

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

Gifts of Autumn

CSC Gifts of Autumn Update: Thank you for making our *Gifts of Autumn* annual campaign a success. It came down to the wire, but thanks to a generous anonymous donation, we exceeded our goal. Unrestricted funds like these truly do help keep the doors open: they pay the rent & the staff, pay for internet access, the phones, computers, tissues, pens, paper, etc. The basic essential tools that we as an organization need to be ready when you walk through the door, or call, or email. We will always choose to be here for you. Your generosity helps make that possible. With sincere gratitude, *Jennifer*

Clutter & Hoarding:

The "Stuff" Beneath the Stuff
 Tuesday, February 4, 1:00 p.m.

R



Presented by *Emily Nagaonkar, LCSW*. Join us to understand the definitions, indicators, and risks of these behaviors. Learn harm reduction strategies, resources, and tools to help yourself and loved ones. **To register call or email CSC with your name & phone number.**



AARP Free Tax Preparation Assistance

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Thursdays, February 13 - April 10

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.**

Visit with more than 100 local businesses, non-profits, crafters & artisans

A family-friendly community event

Chelsea Expo 2025

Saturday, March 8
 10:00 a.m. - 2:00 p.m.

512 Washington Street

VOLUNTEERS NEEDED!

We need lots of volunteers to help make Chelsea Expo a success

If you can spare your friendly, smiling face for a couple of hours that day, let us know.

Or, if you like to bake, we can use your tasty talents for our **BEST EVER BAKE SALE!**



R

Let us know in the CSC office if we can count on you.

SOUPER Bowl Contest

Friday, February 7
 during lunch at Noon

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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.**



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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February Birthdays Celebration
Tuesday, February 18 at Noon

Hosted by Michael O'Quinn & Diane Kieliszewski w/ Edward Jones. 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
Friday, February 28, 4 pm
at Arctic Breakaway



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

Positive Approach to Care Training Workshop

Thursday, Feb 20, 12-2 p.m.

Facilitated by Katie Garvey, based on the curriculum developed by Teepa Snow. This introductory, interactive training workshop helps to raise awareness & build knowledge about dementia brain changes. Physiological changes affect a person's ability to navigate & make sense of the world around them. Katie will introduce practical skills to respond in more helpful & empathetic ways. It enables one to meet people where they are on the journey. Those who are caring for a loved one, have a family member or friend who is living with dementia, or someone who works with people experiencing brain changes will find this experience very helpful. Free to attend. *Prerequisite for Workshop 2 which will be offered in March.* **To register call or email CSC with your name & phone number.**



Thank you

Jerry Wilczynski

and

Dr. Gary Maynard

for your six years of service on our Board of Directors. Both were integral to the success of CSC as we navigated the pandemic and made tough safety-focused decisions. We are grateful for your leadership!



- **Square Dancing returns March 7**
- **No February meeting of Legalties: Q&A on Estate Planning. It will resume in March.**
- **A Joyful Noise returns Tue Feb 4**



Ask an Expert:

Let's Tackle High Blood Pressure Together!
Wednesday, February 12
11:15 a.m.-12:15 p.m.

Facilitated by Sophia Speroff, Registered Dietician, & Betty Chaffee, your friendly neighborhood pharmacist. Do you have questions about managing high blood pressure? You're not alone. Join us for this engaging and informative session where we will breakdown the best foods to lower blood pressure, how medications and lifestyle work hand-in-hand, and simple stress-free tips for a healthier you. **To register, call or email CSC with your name & phone number.**



Art for Life: Velazquez

Thursday, February 13, 3:00 p.m.
Suggested \$5 donation

Presented by Kathy Gunderson.

Diego Velazquez was a leading Spanish Baroque artist of the 17th century. Velazquez spent most of his career as the official court painter to King Philip IV of Spain and Portugal, ultimately achieving knighthood. Velazquez created many portraits of the Spanish royal family but is best known for his masterful group portrait called "Las Meninas", now located at the Prado Museum in Madrid. **To register call or email CSC with your name & phone number.**

Lisa Klinkman is Retiring

Lisa has been a part of the Chelsea Senior Center for close to 14 years. First as the person who brought Enhance Fitness (EF) here, then as an EF ambassador supporting CSC as a licensed EF facility, and most recently as a key part of our team and builder of the Ease the Day program. We will miss Lisa's kind, generous heart, gentle way, and fierce loyalty to those under her protection. Be well and thrive on your next path Lisa. Stop by to wish her well before February 28.



Chelsea Senior Center is hiring a Respite Care Coordinator. Check the CSC website for more information.

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>

IN THE spotlight

Welcome to our monthly column highlighting YOU!



Members Spotlight: Dave & Cathy Hathaway

Married for more than 50 years, the Hathaways have participated in the Labor Day tradition of walking the Mackinac Bridge many times and have volunteered for 12 years to work in West Michigan lighthouses for one-to-two-week durations every summer. They also travel to their condo in Virginia Beach every six weeks or so to spend time with their eight-year-old granddaughter. Frequent visits to Tecumseh to spend quality time with their 13 year old grandson is in the rotation too. They love visiting their extended families.

They did not always have the luxury of selecting their adventures. Dave served in the US Navy as a Civil Engineer Corps officer for 20 years, starting in 1975. As a result, Dave and Cathy lived on Guam and in Sicily, California and Virginia Beach. Thrilled with exploring new destinations after retirement from the Navy, Dave and Cathy have ventured on their own to Ireland, London, Paris, and various places in the US. They also have enjoyed river cruises along the Rhine and the Mississippi.

A passion for tending to the care of Michigan lighthouses was lit long ago. It started with a newspaper article that Cathy saw after their retirement. That summer they worked at their first lighthouse. They commit most of their volunteering hours to the Sable Points Lighthouse Keepers Association (SPLKA), which encompasses four historic beacons: Little Sable Point (Mears), Big Sable Point (Ludington), Ludington North Breakwater and White River Light Station (Whitehall). While residing either in the lighthouse or in a former DNR Ranger's house, their duties are to act as docents for the lighthouse, opening and closing, running the gift shop, giving tours, answering questions, and providing the history of each lighthouse, all of which supports the mission of SPLKA to "Preserve, promote, educate the public, and make our lighthouses accessible to all." They have also "manned" the Mission Point Lighthouse on Old Mission Peninsula, which is not part of SPLKA.

During their working years, Cathy worked in various retail and customer service positions, while Dave worked in construction and facilities management.

They moved to Chelsea in 2020 to be closer to family in Tecumseh. They first discovered the Grass Lake Senior Center, then they learned about CSC and its indoor pickleball club.

Cathy and Dave played racquetball for many years, and Dave played a lot of ping pong in high school. Cathy was the first to be intrigued by the new pickleball phenomena and sought a lesson with Dave in 2021 from pickleball advocate Laura Ouellette. They were immediately hooked on play, strategy, dinking and "kitchen" challenges.

To keep healthy for indoor pickleball at CSC, the Hathaways have participated in Enhance Fitness classes and go on long walks around Chelsea. They also like to play euchre on Fridays at the Chelsea Senior Center.

Movement & Support Services

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



Chair Massage w/ Sue Rodgers

R **\$**

Welcome Sue Rodgers! Enjoy a relaxing, seated chair massage by licensed massage therapist Sue Rodgers by appointment-only. *Fees determined by Sue.* **To schedule an appointment call Sue directly: (734) 320-1564.** *Best Wishes to Jenny Miller on her retirement!*



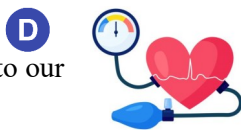
Nurses Footcare

w/ **Ava Passino R.N., BCGN** **R** **\$**

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

Blood Pressure Checks

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



Improving Your Balance

Mondays 11:00-11:30 a.m.

\$2/class fee

D **\$**

Instructor Pam Mansfield. Join us for this 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.**



Body Core Strengthening

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

\$2/class fee

D **\$**

Instructor Barb Kindt. Join us for this 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.**



Yoga Nidra Power Rest

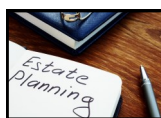
every other Wednesday

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.**



Legalities: Q&A on Estate Planning

Wednesday, March 19

11 a.m.-Noon

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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. **Note: No Meeting In February.**



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.*

D **\$**



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.*

D **\$**



NOTARY PUBLIC

Notary Public Service

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

Donations to our C2S2 Program appreciated.

R **\$**



Rankin Hearing Checks: Rankin

Audiology & Hearing in Chelsea will

provide, **at their office,** complimentary hearing screening. **Give Rankin a call: (800) 437-9923.**

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TOPS Club

Take Off Pounds Sensibly

Thursdays

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

9:45-10:45 a.m. Meeting

Real People. Real Weight Loss.® 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! **\$70 New Membership; \$1/meeting, both payable to the TOPS Club Leader. For more information call CSC or visit TOPS Club website: www.tops.org**

\$ **R**

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, February 5
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!



A Moment For Me:

A Caregiver Support Group



Every other Wednesday, 11 a.m.-Noon

Facilitated by Ginnie Hartman. Group is open to any family caregiver who could use a break & benefit from the support of others with similar changes to their lives. Caregivers, you are welcome to bring your loved ones who will benefit from the safe & nurturing environment of CSC's Ease the Day adult day program while you build a support network.

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

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

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



Chelsea Community Social Worker: Emilee Fetters



Emilee provides support and resources to families, students, seniors and anyone in the community who could benefit from having an advocate or someone to talk to about mental health and well-being. Emilee has office hours at CSC on Mondays late morning and Friday afternoons. Hours are subject to change and reflect city-observed holidays. Drop in and say hello to Emilee!



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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Knit & Crochet Group



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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

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



Lending Library

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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

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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.

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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.



Open Painting Studio w/Chelsea Artists Guild



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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

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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.*



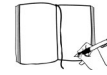
A Joyful Noise



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

Facilitated by Marilyn Kuehl & Gary Munce. 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.

Their next gathering is Tue Feb 18, 11:30 a.m., Cleary's Pub, 113 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.

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>Mon 3 Feb 1200 Lunch Computer Use 1230 Hand & Foot 830 Line Dancing 1245 Cranium Crunches 830 Indoor Pickleball 900 Bingo 900 Pool/Billiards 930 Gentle Yoga 945 Enhance Fitness 1100 Improving Balance</p>	<p>Tue 4 Feb 1200 Lunch Computer Use 1230 Mexican Train 830 Indoor Pickleball 1245 A Joyful Noise 930 Onsite Ease the Day 100 Quilting <i>10:30 Silver Maples & Friends Choir</i> 100 Cutter Presentation 11:00 Movin'-Groovin' 130 Ukulele 11:00 Blood Pressure Checks 230 Cardio Drumming</p>	<p>Wed 5 Feb 1100 Body Core Strengthening Footcare appts 1200 Lunch 8:30 Indoor Pickleball 1200 Connections Memory Café 9:00 Pool/Billiards 1230 Jam Session 9:30 Onsite Ease the Day 1250 Game Time 9:45 Enhance Fitness 1:00 Sewing Group 10:00 Tech Support 1:00 Senior Fun Bowling* 11:00 Yoga Nicks 4:00 Chat to Heal</p>	<p>Thu 6 Feb 1230 Budge Computer Use 1230 Knit/ Crochet Chair Massage appts 1230 Open Painting Studio 830 Indoor Pickleball 1245 Cardio Drumming 900 TOPS Club 930 Onsite Ease the Day 945 Movin'-Groovin' 11:00 Chair Yoga 1200 Lunch</p>	<p>Fri 7 Feb 1200 SOUPer Bowl Computer Use 1200 Lunch 830 Indoor Pickleball 1245 Euchre 900 Bingo 945 Enhance Fitness 1000 Cabbage 1000 Woodcarving 10:30 Beginning Tai Chi 11:40 Inter Tai Chi</p>
<p>Mon 10 Feb 1200 Lunch Computer Use 1230 Hand & Foot 830 Line Dancing 1245 Cranium Crunches 830 Indoor Pickleball 900 Bingo 900 Pool/Billiards 930 Gentle Yoga 945 Enhance Fitness 1100 Improving Balance</p>	<p>Tue 11 Feb 1230 Mexican Train Computer Use 1230 Loss & Healing 830 Indoor Pickleball 100 Quilting 930 Onsite Ease the Day 130 Ukulele 10:00 Paper Crafts 230 Cardio Drumming <i>10:30 Silver Maples & Friends Choir</i> 11:00 Movin'-Groovin' 1200 Lunch</p>	<p>Wed 12 Feb 1100 Body Core Strengthening Computer Use 1115 Ask an Expert 8:30 Indoor Pickleball 1200 Lunch 9:00 Pool/Billiards 1250 Game Time 9:00 Stained Glas 1:00 Sewing Group 9:30 Onsite Ease the Day 1:00 Senior Fun Bowling* 9:45 Enhance Fitness 2:00 Dulcimer Jam Session 10:00 Tech Support 11:00 A Moment for Me</p>	<p>Thu 13 Feb 1200 Lunch Computer Use 1230 Budge AARP Tax Prep appts 1230 Knit/ Crochet 830 Indoor Pickleball 1230 Open Painting Studio 830 Board Meeting 1245 Cardio Drumming 900 TOPS Club 300 Art for Life 930 Onsite Ease the Day 945 Movin'-Groovin' 11:00 Chair Yoga</p>	<p>Fri 14 Feb 11:40 Inter Tai Chi <i>Travel/ Trip Day!</i> Computer Use 1200 Lunch 830 Indoor Pickleball 1245 Euchre 900 Bingo 945 Enhance Fitness 1000 Cabbage 1000 Woodcarving 10:30 Beginning Tai Chi</p>
<p>Mon 17 Feb 1200 Lunch Computer Use 1230 Hand & Foot 830 Line Dancing 1245 Cranium Crunches 830 Indoor Pickleball 1:00 Genealogy Help Group 900 Bingo 900 Pool/Billiards 930 Gentle Yoga 945 Enhance Fitness 1100 Improving Balance</p>	<p>Tue 18 Feb 1230 Mexican Train Computer Use 1245 A Joyful Noise 830 Indoor Pickleball 100 Quilting 930 Onsite Ease the Day 130 Ukulele <i>10:30 Silver Maples & Friends Choir</i> 230 Cardio Drumming 11:00 Movin'-Groovin' <i>11:30 Red Hat Ladies</i> 1200 Birthday Lunch</p>	<p>Wed 19 Feb Strengthening Computer Use 1230 Lunch 8:30 Indoor Pickleball 1230 Jam Session 9:00 Pool/Billiards 1230 Game Time 9:00 Stained Glas 1:00 Sewing Group 9:30 Onsite Ease the Day 1:00 Writing Memories 9:45 Enhance Fitness 1:00 Wines Group 10:00 Tech Support 1:00 A.L.I. Class 11:00 Yoga Nicks 1:00 Senior Fun Bowling* 11:00 Body Core 4:00 Chat to Heal</p>	<p>Thu 20 Feb 11:00 Chair Yoga Computer Use 1200 Lunch Chair Massage appts 1200 PACE training AARP Tax Prep appts 1230 Budge 830 Indoor Pickleball 1230 Knit/ Crochet 900 Newsletter Assembly 1230 Open Painting Studio 900 TOPS Club 1245 Cardio Drumming 930 Onsite Ease the Day 945 Movin'-Groovin'</p>	<p>Fri 21 Feb 1045 Blood Pressure Checks Computer Use 11:40 NO Inter Tai Chi 830 Indoor Pickleball 1200 Lunch 900 Bingo 1245 Euchre 945 Enhance Fitness 1000 Cabbage 1000 Woodcarving 10:30 NO Begin Tai Chi</p>
<p>Mon 24 Feb 1200 Lunch Computer Use 1230 Hand & Foot 830 Line Dancing 1245 Cranium Crunches 830 Indoor Pickleball 900 Bingo 900 Pool/Billiards 930 Gentle Yoga 945 Enhance Fitness 1100 Improving Balance</p>	<p>Tue 25 Feb 1230 Mexican Train Computer Use 1230 Loss & Healing 830 Indoor Pickleball 130 Ukulele 930 Onsite Ease the Day 230 Cardio Drumming 10:00 All-Day Quilting <i>10:30 Silver Maples & Friends Choir</i> 11:00 Movin'-Groovin' 1200 Lunch</p>	<p>Wed 26 Feb 1100 Body Core Strengthening Computer Use 1200 Lunch Footcare appts 1230 Game Time 8:30 Indoor Pickleball 1:00 Sewing Group 9:00 Pool/Billiards 1:00 Senior Fun Bowling* 9:00 Stained Glas 2:00 Dulcimer Jam Session 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support 11:00 A Moment for Me</p>	<p>Thu 27 Feb 1230 Budge Computer Use 1230 Knit/ Crochet AARP Tax Prep appts 1230 Open Painting Studio 830 Indoor Pickleball 1245 Cardio Drumming 930 Onsite Ease the Day 900 TOPS Club 945 Movin'-Groovin' 11:00 Chair Yoga 1200 Lunch</p>	<p>Fri 28 Feb 1200 Lunch Computer Use 1245 Euchre 830 Indoor Pickleball 100 A.L.I. Class 900 Bingo 4:00 Happy Hour! 945 Enhance Fitness 1000 Cabbage 1000 Woodcarving 10:30 Beginning Tai Chi 11:40 Inter Tai Chi</p>



*Note office location



Please make sure to always check-in at one of the CSC kiosks before attending any activities.
ALL Guests must sign-in at CSC office.

NOTE: A activity schedule is subject to change

Senior Café Lunch:

- Reserve your Senior Café Lunch by Noon the day before you plan to join us.
- Stop in CSC office or call during our business hours of 8:30 a.m.-4:00 p.m. each weekday.
- Fill out the *Senior Café Registration Form* found in the kitchen.
- If age 60+, a \$3-\$5 donation is suggested.
- If under 60 years of age, lunch cost is \$5.
- You don't have to be a CSC member in order to enjoy lunch here.



Stay informed & connect!
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.

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!*



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

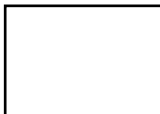


Instructor Dianna Kause. Bring a mat. Yoga promotes strength, balance, flexibility, mobility, & a sense of calm. A gentle approach makes this class accessible to all experience levels to help keep you moving. *Classes Jan 9-Apr 3 are free thanks to Washtenaw Community College Senior Emeritus Program!*

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., August-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 "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.



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.



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 show. \$25 deposit due at Registration. Full payment due Jan 14.



The Righteous Brothers

Shipsbawana, 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.



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 show. \$25 deposit due at Registration. Full payment due May 20.

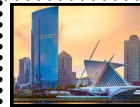


Frankenmuth, MI

Tuesday, July 15, \$120/person

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.



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



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.

Connections & Community

MMAP
MICHIGAN MEDICARE/MEDICAID
ASSISTANCE PROGRAM



Navigating Medicare

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.

Contact *MMAP/Ageways* offices at (800) 803-7174 during normal business hours or call the *Centers for Medicare & Medicaid Services* at (800) 633-4227.

Chelsea's Annual Chocolate Extravaganza
Saturday, February 8; come to Chelsea for this wonderful day filled with chocolate, cocoa crawl, shopping, demos, vendor markets, and more!



Adult Learners Institute Of Chelsea MI

Feb 2025 Classes held at Chelsea Senior Center:

Wed Feb 19, 1-3 pm, *STUCK IN TIBET! NOW WHAT?*

Fri Feb 28, 1-3 pm, *EXPLORING MUSICAL THEATRE*

For more information or to register for classes contact **A.L.I.** directly phone: 734-292-5540, email: info@alimichigan.org, website: alimichigan.org.

KALEIDOSCOPE Concerts

A Free Music Series Presented By: Silver Maples and the Chelsea Senior Center

Join Us In The Maples Room At Silver Maples
All Concerts Start At 7:00PM

Tuesday, January 21
Djangophonique

Hear the most genuine manouche jazz that can be heard in Michigan! Guitar, bass, clarinet, and vocals. This group won Best Jazz Album at the WYCE Jammies!

Tuesday, February 18
Paul Keller Jazz Quintet

Featuring vocalist Sarah D'Angelo, saxophonist, pianist, drummer and bass this jazz group's hallmark is a unique tonal blend of clarinet and saxophone in harmony not often heard in jazz. Clever and entertaining!

Tuesday, March 18
Mustard's Retreat

"Music to cure what ails you" traveling and performing more than 6,000 shows, this folk duo brings home the influence of the singer/songwriter revolution of the 60s with originals and influence of loved musicians like Paul & Mary, Pete Seeger and Bob Dylan.

Tuesday, April 22
Dave Sharp Worlds Quartet

Recognized in the Jazz Times, this group blends rhythms, sounds and textures from across the globe with world inspired original compositions. Featuring oud, violin, electric bass, synthesizer and world percussion!

Concerts are made possible due to generous donations from Chelsea State Bank and community & resident members.

Concerts held at Silver Maples of Chelsea: 100 Silver Maples Drive, Chelsea, MI 48118
Live within Chelsea City Limits and need a ride? Contact Silver Maples at 734-475-4111

2025 EVENTS

at the Chelsea Area Historical Museum!

2025 Tours, Exhibits & Gatherings

Winter/Spring Exhibits
"Early Concert & CHS Bands"

April ~ Lynda Collins
Spaghetti Dinner

June ~ Boozy History Tours

Fall ~ Haunted Chelsea

December ~ Holiday
Home Tour & Pot-Luck

First Mondays!

7pm at the Depot
Members - Free
Non-members \$10

Jan. 6 - "All About the People"
with Linda Meloche

March 3 - Michigan Women
Make History: Celebrating
Women's History Month

May 5 - The Love, Lure, and
Lore of the Laundry Line!

Stay tuned for Fall line up!

Connections & Community

Knit & Crochet Yarn Donations get used!

The CSC Knit & Crochet Group's December Pre-Holiday Sale was a huge success thanks, in part, to yarn donations. All proceeds went to benefit the Chelsea Senior Center.

Keep those donations coming!

Their next sale is at the Chelsea Expo.



Senior Nutrition Program

Senior Café Adaptive Tools

"I have Parkinson's. I noticed that I was shaking too much to even eat my food; I kept dropping it in my lap. I reached out to Angela and she provided me with adaptive utensils to use here at the senior center. I love that the weighted utensils hold my hand down, so I don't have to fight for a bite of food."

~ Sheila Rodenkirch



These adaptive utensils and plates are available for use by anyone who is dining with us in the Senior Café during the week. See Angela, our Senior Nutrition Coordinator, for more information.

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Zale Law PLLC
Estate Planning & Elder Law Attorney

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734-475-5777



SILVER MAPLES
of Chelsea
RETIREMENT NEIGHBORHOOD

www.silvermaples.org

FEBRUARY | 2025

SENIOR CENTER MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>3</p> <p>Pork Riblet Potato Wedges Coleslaw Applesauce WG Bun</p>	<p>4</p> <p>Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll</p>	<p>5</p> <p>Sweet & Sour Chicken WG Brown Rice Peas Corn Orange</p>	<p>6</p> <p>Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice</p>	<p>7</p> <p>Ham or Turkey Sub Sandwich Lettuce/Tomato Cheese Mixed Vegetables Grape Juice</p>
<p>10</p> <p>Goulash Carrots Banana WG Breadstick</p>	<p>11</p> <p>Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana</p>	<p>12</p> <p>Grilled Cheese Tomato Soup Mixed Veggies Apple</p>	<p>13</p> <p>Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll</p>	<p>14</p> <p>Ham Sweet Potatoes Peas Apple Juice WG Bread 2</p>
<p>17</p> <p>Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun</p>	<p>18</p> <p>BIRTHDAY CELEBRATION Chicken Drumstick Mashed Potatoes Gravy Green Beans Applesauce WG Dinner Roll</p>	<p>19</p> <p>Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple</p>	<p>20</p> <p>Hamburger Tater Tots Peas Diced Peas WG Bun</p>	<p>21</p> <p>Chicken Tenders Broccoli Salad Beets Mandarin Oranges WG Dinner Roll</p>
<p>24</p> <p>Chicken Patty Redskin Potatoes Corn Orange WG Bun</p>	<p>25</p> <p>Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2</p>	<p>26</p> <p>BBQ Pork Baked Beans Tater Tots Applesauce WG Bun</p>	<p>27</p> <p>Cheesy Chicken & Rice Broccoli Beets Fruit Punch WG Bread</p>	<p>28</p> <p>General Tso's Chicken WG Brown Rice Peas Corn Apple</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

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FEBRUARY 2025

Your **CSC membership expiration date**
is listed above your name →



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:
Gary Adams
Delores Fouty
Albert Ruhlig

Mark your Calendars:
Feb 7: CSC SOUPer Bowl Contest
Mar 8: Chelsea Expo
Mar 17: St. Patrick's Day & March Birthdays Celebration

*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.*