

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

**Trinh Pifer**  
**Intergenerational Garden**

**Read & Seed 2025**

April 23: 8:45-10:30 a.m.   **R**

April 24: 8:45-10:30 a.m. & 12:45-1:30 p.m.

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



**National Volunteer Week 2025**

April 20-26

All CSC volunteers; stop in the office during this week for a small token of our appreciation!



**Time Travel with Tom**  
**Exploring Members' Stories & CSC's 60 years**

Tuesday, April 8, 1:00 p.m.   **D**

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 Tina Patterson & Kay Heller.**

**Town Hall: Older Adults Millage**

Wednesday, April 9, 5:00-6:30 p.m.   **D**



Facilitated by Washtenaw County Commissioners Jason Maciejewski & Shannon Beeman.

Drop in and join us here at CSC for this

Town Hall conversation and Q&A on the Washtenaw County Older Adults Millage and the commissioners plans to roll out the funding.



**April Birthdays Celebration**

Tuesday, April 15 at Noon   **R**

Hosted by McDermott & Beauchamp, Attorneys at Law. 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.**



**Movie & Discussion: Will & Harper**  
 Monday, April 28, 1:00 p.m.   **D**

Sponsored by Equality Chelsea & Chelsea Senior Center. Join us to screen "Will & Harper", a documentary film directed by Josh Greenbaum that chronicles the long-time friendship

between actor Will Ferrell and writer Harper Steele, focusing on Steele's gender transition and their subsequent 17-day road trip together. *Discussion following the movie co-facilitated by EMU Professor Kate Mehuron, Dept. of History & Philosophy, and Joanna Whaley, worship artist and advocate for spirituality of LGBTQ+ people. This free event is open to all, popcorn & drinks provided.*

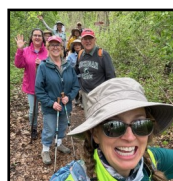


**NEW! Happy Trails Weekly Hikes:**

Moderately paced for the steady trekker  
 Fridays at Noon, beginning April 11\*   **R**

Facilitated by Lizzy Wilson. Join new trail leader Lizzy for these weekly moderately

paced hikes. Lizzy will lead brisk 2-to-3-mile hikes every week with the option to plan longer hikes. Hiking destinations will vary each week. \*On 4/11/25 meet at West Lake Preserve, 21598 Waterloo Rd, Chelsea. Bugs are out already so wear mosquito head nets & bug spray. **To register call or email CSC your name and phone number.**



**Happy Trails for the Meanderer:**


A slower paced for flora enthusiasts  
 Thursday, April 17, 1:00 p.m.   **R**

Facilitated by Sharon Kegerreis. Join Sharon on a wildflower stroll at the

Discovery Center\* on the Lowland & Spring Pond trails for a slow-paced 2-mile hike, 17030 Bush Road, Chelsea. \*Must have Michigan Recreation Passport on vehicle. Meet in the lower lot. Bugs are out already so wear mosquito head nets & bug spray. **To register call or email CSC your name and phone number.**

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

**D**  **Trinh Pifer Intergenerational Garden** **R**  **Work Bee Hours:**   
**Tuesdays & Thursdays**  
**9:00 – 11:00 a.m.**  
 Grab your gardening gloves and join us! 

 **Art for Life: The Art of Deceiving the Eye**  
**Thursday, April 10, 3:00 p.m.**  
*Suggested \$5 donation* **R** **\$**


*Presented by Kathy Gunderson. April Fools!*  
**Trompe L'oeil** is the artistic term for the highly realistic optical illusion of 3-dimensional space and objects on a 2-dimensional surface. This artistic technique has had a long history. One of the first discoveries of the use of Trompe L'oeil was found in the ruins of Pompeii. Painted architectural elements, such as columns or windows with outdoor vistas, expanded a space and added interest & depth on villas' walls. Painted artwork on wood or canvas became popular during the Baroque time period and in early American art, as well. Today, Trompe L'oeil street art has become extremely popular, often tricking pedestrians into walking. **To register call or email CSC with your name & phone number.**


 **Wellness Hour**  
**Mindful Moments: Mental Health Awareness & Glitter Jar Making** **R**  
**Monday, May 12, 2:00 p.m.**


*Facilitated by Anna Webber & Kathryn Walz, Behavioral Health Navigators, Chelsea Hospital.* Join us to discuss helpful coping skills & resources for our mental health. The highlight of this session will be creating your very own *Glitter Jar*. This simple yet powerful tool can be used to calm your mind during moments of stress. Whether you're looking for strategies to manage stress or simply seeking a creative outlet, this session will offer something for everyone. **To register call or email CSC with your name & phone number.**


 **AARP Smart DriverTEK Workshop:** **R**  
**Monday, May 5, 2:00-3:30 p.m.**


Advanced vehicle technology is keeping us safer on the road. Join an AARP driver safety instructor for this workshop that will provide you a better understanding of how the newest car technology works and how it will keep you safer and more confident behind the wheel. **FREE to attend. To register call or email CSC with your name & phone number.**

 **• Garden Work Bees have returned on Tuesdays & Thursdays, 9-11 a.m.**

 **Fermenting with Friends** **R**  
**3rd Thursday of month**  
**2:00 p.m.-3:00 p.m.**  
*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.**

 **Social Hour** **R**  
**Friday, April 25, 4 pm**  
**Valiant Bar & Grill, Chelsea**  
 Enjoy drinks, food & fun conversation with friends! **Registration required. Call or email CSC so we can reserve enough tables.**

 **Ask an Expert: Sleep & Wellness** **R**  
**Wednesday, April 9, 11:15 a.m.**  
*Facilitated by Sophia Speroff, Registered Dietician, & Betty Chaffee, your friendly neighborhood pharmacist.* Join us for an insightful discussion on how diet, lifestyle, and medications affect sleep quality in older adults. Discover practical tips to enhance your sleep and improve overall well-being. Don't miss out on this valuable opportunity! **To register, call or email CSC with your name & phone number.**

 **AARP Free Tax Prep Assistance** **R**  
**Thursdays thru 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. **For more information or to schedule an appointment call CSC.**

**Senior Center Staff**

- Jennifer Smith Executive Director
- Jon Van Hoek Assistant Director
- Meredith Nelson Office Manager
- Jan Scarbrough Bookkeeper
- Everett Mayes Technology Specialist
- Katie Garvey ETD Program Co-Leader
- Gina Frankhart Senior Services Coordinator
- Marcia White Member & Volunteer Services Coordinator
- Sharon Kegerreis Outreach & Connections Coordinator
- Angela Johnson Senior Services Coordinator
- Emily Nagaonkar ETD Program Co-Leader





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, email, or stop by CSC.**



**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



**Intergenerational Garden**

generations to engage & collaborate. **Garden Work Bees are Tuesday & Thursday mornings 9-11 a.m.**

Chelsea Senior Center  
Board of Directors

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

# IN THE spotlight

Thank you to everyone who helped make Chelsea EXPO 2025 a success. Our superpower is our amazing volunteers. You donate your time and talents to help with whatever we ask of you. We had close to 100 volunteers help us onsite between Thursday afternoon and Saturday afternoon. The set up was a true multi-generational effort. And SO many bakers who shared their tasty treats, that EXPO goers had 192 square feet of home baked yumminess to choose from. Thank you, thank you, thank you.

While the Chelsea EXPO, this was the 17<sup>th</sup> annual, is a FUNdraiser for us, it is also a FRIENDraiser. An opportunity for our community to come together to share and learn about each other. Many exhibitors shared with me the sense of community they felt at the Chelsea EXPO and reiterated the importance of such an event in our part of the County. Community is a powerful thing.

When I'm feeling hopeless, I reflect on my small community, see the amazing people around me, and seek out our larger community, read human interest stories in the news from all around the world, check out recipes from cool places with exotic ingredients (usually adding some of them to my shopping list), and plan out amazing vegetable and flower gardens. Engaging in these ways eases the feelings of hopelessness and helps stay the anger I feel at those who choose to divide. We are all much more alike than we are different.

Communities have strong voices, particularly when united. And our community spoke. Holding the EXPO in March was welcomed by all. Chelsea EXPO 2026 will be March 7, 2026! So goodbye April!

Although April is still my favorite month. In April, my grandmother used to make me mini bouquets of violets, lily of the valley, and snow drops beautifully wrapped in ribbon with petite notes attached written in her favorite turquoise fountain ink and perfect longhand. April and the start of spring is filled with hope and anticipation. Seeing the wonders of this world unfold in spectacular, miraculous ways soothes my soul.

I hope that each of you have something that soothes your soul. Memories that bring you joy. Places to be safe and feel welcomed. When this world gets crazy and scary, seek us out. We're here.

Jennifer

## 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 per class fee**

*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 per class fee**

*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.**

*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, April 16, 11 a.m.-Noon**

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



### Technology Support

**Wednesdays, 10:00 a.m.-Noon**

Need help with your computer, laptop, phone, or tablet? We have expert volunteers who can help and offer guidance; **bring in your passwords and/or log-in IDs so they can better assist you.** *Donations to our C2S2 program appreciated.*



### Mending Service

**\*This service is for CSC Members\***

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



### Notary Public Service

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

*Donations to our C2S2 Program appreciated.*



### Rankin Hearing Checks:

*Rankin Audiology & Hearing in Chelsea* will

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



### TOPS Club

**Take Off Pounds Sensibly**

**Thursdays**

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

**Real People. Real Weight Loss.® 9:45-10:45 a.m. Meeting**

Could you use help taking the pounds off? Support and encouragement are key! You only get out of TOPS Club what you put into it. We can't guarantee weight loss just by attending meetings, but we can offer support through each stage of the journey, including after you reach your goal weight. Join us, first meeting is free! **\$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)



### Connections Memory Café

*Held monthly*

Wednesday, April 2  
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!  
\*No class 4/28/25\*



### 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.



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

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



### 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.**



CSC membership is required to participate in activities and programs.

Remember to allow time to process your membership in CSC Office.



## 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.

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!



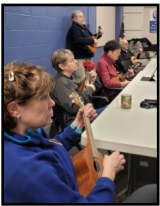
### Paper Crafts: Card Making

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

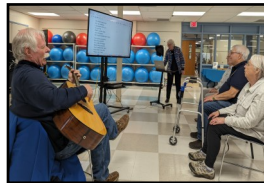
mix and enjoy the fellowship that sharing a love of music brings. *Choir meets at 'The Maples Room' at Silver Maples of Chelsea. For more information or to register contact choir director Jeff Crowder: jdcrowdr@gmail.com*

### 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

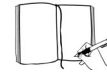


1st & 3rd Tuesday, 12:45 p.m.

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 Tuesday, April 8, 11:30 a.m., Dexter Brunch House, 8124 Main St, Dexter. 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.**



<b>April</b> <i>*Note office location</i>		<b>Tue 1 Apr</b> 12:45 A Joyful Noise		<b>Wed 2 Apr</b> 11:00 Body Core		<b>Thu 3 Apr</b> 12:00 Lunch		<b>Fri 4 Apr</b> 1:00 Square Dancing							
 Thrivin' in 2025 & Celebrating 60 years!		Computer Use 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:30 Silver Maples & Friends Choir 11:00 Movin' Groovin' 12:00 Lunch 12:30 Mexican Train	1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming	Computer Use 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support 11:00 Yoga Nidra	12:00 Lunch 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming	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 Movin' Groovin' 11:00 Chair Yoga	8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 12:00 Lunch 12:45 Evchue								
<b>Mon 7 Apr</b>	12:00 Lunch 12:30 Hand & Foot	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	12:45 Cranium Crushers 100 A.L.I.	<b>Tue 8 Apr</b>	12:00 Lunch 12:30 Mexican Train 12:30 Loss & Healing 1:00 Time Travel w/ Tom 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming	Computer Use 8:30 Indoor Pickleball 9:00 Onsite Ease the Day 10:00 Paper Crafts 10:30 Silver Maples & Friends Choir 11:00 Movin' Groovin' 11:30 Red Hat Ladies	Computer Use 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support 11:00 A Moment for Me	<b>Wed 9 Apr</b>	11:00 Body Core Strengthening 11:45 Ask an Expert 12:00 Lunch 12:30 Game Time 1:00 Sewing Group 1:00 Senior Fun Bowling 2:00 Dribbler/Jam Session 5:00 Town Hall	<b>Thu 10 Apr</b>	11:00 Chair Yoga 12:00 Lunch 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming 3:00 Art for Life	Computer Use AARP Tax Prep appts LAST 8:30 Indoor Pickleball 8:30 Board Meeting 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 Movin' Groovin'	<b>Fri 11 Apr</b>	12:00 Lunch 12:00 Happy Trails Hike* 12:45 Evchue 1:00 Square Dancing	Computer Use 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:45 Blood Pressure Checks
<b>Mon 14 Apr</b>	12:00 Lunch 12:30 Hand & Foot	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	12:45 Cranium Crushers 1:00 Genealogy Help Group	<b>Tue 15 Apr</b>	12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming	Computer Use 8:30 Indoor Pickleball 9:00 Onsite Ease the Day 10:30 Silver Maples & Friends Choir 11:00 Movin' Groovin' 12:00 Birthday Lunch 12:30 Mexican Train	Computer Use 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support 11:00 Yoga Nidra 11:00 Body Core Strengthening	<b>Wed 16 Apr</b>	11:00 Legacies Q&A 12:00 Lunch 12:30 Jam Session 12:30 Game Time 1:00 Sewing Group 1:00 Writing Memories Writers Group 1:00 Senior Fun Bowling	<b>Thu 17 Apr</b>	11:00 Chair Yoga 12:00 Lunch 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming 1:00 Happy Trails Meander* 2:00 Fermenting w/ Friends	Computer Use Chair Massage appts 8:30 Indoor Pickleball 9:00 Newsletter Assembly 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 Movin' Groovin' 10:45 Blood Pressure Checks	<b>Fri 18 Apr</b>	12:00 Happy Trails Hike* 12:45 Evchue 1:00 Square Dancing	Computer Use 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 12:00 Lunch
<b>Mon 21 Apr</b>	12:00 Lunch 12:30 Hand & Foot	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	12:45 Cranium Crushers 100 A.L.I.	<b>Tue 22 Apr</b>	12:30 Loss & Healing 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming	Computer Use 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:30 Silver Maples & Friends Choir 11:00 Movin' Groovin' 12:00 Lunch 12:30 Mexican Train	Computer Use Footcure appts Read & Seed 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	<b>Wed 23 Apr</b>	11:00 A Moment for Me 11:00 Body Core Strengthening 12:00 Lunch 12:30 Game Time 1:00 Sewing Group 1:00 Senior Fun Bowling 2:00 Dribbler/Jam Session	<b>Thu 24 Apr</b>	12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming	Computer Use Read & Seed 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 9:00 TOPS Club 9:45 Movin' Groovin' 11:00 Chair Yoga 12:00 Lunch	<b>Fri 25 Apr</b>	12:00 Happy Trails Hike* 12:45 Evchue 1:00 Square Dancing 1:00 A.L.I. 4:00 Soda Hour*	Computer Use 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 12:00 Lunch
<b>Mon 28 Apr</b>	12:00 Lunch 12:30 Hand & Foot	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	NO Cranium Crushers 1:00 Movie & Discussion: "Will & Harper"	<b>Tue 29 Apr</b>	12:30 Mexican Train 1:30 Ukulele 2:30 Cardio Drumming	Computer Use 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:00 All-Day Quilting 10:30 Silver Maples & Friends Choir 11:00 Movin' Groovin' 12:00 Lunch	Computer Use 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support 11:00 Yoga Nidra	<b>Wed 30 Apr</b>	11:00 Body Core Strengthening 12:00 Lunch 12:30 Game Time 1:00 Sewing Group 1:00 Senior Fun Bowling	<b>Senior Cafe Lunch:</b> <ul style="list-style-type: none"> <li>Reserve your Senior Cafe 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 Senior Cafe Registration Form found in the kitchen once a year.</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>		 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>  <i>NOTE: Activity Schedule is subject to change</i>			



## Movement & Exercise

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



### Gentle Yoga

**Mondays (skip 7/21 & 7/28)**  
**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 May 15-Aug 11 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** **D** **\$**  
**{Mon}-Wed-Fri; 9:45-10:45 a.m.**  
**\$2/class suggested donation**

*Enhance Fitness* is an evidence based fitness program geared toward improving the overall functional fitness and well-being of older adults. Classes focus on cardio vascular conditioning, strength training, flexibility, and balance training. Instructors are certified. Bring your own water bottle. *{The Monday classes May 5-July 21 are free thanks to Washtenaw Community College Senior Emeritus Program}*



*{The Monday classes May 5-July 21 are free thanks to Washtenaw Community College Senior Emeritus Program}*



### Tai Chi

**Fridays; May 16-Aug 1 (skip 6/20 & 7/4)**  
**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 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 May 1-Aug 7 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. 16 laps around the "Lobby Loop" is one mile. Grab a friend and get moving!



### 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**



**D**

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\*

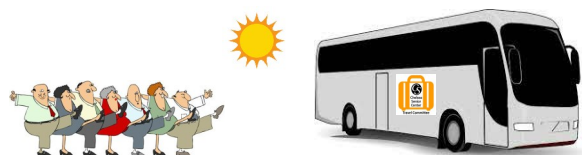
You must travel with the group to and from CSC in order to participate in these trips.

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.



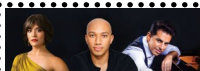
### Wisconsin's Best

*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.**



### Let's Misbehave: Songs of Cole Porter

*Detroit Symphony Orchestra*



DETROIT SYMPHONY ORCHESTRA



**Friday, June 20, \$118/person**

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

**WAITLIST ONLY**



### Untouchable Chicago

**Sept 19-21**

**\$1282/Single - \$1029/DbI**



Price includes escorted roundtrip motorcoach transportation, two nights accommodations in Downtown Chicago, 4 meals, river cruise, 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/DbI**

*Presented by Ed & Ted's Excellent Adventure.*

**WAITLIST ONLY**



### 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.**



### Canadian Maritimes & Coastal Wonders

*featuring the Cabot Trail*



**Sept 21-Oct 1**

**\$5899/Single - \$4899/DbI Booking Number: 1248779**

*This trip is organized and booked through Collette Travel. Contact Collette for details. Chelsea Senior Center WILL NOT be handling any reservations or money. See trip brochure in CSC office for more information. Call Collette Travel directly (800) 581-8942, or use this link to book: <https://gateway.gocollette.com/link/1248779>*



### 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.**



### 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

### Chelsea High School Music Department Collage Concert



**Saturday, April 5, 7:00 pm**  
Chelsea High School Auditorium

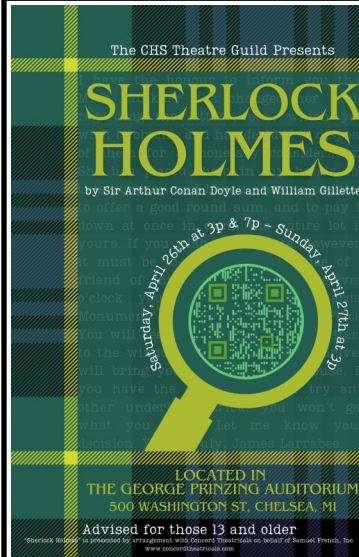
Admission: \$10 Adult,  
\$5 Senior/Student



### Chelsea High School Theatre Guild

**Sunday**  
**April 27**  
**3:00 p.m.**  
**WSEC**  
**Auditorium**

**Senior**  
**Discount**  
**Tickets**  
**\$8.00**



- Play by Sir Arthur Conan Doyle and William Gillette -



**SENIOR DISCOUNT TICKETS** available for purchase at CSC, General Seating, for Sunday, April 27, 3:00 p.m. Limited Supply. First come, first served. No holds or reservations. Cash or checks only made payable to CHS Theatre Guild.



### 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/Ageways* 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.**



Navigating Medicare



## Adult Learners Institute

Of Chelsea MI

### April 2025 classes held at Chelsea Senior Center:

Mon Apr 7; 1-3 pm; *Attract Butterflies to Your Garden*  
Mon Apr 21; 1-3 pm; *The Beatles-everything you never knew*  
Fri Apr 25; 1-3 pm; *Adventures in Nova Scotia*

For more information or to register for classes contact A.L.I. directly by phone: 734-292-5540 or email: [info@alimichigan.org](mailto:info@alimichigan.org) or website: [alimichigan.org](http://alimichigan.org)



**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

## 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, 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



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



## Thank You 2025 Sponsors!

### Thank you 2025 Friend Sponsor

- Linden Square Senior Care

## Edward Jones celebrates the Chelsea Senior Center.



**Edward Jones**  
MAKING SENSE OF INVESTING  
edwardjones.com



**Michael O'Quinn, CFP®, AAMS\***  
Financial Advisor  
1100 S Main Street  
Chelsea, MI 48118  
734-475-0705

**Diane L Kieliszewski, CFP®, AAMS\***  
Financial Advisor  
134 W Middle St Suite B  
Chelsea, MI 48118  
734-475-3295  
Member SIPC

**JIFFY**  
*mix*



## Hearing Matters

Differential Diagnosis of Hearing Loss • Premium Hearing Aid Sales and Repair Services • Ear Cleanings • Tinnitus Counseling and Desynera therapy

Call for your FREE Video Otoscopy and Ear Scan!



**734.433.0699**

1600 Commerce Park Dr., Suite #300 • Chelsea

Learn more at: [rankinhearing.com](http://rankinhearing.com)



Bringing Wall Street to Main Street

☎ 734.930.4030 ✉ [bisonwealthplanners@raymondjames.com](mailto:bisonwealthplanners@raymondjames.com)



DISCOVER THE  
*Not-For-Profit*  
DIFFERENCE OF CARE

Call 734.389.8781  
to set up a personal tour!

[www.ChelseaRetirementCommunity.com](http://www.ChelseaRetirementCommunity.com)

805 W. Middle Street, Chelsea, MI | 734.389.8781



## Staffan-Mitchell FUNERAL HOME

901 N. Main St. • Chelsea, MI 48118

Family Owned Since 1853

Michael D. Mitchell • Owner, Director, Manager  
John W. Mitchell II • Owner, Director

Celebrating Over 165 Years of Service  
and Commitment to Our Community

[www.mitchellfuneral.com](http://www.mitchellfuneral.com) • 734-475-1444





# Thank You 2025 Sponsors!

Working Together to Provide Specialized Elder Law, Estate Planning, and Probate Solutions



John A. McDermott  
Leigh A. Beauchamp

Attorneys at Law

1171 S Main Street, Suite 6, Chelsea, MI 48118

734 433-9490

leigh@beauchampestatelaw.com

mcdermottelderlaw.com

beauchampestatelaw.com




**Funeral Chapel, Inc.**  
A Family-Owned Business  
214 E. Middle Street



Allen C. Cole  
Manager/Director  
Wendy Cole  
Office Manager

visit us at  
[www.colefuneralchapel.com](http://www.colefuneralchapel.com)

**734-475-1551**

*When you need someone you can trust, let our family take care of your family.*



We offer options to meet your needs  
• Preplanning • Personalized Funerals  
• Cremation Options • Monuments



**CHELSEA HOSPITAL**



Your Premiere Location For  
**Inpatient Rehabilitation**  
734-936-7059

[ChelseaHospital.org/Rehab](http://ChelseaHospital.org/Rehab)




banking is simple


So you can spend more time perfecting your hobbies



Member FDIC



Eder & Diver Insurance Agency



FARM BUREAU INSURANCE A Company

Real People. Real Coverage. Real Results.

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)



# APRIL | 2025

## SENIOR CENTER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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> Chicken Drumstick 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
<b>7</b> Pork Riblet Potato Wedges Coleslaw Applesauce WG Bun	<b>8</b> Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	<b>9</b> Sweet & Sour Chicken WG Brown Rice Peas Corn Orange	<b>10</b> Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	<b>11</b> Mac & Cheese Skewed Tomatoes Fresh Orange WG Dinner Roll
<b>14</b> Sloppy Joe Potato Wedges Coleslaw Orange WG Bun	<b>15</b> <u>BIRTHDAY CELEBRATION</u> Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	<b>16</b> Pork Chops Mashed Potatoes Gravy Green Beans Applesauce WG Bread 2	<b>17</b> Hamburger Tater Tots Peas Diced Peas WG Bun	<b>18</b> Tuna Noodle Casserole Peas Fruit Cocktail WG Dinner Roll
<b>21</b> Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll	<b>22</b> Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	<b>23</b> Ham Sweet Potatoes Peas Apple Juice WG Bread 2	<b>24</b> Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	<b>25</b> Cheesy Chicken & Rice Broccoli Beets Fruit Punch WG Bread
<b>28</b> Goulash Carrots Banana WG Breadstick	<b>29</b> Chicken Tenders Broccoli Salad Beets Mandarin Oranges WG Dinner Roll	<b>30</b> Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple	<b>1</b> BBQ Pork Baked Beans Tater Tots Applesauce WG Bun	<b>2</b> Chicken Patty Redskin Potatoes Corn Orange WG Bun

**NEWS**

To order lunch to eat at C-SC 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 Washenaw County OCED, Ageways, and other state and federal agencies.

If you would like more information about Meals on Wheels delivery call (734) 475-9242.

Fresh produce from the Intergenerational Garden will be added to the menu when available.

**The Menu is subject to change without notice.**



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

Nonprofit Org.  
U.S. Postage  
PAID  
Chelsea, Mich.  
Permit No. 21


**APRIL 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:***  
*John Brookes, Betty Marsh,  
Duane Newland, Faye Snyder,  
Tom Tobias, Jane Wood*



**Mark your Calendars:**  
April 20-26: National Volunteer Week  
May 26: CSC Closed for Memorial Day Holiday  
June 9: Camp GABIKA begins



*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.*