the holiday at CSC and enjoy lunch, treats, and Halloween fun with friends! Lunch party includes:

- * **Costume Contest** | winners will be awarded
- * **Dessert Buffet** | bring a trick or treat to share
- * **Fang-tastic Fun Lunch** | call to reserve your meal
- * **Spooky Halloween Music** | to sing & dance to

Come in costume to be included in parade and judging for Best Costume. Bring your favorite dessert to share with others at lunch. Sing and dance along to the fun music! **To sign up to reserve your lunch and bring your dessert call CSC.**



MMAP Open Enrollment Counseling Sessions **R**

Fridays, Oct 25 & Nov 8
By appointment only

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

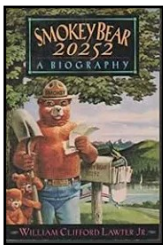


PUMPKIN DECORATING CONTEST **R** *Calling all Halloween Fans & Creative Types!*

- Order your pumpkin by Fri 10/18, just call CSC.
- Pick up pumpkin at CSC starting on Thu 10/24, first come first pick.
- To be included in judging, decorated pumpkins are due back at CSC on Mon 10/28 by 10 a.m.
- Winner will be chosen by popular vote and announced during lunch on Thu 10/31.
- Your entry must be picked up by Fri 11/1 or it will be tossed into the witch's brew.

Contest Rules:

- * One entry per person.
- * Must use CSC provided pumpkin.
- * Main part of each entry must be the provided pumpkin.
- * Carving is encouraged but not required.
- * No flame, candles, or electrical devices.
- * Entry must have a title/name.
- * Accessories must be firmly attached.
- * Use discretion, nothing too scary or inappropriate.



Smokey Bear **R** Monday, October 7, 1:00 p.m.

"Only YOU can prevent wildfires." Join one of the preeminent scholars on Smokey Bear, **William Clifford Lawter, Jr.**, as he shares his passion for and knowledge about Smokey Bear. Lawter published *Smokey Bear 20252: A Biography* in 1994. To this day, it is considered one of the definitive histories of Smokey; both the bear we know from the advertising campaigns and the live cub who for awhile in the 1950s became a living symbol of Smokey Bear and the forest fire prevention campaign. Smokey Bear turned 80 in August. You won't want to miss learning more about this iconic American figure. Did you know Smokey Bear is the only American, besides President Dwight D Eisenhower, who has his own zip code? **To register, call or email CSC with your name & phone number.**

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



Say Yes to Seniors Washtenaw

Safe, secure, supportive seniors are good for our community. *Your voice matters.* Vote Nov 5! Absentee ballots mailed by Sept 26. Early voting period Oct 26-Nov 3



October Birthdays Celebration

Thursday, October 24 at Noon

Join us to celebrate and enjoy a tasty lunch and birthday cake with friends. **Registration is required to reserve a meal, just give CSC a call.**



Art for Life: first known paintings

Thursday, October 3, 3:00 p.m.

Suggested \$5 donation

Presented by Kathy Gunderson.

Deep in the caves of southern France

and northern Spain are the first known permanent paintings in the world. Anthropologists still do not know the exact purpose for the thousands of images painted as both figurative images and abstract designs created by Upper Paleolithic people from 48,000-12,000 years ago. *The image above is from the Cosquer Cave in Southern France.* Join Kathy to learn more! **To register call or email CSC with your name & phone number.**



Ask an Expert: Gout

Wednesday, October 9

11:15 a.m.-12:15 p.m.



Facilitated by Sophia Speroff, MPH, RD & Betty Chaffee, Pharm D. Revisiting topic from last month. 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.**

- Genealogy Help Group returns Oct 14.
- Happy Trails Hikes return Oct 30.
- Square Dancing Fridays: Singles are welcome! You do not need to be a 'couple' to participate, so join us!
- CSC will be CLOSED on Tuesday, Nov 5, due to WSEC being a polling location.



CSC Happy Hour:

Aubree's in Dexter

Friday, October 25, 4:00 p.m.



Enjoy drinks, food, and fun conversation with friends at *Aubree's Pizzeria & Grill*, 8031 Main St, Dexter. **Registration is required so we know how many seats to reserve. Call or email CSC with your name and 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.**

Happy Trails Hikes

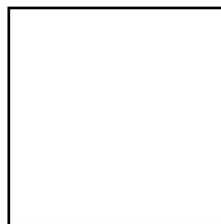
Wed Oct 30; Discovery Center+ lower lot, Bush Rd

Wed Nov 13; Park Lyndon North*, N. Territorial Rd

Wed Dec 4; Baker Woods Preserve, Trinkle Rd

2:30 p.m. hike start

Led by Sharon Kegerreis. Let's take a hike! Meet Sharon at the park to soak up autumnal scenes, reconnect with nature and enjoy camaraderie on the trails. Each hike is between 1.5 and 2 miles. *Note: Park Lyndon North has a rolling terrain and is for the more intermediate hiker who can keep a steady pace. Hikes will go in any fall or winter weather except icy conditions. +Must have MI Recreation Pass. **To register for a hike call or email CSC.**



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

Everett Mayes Technology Specialist

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-\$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: Bill Ryan -

Since Bill started attending CSC's Tuesday and Thursday Movin'-Groovin exercise class more than a year ago, he has only missed one or two classes. *"I will not miss the class, if I can help it. I must go"*, says Bill.

Ballet Chelsea instructor Macks Kreps leads a lively seated movement class adapted for those with limited mobility and balance. Bill recalls attending his first class when another participant said, *"This is the dance class, right?"* For a moment, Bill feared he had entered the wrong class. *"No pirouettes, thankfully"*, he laughs.

The class is a perfect fit for Bill. Ballet Chelsea's Adaptive Dance Program, called Movin'-Groovin' at CSC, is a seated movement class that hums along to a fun, singalong playlist. While playlists often repeat, which many participants love, Macks also routinely changes up the upbeat playlist.

Singing along, stomping, stretching, and swirling colorful scarves make the half-hour seated class fly by. Attend the class and you, too, will be singing along to Elvis, Johnny Cash, Beach Boys, Louis Armstrong and Nancy Sinatra while improving coordination, and building strength and balance. Listening to familiar music and singing along has many cognitive benefits as well.

Movin'-Groovin is a vital part of Bill's week. At age 19, Bill was diagnosed with a benign tumor along his spine that soon multiplied. After five surgeries and decades later, he knows the best way to maintain a healthy quality of life is to keep moving six days a week. He rests on Sunday to be ready for billiards at Chelsea Senior Center on Mondays at 9:00 a.m.

Bill is among the regulars who play every Monday. The group always welcomes new participants. And while playing the game and the social time are a draw, it's the two-and-a-half hours of up-and-down movement and stretching to strike and sink the ball that Bill benefits from the most. 'Just keep moving' is a mantra that Bill lives by.

Raised in the downriver region south of Detroit, Bill has been in the area for 30 years and, specifically, in Chelsea for the last 10 years. His career included teaching, working as an insurance agent and helping customers at Lowe's. Once fully retired, he joined the CSC, a vital connection for his well-being.

Bill encourages others to join CSC and participate in the many activities offered by the center.



Movement & Support Services

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



Yoga Nidra Power Rest
every other Wednesday
11:00 a.m.

D

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 and screening is required for respite care, call or email CSC with your names & phone number and Ease the Day staff will contact you to confirm.*



Blood Pressure Checks

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

D



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.

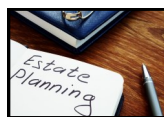


Nurses Footcare

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.



Travel Committee recent trip to Toledo Zoo



Legalities: Q&A on Estate Planning Wednesday, Oct 16, 11 a.m.-Noon

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

Wednesdays, 10:00 a.m.-Noon

D **\$**

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

This service is for CSC Members

D **\$**

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

CSC has two Notaries on our team. **Call CSC for an appointment.**

R **\$**

Donations to our C2S2 Program appreciated.



Hearing Checks: Rankin

Audiology & Hearing in Chelsea will

R

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

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: **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 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 on 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, October 2
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!



Loss & Healing Group [®]

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** [®]

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.**

All Memory Support Programs are open to anyone in the community.

Please contact CSC if you have questions, concerns, or would like more information.



Chat to Heal: **A Caregiver Group Support Program** [®]

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.**

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.

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.



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 Genealogy Help Group



Monday, October 14, 1:00 pm

Gather to share ideas & techniques on tracing your family history, for all levels of understanding & research. *Next session Dec 2.*

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



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

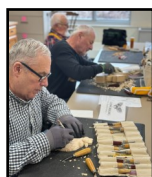


Wednesdays, 1:00 p.m.

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

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.

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.

Located at Silver Maples' Maple Room

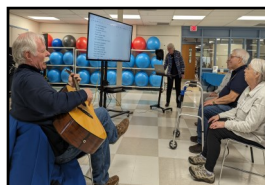
All seniors, CSC members & Silver Maples residents, are welcome to add voices to the mix and enjoy the fellowship that sharing a love of music brings. Choir meets at Silver Maples Retirement Neighborhood. **For more information or to register contact choir director Jeff Crowder: jdcwrdr@gmail.com**

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 songs they hear. No

voice training or choral experience needed. *On 1st Tuesday Marilyn has YouTube videos to sing-along with and on 3rd Tuesday Gary has live guitar music.* We'll sing to different genres, and when all the words don't come flooding back when you start, lyrics will be provided. Worried about singing? Drop in to dance or just listen and 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 Tuesday, October 15, 11:30 a.m., Knight's Steakhouse, 2324 Dexter Ave, Ann Arbor. **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.**



  <p>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. <i>*Activity Schedule is subject to change*</i></p>	<p>Tue 1 Oct 12:00 Lunch 12:30 Mexican Train 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming Computer Use 8:30 Indoor Pickleball 9:00 Garden Work Bee 9:30 Onsite Ease the Day 10:30 Silver Maples & Friends Choir* 11:00 Morin-Groovin 11:00 Blood Pressure Checks</p>	<p>Wed 2 Oct 12:00 Lunch 12:00 Connections Memory Cafe 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group 1:00 New Voting Rights 1:00 Senior Fun Bowling* 4:00 Chat to Heal Computer Use Footcare appts 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support 11:00 Yoga Nicks</p>	<p>Thu 3 Oct 12:00 Lunch 12:30 Bridge 12:30 Knit/ Crochet 12:30 Open Painting Studio 12:45 Cardio Drumming 3:00 Art for Life Computer Use Chair Massage appts 8:30 Indoor Pickleball 9:00 Garden Work Bee 9:30 Onsite Ease the Day 9:45 Morin-Groovin 10:00 TOPS Club 11:00 Chair Yoga</p>	<p>Fri 4 Oct 12:00 Lunch 12:45 Euchre 1:00 Square Dancing Computer Use 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Tai Chi Begin. 11:45 Tai Chi Interm.</p>
<p>Mon 7 Oct 12:30 Hand & Foot 12:45 Cranium Crunches 1:00 Art/Dulcimer Workshop 1:00 Smokey Bear 2:00 Dulcimer Jam Session Computer Use 8:30 Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards 9:30 Gentle Yoga 9:45 Enhance Fitness 12:00 Lunch</p>	<p>Tue 8 Oct 11:00 Assisted Living Residence 12:00 Lunch 12:30 Mexican Train 12:30 Loss & Healing 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming Computer Use 8:30 Indoor Pickleball 9:00 Garden Work Bee 9:30 Onsite Ease the Day 10:00 Paper Crafts 10:30 Silver Maples & Friends Choir* 11:00 Morin-Groovin</p>	<p>Wed 9 Oct 10:00 Flu Shot Clinic & Wellness Fair 11:00 A Moment for Me 11:15 Ask an Expert 12:00 Lunch 12:30 Game Time 1:00 Sewing Group 1:00 Senior Fun Bowling* Computer Use 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass NO Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support</p>	<p>Thu 10 Oct 10:00 TOPS Club 11:00 Chair Yoga 12:00 Lunch 12:30 Bridge 12:30 Knit/ Crochet 12:30 Open Painting Studio 12:45 Cardio Drumming Travel/Trip Day* Computer Use 8:30 Board of Directors Annual Meeting 8:30 Indoor Pickleball 9:00 Garden Work Bee 9:30 Onsite Ease the Day 9:45 Morin-Groovin</p>	<p>Fri 11 Oct 12:00 Lunch 12:45 Euchre 1:00 Square Dancing 1:00 A.L.I. Computer Use 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Tai Chi Begin. 11:45 Tai Chi Interm.</p>
<p>Mon 14 Oct 12:30 Hand & Foot 12:45 Cranium Crunches 1:00 Art/Dulcimer Workshop 1:00 Genealogy Help Group 1:00 A.L.I. Computer Use 8:30 Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards 9:30 Gentle Yoga 9:45 Enhance Fitness 12:00 Lunch</p>	<p>Tue 15 Oct 12:00 Lunch 12:30 Mexican Train 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming 1:00 A.L.I. 7:00 Kabuki Concert* Travel/Trip Day* Computer Use 8:30 Indoor Pickleball 9:00 Garden Work Bee 9:30 Onsite Ease the Day 10:30 Silver Maples & Friends Choir* 11:00 Morin-Groovin 11:30 Red Hot Ladies*</p>	<p>Wed 16 Oct 12:00 Lunch 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group 1:00 Writing Memories 1:00 Senior Fun Bowling* 4:00 Chat to Heal Computer Use 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support 11:00 Yoga Nicks 11:00 Legality: Q&A</p>	<p>Thu 17 Oct 11:00 Chair Yoga 12:00 Lunch 12:30 Bridge 12:30 Knit/ Crochet 12:30 Open Painting Studio 12:45 Cardio Drumming Computer Use Chair Massage appts 8:30 Indoor Pickleball 9:00 Garden Work Bee 9:00 Newsletter Assembly 9:30 Onsite Ease the Day 9:45 Morin-Groovin 10:00 TOPS Club</p>	<p>Fri 18 Oct 12:45 Euchre 1:00 Square Dancing 1:00 A.L.I. Computer Use 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Tai Chi 10:45 Blood Pressure Checks 12:00 Lunch</p>
<p>Mon 21 Oct 12:45 Cranium Crunches 1:00 Art/Dulcimer Workshop 2:00 Dulcimer Jam Session Computer Use 8:30 Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards 9:30 Gentle Yoga 9:45 Enhance Fitness 12:00 Lunch 12:30 Hand & Foot</p>	<p>Tue 22 Oct 12:30 Mexican Train 12:30 Loss & Healing 1:00 Quilting 1:00 A.L.I. 1:30 Ukulele 2:30 Cardio Drumming Computer Use 8:30 Indoor Pickleball 9:00 Garden Work Bee 9:30 Onsite Ease the Day 10:30 Silver Maples & Friends Choir* 11:00 Morin-Groovin 12:00 Lunch</p>	<p>Wed 23 Oct 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 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support</p>	<p>Thu 24 Oct 12:30 Bridge 12:30 Knit/ Crochet 12:30 Open Painting Studio 12:45 Cardio Drumming Computer Use 8:30 Indoor Pickleball 9:00 Garden Work Bee 9:30 Onsite Ease the Day 9:45 Morin-Groovin 10:00 TOPS Club 11:00 Chair Yoga 12:00 Birthday Lunch</p>	<p>Fri 25 Oct 11:45 Tai Chi Interm. 12:00 Lunch 12:45 Euchre 1:00 Square Dancing 4:00 Happy Hour* Computer Use MMAP apps 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Tai Chi Begin.</p>
<p>Mon 28 Oct 10:00 Pumpkin Contest Begins 12:00 Lunch 12:30 Hand & Foot 12:45 Cranium Crunches 1:00 Art/Dulcimer Workshop Computer Use 8:30 Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards 9:30 Gentle Yoga 9:45 Enhance Fitness</p>	<p>Tue 29 Oct 12:00 Lunch 12:30 Mexican Train 1:00 A.L.I. 1:30 Ukulele 2:30 Cardio Drumming Computer Use 8:30 Indoor Pickleball 9:00 Garden Work Bee 9:30 Onsite Ease the Day 10:00 All-Day Quilting 10:30 Silver Maples & Friends Choir* 11:00 Morin-Groovin</p>	<p>Wed 30 Oct 12:30 Game Time 1:00 Sewing Group 1:00 Senior Fun Bowling* 2:30 Happy Trails Hike* 4:00 Chat to Heal Computer Use 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support 11:00 Yoga Nicks 12:00 Lunch</p>	<p>Thu 31 Oct 12:30 Bridge 12:30 Knit/ Crochet 12:30 Open Painting Studio 12:45 Cardio Drumming Computer Use 8:30 Indoor Pickleball 9:00 Garden Work Bee 9:30 Onsite Ease the Day 9:45 Morin-Groovin 10:00 TOPS Club 11:00 Chair Yoga 12:00 Pungent Fun Halloween Lunch Party</p> 	<p>*Note offsite location</p> <h1>October 2024</h1>  <p>734.475.9242 connected@chelseaseniors.org</p> 

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, square dance caller, each week 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. **Singles welcome!** Group works best if there are at least 8 people each time. \$2 class fee payable to Walt. **For more information contact CSC.**



ENHANCE® FITNESS **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, thru 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, thru Nov 22 (no 10/18)
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, thru 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 Indoor 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.



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.



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.



- WAITLIST ONLY -



Branson, Missouri

December 2-7, 2024, \$1499 Double

- WAITLIST ONLY -



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.



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.



Broadway Love Songs

Detroit Symphony Orchestra



Friday, February 14, 2025, \$118/person

Depart 8:30 a.m., Return 4:00 p.m.

Price includes escorted roundtrip transportation, lunch, tips, and ticket to performance. \$25 deposit due at Registration.

Full payment due Jan 14.



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.



Let's Misbehave: Songs of Cole Porter

Detroit Symphony Orchestra



Friday, June 20, 2025, \$118/person

Depart 8:30 a.m., Return 4:00 p.m.

Price includes escorted roundtrip transportation, lunch, tips, and ticket to performance. \$25 deposit due at Registration.

Full payment due Jan 14.



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>

Connections and Community

Don Cole Community Thanksgiving Lunch

Friday, November 22
Doors open at Noon
Register by Nov 8



Presenting sponsor *Cole Funeral Chapel*. Join friends for this annual traditional meal at CSC for a time to reflect and to give thanks! **Registration is required to reserve a meal. Space is limited. Register by Nov 8 by calling CSC.**



Kaleidoscope CONCERTS
Tue Oct 15 at 7:00 pm
Silver Maples The Maples Room
Michigan-based band BLUE



Adult Learners Institute's October Classes

Oct 11, 18: Vampires in Folklore and Culture
Oct 15, 22, 29: Zeitgeist. Middle Ages-19th Century

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 at www.alimichigan.org. **For more information call A.L.I.'s office phone 734-292-5540.**

Best Little Art Market Around!



Saturday, October 5, 10 am-4 pm, Silver Maples of Chelsea



Trinh Pifer



UPDATE

It has been a record-busting year, with our garden manager calculating that starting in mid-April through mid-September, has produced a whopping 1,178 pounds of produce! This food was used by the Senior Nutrition Program, Gabika cooking classes, the CSC Volunteer Appreciation Event buffet, and, of course, the farm stand. As we go into October, gardens around the area are wrapping up their growing seasons, but at the Intergen Garden, we'll still be harvesting crops from the hoop house for at least another month, including fresh salad greens and tasty radishes that have, as one Ease the Day friend and radish aficionado says, "*just the right amount of bite!*" Our Garden Work Bees are on Tue & Thu at 9 a.m.



Contact Us:

CSC office (734) 475-9242
intergengarden@chelseaseniors.org
Follow us on Facebook:
CSCIntergenerationalGarden



Chelsea High School Theatre Guild presents...

The Chelsea High School Theatre Guild Presents
Saturday Oct. 19th 3pm & 7pm **DISNEY'S HIGH SCHOOL MUSICAL** Sunday Oct. 20th 3pm

Presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. www.mtishows.com

CSC SENIOR DISCOUNT TICKETS
\$8.00 each available for purchase at CSC office for **Sunday, October 20, 3 p.m.**
Limited Supply. First come, first served.
No holds or reservations.
Cash or check only made payable to **Chelsea High School Theatre Guild**



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.**

Thank You 2024 Sponsors!

Thank you 2024 Friend Sponsors

- Linden Square Assisted Living

Comfort Keepers
Elevating the Human Spirit

CUSTOMIZED CARE TO FIT YOUR LIFE

JIFFY
mix



We are
"Where the Home Begins"



Visit our Chelsea store at:
1 Old Barn Circle, Chelsea
734-475-9126
chelsealumber.com

banking is simple

So you can spend more time perfecting your hobbies

CSB
CHELSEA STATE BANK

Member FDIC

Hearing Matters

Differential Diagnosis of Hearing Loss • Premium Hearing Aid Sales and Repair Services • Ear Cleanings • Tinnitus Counseling and Desyncra therapy

Call for your FREE Video Otoscopy and Ear Scan!

Rankin
audiology & hearing

734.433.0699
1600 Commerce Park Dr., Suite #300 • Chelsea

Learn more at: rankinhearing.com

Funeral Chapel, Inc.
A Family-Owned Business
214 E. Middle Street

Allen C. Cole
Manager/Director

Wendy Cole
Office Manager

visit us at
www.colefuneralchapel.com **734-475-1551**

We offer options to meet your needs

- Preplanning • Personalized Funerals
- Cremation Options • Monuments

When you need someone you can trust, let our family take care of your family.

Edward Jones celebrates the Chelsea Senior Center.



Michael O'Quinn, CFP®, AAMS*
Financial Advisor
1100 S Main Street
Chelsea, MI 48118
734-475-0705

Edward Jones
MAKING SENSE OF INVESTING
edwardjones.com



Diane L. Kieliszewski, CFP®, AAMS*
Financial Advisor
134 W Middle St Suite B
Chelsea, MI 48118
734-475-3295

Member SIPC

Susan E. Zale
Zale Law PLLC
Estate Planning & Elder Law Attorney
134 W Middle St, Suite D
Chelsea, MI 48118
734-475-5777

Thank You 2024 Sponsors!

John A. McDermott
Leigh A. Beauchamp

McDermott Elder Law

1171 S. Main St. #6, Chelsea
(734) 433-9490
john@mcdermottelderlaw.com
leigh.a.beauchamp@gmail.com



NAELA
National Academy of
Elder Law Attorneys, Inc.

MEMBER

Leading the Way in Special Needs and Elder Law

Follow us!



F:@chelseaseniorcenter I:chelseaseniorcenter



Staffan-Mitchell
FUNERAL HOME

901 N. Main St. • Chelsea, MI 48118

Family Owned Since 1853

Michael D. Mitchell • Owner, Director, Manager
John W. Mitchell II • Owner, Director

Celebrating Over 165 Years of Service
and Commitment to Our Community

www.mitchellfuneral.com • 734-475-1444




Chelsea Retirement Community

DISCOVER THE
Not-For-Profit
DIFFERENCE OF CARE

Call 734.389.8781
to set up a personal tour!

www.ChelseaRetirementCommunity.com
805 W. Middle Street, Chelsea, MI | 734.389.8781





SILVER MAPLES
of Chelsea
RETIREMENT NEIGHBORHOOD


www.silvermaples.org





 
CHELSEA HOSPITAL

Regain your independence after a stroke.
We're here to help!

Start your journey today.
TrinityHealthMI.org/Rehab • 734-593-5600



Eder & Diver Insurance Agency
 
FARM BUREAU INSURANCE A Company
Real People. Real Coverage. Real Results.

OCTOBER | 2024

SENIOR CENTER MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	1 Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	2 Sweet & Sour Chicken WG Brown Rice Peas Corn Orange	3 Cheesy Chicken & Rice Broccoli Beets Fruit Punch WG Bread	4 Turkey Reuben on WG Bread Mixed Vegetables Grape Juice
7 Chicken Patty Redskin Potatoes Corn Orange WG Bun	8 Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple	9 Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	10 Pork Riblet Potato Wedges Coleslaw Grape Juice WG Bun	11 Chicken Tenders Broccoli Salad Beets Watermelon WG Dinner Roll
14 Hamburger Tater Tots Peas Watermelon WG Bun	15 Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	16 Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2	17 Sloppy Joe Potato Wedges Coleslaw Orange WG Bun	18 Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2
21 BBQ Pork Baked Beans Tater Tots Applesauce WG Bun	22 Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	23 General Tso's Chicken Brown Rice Peas Corn Apple	24 BIRTHDAY CELEBRATION Pork Chops Mashed Potatoes Gravy Green Beans Applesauce WG Bread 2	25 Goulash Carrots Banana WG Breadstick
28 Popcorn Chicken Mashed Potatoes Gravy Corn Orange	29 Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll	30 Kielbasa Sauerkraut Redskins Potatoes Grape Juice WG Bun	31 Halloween Party! Monster Meatloaf & Gravy Smashed Ghosts (Potatoes) Witch Fingers (Green Beans) Applesauce WG Bread 2	1

News

To order lunch to eat at CSC call (734) 475-9242 at least one day in advance.

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

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

If you would like more information about Meals on Wheels delivery call (734) 475-9242.

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

The Menu is subject to change without notice.

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

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

OCTOBER 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:**
Pauline 'Pinky' Bauer
Joan Hoffmeyer
Deborah Oakley*

Mark your Calendars:
Nov 5: Closed for Election Day **Nov 11:** Veterans Day Honor Lunch **Nov 22:** Don Cole Community Thanksgiving Lunch
Nov 28 & 29: Closed for Thanksgiving Holiday **Dec 13:** Mitchell Family Community Christmas Lunch
Dec 23-25: Closed for Christmas Holiday **Dec 30-Jan 1:** Closed for New Year's 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.*