

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

## Time Travel with Tom

Exploring Members' Stories & CSC's 60 years

Tuesday, March 11, 1:00 p.m.

Hosted by Tom Higgins. Drop in and join Tom for this special monthly series featuring live interviews with CSC members from past and present. Look back with us and learn more about CSC's impact. **This month's interview is with Gary Munce.**



**D**



## Intergenerational Garden

**R**

## Read & Seed 2025

April 23 & April 24



Join the fun and volunteer to support this annual program that pairs preschoolers with seniors to **Read** about gardens, vegetables, and flowers and then **Seed** by enjoying planting seeds in the hoop house. We can use lots of hands and voices, choose one day or two! **For more information or to volunteer please call or email CSC.**



## Fermenting with Friends

3rd Thursday of month

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

**R**



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



## BMS 8th Grade Fiddlers

Monday, March 17

11:30 am

**D**

The Beach Middle School 8th Grade Fiddlers will be in the café at CSC to entertain us before lunch!



## Square Dancing returns!

Fridays starting March 14, 1:00 p.m.

\$2 per class

**D**

**\$**

Join Square Dance Caller, Walt Zatorski, each week for this toe-tapping activity to get us out of the house & moving. Drop in to learn, dance, meet new friends, & have fun. **Singles welcome!** Group works best if there are at least 8 people each time. \$2 class fee payable to Walt. **For more information contact CSC.**



## March Birthdays Celebration

Monday, March 17 at Noon

**R**

Hosted by Silver Maples of Chelsea. 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.**



## AARP Free Tax Preparation Assistance

Thursdays through April 10

**R**

**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.**

A family-friendly community event

# Chelsea Expo 2025

Saturday, March 8  
10 a.m. - 2 p.m.  
512 Washington Street

Best-ever bake sale!

**VOLUNTEERS NEEDED!** Give CSC a call for more info!

Kid Zone is back!

door prizes

Free Admission

Everyone welcome! For all ages.

CHS musical performances

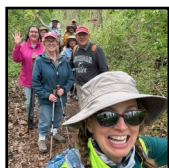
Goods for sale by local businesses

Visit with local businesses, non-profits, crafters & artisans



For more information: (734) 475-9242  
connected@chelseaseniors.org \* www.chelseaseniors.org

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**Happy Trails Hike:** **R**  
**Winter Interest List**

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.**



**Art for Life: The Wild West** **R** **\$**  
**Thursday, March 13 , 3:00 p.m.**  
**Suggested \$5 donation**

*Presented by Kathy Gunderson.*  
This month Kathy revisits her 2018 discussion on the work of three well known but very different artists depicting the American West. George Catlin created the largest collection of pre-photographic images of Native Americans, over 300 portraits, now part of the Smithsonian collection. Albert Bierstadt's grand luminous landscapes became an impetus for Americans to travel westward and experience the grandeur of western landscapes that he captured in paint, and, finally, Frederic Remington helped to create the popular and romantic idea of the "American cowboy" in both paint and as sculpture. **To register call or email CSC with your name & phone number.**



**Ask an Expert: Our Favorite Things:** **R**  
**Dietician & Pharmacist Edition**  
*Wellness Tips, Trusted Advice, & Health Essentials*  
**Wednesday, March 12**  
**11:15 a.m.-12:15 p.m.**

*Facilitated by Sophia Speroff, Registered Dietician, & Betty Chaffee, your friendly neighborhood pharmacist.* Join the conversation as they share their top picks for nutrition, medication, and overall wellness. From evidence-based insights to simple health hacks, they want to hear *your* favorites too! Let's inspire each other to live healthier, happier lives. **To register, call or email CSC with your name & phone number.**



- **Friday March 7 there is no Indoor Pickleball Club and no Enhance Fitness due to set up needs for the Chelsea Expo.**
- **No Chair Yoga Thursday, March 6.**
- **CSC is looking for donations of GROUND DECAF coffee. If you are able to pick up a container on your next shopping trip we would greatly appreciate it!**



**\*Donating Items to CSC\***

**Please call the CSC Office FIRST before leaving anything anywhere in the Washington Street Education Center building.**

Neither CSC or Chelsea Schools have the storage space available to keep these types of things. If you are unsure as to where to donate your item, CSC can offer suggestions depending on the type of item you have. So please, call CSC first before leaving anything in the building.



**Happy Hour** **R**  
**Friday, March 28, 4 pm**  
**Valiant Bar & Grill, Chelsea**

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



**Positive Approach to Care** **R**  
**Training Workshops 1 & 2**

**WS 2: Thursday, March 13, 12-2 p.m.**

**WS 1: Monday March 24, 3-5 p.m.**

**WS 2: Thursday, March 27, 2:30-4:30 p.m.**

*Facilitated by Katie Garvey, based on the curriculum developed by Teepa Snow.* These interactive training workshops help 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. **To register call or email CSC with your name and phone number.**



**Senior Center Staff**

- Jennifer Smith** Executive Director
- 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>	Kathy Russell
Dave Schaible	Carl Schwarze
<b>Secretary</b>	Diane Weid
Allen Cole	Heidi Reyst,
<b>Executive Director</b>	<i>CSD representative</i>
Jennifer Smith	

# IN THE spotlight

Welcome to our monthly column highlighting YOU!

## Dennis & Mary Lou Tuckowski



Mary Lou & Dennis Tuckowski consider themselves relief pitchers as substitute drivers for Chelsea Senior Center's Meals on Wheels. Their determination to "get up that hill" to deliver a meal during a cold spell in February highlights their hearts and grit for supporting seniors needing a fresh meal.

"It's not just a meal. We're checking in on people when we deliver," says Mary Lou.

They truly enjoy serving others. Mary Lou & Dennis raised six children together. In Mary Lou's "spare" time, she was a teaching assistant for 18 years, supporting middle schoolers in need of extra care. They spent many years in Michigan before relocating to Pennsylvania for Dennis' path into store management. Dennis spent 35 years with JC Penney before retiring and becoming a driver for a school bus and a tour bus.

When they returned to Michigan to be closer to their family, they settled in Grass Lake. They first sought out Grass Lake Senior Center to meet new people while Dennis became a driver for Silver Maples. One of his frequent riders, Gladys Buck Kennedy, inspired him to check out Chelsea Senior Center. Gladys was an enthusiastic volunteer for CSC for many years.

Dennis became an as-needed Ann Van driver after CSC won the Vital Seniors grant to fund transportation services. Dennis enjoys driving seniors to medical appointments.

When they are not helping others, Mary Lou jokes that Dennis grows "too many tomatoes."

The weedy backyard of the home they bought in 2018 has evolved into a sprawl of vegetables and flowers that thrive thanks to Dennis' green thumb. Dennis complements his harvest with fresh offerings from CSC's Trinh Pifer Intergenerational Garden Farm Stand and shares his tomato abundance with friends at Silver Maples.

Dennis' newest hobby is baking sourdough bread. A cinnamon-raisin sourdough baked in a Dutch oven was a tasty hit with the grandkids.

"I like flowers and flours," Dennis happily shares.

Mary Lou's creativity is sparked using various art mediums. She has enjoyed Chelsea Senior Center's Paper Crafts class and the past Colored Pencils class, as well as years of painting, including a large mural at her former school.

Dennis and Mary Lou enjoy traveling with CSC. Adventures include an outing to cheer on the Lansing Lugnuts, a Detroit Symphony Orchestra performance, a theatrical show in Turkeyville and Mystery Trips.

"It's so nice to meet different people," says Mary Lou.



## Movement & Support Services

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



### Chair Massage w/ Sue Rodgers **R** **\$**

Enjoy a relaxing, seated chair massage by licensed massage therapist Sue Rodgers. This service is available by appointment-only. *Fees determined by Sue.* **To schedule an appointment call Sue directly: (734) 320-1564.**



### 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.**



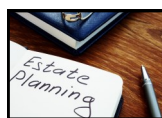
### Yoga Nidra Power Rest

**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**

**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**

### Notary Public Service

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

**R** **\$**

*Donations to our C2S2 Program appreciated.*



**Rankin**  
audiology & hearing

### Hearing Checks: Rankin

*Audiology & Hearing in Chelsea* will

**R**

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! **\$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**

## Support Services



### Ease the Day: Caregiver Respite Adult Day Program at CSC



**Ease the Day** 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



### Connections Memory Café

*Held monthly*

**Wednesday, March 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.



### 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.**



### 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 Monday late morning and Friday afternoon. Hours are subject to change and reflect city-observed holidays. If you need to contact Emilee call or email CSC and we will connect you with her.**



### 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!

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

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



### Chat to Heal:



A Caregiver Group Support Program

Every other Wednesday

**4:00-5:00 p.m.**

Facilitated by Deana Fisher, LMSW, Certified Montessori Dementia Care Professional. Program is for Caregivers caring for people living with cognitive changes and mild memory loss. Join us for an hour-long, facilitated support group. Talk, support & share resources with people who are living with the same struggles as you. Know that there are people and tools to help. **\*\*Pre-registration is required for respite care. For more information or to register call CSC with your name & phone number. \*\*Let us know if you plan to bring your loved one.**



## Gather, Create, Expand Your Mind



**D**

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

### BINGO

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

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

### Pool/Billiards

**Mondays & Wednesdays, 9:00 a.m.**

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

### Hand & Foot

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

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

### Mexican Train

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

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

### Game Time

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

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

### Bridge

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

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

### Cribbage

**Fridays, 10:00 a.m.**

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

### Euchre

**Fridays, 12:45 p.m. \$**

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

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



### 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, April 14, 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

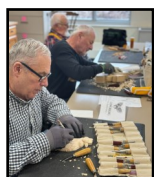
**D**

**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.

Choir meets at Silver Maples of Chelsea

All seniors, CSC members & Silver Maples residents, are welcome to add voices to the

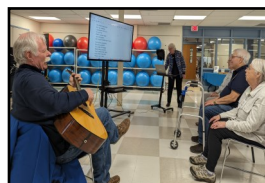
mix and enjoy the fellowship that sharing a love of music brings. Choir meets at 'The Maples Room' at Silver Maples of Chelsea. For more information or to register contact choir director Jeff Crowder: jdcwrdr@gmail.com

### Stained Glass



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

Join us to create a piece at your own pace under the supervision of a patient instructor. Glass, all materials, & tools provided. All levels of skill are welcome. Great gift idea! \$3 per class fee.



### 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 Tuesday, March 11, 11:30 a.m. At Stiver's Restaurant, 11 S Fletcher Rd, 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><b>Mon 3 Mar</b></p> <p>12:00 Lunch 12:30 Hand &amp; Foot 12:45 Cranium Crumblers</p> <p>Computer Use 8:30 Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards 9:30 Gentle Yoga 9:45 Enhance Fitness 11:00 Improving Balance</p>	<p><b>Tue 4 Mar</b></p> <p>12:45 A Joyful Noise 1:00 Quilting 1:30 Unclele 2:30 Cardio Drumming</p> <p>Computer Use 8:30 Indoor Pickleball 9:30 Onsite Ease the Day <i>10:30 Silver Maple Ch Friends Choir</i> 11:00 <i>Movin Groovin</i> 12:00 Lunch 12:30 Mexican Train</p>	<p><b>Wed 5 Mar</b></p> <p>11:00 Body Core Strengthening 12:00 Lunch 12:00 Connections Memory Café 12:30 Jam Session 12:30 Game Time 1:00 Sewing Group <i>1:00 Senior Fun Bowling</i> 4:00 Chat to Heal</p> <p>Computer Use Footcare appts 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support 11:00 Yoga Nida</p>	<p><b>Thu 6 Mar</b></p> <p>12:00 Lunch 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming</p> <p>Computer Use Chair Massage appts AARP Tax Prep appts 8:30 Indoor Pickleball 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 <i>Movin Groovin</i> NO Chair Yoga</p>	<p><b>Fri 7 Mar</b></p> <p>12:00 Lunch 12:45 Euchre 1:00 A.L.I. Class</p> <p>Computer Use NO Indoor Pickleball 9:00 Bingo NO Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Beginning Tai Chi 11:40 Inter Tai Chi</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Sat 8 Mar</b> 10-2 Chelsea Expo</p> </div>
<p><b>Mon 10 Mar</b></p> <p>12:00 Lunch 12:30 Hand &amp; Foot 12:45 Cranium Crumblers</p> <p>Computer Use 8:30 Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards 9:30 Gentle Yoga 9:45 Enhance Fitness 11:00 Improving Balance</p>	<p><b>Tue 11 Mar</b></p> <p>12:00 Lunch 12:30 Mexican Train 12:30 Loss &amp; Healing 1:00 Quilting 1:00 Time Travel w/ Tom 1:30 Unclele 2:30 Cardio Drumming</p> <p>Computer Use 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:00 Paper Crafts <i>10:30 Silver Maple Ch Friends Choir</i> 11:00 <i>Movin Groovin</i> <i>11:30 Red Hat Ladies</i></p>	<p><b>Wed 12 Mar</b></p> <p>11:00 Body Core Strengthening 11:15 Ask an Expert 12:00 Lunch 12:30 Game Time 1:00 Sewing Group <i>1:00 Senior Fun Bowling</i> 2:00 Dribbler/Jam Session</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 A Moment for Me</p>	<p><b>Thu 13 Mar</b></p> <p>12:00 Lunch 12:00 PAC Training W2 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming 3:00 Art for Life</p> <p>Computer Use AARP Tax Prep appts 8:30 Indoor Pickleball 8:30 Board Meeting 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 <i>Movin Groovin</i> 11:00 Chair Yoga</p>	<p><b>Fri 14 Mar</b></p> <p>11:40 Inter Tai Chi 12:00 Lunch 12:45 Euchre 1:00 Square Dancing 1:00 A.L.I. Class</p> <p>Computer Use Footcare appts 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Beginning Tai Chi</p>
<p><b>Mon 17 Mar</b></p> <p>11:30 8th Grade Fiddlers 12:00 Birthday Lunch 12:30 Hand &amp; Foot 12:45 Cranium Crumblers</p> <p>Computer Use 8:30 Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards 9:30 Gentle Yoga 9:45 Enhance Fitness 11:00 Improving Balance</p>	<p><b>Tue 18 Mar</b></p> <p>12:45 A Joyful Noise 1:00 Quilting 1:30 Unclele 2:30 Cardio Drumming</p> <p>Computer Use 8:30 Indoor Pickleball 9:30 Onsite Ease the Day <i>10:30 Silver Maple Ch Friends Choir</i> 11:00 <i>Movin Groovin</i> 12:00 Lunch 12:30 Mexican Train</p>	<p><b>Wed 19 Mar</b></p> <p>11:00 Legline Q&amp;A 12:00 Lunch 12:30 Jam Session 12:30 Game Time 1:00 Sewing Group 1:00 Writing Memories Writers Group <i>1:00 Senior Fun Bowling</i> 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 Nida 11:00 Body Core Strengthening</p>	<p><b>Thu 20 Mar</b></p> <p>10:45 Blood Pressure Checks 11:00 Chair Yoga 12:00 Lunch 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming 2:00 Penmanship w/Friends</p> <p>Computer Use Chair Massage appts AARP Tax Prep appts 8:30 Indoor Pickleball 9:00 Newsletter Assembly 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 <i>Movin Groovin</i></p>	<p><b>Fri 21 Mar</b></p> <p>10:45 Blood Pressure Checks 11:40 Inter Tai Chi 12:00 Lunch 12:45 Euchre 1:00 Square Dancing 1:00 A.L.I. Class</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Begin Tai Chi</p>
<p><b>Mon 24 Mar</b></p> <p>12:00 Lunch 12:30 Hand &amp; Foot 12:45 Cranium Crumblers 3:00 PAC Training W1</p> <p>Computer Use 8:30 Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards 9:30 Gentle Yoga 9:45 Enhance Fitness 11:00 Improving Balance</p>	<p><b>Tue 25 Mar</b></p> <p>12:30 Mexican Train 12:30 Loss &amp; Healing 1:30 Unclele 2:30 Cardio Drumming</p> <p>Computer Use 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:00 All-Day Quilting <i>10:30 Silver Maple Ch Friends Choir</i> 11:00 <i>Movin Groovin</i> 12:00 Lunch</p>	<p><b>Wed 26 Mar</b></p> <p>11:00 Body Core Strengthening 12:00 Lunch 12:30 Game Time 1:00 Sewing Group <i>1:00 Senior Fun Bowling</i> 2:00 Dribbler/Jam Session</p> <p>Computer Use Footcare appts 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support 11:00 A Moment for Me</p>	<p><b>Thu 27 Mar</b></p> <p>12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming 2:30 PAC Training W2</p> <p>Computer Use AARP Tax Prep appts 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 9:00 TOPS Club 9:45 <i>Movin Groovin</i> 11:00 Chair Yoga 12:00 Lunch</p>	<p><b>Fri 28 Mar</b></p> <p>11:40 Inter Tai Chi LAST 12:00 Lunch 12:45 Euchre 1:00 Square Dancing <i>4:00 Happy Hour</i></p> <p>Computer Use Footcare appts 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Beginning Tai Chi LAST</p>
<p><b>Mon 31 Mar</b></p> <p>12:00 Lunch 12:30 Hand &amp; Foot 12:45 Cranium Crumblers</p> <p>Computer Use 8:30 Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards 9:30 Gentle Yoga 9:45 Enhance Fitness 11:00 Improving Balance</p>	<p><i>*Note office location</i></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></p> <p><b>NOTE: Activity Schedule is subject to change</b></p>	<p><b>Senior Café Lunch:</b></p> <ul style="list-style-type: none"> <li>Reserve your Senior Café Lunch by Noon the day before you plan to join us.</li> <li>Stop in CSC office or call during our business hours of 8:30 a.m.-4:00 p.m. each weekday.</li> <li>Fill out the <i>Senior Café Registration Form</i> found in the kitchen.</li> <li>If age 60+, a \$3-\$5 donation is suggested.</li> <li>If under 60 years of age, lunch cost is \$5.</li> <li>You don't have to be a CSC member in order to enjoy lunch here.</li> </ul>	<p><b>March</b></p>  <p>Thriving in 2025 &amp; Celebrating 60 years!</p> <p><b>2025</b></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

**Fridays, 1:00-2:30 p.m.**

**\$2 per class**

**D** **\$**

*Square Dance Caller Walt Zatorski.* Join Walt each week for this toe-tapping activity to get us out of the house & moving. Drop in to learn, dance, meet new friends, & have fun. **Singles welcome!** Group works best if there are at least 8 people each time. \$2 class fee payable to Walt. **For more information contact CSC.**



### Enhance Fitness 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 thru Mar 24 are free thanks to Washtenaw Community College Senior Emeritus Program!*



### Tai Chi

**Fridays; session ends 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.

*\*Classes are free thanks to the Washtenaw Community*



### Chair Yoga

**Thursdays**

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

*Instructor Dianna Kause.* Bring a

mat. Yoga promotes strength, balance, flexibility, mobility, & a sense of calm. A gentle approach makes this class accessible to all experience levels to help keep you moving. *Classes Jan 9-Apr 3 are free thanks to Washtenaw Community College Senior Emeritus Program! \*No Class Thu March 6\**

**D**



### Walking Halls at WSEC

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

Check-in at CSC Kiosk before you begin.

10 laps around Rooms 100/101 is one mile. Grab a friend and get moving!

**D**



### Senior Fun Bowling at Chelsea Lanes

**Wednesdays 1:00 p.m., August-May**

Join the gang at the alleys for fun & friendly competition. Consider joining a team or even

being a sub! **For more info call Chelsea Lanes (734) 475-8141.**

**R**

### 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.**

**\$25/year CSC Membership AND**

**\$10/year Pickleball Club Fee**

**R** **\$**

**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, 1:00-2:00 p.m.**

**\$1 suggested donation to cover equipment**

Cardio Drumming provides a whole brain & whole body workout that promotes cognitive, physical, social, & emotional health at all life stages. You can participate at your level: seated or standing. We have balls & tubs to use or you can bring your own. Drumsticks are available to purchase for \$3.



**D**



## 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.



### Michigan Central Station

Wednesday, April 30, \$115/person

Depart 11:30 a.m., Return 6:15 p.m.

Price includes roundtrip coach transportation, 90 minute guided tour, BBQ lunch in Corktown. \$25 deposit due at Registration. Full payment due March 30.



### 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.



### Mystery Trip

Friday, June 27, \$75/person + lunch\*

Depart 7:00 a.m., Return 5:00 p.m.

CLUE: "I think I can; I think I can but no Corn Flakes. You will want to miss your next treatment, but you might see some familiar faces." Price includes escorted roundtrip transportation, admission, and driver tip. \*Lunch will be on your own at approx. 1:30 p.m. \$25 deposit due at Registration. Full payment due May 27.



### 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.



### 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/Db

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.



### The Buffalo Round Up

featuring Mt. Rushmore, Crazy Horse, and the Badlands

Sept 20-29, \$3889/Single - \$2999/Db

Presented by Ed & Ted's Excellent Adventure.



**WAITLIST ONLY**



### Canadian Maritimes & Coastal Wonders

featuring the Cabot Trail

Sept 21-Oct 1

\$5899/Single - \$4899/Db 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



# 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, 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.

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



## Adult Learners Institute Of Chelsea MI

**March 2025 Classes held at Chelsea Senior Center:**  
*Fri Mar 7, 14, 21; 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.**

## Join us for this fun community event!

A fun opportunity to interact with local businesses, non-profits, crafters & artisans in an accessible location

A family-friendly community event

# Chelsea Expo 2025

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

512 Washington Street

Best-ever  
bake sale!

Free Admission  
Everyone welcome!  
For all ages.

KID ZONE  
is back

Door prizes

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by local  
businesses.

CHS musical  
performances

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- Culver's
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- Thompson's Pizza

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*Edward Jones:*  
Diane Kieliszewski &  
Michael O'Quinn

For more information:  
[www.chelseaseniors.org](http://www.chelseaseniors.org)  
(734) 475-9242




## community shred day

**4/12/2025**

**Save the Date:** Community Shred Day will be on Saturday, April 12, 2025. This complimentary event is open to the public.

### How It Works:

Shred-it Paper Shredding Service will have a truck located in the Chelsea State Bank Parking Lot at our Dexter Branch in the morning, then our Plaza Branch early afternoon to shred confidential documents on-site. Bring your private information such as tax forms, statements and bills in paper bags and boxes. Shred-it will empty them into a shredding bin while you watch the shredding. **Staples and paperclips are okay, but you will need to remove any binder clips, discs or electronics.**

### Two different locations & times for your convenience:



**Chelsea State Bank - Dexter Branch**  
7101 Dexter-Ann Arbor Rd  
Dexter, MI 48130



**Chelsea State Bank - Plaza Branch**  
1010 S. Main Street  
Chelsea, MI 48118



8:30 am - 10:30 am



11:30 am - 1:30 pm



Member  
FDIC

[www.chelseastate.bank](http://www.chelseastate.bank)

**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.**

## Thank You 2025 Sponsors!

### Thank you 2025 Friend Sponsor

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Financial Advisor  
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Chelsea, MI 48118  
734-475-0705

**Diane L Kieliszewski, CFP®, AAMS\***  
Financial Advisor  
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**Susan E. Zale**  
**Zale Law PLLC**  
*Estate Planning & Elder Law Attorney*

140 W. Middle St, Suite A  
Chelsea, MI 48118  
734-475-5777



**SILVER MAPLES**  
*of Chelsea*  
RETIREMENT NEIGHBORHOOD

[www.silvermaples.org](http://www.silvermaples.org)

# MARCH | 2025

## SENIOR CENTER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	<b>4</b> Pork Riblet Potato Wedges Coleslaw Applesauce WG Bun	<b>5</b> Mac & Cheese Stewed Tomatoes Fresh Orange WG Dinner Roll	<b>6</b> Sweet & Sour Chicken WG Brown Rice Peas Corn Orange	<b>7</b> Crispy Fish Filet Potato Wedges Orange WG Bun
<b>10</b> Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	<b>11</b> Ham Sweet Potatoes Peas Apple Juice WG Bread 2	<b>12</b> Sloppy Joe Potato Wedges Coleslaw Orange WG Bun	<b>13</b> Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	<b>14</b> Grilled Cheese Tomato Soup Mixed Veggies Apple
<b>17</b> BIRTHDAY CELEBRATION Corned Beef & Cabbage Roasted Red Skin Potatoes & Carrots Applesauce WG Bread	<b>18</b> Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	<b>19</b> Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll	<b>20</b> Hamburger Tater Tots Peas Diced Peas WG Bun	<b>21</b> Tuna Noodle Casserole Peas Fruit Cocktail WG Dinner Roll
<b>24</b> Cheesy Chicken & Rice Broccoli Beets Fruit Punch WG Bread	<b>25</b> Goulash Carrots Banana WG Breadstick	<b>26</b> Chicken Tenders Broccoli Salad Beets Mandarin Oranges WG Dinner Roll	<b>27</b> Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	<b>28</b> Mac & Cheese Stewed Tomatoes Fresh Orange WG Dinner Roll
<b>31</b> BBQ Pork Baked Beans Tater Tots Applesauce WG Bun	<b>1</b> Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple	<b>2</b> Pork Chops Mashed Potatoes Gravy Green Beans Applesauce WG Bread 2	<b>3</b> Chicken Patty Redskin Potatoes Corn Orange WG Bun	<b>4</b> Crispy Fish Filet Potato Wedges Orange WG Bun

### 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.  
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Chelsea, Mich.  
Permit No. 21



**MARCH 2025**

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



**CSC is open Mon – Fri 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:***  
*Genendal (Gen) Kornexl*  
*Meryln Street*

	<b>Mark your Calendars:</b>	
Mar 8: Chelsea Expo	Apr 22: Volunteer Appreciation	April 23 & 24: Read & Seed
Aug 26: Kaleidoscope Fundraising Concert @ CHS		
Sept 10: CSC Open House		

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