

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



Love, Lure & Lore of the Laundry Line

Wednesday, July 9, 1:00 p.m.

Presented by Anne Lawrence, Clothesline

Historian and Hobbyist. Do you remember when the clothesline was a part of daily life? When everyone line-dried their clothes? It's about nostalgia; memories of simpler times. Drop in and join Anne as she helps revive memories of wash-days, share fun stories, extol the joys of line drying, and display some of her clothesline collectibles.

D



Stronger Together: Teamwork & Mental Wellness

Monday, July 14, 1:00 p.m.

Facilitated by Anna Webber & Kathryn

Walz, Behavioral Health Navigators, Chelsea Hospital. Teamwork has a significant positive impact on mental wellness. Effective teamwork creates supportive social networks, boosts confidence, and promotes overall well-being by fostering a sense of belonging, reducing stress, and improving communication. **To register call or email CSC with your name & phone number.**

D



July Birthdays Celebration

Tuesday, July 15 at Noon

Hosted by Staffan Mitchell Funeral Home.

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.**

R



Ask an Expert: Fall Prevention

Wednesday, July 9

11:15 a.m.

R

*Facilitated by Sophia Speroff,
Registered Dietician, & Betty*

Chaffee, your friendly neighborhood pharmacist.

Join us to learn about **fall prevention: nutrition, medications, and bone health.** Discussion will cover addressing risk factors for falls, including muscle strength and medication side effects. Learn how diet, muscle strength, and medication management can help reduce fall risk. Our team will share practical tools to help you stay steady on your feet and prevent falls. **To register, call or email CSC with your name & phone number.**



Secretary of State Mobile Office Appointments

R **\$**

Friday, August 1, 10:00 a.m. – 1:00 p.m.

The Michigan Secretary of State Mobile Office will be at Chelsea Senior Center to provide their services to help you complete Secretary of State transactions including State ID, Driver's License, Voter Registration, Vehicle & Plate transactions, Disability Parking Placards, and more.

Appointment is required.

Transaction fees payable to the State of Michigan. **For more information or to schedule an appointment give CSC a call.**



A Note from Jennifer...

Lots of happenings to share. People coming and going with change in the air.

Sam Angus joined our CSC team on June 17 and is sharing his talents alongside Emily with our Ease the Day friends. Katie Garvey, partner in creation of Ease the Day, moved on from CSC on June 13 to explore exciting opportunities.

Bonnie Beeman joined the team on June 9 and is supporting the Senior Nutrition Program, working alongside Coreen to make sure lunch is served and delivered each day.

Dawn Putnam joined the team June 17 as our Connections Coordinator. She'll be stopping in to visit with all of you as you're enjoying CSC.

Please take a moment to say hello and welcome Sam, Bonnie, and Dawn as you see them out and about. We're all here for you. - Jennifer



Paper Shredding Service

By Appointment Only

R **\$**

Thanks to funding from the federal ARPA program, CSC was able to purchase an industrial shredder to offer a on-site paper shredding service. This service is **by appointment only.** You will have a **one hour** block of time to feed your papers through the paper shredding machine **yourself.** Check in at the CSC office, a donation of \$10 is expected at the time of your appointment, and a staff member will show you how to operate the machine. This machine is for paper only, no CDs and no DVDs. **For more information or to schedule an appointment give CSC a call.**

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Outings with Everett

Lead by **Everett Mayes**. These outings are designed for people that prefer slower paced level terrain walks. *Stay tuned to CSC's weekly email updates for details!*



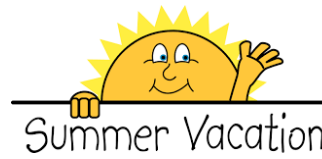
Join us for Senior Café Lunch (see Menu on Page 15)

Senior Café Lunch:



- Reserve your Senior Café Lunch by Noon the day before you plan to join us. *Call on Friday for a Monday reservation.*
- Stop in CSC office, or call during our business hours of 8:30 a.m.-4:00 p.m. each weekday, to reserve a meal.
- 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.

- CSC Closed for the holiday Friday 7/4/25
- 'Dulcimer Jam Sessions' are On Hiatus
- No T.O.P.S. Club Meeting Thu 7/3/25
- 'Connections Memory Café' is On Hold for the summer
- 'Art for Life' is On Hold for the summer
- No Yoga Classes weeks of 7/21 & 7/28



Art for Life

Kathy Gunderson will not be holding class in July or August but will return in September.



Time Travel with Tom

Exploring Members' Stories & CSC's 60 years

Tuesday, July 8, 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: Jean Dunn*



Happy Hour: On Hiatus

for July & Aug

Grab your friends & enjoy **Chelsea Sounds & Sights on Thursday Nights** and the **Sounds & Sights Festival** in downtown Chelsea.

See Page 12 for details.



Fermenting with Friends

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.



Scholarships

Available!



Thanks to a generous, anonymous donor, we have scholarship funding to cover **membership and/or wellness program fees** at Chelsea Senior Center.

Please see Jennifer or Jon for more information.

Senior Center Staff

Jennifer Smith Executive Director
Jon Van Hoek Assistant Director
Meredith Nelson Office Manager
Jan Scarbrough Bookkeeper
Everett Mayes Technology Specialist
Gina Frankhart Senior Services Coordinator
Marcia White Member & Volunteer Services Coordinator
Emily Nagaonkar Ease the Day Program Manager
Dawn Putnam Connections Coordinator
Bonnie Beeman Senior Nutrition Program Coordinator
Sam Angus Ease the Day Program Coordinator



CSC has been offering services beyond our walls since 2013. We provide referrals & resource lists for many requests including in-home care, house cleaning, handyman services, and transportation needs. **For more information call, email, or stop by CSC.**

CSC continues to connect area seniors to transportation options. The WAVE Bus is our go-to option that provides transportation for all living and traveling in greater Western Washtenaw County to the rest of the county. **For more information visit www.ridethewavebus.org. To schedule a ride with WAVE call (734) 475-9494.** 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.**



Rural Older Adults in Motion ROAM



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 9 - 11 a.m. & Thursday 10 a.m. - Noon.



Intergenerational Garden

Chelsea Senior Center
Board of Directors

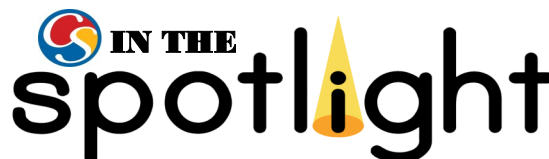
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Jon Bentley

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Dave Schaible

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Allen Cole

Kristy Fetyko
Jaclyn Klein
John Knox
Holly Ridenour
Kathy Russell
Carl Schwarze
Diane Weid
Heidi Reyst,
CSD representative



**Mary & Jim
Hoey**



Welcome to our monthly column highlighting YOU!



Mary's monkey Bobo was not a dealbreaker when Jim first met Mary in the city of Cochabamba at a church meeting. The marsupial frequently rode on Mary's shoulders between her work as a teacher and as a resident in the jungles of Bolivia. The like-minded souls shared a passion for helping others.

Different journeys brought Jim and Mary to Bolivia where they met in 1968, though they both signed up as missionaries through the United Methodist Church in their hometowns in the United States.

The Peace Corps, launched by President Kennedy in the 1960s, attracted many young people just finishing college degrees. Several of Jim's friends signed up for the two-year commitment. When Jim learned about a three-year program through his church to work in Bolivia in conjunction with an agricultural extension, he was intrigued. He had graduated with a degree in agriculture from Penn State and was excited about the opportunity to finally apply skills and knowledge gained through his education.

Soon, he was working with rural farmers in the tropics wielding a machete and ax to "slash and burn" terrain for sowing rice, corn, cacao and citrus plants. The work was nothing like what he experienced in college. Later, a chain saw was added to his farming "toolbox" and the work became slightly easier. He was not deterred by the hard labor. In fact, he thrived in the environment.

Three years into his 17 years in Bolivia, Jim met Mary and Bobo, who Mary had taken in after the monkey had been found as an infant without a surviving parent. Relocating to Bolivia was an easy decision for Mary who lived a somewhat nomadic lifestyle in her youth, raised in New Jersey and Hawaii before returning to New Jersey. The opportunity and adventure to serve others in the tropics had great appeal and, upon arrival, Mary immediately jumped into teaching Bolivian school children.

Soon after meeting, Mary and Jim became inseparable and married in 1972. Mary continued to teach high school students until the couple returned to the United States with three daughters in tow. Bobo passed away years ago.

They first relocated to Pennsylvania before settling in Arkansas to raise their children. As a bilingual agricultural expert, Jim worked for Heifer International for 25 years before he retired. In 2022, Jim and Mary relocated to Chelsea to be near one of their daughters who resides in Ann Arbor. Within a month of relocating, they discovered Chelsea Senior Center and were hooked on activities – and the delicious lunch offerings.

"The salad bar is so, so good and the meatloaf is a home run with bases loaded," says Jim.

Mary enjoys lunches in the Senior Café, walking the halls, and volunteering as a substitute at the front desk in the office. Mary and Jim also savor the camaraderie of the monthly Happy Hour meet up.

"Several other activities intrigue me," says Mary. "I'd like to participate in Writing Memories and Knit and Crochet."

Beyond CSC, Jim is an avid birder and fisherman, and member of the Audubon Society. His favorite birds are the Quetzal, which can be found in Central America, and the Scarlett Tanager.

Jim is seeking a fishing buddy for fishing from a dock or land. If you have a dock, even better! Send a note to connected@chelseaseniors.org and we'll get you connected.

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.*



Footcare Appointments

w/ Heather Schanz, BSN, RN, CDP, FCN

R **\$**

Heather provides quality, preventative routine foot care for seniors that is safe & gentle. This 30 minute service is available by appointment-only. *Fees determined by Heather. This service is private pay; insurance can not be billed for this service. To schedule an appointment call Heather directly: (414) 436-6876.*

Blood Pressure Checks

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

D



Improving Your Balance

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

\$2 per class fee

D **\$**

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



Body Core Strengthening

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

\$2 per class fee

D **\$**

Instructor Barb Kindt. Join us for this exercise class on core strengthening. Bring your yoga mat and water bottle. Must be able to get down on floor on your mat and back up to standing position. **\$2 per class fee payable to Barb.**



Happy Trails Weekly Hikes:

Faster paced for the steady trekker
Fridays at Noon

R

Facilitated by Lizzy Wilson. Join Lizzy as she leads brisk 2 to 3-mile hikes that the destinations will vary each week. Bring bug spray, water bottle, and check for ticks after hiking. *Must have Michigan Recreation Pass on vehicle and a current CSC membership or signed Participant Waiver. To be added to the Hike Roster to receive the weekly email on trailhead info call or email CSC your name, phone number, and email address.*



Estate Planning Q&A

Wednesday, July 16, 11 a.m.-Noon

D

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



Technology Support

Wednesdays, 10:00 a.m.-Noon

D **\$**

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



Mending Service

SERVICE IS NOT AVAILABLE AT THIS TIME

Thank you for your patience and understanding.



Notary Public Service

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

R **\$**

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.**

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TOPS Club

Take Off Pounds Sensibly

Thursdays

\$ **R**

Real People.

Real Weight Loss.® 9:00-9:45 a.m. Weigh-In

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

Could you use help taking the pounds off? Support and encouragement are key! You only get out of TOPS Club what you put into it. We can't guarantee weight loss just by attending meetings, but we can offer support through each stage of the journey, including after you reach your goal weight. Join us, first meeting is free! **\$70 New Membership; \$1/meeting, both payable to the TOPS Club Leader. For more information call CSC or visit TOPS Club website: www.tops.org** ****No Meeting Thu 7/3/25****

Support Services



Ease the Day: Caregiver Respite Adult Day Program at CSC



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

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



Connections Memory Café

****ON HOLD FOR THE SUMMER****

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: For more information call CSC



Loss & Healing Group



Every other Tuesday, 12:30-1:30 p.m.

Facilitated by Gina Frankhart & Ginnie Hartman. Are you coping with a loss and need a place to talk, share, listen, and heal? Join us to learn about the stages of grief, coping skills, and creative expression. To register call or email CSC with your name & phone number.



A Moment For Me:

A Caregiver Support Group



Every other Wednesday, 11 a.m.-Noon

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

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



Chelsea Community

Social Worker:

Emilee Fetters



Emilee provides support and resources to families, students, seniors and anyone in the community who could benefit from having an advocate or someone to talk to about mental health and well-being. If you need to contact Emilee call or email CSC and we will connect you with her.

Cranium Crunchers

Mondays

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!



Do you have Medicare Questions?

The **Michigan Medicare/Medicaid Assistance Program (MMAAP)** is available to help you understand your health coverage options including Medicare Part D, Medigap plans, and Medicare Advantage Plans.

MMAAP/Ageways can also assist current Medicare beneficiaries understand their benefits including possible fraud or abuse by a medical provider. **Contact MMAAP/Ageways offices at (800) 803-7174 during normal business hours or call the Centers for Medicare & Medicaid Services at (800) 633-4227.**



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.

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, August 4, 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 with CSC membership. Bring your own materials. No instruction provided.



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Sewing Group

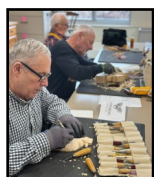
Wednesdays, 1:00 p.m.

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.

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 & 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!

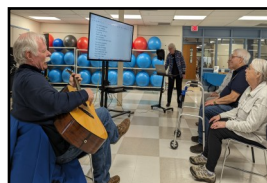
Quilters work on either personal or collaborative projects made from donated fabric and materials. *Join us for All-Day Quilting on last Tuesday of each month 10:00 a.m.-4:00 p.m.*



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.



Silver Maples & Friends Choir

Tuesdays, 10:30 a.m., *Sept-May*

Choir meets at Silver Maples of Chelsea





****The choir is currently on summer break.****

For more information contact choir director Jeff Crowder: jdcrowdr@gmail.com



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

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

<div><div>Note offsite location</div><div><div>July 2025</div><div><div>Chelsea Senior Center</div><div>Thriving in 2025 & Celebrating 60 years!</div></div><div></div></div></div>		<div><div>Tue 1 Jul</div><div>Computer Use 8:30 Indoor Pickleball 9:00 Garden Work Bee® 9:30 Onsite Ease the Day 11:00 Movin'-Groovin' 12:00 Lunch 12:30 Mexican Train 12:30 Loss & Healing</div><div>1245 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming</div></div>	<div><div>Wed 2 Jul</div><div>Computer Use 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support 11:00 A Moment for Me</div><div>11:00 Body Core Strengthening 12:00 Lunch NO Connections Memory Café 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group</div></div>	<div><div>Thu 3 Jul</div><div>Computer Use Chair Massage appts 8:30 Indoor Pickleball NO TOPS Club 9:30 Onsite Ease the Day 9:45 Movin'-Groovin' 10:00 Garden Work Bee® 11:00 Chair Yoga</div><div>12:00 Lunch 12:30 Bridge 12:30 Knit/ Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming</div></div>	<div><div>Fri 4 Jul</div><div>* CLOSED *</div><div><div>HAPPY</div><div>Independence Day</div><div>4th JULY</div></div></div>
<div><div>Mon 7 Jul</div><div>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</div><div>12:00 Lunch 12:30 Hand & Foot 12:45 Cranium Crunches</div></div>	<div><div>Tue 8 Jul</div><div>Computer Use Shredding appts 8:30 Indoor Pickleball 9:00 Garden Work Bee® 9:30 Onsite Ease the Day 10:00 Paper Crafts 11:00 Movin'-Groovin' 11:30 Rafi Hair Ladies®</div><div>12:00 Lunch 12:30 Mexican Train 1:00 Quilting 100 Time Travel w/Tom 1:30 Ukulele 2:30 Cardio Drumming</div></div>	<div><div>Wed 9 Jul</div><div>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</div><div>11:00 Body Core Strengthening 11:15 Ask an Expert 12:00 Lunch 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group 100 Love Lure Lore Laundry Line</div></div>	<div><div>Thu 10 Jul</div><div>Computer Use Shredding appts 8:30 Indoor Pickleball 8:30 Board Meeting 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 Movin'-Groovin' 10:00 Garden Work Bee®</div><div>11:00 Chair Yoga 12:00 Lunch 12:30 Bridge 12:30 Knit/ Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming NO Art for Life</div></div>	<div><div>Fri 11 Jul</div><div>Computer Use 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Begin. Tai Chi 11:40 Inter. Tai Chi</div><div>10:45 Blood Pressure Checks 12:00 Lunch 12:00 Happy Trails Hike® 12:45 Euchre 1:00 Square Dancing</div></div>	
<div><div>Mon 14 Jul</div><div>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</div><div>12:00 Lunch 12:30 Hand & Foot 12:45 Cranium Crunches 100 Stronger Together</div></div>	<div><div>Tue 15 Jul</div><div>Computer Use 8:30 Indoor Pickleball 9:00 Garden Work Bee® 9:30 Onsite Ease the Day 11:00 Movin'-Groovin' 12:00 Birthday Lunch 12:30 Mexican Train</div><div>Travel/Trip Day 12:30 Loss & Healing 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming</div></div>	<div><div>Wed 16 Jul</div><div>Computer Use Footcare appts 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support</div><div>11:00 Body Core Strengthening 11:00 A Moment for Me 11:00 Estate Planning Q&A 12:00 Lunch 12:30 Jam Session 12:30 Game Time 1:00 Sewing Group 1:00 Writing Memories Writers Group</div></div>	<div><div>Thu 17 Jul</div><div>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' 10:00 Garden Work Bee®</div><div>10:45 Blood Pressure Checks 11:00 Chair Yoga 12:00 Lunch 12:30 Bridge 12:30 Knit/ Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming 2:00 Fermenting w/Friends</div></div>	<div><div>Fri 18 Jul</div><div>Computer Use 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Begin. Tai Chi</div><div>Travel/Trip Day® 11:40 Inter. Tai Chi 12:00 Lunch 12:00 Happy Trails Hike® 12:45 Euchre 1:00 Square Dancing</div></div>	
<div><div>Mon 21 Jul</div><div>Computer Use 8:30 Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards NO Gentle Yoga 9:45 Enhance Fitness 11:00 Improving Balance</div><div>12:00 Lunch 12:30 Hand & Foot 12:45 Cranium Crunches</div></div>	<div><div>Tue 22 Jul</div><div>Computer Use Shredding appts 8:30 Indoor Pickleball 9:00 Garden Work Bee® 9:30 Onsite Ease the Day 11:00 Movin'-Groovin' 12:00 Lunch 12:30 Mexican Train</div><div>1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming</div></div>	<div><div>Wed 23 Jul</div><div>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</div><div>11:00 Body Core Strengthening 12:00 Lunch 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group</div></div>	<div><div>Thu 24 Jul</div><div>Computer Use Shredding appts 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 9:00 TOPS Club 9:45 Movin'-Groovin' 10:00 Garden Work Bee® NO Chair Yoga</div><div>12:00 Lunch 12:30 Bridge 12:30 Knit/ Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming</div></div>	<div><div>Fri 25 Jul</div><div>Computer Use 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Begin. Tai Chi</div><div>Travel/Trip Day® 11:40 Inter. Tai Chi 12:00 Lunch 12:00 Happy Trails Hike® 12:45 Euchre 1:00 Square Dancing</div></div>	
<div><div>Mon 28 Jul</div><div>Computer Use 8:30 Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards NO Gentle Yoga 9:45 Enhance Fitness 11:00 Improving Balance</div><div>12:00 Lunch 12:30 Hand & Foot 12:45 Cranium Crunches</div></div>	<div><div>Tue 29 Jul</div><div>Computer Use 8:30 Indoor Pickleball 9:00 Garden Work Bee® 9:30 Onsite Ease the Day 10:00 All-Day Quilting 11:00 Movin'-Groovin' 12:00 Lunch 12:30 Mexican Train</div><div>12:30 Loss & Healing 1:30 Ukulele 2:30 Cardio Drumming</div></div>	<div><div>Wed 30 Jul</div><div>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</div><div>11:00 Body Core Strengthening 11:00 A Moment for Me 12:00 Lunch 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group</div></div>	<div><div>Thu 31 Jul</div><div>Computer Use 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 9:00 TOPS Club 9:45 Movin'-Groovin' 10:00 Garden Work Bee® NO Chair Yoga 12:00 Lunch</div><div>12:30 Bridge 12:30 Knit/ Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming</div></div>	<div><div><div>Chelsea Senior Center</div><div>124-675-6322</div><div>www.chelseasr.org</div><div>17124 Washington St. - Chelsea, MI 48118</div></div><div></div><div>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.</div><div>NOTE: Activity Schedule is subject to change</div></div>	

Movement & Exercise

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



Gentle Yoga

Mondays (skip 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 **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 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 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., *August-May*
The league is currently on summer break.
For more information 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 prior to departure time to insure we leave on schedule.

Travelers of all ages are welcome. Please do not wear fragrances due to sensitivity issues of travelers.

CSC sends AUTOMATED CALLS before ALL TRIPS, which show up on caller ID as "Suspected Spam". A day or two before trip you will receive this call -PLEASE ANSWER IT- because answering machines & voicemails do not handle these messages well.



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! **Full payment due at Registration.**



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/Double 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.**



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.**



Cornwell's Turkeyville

Dinner Theatre

Friday, November 14, \$115/person

Depart 9:30 a.m., Return 5:00 p.m.

Price includes roundtrip coach transportation, traditional turkey dinner, performance of "The Naughty List", and driver tip. Waitstaff tip is on your own. **\$25 deposit due at Registration. Full payment due Oct 14.**



Nite Lites at MIS

Brooklyn, MI

Thursday, December 11, \$99/person

Depart 4:15 p.m., Return 8:30 p.m.

Price includes roundtrip coach transportation, driver tip, meal at Jerry's Pub, and entrance into the drive-thru light display that takes you on the MIS race track. **\$25 deposit due at Registration. Full payment due Nov 11.**



New Year's Eve on the River

Cincinnati, OH/Covington, KY

December 30 - January 1

\$919/Single PP - \$899/Double PP

Price includes escorted roundtrip coach transportation, two nights accommodations on Cincinnati Riverfront, tour & sight-seeing, New Year's Eve river cruise, and so much more! **\$50 deposit due at Registration. Full payment due Nov 15.**

*Collecting names on an *Interest List* for events:*

* **Detroit Auto Show:** event runs Jan 11-20, 2026

* **Detroit Institute of Arts:** date TBD, 2026

Price Range will be \$80-\$100/person, No Meals, Time Length TBD, it's basically just a ride to/from event.

If you are interested in either event, give CSC a call.

Connections & Community



Trinh Pifer



Intergenerational Garden UPDATES

There's so much happening inside the Garden but before we talk veggies we have to talk about the big change to the space around the fire hydrant in front of the CSC. What was once an eyesore is now a beautiful new garden bed filled with more than 400 native flowers and grasses. Funding for this project was made possible by a grant from the Wildflower Association of Michigan and the support of the Chelsea Senior Center and the Chelsea School District. The Garden Team was able to get the bed almost completely planted in just under two hours thanks to the assistance of garden designer Daniel Arini and Wild Cherry Farm's Maegen Gabriel. Community volunteers helped finish the planting. Many thanks to the CSD for securing mulch so we could add the finishing touches to our planting efforts. Additionally, many thanks to Turner Landscaping for installing the pathway, paid for by a generous anonymous donation. *(See photos to the right.)*

Now about the veggies; this spring's cool, rainy weather kept us from getting our heat-loving plants into the outside beds until late May/early June. Still, we were able to harvest lots of lettuces, kale, spinach, chard, radishes, arugula, sugar snap peas, and green onions from the hoop house beds. With the weather warming, we were finally able to plant corn, beans, basil, summer squash and zucchini and more than twenty tomato plants donated by Jacob's Fresh Farm. We're very appreciative of Jacob's donation and additional tomatoes donated by CSC members Janice and Carl Kidd. Keep your eyes on the Farm Stand, in no time it'll be overflowing with veggies!

School-age GABIKA campers have started visiting the Garden. Lindsay Smith, CSC summer staff member, is leading the campers through their garden activities, including planting bush beans, harvesting carrots, and exploring compost bins. Campers visit the Garden Mondays and Thursdays from 10:00 -10:45 a.m.; call CSC if you're interested in helping with Camp GABIKA!

Work Bees every Tuesday 9:00-11:00 a.m. & Thursday 10:00 a.m.-Noon. Please join us to help our garden grow! We provide gloves, tools, stools and guidance. Drop in and do as much or as little as you wish. Tasks range from gentle to more strenuous.



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

Email: intergengarden@chelseaseniors.org

Follow us on Facebook: CSCIntergenerationalGarden



Native Pollinator Garden installation

SOUNDS & SIGHTS FESTIVAL

DOWNTOWN CHELSEA, MICHIGAN

ART MARKET
CAR SHOW
CHALK ART
FOOD COURT

July 25-26, 2025

Presented by Rick Taylor | Reinhardt Realtors

FARMERS MARKET
KIDZONE
SIDEWALK SALES
TEENZONE

LIVE MUSIC @ THE SOCIAL COMMONS

Sounds & Sights Festival downtown Chelsea July 25-26
 Chelsea's annual summer weekend event, will feature live music, kids' entertainment & activities, classic car show, art market, chalk art exhibit, farmers market, food court, and sidewalk sales throughout downtown.

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
 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

Tuesday, August 19: Annual Fundraiser Concert with Rhythm Society Orchestra

Tuesday, September 16: Chelsea Chamber

Thank You 2025 Sponsors!

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Diane L. Kieliszewski, CFP®, AAMS*
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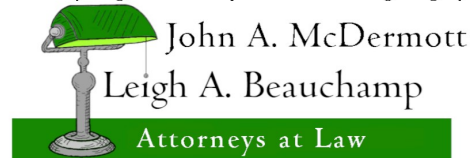
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Thank You 2025 Sponsors!

Congratulations to John McDermott on his May 1st retirement.

Attorney Leigh Beauchamp continues our legal legacy.



Estate Planning, Probate, and Elder Law

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

734 433-9490

leigh@beauchampestatelaw.com

beauchampestatelaw.com



Susan E. Zale
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www.silvermaples.org

JULY 2025

SENIOR CENTER MENU

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

30	Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	1	Chicken Drumstick Mashed Potatoes Gravy Green Beans Applesauce WG Bread 2	2	Turkey Reuben on WG Bread Sauerkraut Mixed Vegetables Grape Juice	3	Hamburger Tater Tots Peas Diced Peas WG Bun	4	CSC CLOSED Happy 4th of July!
7	Chicken Tenders Broccoli Salad Beets Mandarin Oranges WG Dinner Roll	8	Sloppy Joe Potato Wedges Coleslaw Orange WG Bun	9	Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple	10	Popcorn Chicken Mashed Potatoes & Gravy Com Orange	11	BBQ Pork Baked Beans Tater Tots Applesauce WG Bun
14	Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	15	BIRTHDAY CELEBRATION Pork Chops Mashed Potatoes Gravy Green Beans Applesauce WG Bread 2	16	Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	17	Chicken Patty Redskin Potatoes Com Orange WG Bun	18	Chicken Salad Croissant Potato Wedges Coleslaw Applesauce
21	Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll	22	Pork Riblet Potato Wedges Coleslaw Applesauce WG Bun	23	Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	24	General Tso's Chicken WG Brown Rice Peas Com Apple	25	Tuna Noodle Casserole Peas Mixed Fruit WG Bread 2
28	Goulash Carrots Banana WG Breadstick	29	Sweet & Sour Chicken WG Brown Rice Peas Com Orange	30	Kielbasa Sauerkraut Redskins Potatoes Grape Juice WG Bun	31	Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	1	Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple 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

Nonprofit Org.
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Permit No. 21

JULY 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:
B. Francis Hunn
Dia Vale
Phillip Zelickman



Mark your Calendars:

July 4: CLOSED for Independence Day Holiday

Sept 1: CLOSED for Labor Day Holiday

Sept 10: CSC Open House



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

*Please thank our Platinum sponsor **Edward Jones Advisors Diane Kieliszewski and Michael O'Quinn.***

The Chelsea Senior Center complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973 and is an equal opportunity employer.

Reasonable accommodations will be provided upon notification or request.