



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



Generations Interviews **R**
Friday, December 6, and
Monday, December 9
9:45 a.m.-11:45 a.m.

Seniors, we need your wisdom, unique stories, and voices! **Beach Middle School 6th grade students** will visit CSC to work on a Generations assignment. We encourage you to volunteer and take time to share your history and interesting lives. Today's kids have very different childhood experiences than you did. **To register as a volunteer please call or email CSC with your name and phone number.**



Mitchell Community Christmas Lunch **R**

Friday, December 13, Doors open at Noon
Register before Dec 6

Presenting Sponsor: *Staffan Mitchell Funeral Home*. Join friends for this annual traditional meal at CSC.

Registration is required to reserve a meal. Space is limited. Register by Dec 6 by calling CSC.



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. *If you've already made your gift this year, thank you!*



Community Christmas Dinner on Christmas Day **R**

Wednesday, December 25
11:30 a.m.-1:30 p.m., 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.**



The City of Chelsea is excited to announce that **Emilee Fetters** will serve as the new **Community Social Worker** for the City of Chelsea.

This position was created to help bridge the social service gap in, and on behalf of, the Western Washtenaw County community. The position is a 2-year pilot program (with the intention of extension) that partners with Chelsea School District, Washtenaw County Community Mental Health, Chelsea Police Department, Chelsea Trinity Hospital, Chelsea District Library, Chelsea Senior Center, 5 Healthy Towns Foundation and others county wide to provide access to follow-up support and resources for individuals and families. The Community Social Worker will have open office hours throughout the community that are open to the public and serve as a resource to community members who may be in need of support services, community resources or someone to talk to about things related to their mental health and well-being.

The Community Social Worker will be at CSC on Mondays from 1-5 p.m. and Fridays from 11 a.m.-1 p.m. Office hours are subject to change and reflect city-observed holidays. **Feel welcome to stop by and say hello to Emilee!**



December Spirit Week!

Chase away the December blues and enjoy Spirit Week at CSC! Each day, if you choose, dress according to schedule below. **Share some December Spirit and have fun!**



Monday, Dec 9: Snow Man Day; wear your favorite snowman or dress up as a snowman.



Tuesday, Dec 10: Holiday Socks Day; roll-up or tuck-in those pantlegs and let us see those socks.



Wednesday, Dec 11: Candy Cane Day; wear reds, greens, and whites.



Thursday, Dec 12: Jingle Bell Rock Day; wear your best holiday bling, sparkle, and jingle.



Friday, Dec 13: Deck the Halls Day; get decked out in your holiday shirt/sweater or favorite outfit.



Inclement Weather Policy: The Chelsea Senior Center closes when the Chelsea School District closes for SNOW or ICE or EXTREME COLD. All programs and meals are cancelled when CSC is closed for bad weather. Check local radio or television stations for school closing information. If CSC is closed, the telephone voice message will be updated stating the closure.

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Pre-Holiday Sale:
Knit & Crochet Group **D** **\$**
Thursdays, December 5 & 12
11:00-3:00 p.m.

Need help finding a holiday gift? Stop by the lobby and see the group's handcrafted products for sale! See hats, scarves, mittens, lap robes, towels, dishcloths, scrubbies, and so much more. **All proceeds to benefit the Chelsea Senior Center.**



December Birthdays Celebration **R**
Thursday, December 5 at Noon

Hosted by *Comfort Keepers of Ann Arbor*. Join us to celebrate & enjoy a tasty lunch and holiday cookies with friends. **Registration is required to reserve a meal, just give CSC a call.**



Body Core Strengthening **D** **\$**
Wednesdays, starting January 8
11:00-11:30 a.m., \$2/class fee

Facilitated by *Barb Kindt*. Drop-in and join us for this NEW exercise class on core strengthening. Bring your yoga mat and water bottle. Must be able to get down on floor on your mat and back up to standing position. **\$2 per class fee payable to Barb.**



Holistic Approach to a Healthy Life **R**
Tuesday, December 10
9:00 a.m.-12:00 p.m.

Presented by *Eastern Michigan University's Occupational Therapy Program*. Join us for this seminar with breakout sessions on: Fitness, Sleep, Mindfulness, Stress Management, Healthy Habits, and Laughter. **This seminar is free to attend. To register call or email CSC with your name & phone number.**



- CSC will be **CLOSED** on the holidays but open on **Thu 12/26 & Fri 12/27** with program changes. Please see calendar on pages 8-9 for details.
- **No Enhance Fitness** on Dec 4, Dec 6, Dec 9, Dec 13 due to special programming on-site.
- **No Line Dancing** Mon Dec 9.
- **Connections Memory Café** will meet this month on **Wed Dec 11**.
- **Happy Hour** returns **January 2025**.
- **No Square Dancing** Fri Dec 13 due to the **Community Christmas Lunch**.



Art for Life: Top 10 most recognized paintings in Western art **R** **\$**
Thursday, December 12, 3:00 p.m.
Suggested \$5 donation

Presented by *Kathy Gunderson*. In recognition of Kathy's 10 years of presentations at CSC, this month will feature the Top 10 most recognized paintings in Western art. This list is based on not only expert opinion but also the ubiquity of these works to be referenced in other media such as books, movies, "The Simpson's", parodies and advertisements. Come see how many you know and learn a bit about the artist and history behind these iconic works. **To register call or email CSC with your name & phone number.**



Ask an Expert: Eat Your Fiber **R**
Wednesday, December 11
11:15 a.m.-12:15 p.m.



Facilitated by *Sophia Speroff, MPH, RD & Betty Chaffee, Pharm D*. **Keep It Regular during the Holidays: Eat Your Fiber!** The holiday season is a joyous time of year, but it's also a challenging one, especially when you're trying to maintain healthful habits and behaviors. Typical celebrations tend to include much food, sweets, and drinks, and fewer opportunities for physical activity and self-care. Join us for a fun virtual demo making a high fiber fall salad "Autumn Harvest Salad" from Sophia's own kitchen, along with tips to add more fiber to your holidays. **To register, call or email CSC with your name & phone number.**



AARP Free Tax Preparation Assistance **R**
Appointments run Feb-Apr 2025
Scheduling begins in **January 2025**

This FREE tax preparation assistance service is provided by trained IRS/AARP Volunteers and intended for Older Adults who have lower income levels and simple returns. AARP membership is not required. The volunteers can assist with Federal and Michigan (no other states) 1040 forms and credits and amended returns. Returns are submitted electronically and you will receive a paper copy to take home. They can also offer advice if you are doing your own return and have questions. **For more information or to schedule an appointment call 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*
- Angela Johnson *Senior Services Coordinator*



CSC has been offering services beyond our walls since 2013. We provide referrals & resource lists for many requests including in-home care, house cleaning, handyman services, and transportation needs. **For more information call, email, or stop by CSC.**

CSC continues to connect area seniors to transportation options. The WAVE is our



Rural Older Adults in Motion ROAM

go-to option and operates within the Chelsea & Dexter School District boundaries. **To schedule a ride with WAVE call (734) 475-9494.** CSC has free WAVE passes available for seniors 60+ years of age. When there is a need that WAVE cannot meet, CSC can connect seniors with other options. **For more information on transportation options for seniors please call CSC or email ROAM@chelseaseniors.org.**



Senior Nutrition Program

The *Senior Nutrition Program* provides meals to seniors who are

60 and better.

Senior Café: Lunch is served each weekday in the cafeteria at Noon. Doors open at 11:45 am. See page 15 for this month's menu. **Please call to reserve a meal.**

Meals on Wheels: Home delivered meals is an option available for seniors who are homebound. The program delivers meals in Chelsea five days/week and in Manchester two days/week. If you know of someone who could benefit from a friendly check in and a hot meal delivered, **call CSC for more information.**

Cost per meal is \$5 if you are under 60 and a \$3-\$5 suggested donation if you are 60 or better.

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



Intergenerational Garden

Chelsea Senior Center Board of Directors

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

Welcome to our monthly column highlighting YOU!

- Volunteer Spotlight: Tom Mignano -

Tom Mignano takes volunteering very seriously because he has so much fun doing it. For more than a year, Tom has volunteered in the Chelsea Senior Center Senior Café doing whatever is needed, and more, to aid Head Chef Coreen and the kitchen crew.

As a team, they prep, cook and pack fresh meals for Meals on Wheels deliveries in Chelsea and Manchester, and cook hot meals and prep a fresh salad bar five days a week for Chelsea Senior Center members and the community. Clean up follows, of course, which Tom is also happy to facilitate.

His can-do attitude was inspired by his hardworking parents. His Sicilian dad, a first-generation American, and his mom, of Polish descent, were frugal yet lived life fully, always making time to volunteer in the community, especially at the local church food pantry.

“My parents set the tone. Volunteering is just who I am,” says Tom. “Mom used to say, ‘When you’re dead, you’re dead for a long time.’” He took this to heart, making each day count. “I always do what I want to do and don’t do what I don’t want to do, and I want to volunteer. It’s fulfilling and rewarding.”

Besides volunteering at CSC five days a week, Tom volunteers at St. Mary and Faith in Action. For St. Mary, he has volunteered on the Finance Council, assisted during Vacation Bible School, and generally does what is asked of him including frequently mowing the grass. For Faith in Action, Tom shops for the nonprofit to keep the pantry filled for area families in need, and works Tuesday morning shifts assisting clients with food, clothing and medical equipment needs.

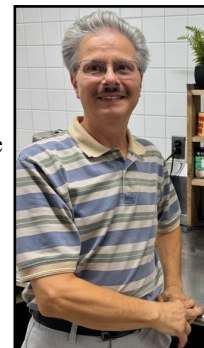
He did not always have this much free time to volunteer. At age 11, Tom secured his first job delivering newspapers. This was followed by years at the local golf course. After college, Tom immersed himself in banking and finance for 40 years. Simultaneously, Tom discovered a love of food and catered out of his home for 30 years.

Since volunteering at Chelsea Senior Center, he has been newly inspired. “It’s fun to volunteer here,” says Tom. “I enjoy it more than any paid job.”

While he never would have considered participating in activities at the center before, he has learned from many senior diners that the “best part of your life comes at the end” and is now considering getting involved in the activities at Chelsea Senior Center for fun, beyond his volunteering role. The active seniors motivate Tom to continue living life to the fullest. “I have a long way to go.”

For the few hours every day that Tom is not actively volunteering, he walks his pup Chester five or six times a day. He also enjoys woodworking. While not an intricate carver, he enjoys larger projects, such as furniture. He has made several pieces that he uses in his home. He likes crafting solutions to make life a little easier for others such as the stand he built for Coreen’s coffee mugs in the Senior Café kitchen.

“I was born to be a giver,” says Tom.



Movement & Support Services

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



CSC membership is required to participate in activities and programs. Remember to allow time to process your membership in CSC Office.

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.*



Chair Yoga

Thursdays
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 Jan 9-Apr 3 are free thanks to Washtenaw Community College Senior Emeritus Program!*



Gentle Yoga

Mondays
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 Jan 6-Mar 31 are free thanks to Washtenaw Community College Senior Emeritus Program!*



Yoga Nidra Power Rest

every other Wednesday
11:00 a.m.

Instructor Dianna Kause. 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! 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. *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.*



Legalities: Q&A on Estate Planning

Wednesday, Dec 18, 11 a.m.-Noon



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



Technology Support

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

This service is for CSC Members



Simple repairs, hemming, simple zipper replacement. *Clothes must be freshly cleaned, placed in a bag with your name, phone number, description of repair needed clearly labeled on bag. Drop off the bag to CSC Front Desk. Donations to C2S2 program appreciated.*



Notary Public Service

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



Donations to our C2S2 Program appreciated.



Hearing Checks: Rankin

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



TOPS Club

Take Off Pounds Sensibly



Thursdays

9:00-9:45 a.m. Weigh-In

Real People.

Real Weight Loss.® **9:45-10:45 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! **\$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 Adult Day Program at CSC



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



CSC Memory Support Programs
are funded by
5 Healthy Towns Foundation



Connections Memory Café

Held monthly

Wednesday, December 11
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.



Cranium Crunchers

Held every Monday

12:45-2:00 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!



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.



Blood Pressure Checks



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



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.**



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



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Drop-in and try new games & meet new people!
\$ optional pay-to-play for prizes

BINGO

Mondays & Fridays, 9:00 a.m. \$

Bingo cards and place markers available, members available to teach you how to play.

Pool/Billiards

Mondays & Wednesdays, 9:00 a.m.

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

Hand & Foot

Mondays, 12:30 p.m.

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

Mexican Train

Tuesdays, 12:30 p.m.

Try this modern version of traditional dominos game, members available to teach you how to play.

Game Time

Wednesdays, 12:30 p.m.

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

Bridge

Thursdays, 12:30 p.m.

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

Cribbage

Fridays, 10:00 a.m.

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

Euchre

Fridays, 12:45 p.m. \$

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

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Open Painting Studio w/Chelsea Artists Guild

Thursdays, 12:30-3:30 p.m.

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



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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

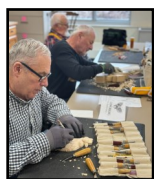
Wednesdays, 1:00 p.m.

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!

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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!

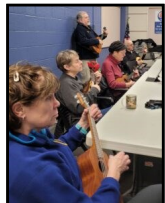


Paper Crafts: Card Making

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

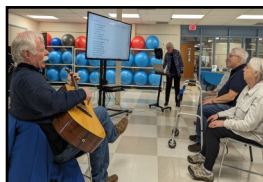
All seniors, CSC members & Silver Maples residents, are welcome to add voices to the mix and enjoy the fellowship that sharing a love of music brings. Choir meets at Silver Maples Retirement Neighborhood. **For more information or to register contact choir director Jeff Crowder: jdcwrdr@gmail.com**

Stained Glass



Wednesdays, 9:00-11:30 a.m.

Join us to create a piece at your own pace under the supervision of a patient instructor. Glass, all materials, & tools provided. All levels of skill are welcome. Great gift idea! **\$3 per class fee. *Bonus Session on Tue 12/10, 8:30-11:30 a.m.***



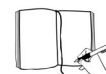
A Joyful Noise



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, December 3, 11:30 a.m., Gandy Dancer Restaurant, 401 Depot St, Ann Arbor, 48104. 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>Mon 2 Dec <i>Travel/Trip Day</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 3 Dec Computer Use 8:30 Indoor Pickleball 9:30 Onsite Ease the Day <i>10:30 Silver Mopeds & Friends Choir*</i> 11:00 Morin-Groovin 11:00 Blood Pressure Checks</p>	<p>Wed 4 Dec Computer Use Footwear appts NO Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day NO Enhance Fitness 10:00 Tech Support</p>	<p>Thu 5 Dec Computer Use Chair Massage appts 8:30 Indoor Pickleball 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 Morin-Groovin 11:00 Chair Yoga 11:00 Knit/Crochet Sale</p>	<p>Fri 6 Dec Computer Use 8:30 Indoor Pickleball 9:00 Bingo NO Enhance Fitness 9:45 Generations Interviews 10:00 Chair Yoga 10:00 Woodcarving</p>	
<p>Mon 9 Dec <i>Spirit Day: Snowman</i> Computer Use NO Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards 9:30 Gentle Yoga</p>	<p>Tue 10 Dec <i>Spirit Day: Holiday Socks</i> Computer Use 8:30 Indoor Pickleball 8:30 Stained Glass Bonus Session 9:00 A Healthy Life 9:30 Onsite Ease the Day</p>	<p>Wed 11 Dec <i>Spirit Day: Candy Cane</i> Computer Use 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness</p>	<p>Thu 12 Dec <i>Spirit Day: Jingle Bell Rock</i> Computer Use 8:30 Indoor Pickleball 8:30 Board Meeting 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 Morin-Groovin</p>	<p>Fri 13 Dec <i>Spirit Day: Deck the Halls</i> Computer Use 8:30 Indoor Pickleball 9:00 Bingo NO Enhance Fitness 10:00 Cabbage 10:00 Woodcarving</p>	
<p>Mon 16 Dec 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 17 Dec Computer Use 8:30 Indoor Pickleball 9:30 Onsite Ease the Day <i>10:30 Silver Mopeds & Friends Choir*</i> 11:00 Morin-Groovin 12:00 Lunch 12:30 Mexican Train</p>	<p>Wed 18 Dec 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 Legalties Q&A</p>	<p>Thu 19 Dec Computer Use Chair Massage appts 8:30 Indoor Pickleball 9:00 Newsletter Assembly 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 Morin-Groovin 11:00 Chair Yoga</p>	<p>Fri 20 Dec Computer Use 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:45 Blood Pressure Checks</p>	
<p>Mon 23 Dec</p> <p>CLOSED FOR THE HOLIDAYS</p>		<p>Wed 25 Dec</p> 		<p>Fri 27 Dec Computer Use 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage NO Woodcarving 12:00 Lunch 12:45 Evrhue</p>	
<p>Mon 30 Dec</p> <p>CLOSED FOR THE HOLIDAYS</p>		<p>Wed 1 Jan</p> 		<p>Thu 2 Jan & Fri Jan 3 CSC open but NO Ease the Day</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. NOTE: Activity Schedule is subject to change</p>	
<p><i>*Note offsite location</i></p> <p>December 2024</p>  <p>Chelsea Senior Center 734.475.9242 connected@chelseaseniors.org</p> 					

Sat 21 Dec
Travel/Trip Day

Exercise & Movement

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



Happy Trails Hike **R**
Wed Dec 4; Baker Woods Preserve
 11914 Trinkle Rd, Dexter, 2:30 p.m.
Led by Sharon Kegerreis. Let's take a hike! Meet Sharon at the park. Each hike is between 1.5 and 2 miles. We hike in any fall or winter weather except icy conditions. **To register call or email CSC with your name & phone number.**



Line Dancing **D** **\$**
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 Exercise **\$**
Mon-Wed-Fri; 9:45-10:45 a.m.
\$2/class suggested donation

Enhance Fitness is an evidence based fitness program geared toward improving the overall functional fitness and well-being of older adults. Classes focus on cardio vascular conditioning, strength training, flexibility, and balance training. Instructors are certified. **Bring your own water bottle.** *The Friday classes through Dec 27 are free thanks to Washtenaw Community College Senior Emeritus Program!*



Tai Chi

Fridays, beginning January 17
Begining 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 & mind-body exercise can bring calm, improve your flexibility, balance, motor skills, & mental focus. ***No Class Feb 21*** *Classes are free thanks to the Washtenaw Community College Senior Emeritus Program!*



Cardio Drumming at CSC!



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!



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.

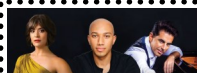
Please do not wear fragrances (perfumes, colognes, lotions, sprays, etc.) on the trip due to sensitivity issues of travelers.



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.



Let's Misbehave: Songs of Cole Porter

Detroit Symphony Orchestra



Friday, June 20, \$118/person

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

Price includes escorted roundtrip transportation, lunch, tips, ticket to performance. \$25 deposit due at Registration. Full payment due May 20.



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.



Frankenmuth, MI



Tuesday, July 15

Price will include escorted roundtrip transportation, driver tip, plated chicken dinner, and events. **Watch for Details!**



Footloose the Musical Meadow Brook Theatre



Wednesday, January 15, \$135/person

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

Price includes escorted roundtrip transportation, driver tip, lunch in Auburn Hills, entrance into performance.

NOTE: Please review cancellation policy on trip flyer. \$25 deposit due at Registration. Full payment due Dec 15.



Untouchable Chicago



Sept 19-21

\$1282/Single - \$1029/DbI

Price includes escorted roundtrip motorcoach transportation, two nights accommodations in Downtown Chicago, 4 meals, river cruise, time for shopping, and so much more! \$50 deposit due at Registration. Full payment due Aug 1.



DETROIT SYMPHONY ORCHESTRA

Broadway Love Songs

Detroit Symphony Orchestra



Friday, February 14, \$118/person

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

Price includes escorted roundtrip transportation, lunch, tips, ticket to performance. \$25 deposit due at Registration. Full payment due Jan 14.



The Righteous Brothers



Shipshewana, Indiana

April 4-5

\$634/single - \$545/double. Price includes escorted roundtrip motorcoach transportation, one night accommodation in Middlebury, 3 meals, ticket to show, time for shopping, and so much more! \$20 deposit due at Registration. Full payment due Feb 27.



Canadian Maritimes & Coastal Wonders

featuring the Cabot Trail



Sept 21-Oct 1

\$5899/Single - \$4899/DbI 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>



Stop in the CSC office to sign up and join us!

Connections and Community



Do you have Medicare Questions? The *Michigan Medicare/Medicaid Assistance Program (MMAP)* is available to help you understand your 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 Dec 10 at 7:00 pm
Silver Maples, The Maples Room
Detroit Handbell Ensemble

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!



Stay informed & connected!
Do you get CSC's weekly Email Updates?

If not, send us an email from the address you wish to add to your CSC membership profile. Make sure you add our email address to your 'Contacts' or 'Safe Senders' List so that our emails do not end up in your Spam or Junk folder.



Chelsea Chamber Players
Annual Hometown Holiday Concert
Sunday, December 8, 7:00 p.m.
Chelsea First United Methodist Church

Celebrate the season with music that warms the heart! This collaborative community event features enchanting performances by the Chelsea Chamber Players, talented students from Chelsea High School orchestra and choir, along with the angelic voices of choirs from CFUMC and St. Joseph Church in Dexter.

Donating Items to CSC

Please call the CSC Office FIRST before leaving anything anywhere in the building.

We do not have the storage space to keep these types of things. If you are unsure as to where to donate your items, CSC can offer suggestions depending on the type of item so please, call first before leaving anything in the building.

HOMETOWN HOLIDAY
CHELSEA, MICHIGAN

LIGHT PARADE
Saturday, December 7, 2024 | 6pm

The Nutcracker
2024

DECEMBER 13-15
POTTER CENTER

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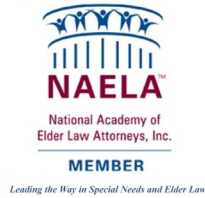
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Susan E. Zale
Zale Law PLLC
Estate Planning & Elder Law Attorney
134 W Middle St, Suite D
Chelsea, MI 48118
734-475-5777

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



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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DECEMBER | 2024

SENIOR CENTER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sweet & Sour Chicken WG Brown Rice Peas Corn Orange	3 Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	4 Chicken Tenders Broccoli Salad Beets Mandarin Oranges WG Dinner Roll	5 BIRTHDAY CELEBRATION Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	6 Cheesy Chicken & Rice Broccoli Beets Fruit Punch WG Bread
9 Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple	10 Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	11 Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2	12 Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	13 Christmas Luncheon Roast Beef Mashed Potatoes & Gravy Green Bean Casserole WG Dinner Roll
16 Sloppy Joe Potato Wedges Coleslaw Orange WG Bun	17 Beef Lasagna WG Breadstick Corn Banana	18 General Tso's Chicken WG Brown Rice Peas Corn Apple	19 Turkey Reuben on WG Bread Sourkraut Mixed Vegetables Grape Juice	20 Ham Sweet Potatoes Peas Apple Juice WG Bread 2
23 Chelsea Senior Center Closed	24 Chelsea Senior Center Closed	25 Chelsea Senior Center Closed Merry Christmas!	26 Popcorn Chicken Mashed Potatoes Gravy Corn Orange	27 Hamburger Tater Tots Peas Diced Peaches WG Bun
30 Chelsea Senior Center Closed	31 Chelsea Senior Center Closed	1 Chelsea Senior Center Closed Happy New Year!	2 Pork Riblet Potato Wedges Coleslaw Applesauce WG Bun	3 Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice

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.

The Menu is subject to change without notice.

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

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Permit No. 21

DECEMBER 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:**
Deborah Oakley
Judy Theut
Aileen Zsenyuk*

Mark your Calendars:
Dec 13: Mitchell Community Christmas Lunch
Dec 23-25: Closed for Christmas Holiday **Dec 30-Jan 1:** Closed for New Year's Holiday
March 8, 2025: Chelsea Expo

*Chelsea Senior Center is a 501c3 organization funded by numerous community supporters: **City of Chelsea, local townships of Dexter, Lima, Lyndon, Sylvan, and Sharon, 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.*