



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



**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.



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

*Instructor Barb Kindt.* 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.**



**The Chelsea Senior Center has been awarded a Bronze Award from Michigan Healthy Worksite!**

The Michigan Department of Health & Human Services (MDHHS) Michigan Healthy Worksite Award recognizes employers who are utilizing the Designing Healthy Environments at Work (DHEW) tools and actively investing in well-being programs designed to improve the health of their workforce. CSC has demonstrated a commitment to enhancing the culture of health within our workplace by focusing on the work environment along with organizational practices and policies. Our efforts can pay off in improved employee wellbeing, more effective management of healthcare costs, and the ability to attract & retain top talent. Awards are presented to worksites meeting defined criteria for Honorable Mention, Bronze, Silver, or Gold status.



**National Bagel Day!** **D**  
Wednesday, January 15  
Stop in the office between CSC classes & grab yours, while supplies last.



**January Birthdays Celebration** **R**  
Tuesday, January 21 at Noon

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



**Happy Hour** **R**  
Friday, January 31, 4 pm  
at *Los Tres Amigos*



Enjoy drinks, food & fun conversation with friends! **Registration required. Call or email CSC so we can reserve enough tables.**



**CSC Gifts of Autumn Update:**

THANK YOU to everyone that has helped CSC work towards our goal for this annual campaign! We will have the official results to report soon so stay tuned...



**Improving Your Balance** **D** **\$**  
Mondays beginning January 6  
11:00-11:30 a.m., \$2/class fee

*Instructor Pam Mansfield.* Join us for this NEW exercise class that takes steps to have better balance & prevent falls. This class will include information on the different aspects of balance, and exercises to improve our ability to keep standing. Exercises will be adapted to the capabilities of participants. **\$2 per class payable to Pam.**



**MLK Day Movie & Discussion: Rustin** **D**  
Monday, January 20, 1:00 p.m.

Join *Chelsea Senior Center & Equality Chelsea* as we screen "Rustin", a powerful film about civil rights activist Bayard Rustin. A close advisor to Martin Luther King, Jr., Rustin was a driving force behind the 1963 March on Washington. A steadfast believer in nonviolent resistance, he dared to imagine a world where everyone was free to be who they are. Though a key leader in the civil rights movement, Rustin, an openly gay, black man chose to put the Movement ahead of himself and history nearly erased him. The film showcases this extraordinary man who never backed down, never apologized for who he was and who dedicated his life to the quest for racial equality, human rights, and worldwide democracy. Starring Emmy-winning actor Colman Domingo. *Discussion following movie facilitated by EMU Professor Kate Mehuron, Dept. of History & Philosophy. This free event is open to all, popcorn & drinks provided.*

**Introducing Senior Café Adaptive Tools**

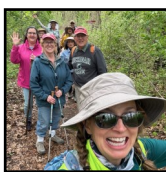
*Is eating sometimes a challenge due to dexterity loss, tremors, or arthritis?* CSC has new adaptive utensils and plates available for use by anyone who is dining with us in the Senior Cafe during the weekday. The tools include weighted and cuffed utensils and nonslip plates. Interested in trying them out while dining with us? See Angela, our Senior Nutrition Coordinator. She is happy to show you the tools and lend them out to you for your meal.



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

### Generations & Lives Well Lived Interviews

**THANK YOU** volunteers for your time, energy and dedication with the Chelsea School District students to make these intergenerational interview events a success!

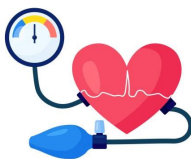


### Happy Trails Hike Winter Interest List

**R**

CSC Hike Leader Sharon Kegerreis is collecting names for anyone who is interested in hiking this winter. Sharon will reach out to you a day or two before a forecasted 'good hiking weather' day. **If you are interested in being added to the Happy Trails Hike Winter Interest List please call or email CSC with your name, phone number and email address.**

**Retired or Active Nurses:** CSC is looking for a nurse that is willing to take blood pressures on site at CSC for one hour per month. If interested, please give CSC a call. Thank you for considering!



### AARP Free Tax Preparation Assistance

Thursdays, February 13 - April 10  
\*Scheduling opens end of January\*

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.**

- CSC will be **CLOSED** on the holiday, see calendar on pages 8-9 for details.
- Dulcimer Jam Session now meets the 2nd & 4th Wed at 2:00 p.m.
- Square Dancing is On Hiatus until March
- No Chair Yoga Jan 2
- No A Joyful Noise in January



### ask an EXPERT: Foods & Medicines **R**

Wednesday, January 8  
11:15 a.m.-12:15 p.m.

Facilitated by *Sophia Speroff, MPH, RD & Betty Chaffee, Pharm D.* Foods and medicines: both good for you, but are they good together? Join us for this talk on important drug-food interactions and explain why some you may have heard about aren't so important. **To register, call or email CSC with your name & phone number.**



### TOP 10 Art for Life: Top 10 most recognized paintings in Western art

Thursday, January 9, 3:00 p.m.  
Suggested \$5 donation **R** **\$**

Presented by *Kathy Gunderson.* Topic from the Dec 12 snow day closure. 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 Simpsons", 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.**



**SOUPER Bowl Contest**  
Friday, February 7  
during lunch at Noon **R**



Do you have a soup recipe that is championship worthy? Then enter it into the **SOUPER Bowl competition!** Categories include **CLEAR BROTH SOUP** or **THICK CREAM/CHOWDER SOUP.** Make your soup and bring it in to CSC in a crockpot or roaster to keep warm in the cafeteria. CSC will label it with a Entry Number & Name. Lunch attendees will then walk up and take samples to taste and then vote on their favorite in each category. Winners will be awarded at the end of the lunch. **To register as a SOUPER Bowl Competitor call or email CSC with your name, phone number, and soup category.**



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**

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

# IN THE spotlight

*Welcome to our monthly column highlighting YOU!*



## **Volunteer Spotlight: Shirley Schneider**

Long before settling into home life on the multigeneration family farm, Shirley Schneider and husband Donald walked the talk of giving back to the community. With sweet determination, Shirley helped grow CSC's membership as a CSC Board member, has sewn hundreds of dresses for the nonprofit Little Dresses for Africa, a group that meets on Wednesdays at CSC and, together with Donald, greeted thousands of Chelsea Expo visitors.

Many successful programs & organizational structures that you see in action today at CSC have roots in Shirley's vision and strength to finish the task as a longtime volunteer. "Chelsea Senior Center is the best place to be for people to connect," says Shirley.

While serving as a CSC board member for six years on the membership committee, Shirley and then President Susan Bairley set a five-year goal to reach 1,000 members. They achieved this target within 18 months. Shirley also helped launch the Grass Lake Senior Center.

The years have been filled with creative community engagement at CSC, including the "One-Room Schoolhouse Reunions" that Shirley helped spearhead, and Generations Interviews with Beach Middle School students.

Not one to idle away her younger years, Shirley worked for 48 years, including for Vogel's & Foster. She served in various municipal roles, including as Deputy Treasurer and on the Election and School Boards. She also helped establish the Immanuel Bible Church as a founding member.

Shirley confesses that her most "addicting" hobby is sewing dresses as part of the Little Dresses for Africa program. Over an 8 year period, she sewed more than 800 dresses. She likes to "gussy them up" with buttons, flowers & other embellishments imagining the delight of the children upon seeing the dresses. While she participated in the sewing studio at CSC in the past, nowadays, she sews dresses in her decked-out sewing space from the comfort of her home.

Shirley & Donald, who celebrated 70 years of marriage this past autumn, greatly enjoy one another's company. A long life of adventures together, including living in Germany for a year during Don's service in the U.S. Army and visiting all 50 states, make staying home that much sweeter. They reminisce about their travels. "Our favorite CSC trip was to New York to see Jeff Daniels in *To Kill a Mockingbird*," says Shirley.

While Shirley and Don are not at CSC like the "old days," they fondly recall the lasting connections. "CSC truly lives up to the mission to enhance the quality of life & well-being for area seniors and their families," says Shirley.

## 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.



### 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 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.



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

**D**

*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.*

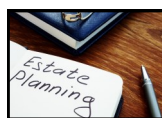
*\*Pre-registration is required for respite care. To register call or email CSC with your name & phone number.*



**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. **Stop by and say hello to Emilee!**



### Legalities: Q&A on Estate Planning Wednesday, January 15 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

**R** **\$**

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

*Donations to our C2S2 Program appreciated.*



### Rankin Hearing Checks: Rankin

**R**

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



### TOPS Club Take Off Pounds Sensibly Thursdays

**\$** **R**

**Real People. Real Weight Loss.®** 9:00-9:45 a.m. Weigh-In 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](mailto:caregiversupport@chelseaseniors.org)



CSC Memory Support Programs are funded by 5 Healthy Towns Foundation



### Connections Memory Café

Held monthly

Wednesday, January 8  
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 information 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



**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



### Knit & Crochet Group



**D**

**Thursdays, 12:30 p.m.**

**All are welcome!** This group gathers each week to knit & crochet and share treats, visit, and enjoy each others' company.

They work on individual projects or pieces to donate using donated yarn. Check out their hand-crafted items for sale in Room 112! All are invited, even if you don't knit or crochet, to have a seat, visit, and enjoy a treat!

### Newsletter Assembly

**D**

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



### Lending Library

**D**

*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!



### Genealogy Help Group

**D**

**Monday, February 17, 1:00 pm**

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

**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.



### Open Painting Studio w/Chelsea Artists Guild



**D**

**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.

### 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: jdcrowdr@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.*



### A Joyful Noise

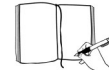


**1st & 3rd Tuesday, 12:45 p.m.**

*Facilitated by Marilyn Kuehl & Gary Munce.*

## Returns in February

### 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.

*The next gathering is Tuesday, January 21, 11:30 a.m., Uptown Coney Island, 1555 S. Main St, Chelsea. For more information call coordinator Babette (734) 904-8718.*



### Dulcimer Jam Sessions




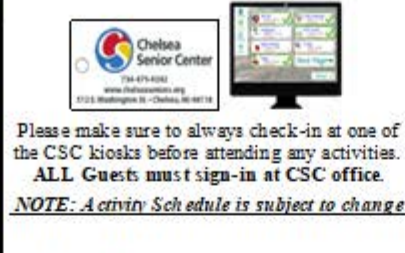

**2nd & 4th Wednesdays**

**2:00-3:00 p.m.**

**\*NEW DATE\*** 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. **For more information just give CSC a call.**



 <p><i>*Note office location</i></p> <p>Chelsea Senior Center 734.475.9242 connected@chelseaseniors.org</p>		 <p>Please make sure to always check-in at one of the CSC kiosks before attending any activities. <b>ALL Guests must sign-in at CSC office.</b> <b>NOTE: A activity Sch edule is subject to change</b></p>		<p><b>Wed 1 Jan</b></p> <p>- CLOSED -</p> 		<p><b>Thu 2 Jan</b></p> <p>1230 Knit/ Crochet 1230 Open Painting Studio NO Cardio Drumming</p> <p>Computer Use 830 Indoor Pickleball 900 TOPS Club NO Ease the Day 9:45 <del>Movin-Groovin</del> NO Chair Yoga 1200 Lunch 1230 Bridge</p>		<p><b>Fri 3 Jan</b></p> <p>1245 Exclue</p> <p>Computer Use Footwear appts 830 Indoor Pickleball 900 Bingo 9:45 Enhance Fitness 1000 Cabbage 10:00 Woodcarving 1200 Lunch</p>	
<p><b>Mon 6 Jan</b></p> <p>11:00 Improving Balance 1200 Lunch 1230 Hand &amp; Foot 1245 Cranium Crunches</p> <p>Computer Use 830 Line Dancing 830 Indoor Pickleball 900 Bingo 900 Pool/Billiards 930 Gentle Yoga 9:45 Enhance Fitness</p>		<p><b>Tue 7 Jan</b></p> <p>1200 Lunch 1230 Mexican Train 100 Quilting 130 Ukulele 230 Cardio Drumming</p> <p>Computer Use 830 Indoor Pickleball 930 Onsite Ease the Day 10:30 <del>Silver Maples &amp; Friends Choir*</del> 11:00 <del>Movin-Groovin</del> 11:00 Blood Pressure Checks</p>		<p><b>Wed 8 Jan</b></p> <p>11:00 Body Core Strengthening 11:15 Ask an Expert 12:00 Lunch 12:00 Connections: Memory Cafe 12:30 Game Time 1:00 Sewing Group 1:00 <del>Senior Fun Bowling*</del> 2:00 Duldimer Jam Session 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><b>Thu 9 Jan</b></p> <p>1230 Bridge 1230 Knit/ Crochet 1230 Open Painting Studio 1245 Cardio Drumming 300 Art for Life</p> <p>Computer Use 830 Indoor Pickleball 830 Board Meeting 900 TOPS Club 930 Onsite Ease the Day 9:45 <del>Movin-Groovin</del> 11:00 Chair Yoga 1200 Lunch</p>		<p><b>Fri 10 Jan</b></p> <p>1245 Exclue</p> <p>Computer Use Footwear appts 830 Indoor Pickleball 900 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 1200 Lunch</p>	
<p><b>Mon 13 Jan</b></p> <p>11:00 Improving Balance 1200 Lunch 1230 Hand &amp; Foot 1245 Cranium Crunches</p> <p>Computer Use Footwear appts 830 Line Dancing 830 Indoor Pickleball 900 Bingo 900 Pool/Billiards 930 Gentle Yoga 9:45 Enhance Fitness</p>		<p><b>Tue 14 Jan</b></p> <p>1230 Mexican Train 1230 Loss &amp; Healing 100 Quilting 130 Ukulele 230 Cardio Drumming</p> <p>Computer Use 830 Indoor Pickleball 930 Onsite Ease the Day 10:00 Paper Crafts 10:30 <del>Silver Maples &amp; Friends Choir*</del> 11:00 <del>Movin-Groovin</del> 1200 Lunch</p>		<p><b>Wed 15 Jan</b></p> <p>11:00 Body Core Strengthening 11:00 Legality: Q&amp;A 12:00 Lunch 12:30 Jam Session 12:30 Game Time 1:00 Sewing Group 1:00 Writing Memories Writers Group 1:00 <del>Senior Fun Bowling*</del></p> <p><i>Travel Trip Day!</i> <b>National Bagel Day</b> 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><b>Thu 16 Jan</b></p> <p>1230 Bridge 1230 Knit/ Crochet 1230 Open Painting Studio 1245 Cardio Drumming</p> <p>Computer Use 830 Indoor Pickleball 900 Newsletter Assembly 900 TOPS Club 930 Onsite Ease the Day 9:45 <del>Movin-Groovin</del> 11:00 Chair Yoga 1200 Lunch</p>		<p><b>Fri 17 Jan</b></p> <p>10:45 Blood Pressure Checks 11:40 Inter Tai Chi 1200 Lunch 1245 Exclue</p> <p>Computer Use 830 Indoor Pickleball 900 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Beginning Tai Chi</p>	
<p><b>Mon 20 Jan</b></p> <p>1200 Lunch 1230 Hand &amp; Foot 1245 Cranium Crunches 100 Rustin Movie &amp; Discussion</p> <p>Computer Use 830 Line Dancing 830 Indoor Pickleball 900 Bingo 900 Pool/Billiards 930 Gentle Yoga 9:45 Enhance Fitness 11:00 Improving Balance</p>		<p><b>Tue 21 Jan</b></p> <p>1230 Mexican Train 100 Quilting 130 Ukulele 230 Cardio Drumming</p> <p>Computer Use 830 Indoor Pickleball 930 Onsite Ease the Day 10:30 <del>Silver Maples &amp; Friends Choir*</del> 11:00 <del>Movin-Groovin</del> 11:30 <del>Rat Hat Ladies*</del> 1200 Birthday Lunch</p>		<p><b>Wed 22 Jan</b></p> <p>11:00 Body Core Strengthening 12:00 Lunch 12:30 Game Time 1:00 Sewing Group 1:00 <del>Senior Fun Bowling*</del> 2:00 Duldimer Jam Session 4:00 Chat to Heal</p> <p>Computer Use Footwear 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 Nidra</p>		<p><b>Thu 23 Jan</b></p> <p>1230 Knit/ Crochet 1230 Open Painting Studio 1245 Cardio Drumming</p> <p>Computer Use 830 Indoor Pickleball 930 Onsite Ease the Day 900 TOPS Club 9:45 <del>Movin-Groovin</del> 11:00 Chair Yoga 1200 Lunch 1230 Bridge</p>		<p><b>Fri 24 Jan</b></p> <p>1200 Lunch 1245 Exclue</p> <p>Computer Use 830 Indoor Pickleball 900 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Beginning Tai Chi 11:40 Inter Tai Chi</p>	
<p><b>Mon 27 Jan</b></p> <p>1200 Lunch 1230 Hand &amp; Foot 1245 Cranium Crunches</p> <p>Computer Use 830 Line Dancing 830 Indoor Pickleball 900 Bingo 900 Pool/Billiards 930 Gentle Yoga 9:45 Enhance Fitness 11:00 Improving Balance</p>		<p><b>Tue 28 Jan</b></p> <p>1230 Mexican Train 1230 Loss &amp; Healing 130 Ukulele 230 Cardio Drumming</p> <p>Computer Use 830 Indoor Pickleball 930 Onsite Ease the Day 10:00 All-Day Quilting 10:30 <del>Silver Maples &amp; Friends Choir*</del> 11:00 <del>Movin-Groovin</del> 1200 Lunch</p>		<p><b>Wed 29 Jan</b></p> <p>11:00 Body Core Strengthening 12:00 Lunch 12:30 Game Time 1:00 Sewing Group 1:00 <del>Senior Fun Bowling*</del></p> <p>Computer Use 830 Indoor Pickleball 900 Pool/Billiards 900 Stained Glass 930 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support</p>		<p><b>Thu 30 Jan</b></p> <p>1230 Knit/ Crochet 1230 Open Painting Studio 1245 Cardio Drumming</p> <p>Computer Use 830 Indoor Pickleball 930 Onsite Ease the Day 900 TOPS Club 9:45 <del>Movin-Groovin</del> 11:00 Chair Yoga 1200 Lunch 1230 Bridge</p>		<p><b>Fri 31 Jan</b></p> <p>1200 Lunch 1245 Exclue *00 Happy Hour*</p> <p>Computer Use 830 Indoor Pickleball 900 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Beginning Tai Chi 11:40 Inter Tai Chi</p>	



## Movement & Exercise

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



### Gentle Yoga

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

**D**



*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!*



### 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!

**D** **\$**



### Square Dancing

*Facilitated by Walt Zatorski.*

**- Returns March 7 -**



### Enhance Fitness Exercise

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

**D** **\$**



*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 Monday classes Jan 6 thru Mar 24 are free thanks to Washtenaw Community College Senior Emeritus Program!*



### Tai Chi

**Fridays, January 17 - March 28**  
**Beginning Level: 10:30-11:30 a.m.**  
**Intermediate Level: 11:40 a.m.-12:40 p.m.**

**D**



*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!*



### Chair Yoga

**Thursdays**  
11:00 a.m.-Noon

**D**



*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!*



### Walking Halls at WSEC

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

**D**

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**

**R**

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.**

**D**



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.**

**R** **\$**

**\$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.**



**D**

**\$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.



Footloose the Musical Meadow Brook Theatre

Wednesday, January 15, \$135/person (R) (\$)

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

Price includes escorted roundtrip transportation, driver tip, lunch in Auburn Hills, ticket to show. *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, \$118/person (R) (\$)

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

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



The Righteous Brothers

Shipshewana, Indiana

April 4-5, \$634/single - \$545/double (R) (\$)

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.



Let's Misbehave: Songs of Cole Porter

Detroit Symphony Orchestra

Friday, June 20, \$118/person (R) (\$)

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

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



Frankenmuth, MI

Tuesday, July 15, \$120/person (R) (\$)

Depart 8:30 a.m., Return 5:00 p.m.

Price includes escorted roundtrip transportation, driver tip, plated chicken lunch, ride on the Bavarian Belle paddle wheel boat, and so much more! \$25 deposit due at Registration. Full payment due June 15.



Lugnuts Baseball

Lansing



Tuesday, August 12, \$105/person

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

Price includes roundtrip coach transportation, entry into game, all-you-can-eat-buffet, raffle, and driver tip. \$25 deposit due at Registration. Full payment due July 12.



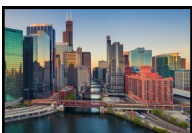
Wisconsin's Best

Green Bay/Milwaukee



August 25-30, \$2299/single - \$1899/double

Price includes roundtrip coach transportation, 5 nights lodging, 11 meals, activities & brewery tours, and more! \$50 deposit due at Registration. Full payment due July 10.



Untouchable Chicago

Sept 19-21

\$1282/Single - \$1029/Dbl (R) (\$)

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



Canadian Maritimes & Coastal Wonders

featuring the Cabot Trail



Sept 21-Oct 1

\$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>



Haunted Happenings

A Spooky Trip to Northeast Ohio



October 30-31, \$530/single - \$455/double

Price includes roundtrip coach transportation, 1 night lodging, 3 meals, Cuyahoga Railroad, Ohio State reformatory, and much more! \$25 deposit due at Registration. Full payment due September 15.

## CSC's December Happenings...



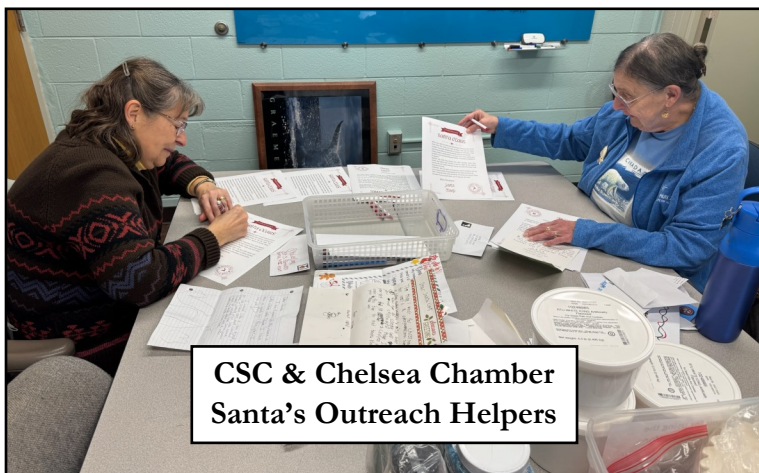
Christmas Lunch w/Chief Kazyak



Christmas Lunch w/CSC & Rep. Debbie Dingell



Chelsea Zero Waste Coalition Volunteers



CSC & Chelsea Chamber Santa's Outreach Helpers



TP Intergenerational Garden Volunteers decorating a light pole downtown Chelsea for Hometown Holidays



Happy Trails Hikers

## 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](http://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](http://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](http://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



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.*



## 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

**M HEALTH** Trinity Health  
**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.



# JANUARY | 2025

## SENIOR CENTER MENU

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

30	31	1	2	3
<p><b>6 Beef Stroganoff</b> Noodles <b>Three Bean Salad</b> Banana WG Dinner Roll</p> <p><b>13 Beef Hot Dog</b> Baked Beans Mixed Vegetables Orange WG Bun</p> <p><b>20 Hamburger</b> Tater Tots Peas Diced Pears WG Bun</p> <p><b>27 Popcorn Chicken</b> Mashed Potatoes Gravy Corn Orange</p>	<p><b>7 Grilled Cheese</b> Tomato Soup Mixed Veggies Apple</p> <p><b>14 Chicken Tenders</b> Broccoli Salad Beets Mandarin Oranges WG Dinner Roll</p> <p><b>21 BIRTHDAY CELEBRATION</b> Pork Chops Mashed Potatoes Gravy Green Beans Apple sauce WG Bread 2</p> <p><b>28 General Tso's</b> Chicken WG Brown Rice Peas Corn Apple</p>	<p><b>1 Chelsea Senior Center Closed</b> Happy New Year!</p> <p><b>8 Cheesy Chicken &amp; Rice</b> Broccoli Beets Fruit Punch WG Bread</p> <p><b>15 Meatloaf/Gravy</b> Whipped Potatoes Green Beans Applesauce WG Bread 2</p> <p><b>22 Chicken Patty</b> Redskin Potatoes Corn Orange WG Bun</p> <p><b>29 Turkey Reuben on</b> WG Bread Sourkraut Mixed Vegetables Grape Juice</p>	<p><b>9 Sweet &amp; Sour</b> Chicken WG Brown Rice Peas Corn Orange</p> <p><b>16 Tacos</b> Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana</p> <p><b>23 Chicken Alfredo</b> Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll</p> <p><b>30 BBQ Pork</b> Baked Beans Tater Tots Applesauce WG Bun</p>	<p><b>10 Goulash</b> Carrots Banana WG Breadstick</p> <p><b>17 Ravioli</b> Spaghetti Sauce Carrots WG Sliced Bread Apple</p> <p><b>24 Sloppy Joe</b> Potato Wedges Coleslaw Orange WG Bun</p> <p><b>31 Raspberry Vinaigrette</b> Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2</p>

### 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

**JANUARY 2025**

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](mailto:connected@chelseaseniors.org)  
Website: [www.chelseaseniors.org](http://www.chelseaseniors.org)

***In memoriam:***  
*Jimmy Collingsworth*  
*Arlene Fisk*

**Mark your Calendars:**  
Dec 23-25: Closed for Christmas Holiday      Dec 30-Jan 1: Closed for New Year's Holiday  
Jan 20: MLK Jr. Remembrance Day      Feb 7: CSC SOUPer Bowl Contest  
Feb 21: National Caregiver Day      Mar 8: 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.*