



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



Veteran's Day Community Event

Monday, November 11,

11:00 a.m.-1:00 p.m.

Lunch at Noon, Register by Nov 7



Hosted by CSC with support by City of Chelsea, Chelsea District Library, Material Girls of FUMC and Chelsea School District.

This free community event honors veterans of all ages. Join us at CSC for lunch, presentations and music. There is no cost to enjoy lunch. Membership at CSC is not required. **Registration is required to reserve a lunch by Nov 7, call or email CSC with your name & phone number.**



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.**



Art for Life: Daniel Chester French

Thursday, November 14, 3:00 p.m.

Suggested \$5 donation



Presented by Kathy Gunderson. Daniel Chester French was one of the leading American sculptors of the latter 1800's and early 1900's. His many monumental public works are considered "the embodiment of our national heritage" and his iconic sculpture of our 16th president in the Lincoln Memorial is one of the most recognized sculptures in the United States. Join Kathy to learn more! **To register call or email CSC with your name & phone number.**



Fermented Foods Cooking

3rd Thursday of month

starting Nov 21, 2:00 p.m.-3:00 p.m.



Presented by Heather McDougall. Join us to learn the benefits of fermented foods in this make & take cooking class. A different recipe is taught each month. *This class is made possible by a grant from 5 Healthy Towns.* **Space is Limited, you must register each month. To register call or email CSC with your name & phone number.**

Gifts of Autumn Annual Fundraising & Appreciation Event

November 7, 2024

4:30-6:30 pm

Chelsea Depot

125 Jackson Street

4:45 p.m. Dinner

5:30 p.m. Presentation

5:45 p.m. Dessert



If you've already made your gift this year, thank you! Please join us.

RSVP by November 1

734-475-9242

Gifts of Autumn Annual Fund Drive

This season our goal is to raise \$60,000.00 by December 31. Help us help you. Consider making a donation today.

Donate online at chelseaseniors.org; stop by or send a check to the Center; come to the event with your checkbook; scan the QR code.



"Lives Well Lived" Interviews

Friday, November 15

9:20 a.m., 11:10 a.m., or 1:40 p.m.



Inspired by a 2017 documentary "Lives Well Lived", **Chelsea High School students** will be interviewing and writing a narrative of Chelsea's own seniors to showcase their personal histories and memories. The students are learning the power of storytelling through both the written & spoken word. Their culminating project will be to interview a member of our community based on the documentary's questions about what makes a life "well lived." From there, they will craft a narrative of that senior's life as a way to celebrate and tell their story while demonstrating the skills worked on in class. Interviews will be held at CSC. **To register for one of these sessions please call or email CSC with your name and phone number.**



Generations Interviews

Friday, December 6, and

Monday, December 9

9:45 a.m.-11:45 a.m.



Seniors, we need your wisdom, stories, and voices! **Beach Middle School 6th grade students** will visit CSC to work on a Generations assignment. We encourage you to volunteer (we need LOTS!) and take time to share your history, experiences, and interesting lives with the younger generation. **To register as a volunteer please call or email CSC with your name and phone number.**

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CSC's Wall of Thanksgiving

Share your gratitude on our "Wall of Thanksgiving" inside the cafeteria. What are you thankful for? What blessings have you been given? **Each day in November head to the cafeteria and take a moment to jot down on a sticky note something you are thankful for that day and stick it to the wall.** Encourage others to do it too and help us build a *Wall-a-tude of Gratitude!*

D



Ask an Expert: Gout

Wednesday, November 13 **R**
11:15 a.m.-12:15 p.m.

Facilitated by *Sophia Speroff, MPH, RD & Betty Chaffee, Pharm D.* After being rescheduled twice, we will finally talk about causes of gout and how diet & medications fit in the prevention & treatment of gout flares. **To register, call or email CSC with your name & phone number.**



Happy Trails Hike

Wed Nov 13; Park Lyndon North **R**
N. Territorial Rd, 2:30 p.m. start
Next hike Wed Dec 4 at Baker Woods Preserve

Led by Sharon Kegerreis. Let's take a hike! Meet Sharon at the park. Each hike is between 1.5 and 2 miles. **Park Lyndon North has a rolling terrain and is for the more intermediate hiker who can keep a steady pace.** We hike in any fall or winter weather except icy conditions. **To register call or email CSC with your name & phone number.**



November Birthdays Celebration

Thursday, November 14 at Noon **R**

Hosted by Rankin Audiology. 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.**

A Note from Jennifer...

During this time of thankfulness, I want to thank CSC's amazing team. They make our Center what it is. With smiles and laughter and sometimes tears, they open our doors each day for you, because **you choose** to walk through them. Jon, Meredith, Jan, Marcia, Sharon, Angela, Katie, Lisa, Gina, and Everett choose you right back. And so do I. I have worked in many places and with many people, so I know that our team is unique. I respect and value that personally we may be on different sides of many divisive issues. That we can look at the same scenario and see it in 10 different ways. But, we're all committed to you, our mission, and our culture. Some days are hard. But, that we can count on each other to be true and share honestly; that we give each other grace, space, and support, makes me very grateful. I love coming to work. A huge part of that is our CSC team. When you see them out and about, please say hello and thank them.

—Jennifer

I am grateful for all the laughs!



- Jon Van Hoek
- Sharon Kegerreis
- Lisa Klinkman
- Meredith Nelson
- Gina Frankhart
- Angela Johnson
- Jennifer Smith
- Marcia White
- Katie Garvey
- Jan Scarbrough
- Everett Mayes



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.

The Trinh Pifer Intergenerational Garden provides space & activities for multiple generations to engage and collaborate. Keep a lookout for garden activities and events!



Intergenerational Garden

Chelsea Senior Center Board of Directors

Chair	Diane Jara
Paul Schissler	Jaclyn Klein
Vice Chair	John Knox
Jon Bentley	Gary Maynard
Treasurer	Carl Schwarze
Dave Schaible	Jerry Wilczynski
Secretary	Diane Weid
Allen Cole	Heidi Reyst,
Executive Director	<i>CSD representative</i>
Jennifer Smith	

IN THE spotlight

Welcome to our monthly column highlighting YOU!



Patrick Taylor, Boilerman, USS Forrestal, US Navy and Jerry Chatfield, Quartermaster, US Army Corps of Engineers

On Fridays, you can find Patrick & Jerry in the Woodcarving studio enjoying the camaraderie of the regulars and newcomers to the group. Patrick is newer to woodcarving, though the artistry comes naturally due to his longtime hobby of stained-glass art. Jerry is a longtime woodcarver, getting his start in the 1980s at a class at MSU making decoy ducks. Afterward, Jerry dove into the craftsmanship and has since led numerous classes and participated in many woodcarving shows over the years. He has taught woodcarving to hundreds of people from all over the region.



Both Patrick and Jerry share a great appreciation for Chelsea Senior Center's activities. While Jerry's time at CSC is focused on woodcarving, Patrick enjoys the Wednesday morning stained glass studio, every other Wednesday jam session where he plays harmonica and, as a newer outlet, the Monday afternoon dulcimer sessions. CSC has been a real lifeline for Patrick after his wife Shirley passed away. Rather than feeling out-of-sorts and isolated, Patrick joined CSC, which Shirley had talked about as a cook and bus driver with Chelsea Schools.

Jerry joined CSC years ago, following his friend Mary Ann Cumberly who had started the woodcarving studio. Along with other woodcarving enthusiasts from several area communities including Saline and Tecumseh, Jerry finds CSC to be a draw for people because of the many daily activities.




Patrick and Jerry encourage others to get involved with the artistic offerings at CSC. "We help one another and learn from one another," says Jerry. "Basswood, found throughout Michigan and North America, offers a fine grain wood that is easiest to carve and acquire," says Jerry. Other favorite woods are Butternut and Linden. Jerry's advice is to "go slow, invest in good tools and go to shows."

Everyone is welcome to walk through the studio to peek at work in progress, which widely varies from birds, Santas, dragons and sunflowers to many more designs. "Woodcarving is an expression. You do not need to be an artist," says Jerry. His best advice? "Come to class!"

Movement & Support Services

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

Chelsea Community Senior Services **C2S2 Leaf Raking** **R**
Saturday, November 9




Chelsea High School Key Club and Chelsea Kiwanis volunteers will rake yards of seniors living within the Chelsea City limits. **To sign up to get your yard on their raking list give CSC a call.**

MMAP **MICHIGAN MEDICARE ASSISTANCE PROGRAM** **MMAP Open Enrollment Counseling Sessions** **R**
Friday, November 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.**

Blood Pressure Checks **D**
 See calendar for dates & times. Thank you to our volunteer nurses for their time & service!




Yoga Nidra Power Rest **D**
every other Wednesday
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.**

- **CSC will be CLOSED on Tue Nov 5.**
- **No Enhance Fitness & No Square Dancing on Fri Nov 22 due to the Thanksgiving Lunch.**
- **Happy Hour is on hiatus and will return January 2025.**
- **Mark your calendars: Knit & Crochet Group is hosting a Pre-Holiday Sale Dec 5 & 12.**




Legalities: Q&A on Estate Planning **D**
Wednesday, Nov 20, 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 **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:** **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 INC. **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: ® **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 or get more information, contact
Chelsea Senior Center @ (734) 475-9242
Or @ caregiversupport@chelseaseniors.org**

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, November 6
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.



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.**



Massage (chair) w/ Jenny Miller ® \$

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**
This service is available by appointment-only. Fees determined by Ava. **To schedule an appointment call Ava directly: (313) 303-7836.**



Cranium Crunchers

Held every Monday

12:45-2:00 p.m. D

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.



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.



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Newsletter Assembly

Join us as we fold and label each newsletter for monthly mailing to CSC membership. See calendar for date and time.



Lending Library

In cooperation with Friends of the CDL
 Located in Room 112, there are no fees, no checkout, and no time limit when a **book or puzzle** is borrowed. Simply return when finished!



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Genealogy Help Group

Monday, December 2, 1:00 pm

Facilitated by Bill O'Reilly. Gather to share ideas & techniques on tracing your family history, for all levels of understanding & research. *Note: next meeting February 2025.*



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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.



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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! ****Group is hosting a PRE-HOLIDAY SALE Dec 5 & 12 during their regular meeting time. All proceeds benefit CSC!****



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Sewing Group

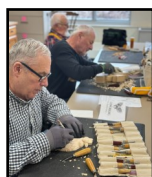
Wednesdays, 1:00 p.m.

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!

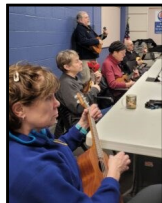


Paper Crafts: Card Making

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.

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

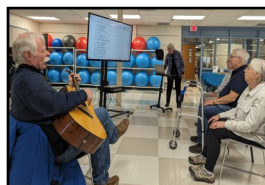
mix and enjoy the fellowship that sharing a love of music brings. Choir meets at Silver Maples Retirement Neighborhood. For more information or to register contact choir director Jeff Crowder: jdcwrdr@gmail.com

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, November 19, 11:30 a.m., Smokehouse BBQ 52, 125 S Main St, Chelsea.

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.



<h1>November 2024</h1>  <p>Chelsea Senior Center 734.475.9242 connected@chelseaseniors.org</p> 	<p>"What room is my activity in?" You can easily find the answer in two different locations at CSC:</p> <ol style="list-style-type: none"> 1.) Check-In Kiosk; room is listed in red text at the bottom of each of the activity boxes. 2.) Hallway Bulletin Boards; room locations are printed on the large weekly schedule posted on bulletin boards. 	<p>Senior Café Lunch:</p> <ul style="list-style-type: none"> • Reserve your Senior Café Lunch by Noon the day before you plan to join us. • Stop in CSC office or call during our business hours of 8:30 a.m.-4:00 p.m. each weekday. • Fill out the <i>Senior Café Registration Form</i> found in the kitchen. • If age 60+, a \$3-\$5 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. 	<p><i>*Note offsite location</i></p>   <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. - Activity Schedule is subject to change -</p>	<p>Fri 1 Nov</p> <p>1200 Lunch 12:45 Euchre 100 Square Dancing</p> <p>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 Intem.</p>
<p>Mon 4 Nov</p> <p>11:00 Blood Pressure Checks 12:00 Lunch 12:30 Hand & Foot 12:45 Cranium Crunches 1:00 Mt Dulcimer Wkshp 2:00 Dulcimer Jam Session</p> <p>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 5 Nov - CLOSED -</p> 	<p>Wed 6 Nov</p> <p>11:00 A Moment for Me 12:00 Lunch 12:00 Connections Memory Café 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group 1:00 Senior Fun Bowling*</p> <p>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 7 Nov</p> <p>12:30 Bridge 12:30 Knit/ Crochet 12:30 Open Painting Studio 12:45 Cardio Drumming *30 Gifts of Autumn*</p> <p>Computer Use Chair Massage appts 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 9:45 Morin-Groovin 10:00 TOPS Club 11:00 Chair Yoga 12:00 Lunch</p>	<p>Fri 8 Nov</p> <p>11:45 Tai Chi Intem. 12:00 Lunch 12:45 Euchre 100 Square Dancing</p> <p>Computer Use MMAP appts 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 11 Nov</p> <p>12:00 Veteran's Day Lunch 12:30 Hand & Foot 12:45 Cranium Crunches 1:00 Mt Dulcimer Wkshp</p> <p>Computer Use NO Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards 9:30 Gentle Yoga NO Enhance Fitness 11:00 Veteran's Day Event</p>	<p>Tue 12 Nov</p> <p>12:30 Mexican Train 1:00 Quilting 10:00 A.L.I. 1:30 Ukulele 2:30 Cardio Drumming</p> <p>Computer Use 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:00 Paper Crafts <i>10:30 Silver Maples c*</i> <i>Friends Chair*</i> 11:00 Morin-Groovin 12:00 Lunch</p>	<p>Wed 13 Nov</p> <p>11:45 Ask an Expert 12:00 Lunch 12:30 Game Time 1:00 Sewing Group 1:00 Senior Fun Bowling* 1:00 A.L.I. *30 Happy Trails Hike* 4:00 Chat to Heal</p> <p>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 Nidra</p>	<p>Thu 14 Nov</p> <p>12:30 Bridge 12:30 Knit/ Crochet 12:30 Open Painting Studio 12:45 Cardio Drumming 3:00 Art for Life</p> <p>Computer Use 8:30 Indoor Pickleball 8:30 Board Meeting 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 15 Nov</p> <p>10:00 Woodcarving 10:30 Tai Chi Begin. 10:45 Blood Pressure Checks 11:45 Tai Chi Intem. 12:00 Lunch 12:45 Euchre 100 Square Dancing</p> <p>Computer Use Footcare appts "Lives Well Lived" Interviews 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage</p>
<p>Mon 18 Nov</p> <p>12:00 Lunch 12:30 Hand & Foot 12:45 Cranium Crunches 1:00 Mt Dulcimer Wkshp 2:00 Dulcimer Jam Session</p> <p>Computer Use Footcare appts 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 19 Nov</p> <p>12:30 Mexican Train 12:30 Loss & Healing 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming 7:00 <i>Kalidoscope Concert*</i></p> <p>Computer Use 8:30 Indoor Pickleball 9:30 Onsite Ease the Day <i>10:30 Silver Maples c*</i> <i>Friends Chair*</i> 11:00 Morin-Groovin <i>11:30 Raf Har Ladies*</i> 12:00 Lunch</p>	<p>Wed 20 Nov</p> <p>11:00 Legslite: Q&A 11:00 A Moment for Me 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*</p> <p><i>Travel Tip Day*</i></p> <p>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</p>	<p>Thu 21 Nov</p> <p>12:00 Lunch 12:30 Bridge 12:30 Knit/ Crochet 12:30 Open Painting Studio 12:45 Cardio Drumming 200 Fermented Foods</p> <p>Computer Use Chair Massage appts 8:30 Indoor Pickleball 9:00 Newsletter Assembly 9:30 Onsite Ease the Day 9:45 Morin-Groovin 10:00 TOPS Club 11:00 Chair Yoga</p>	<p>Fri 22 Nov</p> <p>12:00 Thanksgiving Lunch 12:45 Euchre NO Square Dancing</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Bingo NO Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Tai Chi Begin. LAST 11:45 Tai Chi Intem. LAST</p>
<p>Mon 25 Nov</p> <p>12:30 Hand & Foot 12:45 Cranium Crunches 1:00 Mt Dulcimer Wkshp LAST</p> <p>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 26 Nov</p> <p>12:30 Mexican Train 1:30 Ukulele 2:30 Cardio Drumming</p> <p>Computer Use 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:00 All-Day Quilting <i>10:30 Silver Maples c*</i> <i>Friends Chair*</i> 11:00 Morin-Groovin 12:00 Lunch</p>	<p>Wed 27 Nov</p> <p>12:00 Lunch 12:30 Game Time 1:00 Sewing Group 1:00 Senior Fun Bowling* 4:00 Chat to Heal</p> <p>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 Nidra</p>	<p>Thu 28 Nov - CLOSED -</p> 	<p>Fri 29 Nov - CLOSED -</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 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 **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.



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 or \$405/double

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



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.**

Kaleidoscope CONCERTS
Tue Nov 19 at 7:00 pm
 Silver Maples The Maples Room

All concerts start at 7:00pm
 Concerts held at: Silver Maples Retirement Neighborhood
 100 Silver Maples Drive, Chelsea, MI 48118

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

Space is limited.
 Call 734.475.4111 for more information.
 Stay tuned for upcoming concert information!



Say Yes to Seniors Washtenaw

Safe, secure, supportive seniors are good for our community.
Your voice matters.
Vote Nov 5!



Trinity Health

Community Thanksgiving Dinner on Thanksgiving Day

Thursday, November 28 ®
11:30 a.m.-1:30 p.m., FREE
 Chelsea Hospital Dining Room
Register by Nov 22

CHELSEA HOSPITAL

Hosted by Chelsea Hospital. Members of the community who will be alone on Thanksgiving or who will struggle to pay for a Thanksgiving meal are invited to gather for a free meal at Chelsea Hospital. **Registration is required to reserve a meal. Space is limited. Register by Nov 22 by calling CSC.**



Adult Learners Institute's November Classes

Nov 13: American Army in Normandy: From Detroit to the Falaise Gap

Class listed above starts at 1:00 p.m. and is 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 current 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 734-292-5540.**



Community Christmas Dinner on Christmas Day

Wednesday, December 25 ®
11:30 a.m.-1:30, FREE
 Chelsea Hospital Dining Room,
Register by Dec 18

Hosted by Chelsea Hospital. Members of the community who will be alone on Christmas or who will struggle to pay for a Christmas meal are invited to gather for a free meal at Chelsea Hospital. **Registration is required to reserve a meal. Space is limited. Register by Dec 18 by calling CSC.**



Trinity Health
CHELSEA HOSPITAL



THANK YOU Jerry Wilczynski for your service as the *Chairman of the Board* for the last two years. We appreciate your leadership. Jerry completes his term on the CSC Board in February.



WELCOME Paul Schissler as the *Chairman of the Board* beginning November 1. Paul started his second term on the Board in April.



WELCOME Jon Bentley as the *Vice Chairman of the Board* beginning November 1.

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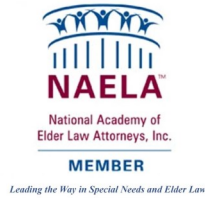
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Susan E. Zale
Zale Law PLLC
Estate Planning & Elder Law Attorney
134 W Middle St, Suite D
Chelsea, MI 48118
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Thank You 2024 Sponsors!

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



F:@chelseaseniorcenter I:chelseaseniorcenter



Scholarships
Available!



Thanks to a generous, anonymous donor, we have scholarship funding to cover **membership and/or wellness program fees** at Chelsea Senior Center.

Please see Jennifer or Jon for more information.



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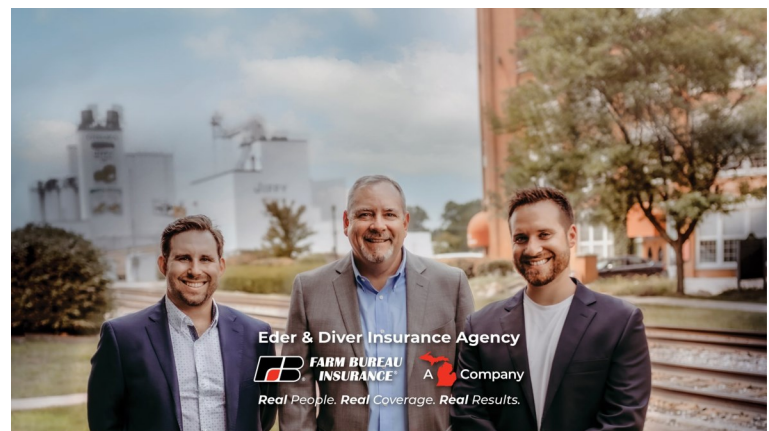
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NOVEMBER | 2024

SENIOR CENTER MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

28	29	30	31	1
4 Cheesy Chicken & Rice Broccoli Beets Fruit Punch WG Bread	5 CSC CLOSED VOTE!	6 Turkey Reuben on WG Bread Sourkraut Mixed Vegetables Grape Juice	7 Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	8 Sweet & Sour Chicken WG Brown Rice Peas Corn Orange
11 VETERAN'S DAY HONOR LUNCHEON Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	12 Chicken Tenders Broccoli Salad Beets Watermelon WG Dinner Roll	13 Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple	14 BIRTHDAY CELEBRATION Chicken Drumstick Mashed Potatoes Gravy Green Beans Apple sauce WG Dinner Roll	15 Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun
18 Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2	19 Chicken Patty Redskin Potatoes Corn Orange WG Bun	20 Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll	21 Hamburger Tater Tots Peas Watermelon WG Bun	22 THANKSGIVING CELEBRATION Turkey & Gravy Mashed Potatoes Green Beans Stuffing Cranberry Sauce WG Dinner Roll Pumpkin Pie
25 Pork Riblet Potato Wedges Coleslaw Grape Juice WG Bun	26 Goulash Carrots Banana WG Breadstick	27 Popcorn Chicken Mashed Potatoes Gravy Corn Orange	28 CSC CLOSED HAPPY THANKSGIVING!	29 CSC CLOSED HAPPY THANKSGIVING!

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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Permit No. 21

NOVEMBER 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:**
Kaye Batdorff
Anna Louise Knickerbocker
Jim Robbins*

Mark your Calendars:
Nov 5: Closed for Election Day **Nov 11:** Veterans Day **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.*