



Drop-in



Registration Required



Fee/Donation



AARP Smart DriverTEK Workshop:

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.**



May Birthdays Celebration

Tuesday, May 20 at Noon



Hosted by *Cole Funeral Chapel*. 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.**



Wellness Hour

Mindful Moments: Mental Health Awareness & Glitter Jar Making

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 your 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.**



Social Hour

Friday, May 30, 4 pm

Los Tres Amigos, Chelsea

Enjoy drinks, food & fun

conversation with friends! **Registration is required so we can reserve enough tables. Please call or email CSC with your name & phone number.**



Time Travel with Tom

Exploring Members' Stories & CSC's 60 years

Tuesday, May 13, 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 Bill O'Reilly.**



Happy Trails Meander:

Slower paced hike for flora enthusiasts
Wednesday, May 14, 2:00 p.m.



Facilitated by *Sharon Kegerreis*. Join hike leader Sharon on a 2-mile hike at Leonard Preserve in Manchester. This relatively flat, peaceful trail meanders along the River Raisin and weaves in and out of woods and meadows. Wear bug spray, bring water and check for ticks after hiking. Plan to hike even in light rain. **Please Note: like all Washtenaw County Nature Preserves, there is no restroom facility at the trailhead. To register call or email CSC your name and phone number.**

Senior Market Bucks



Summer Senior Market Bucks available at CSC!

Sponsored by Chelsea Hospital

Senior Market Bucks can be used starting May 24, at the Chelsea Farmers Market, open weekly through October 29, Wed 10-3 and Sat 8-1. Stop by CSC office on May 20 to pick up a coupon book; one booklet per person. For more information on the Chelsea Farmers Market please visit their website at: www.chelseafarmersmkt.org

Tuesday, May 20, 11:45 a.m.-12:15 p.m.



Drop in to pick up a coupon booklet, while supplies last, for those who are **Washtenaw County Residents AND 60 years of age or older**. Booklets will also be available at the Chelsea Farmers Market on May 24. No income requirement. Coupons can be used on Michigan-grown foods, including fruits, vegetables, eggs, cheese, yogurt, meat, poultry, fish and honey. *Foods not mentioned in the above list are not eligible. Non-food items cannot be purchased with Senior Market Bucks.* **For more information about the program, contact Christian Calaguas (734) 593-5281, email Christian.Calaguas@trinity-health.org**

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



Ask an Expert: Managing Chronic Pain Through Nutrition & Medication **R**
Wednesday, May 14, 11:15 a.m.

Facilitated by Sophia Speroff, Registered Dietician, & Betty Chaffee, your friendly neighborhood pharmacist. Join us to learn about managing chronic pain with an anti-inflammatory diet and the proper use of pain medications. Gain valuable insights to help improve your comfort and quality of life. **To register, call or email CSC with your name & phone number.**



Art for Life:
April Showers Bring May Flowers
Thursday, May 8, 3:00 p.m.
Suggested \$5 donation **R** **\$**

Presented by Kathy Gunderson. This month Kathy will present “A History of Flowers from Unicorns to Abiquiu” and take a look at floral works in art from the late Middle Ages, to the Dutch Golden Age, to a few favorite Impressionists and, lastly, to the 20th century works of American artist Georgia O’Keeffe. **To register call or email CSC with your name & phone number.**



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.**



Happy Trails Weekly Hikes:
Moderately paced for the steady trekker
Fridays at Noon **R**

Facilitated by Lizzy Wilson. Join trail leader Lizzy for these weekly moderately paced hikes. She will lead brisk 2-to-3-mile hikes every week. Hiking destinations will vary each week. Bring bug spray, water, and check for ticks after hiking. *Must have Michigan Recreation Pass on vehicle.* **To register for one of the hikes and get the trailhead addresses call or email CSC your name and phone number.**

- **CSC will be CLOSED on Monday, May 26, in observance of the Memorial Day holiday.**
- **NEW Work Bee Hours in the garden: Tue 9-11 a.m. and Thu 10-Noon.**



Senior Café Lunch:

- Reserve your Senior Café Lunch by Noon the day before you plan to join us.
- Simply stop in CSC office or call during our business hours of 8:30 a.m.-4:00 p.m. each weekday (734) 475-9242.
- Fill out the *Senior Café Registration Form* found in the kitchen. **R**
- If age 60+, a \$3 donation is suggested.
- If under 60 years of age, lunch cost is \$5.
- You don’t have to be a CSC member in order to enjoy lunch here!



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

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



Intergenerational Garden

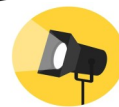
Chelsea Senior Center
Board of Directors

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

IN THE spotlight



Jean Vargas



Welcome to our monthly column highlighting YOU!

When Chicago-native Jean Vargas explored rural communities to settle in years ago, it was Chelsea's bell tower that sealed the deal. Its charming chime enticed Jean to put down new roots after her early days as a critical care nurse in Chicago. She devoted more than 20 years applying her nursing skills at Chelsea Hospital before retirement.

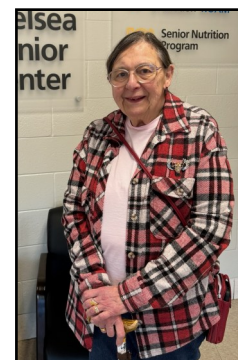
Today, you will often see Jean in the Chelsea Senior Center community room sorting books for the center's bookshelves and for Chelsea District Library. Jean is very active in the CDL used book sale after several years on the library board of directors. She shares books between the organizations, ensuring each has the right blend of literary offerings.

Jean's involvement in Chelsea Senior Center began nearly 20 years ago. Many committees at Chelsea Senior Center, including transportation, wellness and recycling, have benefitted from Jean's can-do attitude. She is happy to lend an extra hand when needed, including in Ease the Day and at the annual Chelsea Expo. Jean also applies her nursing expertise to check members' blood pressures each month.

This world traveler has a zest for living life to its fullest. Jean has traveled to all seven continents, including return trips to Africa and, her favorite destination, Alaska. Jean fondly remembers her adventure to Vietnam with Chelsea Senior Center's prior executive director, Trinh Pifer.

On any given day, you'll find Jean exercising in Enhance Fitness, designing in Stained Glass, stretching in Movin'-Groovin, enjoying a tasty lunch in the cafeteria and socializing (as a teetotaler) at monthly Happy Hours.

Jean embodies the verve of volunteering & living her mantra, *"Give back. It's just plain fun."*



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, May 21, 11 a.m.-Noon

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



Technology Support

Wednesdays, 10:00 a.m.-Noon

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



Mending Service

This service is for CSC Members

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



Notary Public Service

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

Donations to our C2S2 Program appreciated.



Hearing Checks: Rankin

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



TOPS Club

Take Off Pounds Sensibly
Thursdays

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

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

Ease the Day: Caregiver Respite Adult Day Program at CSC



Are you at home caring for a loved one? Looking for a break from the routine, a little time to yourself and a social opportunity for the person for whom you care? This break from caregiving is powered by CSC staff and outstanding community volunteers. If you know of someone who could use a break, wants to give their loved one a fun, engaging time with others, and lives in our area, call us. We have options to help.

To register or get more information, contact
Chelsea Senior Center @ (734) 475-9242
Or @ caregiversupport@chelseaseniors.org



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.

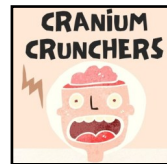


Loss & Healing Group



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!



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.**

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/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.**



CSC membership is required to participate in our activities and programs.

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

Gather, Create, Expand Your Mind



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

BINGO

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

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

Pool/Billiards

Mondays & Wednesdays, 9:00 a.m.

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

Hand & Foot

Mondays, 12:30 p.m.

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

Mexican Train

Tuesdays, 12:30 p.m.

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

Game Time

Wednesdays, 12:30 p.m.

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

Bridge

Thursdays, 12:30 p.m.

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

Cribbage

Fridays, 10:00 a.m.

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

Euchre

Fridays, 12:45 p.m. \$

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

D Drop-in

R Registration Required

\$ Fee/Donation



Knit & Crochet Group

Thursdays, 12:30 p.m.

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

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



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Newsletter Assembly

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

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Lending Library

In cooperation with Friends of the CDL

Located in Room 112, there are no fees, no checkout, and no time limit when a **book or puzzle** is borrowed. Simply return when finished!

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Genealogy Help Group

Monday, June 16, 1:00 pm

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

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Community Computer Use

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

CSC's community computers w/internet & printers are available for CSC Members to use in Room 113 during our regular business hours.



Open Painting Studio w/Chelsea Artists Guild

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

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



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Sewing Group

Wednesdays, 1:00 p.m.

This dedicated group of sewers gather to make needed items for underprivileged youth in developing countries. Using mostly donated materials, they create "Little Dresses" for young girls, shorts for boys, and long, ankle length skirts, and feminine pad kits for older girls. If you are looking for a way to get involved, consider volunteering to help! Join us to iron, cut, sew, and smile!

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Gather, Create, Expand Your Mind



Woodcarving

Fridays, 10:00 a.m.-Noon

This group meets to carve each week. Everyone brings their own materials and tools for individual projects. Many wood carvers have basic tools on hand to share and are happy to provide instruction. Stop in and check it out!



Jam Sessions

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., Sept-May

Choir meets at Silver Maples of Chelsea

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

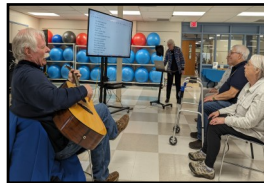
mix and enjoy the fellowship that sharing a love of music brings. *Choir meets in The Maples Room at Silver Maples of Chelsea. For more information or to register contact choir director Jeff Crowder: jdcrowdr@gmail.com*

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!



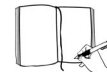
Writing Memories

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, May 13, 11:30 a.m. at Gran Maya Mexican Restaurant, 497 N Zeeb Rd, Ann Arbor. 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><i>*Note office location</i></p> <p>May 2025</p> <p>Chelsea Senior Center</p> <p>Thriving in 2025 & Celebrating 60 years!</p>		  <p>Please make sure to always check-in at one of the CSC kiosks before attending any activities. ALL Guests must sign-in at CSC office.</p> <p>NOTE: Activity Schedule is subject to change</p>		<p>Senior Café Lunch:</p> <ul style="list-style-type: none"> Reserve your Senior Café Lunch by Noon the day before you plan to join us. Stop in CSC office or call during our business hours of 8:30 a.m.-4:00 p.m. each weekday. Fill out the Senior Café Registration Form found in the kitchen once a year. If age 60+, a \$3-\$5 donation is suggested. If under 60 years of age, lunch cost is \$5. You don't have to be a CSC member in order to enjoy lunch here. 		<p>Thu 1 May</p> <p>1200 Lunch</p> <p>Computer Use</p> <p>Chair Massage appts</p> <p>8:30 Indoor Pickleball</p> <p>9:00 TOPS Club</p> <p>9:30 Onsite Ease the Day</p> <p>9:45 Movin-Groovin</p> <p>10:00 Garden Work Bee</p> <p>11:00 Chair Yoga</p>		<p>Fri 2 May</p> <p>12:45 Exercise</p> <p>100 Square Dancing</p> <p>Computer Use</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Bingo</p> <p>9:45 Enhance Fitness</p> <p>10:00 Cabbage</p> <p>10:00 Woodcarving</p> <p>12:00 Lunch</p> <p>12:00 Happy Trails Hike®</p>	
<p>Mon 5 May</p> <p>1200 Lunch</p> <p>Computer Use</p> <p>8:30 Line Dancing</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Bingo</p> <p>9:00 Pool/Billiards</p> <p>9:30 Gentle Yoga</p> <p>9:45 Enhance Fitness</p> <p>11:00 Improving Balance</p>		<p>Tue 6 May</p> <p>1230 Mexican Train</p> <p>1230 Loss & Healing</p> <p>1245 A Joyful Noise</p> <p>100 Quilting</p> <p>130 Ukulele</p> <p>230 Cardio Drumming</p> <p>Computer Use</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Garden Work Bee</p> <p>9:30 Onsite Ease the Day</p> <p>10:30 Silver Maples & Friends Choir®</p> <p>11:00 Movin-Groovin</p> <p>12:00 Lunch</p>		<p>Wed 7 May</p> <p>11:00 Body Core Strengthening</p> <p>12:00 Lunch</p> <p>12:00 Connections: Memory Café</p> <p>12:30 Jam Session</p> <p>12:30 Game Time</p> <p>1:00 Sewing Group</p> <p>1:00 Senior Fun Bowling®</p> <p>Computer Use</p> <p>Footcare appts</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Pool/Billiards</p> <p>9:00 Stained Glass</p> <p>9:30 Onsite Ease the Day</p> <p>9:45 Enhance Fitness</p> <p>10:00 Tech Support</p> <p>11:00 A Moment for Me</p>		<p>Thu 8 May</p> <p>1200 Lunch</p> <p>Computer Use</p> <p>8:30 Indoor Pickleball</p> <p>8:30 Board Meeting</p> <p>9:00 TOPS Club</p> <p>9:30 Onsite Ease the Day</p> <p>9:45 Movin-Groovin</p> <p>10:00 Garden Work Bee</p> <p>11:00 Chair Yoga</p>		<p>Fri 9 May</p> <p>1200 Lunch</p> <p>12:00 Happy Trails Hike®</p> <p>1245 Exercise</p> <p>100 Square Dancing</p> <p>100 A.L.I.</p> <p>Computer Use</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Bingo</p> <p>9:45 Enhance Fitness</p> <p>10:00 Cabbage</p> <p>10:00 Woodcarving</p> <p>10:45 Blood Pressure Checks</p>	
<p>Mon 12 May</p> <p>1200 Lunch</p> <p>Computer Use</p> <p>8:30 Line Dancing</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Bingo</p> <p>9:00 Pool/Billiards</p> <p>9:30 Gentle Yoga</p> <p>9:45 Enhance Fitness</p> <p>11:00 Improving Balance</p>		<p>Tue 13 May</p> <p>11:30 Red Hat Ladies®</p> <p>1200 Lunch</p> <p>1230 Mexican Train</p> <p>100 Quilting</p> <p>100 Time Travel w/Tom</p> <p>130 Ukulele</p> <p>230 Cardio Drumming</p> <p>Computer Use</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Garden Work Bee</p> <p>9:30 Onsite Ease the Day</p> <p>10:00 Paper Crafts</p> <p>10:30 Silver Maples & Friends Choir®</p> <p>11:00 Movin-Groovin</p>		<p>Wed 14 May</p> <p>11:45 Ask an Expert</p> <p>12:00 Lunch</p> <p>12:30 Jam Session</p> <p>12:30 Game Time</p> <p>1:00 Sewing Group</p> <p>1:00 Senior Fun Bowling®</p> <p>2:00 Duetmaster Jam Session</p> <p>2:00 Happy Trails Meander®</p> <p>Computer Use</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Pool/Billiards</p> <p>9:00 Stained Glass</p> <p>9:30 Onsite Ease the Day</p> <p>9:45 Enhance Fitness</p> <p>10:00 Tech Support</p> <p>11:00 Yoga Nidra</p> <p>11:00 Body Core</p>		<p>Thu 15 May</p> <p>1230 Bridge</p> <p>1230 Knit/Crochet</p> <p>1230 Open Painting Studio</p> <p>1:00 Cardio Drumming</p> <p>2:00 Fermenting w/Friends</p> <p>Computer Use</p> <p>Chair Massage appts</p> <p>8:30 Indoor Pickleball</p> <p>9:00 TOPS Club</p> <p>9:30 Onsite Ease the Day</p> <p>9:45 Movin-Groovin</p> <p>10:00 Garden Work Bee</p> <p>11:00 Chair Yoga</p> <p>12:00 Lunch</p>		<p>Fri 16 May</p> <p>1200 Lunch</p> <p>12:00 Happy Trails Hike®</p> <p>1245 Exercise</p> <p>100 Square Dancing</p> <p>Computer Use</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Bingo</p> <p>9:45 Enhance Fitness</p> <p>10:00 Cabbage</p> <p>10:00 Woodcarving</p> <p>10:30 Begin Tai Chi</p> <p>11:40 Inter. Tai Chi</p>	
<p>Mon 19 May</p> <p>1200 Lunch</p> <p>Computer Use</p> <p>8:30 Line Dancing</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Bingo</p> <p>9:00 Pool/Billiards</p> <p>9:30 Gentle Yoga</p> <p>9:45 Enhance Fitness</p> <p>11:00 Improving Balance</p>		<p>Tue 20 May</p> <p>11:45 Senior Market Bucks</p> <p>1200 Birthday Lunch</p> <p>1230 Mexican Train</p> <p>1230 Loss & Healing</p> <p>1245 A Joyful Noise</p> <p>100 Quilting</p> <p>130 Ukulele</p> <p>230 Cardio Drumming</p> <p>Computer Use</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Garden Work Bee</p> <p>9:30 Onsite Ease the Day</p> <p>10:30 Silver Maples & Friends Choir®</p> <p>11:00 Movin-Groovin</p>		<p>Wed 21 May</p> <p>11:00 Body Core Strengthening</p> <p>12:00 Lunch</p> <p>12:30 Jam Session</p> <p>12:30 Game Time</p> <p>1:00 Sewing Group</p> <p>1:00 Writing Memories Writers Group</p> <p>1:00 Senior Fun Bowling®</p> <p>Computer Use</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Pool/Billiards</p> <p>9:00 Stained Glass</p> <p>9:30 Onsite Ease the Day</p> <p>9:45 Enhance Fitness</p> <p>10:00 Tech Support</p> <p>11:00 A Moment for Me</p> <p>11:00 Legalities Q&A</p>		<p>Thu 22 May</p> <p>10:45 Blood Pressure Checks</p> <p>1200 Lunch</p> <p>1230 Bridge</p> <p>1230 Knit/Crochet</p> <p>1230 Open Painting Studio</p> <p>1:00 Cardio Drumming</p> <p>Computer Use</p> <p>8:30 Indoor Pickleball</p> <p>9:00 TOPS Club</p> <p>9:00 Newsletter Assembly</p> <p>9:30 Onsite Ease the Day</p> <p>9:45 Movin-Groovin</p> <p>10:00 Garden Work Bee</p> <p>11:00 Chair Yoga</p>		<p>Fri 23 May</p> <p>1200 Lunch</p> <p>12:00 Happy Trails Hike®</p> <p>1245 Exercise</p> <p>100 Square Dancing</p> <p>Computer Use</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Bingo</p> <p>9:45 Enhance Fitness</p> <p>10:00 Cabbage</p> <p>10:00 Woodcarving</p> <p>10:30 Begin Tai Chi</p> <p>11:40 Inter. Tai Chi</p>	
<p>Mon 26 May</p> <p>- CLOSED -</p> <p>MEMORIAL DAY</p> <p>HONORING ALL WHO SERVED</p> 		<p>Tue 27 May</p> <p>1200 Lunch</p> <p>1230 Mexican Train</p> <p>130 Ukulele</p> <p>230 Cardio Drumming</p> <p>Computer Use</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Garden Work Bee</p> <p>9:30 Onsite Ease the Day</p> <p>10:00 All-Day Quilting</p> <p>10:30 Silver Maples & Friends Choir®</p> <p>11:00 Movin-Groovin</p>		<p>Wed 28 May</p> <p>11:00 Body Core Strengthening</p> <p>12:00 Lunch</p> <p>12:30 Jam Session</p> <p>12:30 Game Time</p> <p>1:00 Sewing Group</p> <p>1:00 Senior Fun Bowling®</p> <p>2:00 Duetmaster Jam Session</p> <p>Computer Use</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Pool/Billiards</p> <p>9:00 Stained Glass</p> <p>9:30 Onsite Ease the Day</p> <p>9:45 Enhance Fitness</p> <p>10:00 Tech Support</p> <p>11:00 Yoga Nidra</p>		<p>Thu 29 May</p> <p>1230 Bridge</p> <p>1230 Knit/Crochet</p> <p>1230 Open Painting Studio</p> <p>1:00 Cardio Drumming</p> <p>Computer Use</p> <p>8:30 Indoor Pickleball</p> <p>9:00 TOPS Club</p> <p>9:30 Onsite Ease the Day</p> <p>9:45 Movin-Groovin</p> <p>10:00 Garden Work Bee</p> <p>11:00 Chair Yoga</p> <p>12:00 Lunch</p>		<p>Fri 30 May</p> <p>1200 Lunch</p> <p>12:00 Happy Trails Hike®</p> <p>1245 Exercise</p> <p>100 Square Dancing</p> <p>4:00 Soda Hour®</p> <p>Computer Use</p> <p>8:30 Indoor Pickleball</p> <p>9:00 Bingo</p> <p>9:45 Enhance Fitness</p> <p>10:00 Cabbage</p> <p>10:00 Woodcarving</p> <p>10:30 Begin Tai Chi</p> <p>11:40 Inter. Tai Chi</p>	

Movement & Exercise

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



Gentle Yoga

Mondays (skip 5/26, 7/21 & 7/28)
9:30-10:30 a.m.



Instructor Dianna Kause. Bring a mat and/or blanket. Class is geared toward students who can work on the floor. Traditional poses, stretches, breathing work and savasana, the resting and restorative pose, to end. {Classes May 5 - Aug 18 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!



Square Dancing

Fridays, 1:00-2:30 p.m.
\$2 per class



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



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 28 are free thanks to Washtenaw Community College Senior Emeritus Program}



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.



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 (skip 7/24 & 7/31)
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 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.



Check-in at CSC Kiosk before you begin. 16 laps around the "Lobby Loop" is one mile. So grab a friend and get moving!



Senior Fun Bowling at Chelsea Lanes

Wednesdays 1:00 p.m., Aug-May



Join the gang at the alleys for fun & friendly competition. Consider joining a team or even being a sub! **For more info call Chelsea Lanes (734) 475-8141.**

Movin' & Groovin'

Tuesdays, 11:00-11:30 a.m.
Thursdays, 9:45-10:15 a.m.



Get a great workout with this 30-minute adaptive movement exercise class provided by *Ballet Chelsea*. Sit, stand, move & groove to the music, & have fun!



CSC Indoor Pickleball Club

Monday - Friday
8:30 a.m.-2:30 p.m.



\$25/year CSC Membership AND
\$10/year Pickleball Club Fee

Indoor play at WSEC. Both drop-in and court sign-up sessions available. Remember to always sign in at a CSC kiosk each time you come in to play and make sure your memberships are current. **For more information contact CSC.**



Cardio Drumming

Tuesdays, 2:30-3:30 p.m.
Thursdays, 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.



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 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.



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.



WAITLIST ONLY



DETROIT SYMPHONY ORCHESTRA



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 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 PP - \$1899/double PP

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 PP- \$1029/Dbl PP

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 PP - \$2999/Dbl PP

Presented by Ed & Ted's Excellent Adventure.



WAITLIST ONLY



Canadian Maritimes & Coastal Wonders

featuring the Cabot Trail

Sept 21-Oct 1

\$5899/Single PP - \$4899/Dbl PP

Booking Number: 1248779 This trip is organized and booked through Collette Travel. Call Collette Travel directly (800) 581-8942, or use this link to book: <https://gateway.gocollette.com/link/1248779>



Ohio Wine Tour

Wauseon, Archbold, Helena

October 16, \$145/person

Depart 9:15 a.m., Return 7:45 p.m.

Price includes roundtrip coach transportation, driver tip, 3 winery stops with wine tasting, lunch, and light buffet. \$25 deposit due at Registration. Full payment due Sept 16.



Haunted Happenings

A Spooky Trip to Northeast Ohio

October 30-31,

\$530/single PP - \$455/double PP

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



Adult Learners Institute

Of Chelsea MI

May 2025 classes held at Chelsea Senior Center:

Fri May 9; 1-3 pm; Japanese Internment

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



WEDNESDAY MARKET

Main St. / Old US 12
Wednesday | 10am - 3pm

Chelsea Farmers Market

May
through
October



SATURDAY MARKET

Downtown Chelsea
Saturdays | 8am - 1pm

WASHTENAW COMMUNITY
CONCERT BAND
2024-2025 Season

ELEMENTAL FORCES

CHANGE

FREE BAND CONCERT
Thursday, May 8, 2025 • 7:30 PM

Towsley Auditorium, Washtenaw Community College
4800 E. Huron River Drive, Ann Arbor, Michigan
Dr. William Perrine, Conductor & Music Director

WCCBand.org



Trinh Pifer

UPDATES

The Intergen Garden is OPEN!



It's gardeners' favorite time of year, and we're already growing! Seedlings are sprouting and strawberries are blooming in the hoop house. Outside we've made some changes since the end of last season, adding two new raised beds and tarping another grassy area, preparing it to become a bed by late summer. Rhubarb, garlic and strawberries are growing outside, while inside, our Ease the Day friends started red and green cabbages, Brussels sprouts, tomatoes, and some beneficial flowers for us to plant out in May. We've already opened the Farm Stand with early harvests of spinach and kale and hope to add seedlings from some of the veggies we've started in the hoop house.

Read & Seed: In April was our annual rollicking program, when Chelsea School District preschoolers heard garden-related stories then came out to the hoop house to plant seeds in the raised beds, taste radishes, and learn about how strawberries grow. The adult volunteers may have had even more fun than the kids!



Chelsea Expo: We hosted a table for the Expo to sign up volunteers and to give away free seeds. Many thanks to Maegen Gabriel from Wild Cherry Farm for the native plant seeds she provided. They were very popular! We also provided a look at the plans

for the new native flower garden that's going to be installed in the front of the Senior Center in the fire hydrant bed. If you'd like to help install pavers and/or flowers, please reach out and let us know!



Work Bees every Tuesday 9-11 a.m. & Thursday 10 a.m. - Noon.

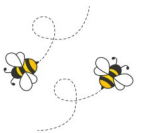
Please join us to help our garden grow! We provide gloves, tools, stools and expertise. Drop in and do as much or as little as you wish. Tasks range from strenuous to gentle. Can't make those times but want to participate? Drop us a line and let's talk!



Contact Us: CSC office: (734) 475-9242

Email: intergengarden@chelseaseniors.org

Follow us on Facebook: CSCIntergenerationalGarden



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Thank you 2025 Friend Sponsor

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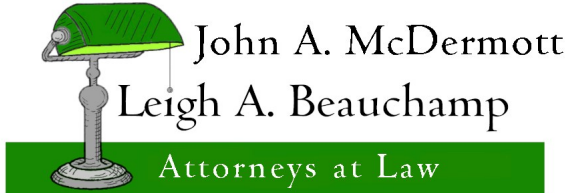
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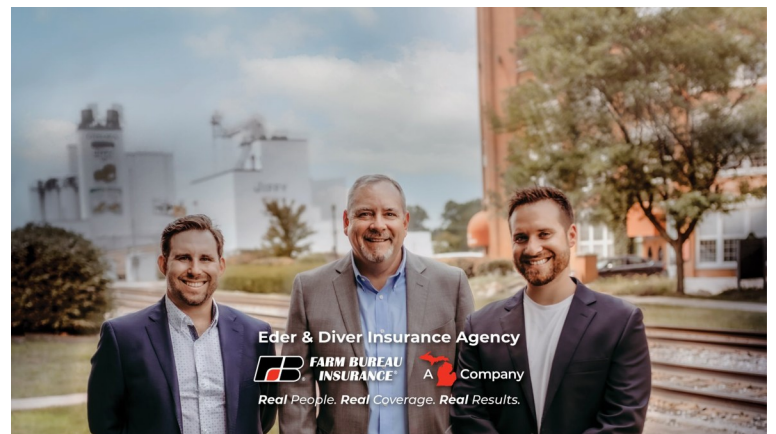
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beauchampestatelaw.com



Susan E. Zale
Zale Law PLLC
Estate Planning & Elder Law Attorney
140 W. Middle St, Suite A
Chelsea, MI 48118
734-475-5777



MAY | 2025

SENIOR CENTER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Goulash Carrots Banana WG Breadstick	29 Chicken Tenders Broccoli Salad Beets Mandarin Oranges WG Dinner Roll	30 Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple	1 BBQ Pork Baked Beans Tater Tots Applesauce WG Bun	2 Chicken Patty Redskin Potatoes Corn Orange WG Bun
5 Popcorn Chicken Mashed Potatoes & Gravy Corn Orange	6 Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	7 Chicken Salad Croissant Potato Wedges Coleslaw Applesauce	8 Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	9 Sweet & Sour Chicken WG Brown Rice Peas Corn Orange
12 Kielbasa Sauerkraut Redskins Potatoes Grape Juice WG Bun	13 Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll	14 Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	15 Pork Riblet Potato Wedges Coleslaw Applesauce WG Bun	16 Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread - 2
19 General Tso's Chicken WG Brown Rice Peas Corn Apple	20 BIRTHDAY CELEBRATION Chicken Drumstick Mashed Potatoes Gravy Green Beans Applesauce WG Dinner Roll	21 Turkey Reuben on WG Bread Sauerkraut Mixed Vegetables Grape Juice	22 Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	23 Beef Lasagna WG Breadstick Corn Banana
26 CSC CLOSED Memorial Day	27 Hamburger Tater Tots Peas Diced Pears WG Bun	28 Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	29 Cheesy Chicken & Rice Broccoli Beets Fruit Punch WG Bread	30 Ham Sweet Potatoes Peas Apple Juice WG Bread 2

News

To order lunch to eat at CSC call (734) 475-9242 at least one day in advance.

Remember to bring a to-go container for leftovers from your lunch. The Senior Nutrition Program is funded by Washtenaw County OCED, Ageways, and other state and federal agencies.

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

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

The Menu is subject to change without notice.

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

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U.S. Postage
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Permit No. 21

MAY 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
Website: www.chelseaseniors.org

In memoriam:

Theresa Kress



Mark your Calendars:

May 26: CSC Closed for Memorial Day Holiday

June 9: Camp GABIKA begins

July 4: CLOSED for Independence Day Holiday



*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.*