

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

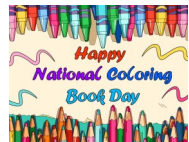


## August Birthdays Celebration

**Tuesday, August 19 at Noon**

*Hosted by Bison Wealth Planners.* 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**



## Color Your Mind:

*Exploring Mental Health through the Art of Coloring*

**Monday, August 11, 1:00 p.m.**

**D**

*Facilitated by Anna Webber & Kathryn Walz, Behavioral Health Navigators, Chelsea Hospital.* National Coloring Book Day is this month so join us in celebration! **To register call or email CSC with your name & phone number.**



## Secretary of State Mobile Office Appointments

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

**R** **\$**

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 and Plate transactions, Disability Parking Placards, and more. **Appointment is required.** All transaction fees payable to the State of Michigan. **For more information or to schedule an appointment give CSC a call.**



## Ask an Expert:

**Medical & Recreational Marijuana**  
**Wednesday, August 13, 11:15 a.m.**

**R**

*Facilitated by Sophia Speroff, Registered Dietician, & Betty Chaffee, your friendly neighborhood pharmacist.* Are you curious about cannabis? Wondering if there are health benefits, side effects, or drug interactions with THC or CBD? Just as important, where do you get objective information you can use? Join 'Ask an Expert' Pharmacist Betty Chaffee to learn more about cannabis products and get your questions answered! **To register, call or email CSC with your name & phone number.**



## CSC's Community Open House

**Wednesday, September 10, 3:00-5:00 p.m.**

**D**

CSC is a vibrant hub of weekday activity that empowers seniors to connect and live full lives. On September 10, we are inviting the community to experience as many activities as possible between 3:00 and 5:00 p.m. Let your friends know! Explore the center to see creative arts & fitness activities in action and gather information on travel adventures and caregiver programs. Pass on the news!



**Chelsea Senior Center**  
Thrivin in 2025 &  
Celebratin 60 years!

## Time Travel with Tom

*Exploring Members' Stories and CSC's 60 years!*

**Tuesday, August 12, 1:00 p.m.**

**D**

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

# KALEIDOSCOPE

## Concerts

Play It Forward - A Kaleidoscope Concert Fundraiser

**TUESDAY, AUG. 19TH**  
Feature Performance By:

## RHYTHM SOCIETY ORCHESTRA

**6:00PM**  
Refreshment Reception  
Chelsea High School Commons



**7:00PM**  
Showtime  
Chelsea High School Auditorium

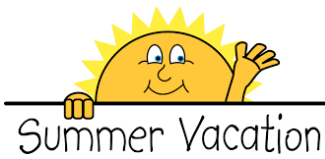
**DONATIONS:**  
Suggested donation is \$25 per person. Donations will be accepted at the concert, by mail, and online.

**Live within Chelsea City Limits and need a ride?**  
Contact Silver Maples at 734-475-4111

All proceeds sponsor Kaleidoscope Concerts at Silver Maples of Chelsea, a live music series for seniors in the greater Chelsea community!



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



### Art for Life

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



### 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.



### Happy Hour: On Hiatus for August

Grab a friend & enjoy any of the **three Washtenaw County Fairs** in August: Manchester, Chelsea, & Saline! *See Page 12 for info.*



### 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!*



### Happy Trails Weekly Hikes:

*Faster paced for the steady trekker* **R**  
Fridays, 9:00 a.m.

*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. *\*The 8/1/25 hike is at Hidden Lake Gardens, 6214 Monroe Rd (Hwy M-50), Tipton, MI, 49287, which is operated by Michigan State University. Hikers are responsible for their own transportation and admission fee.\** **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.**



- Art for Life returns in September.
- CSC will be **CLOSED** for Labor Day Holiday on Monday, Sept 1.
- CSC's Activity Schedule is subject to change due to room, volunteer, or instructor availability.



**Mystery Trip 2025**



**Time Travel w/Tom**



**Sam Angus sharing his Flag Collection**

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](http://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

**Chair**  
Paul Schissler

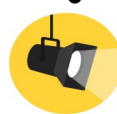
**Vice Chair**  
Jon Bentley

**Treasurer**  
Dave Schaible

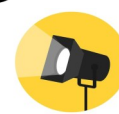
**Secretary**  
Allen Cole

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

**IN THE spotlight**



**CSC Staff:**  
**Emily**  
**Nagaonkar**



Emily Nagaonkar was impressed with the high-quality programming, warmth and friendliness, and sense of community when she visited the Chelsea Senior Center. After volunteering for Ease the Day in Fall of 2024, Emily joined the CSC staff in April 2025 as the Ease the Day Program Manager. Emily loves that Ease the Day provides “two-for-one” care - respite for caregivers and an engaging environment for folks who need some extra support. It's also a lot of fun!

### **Emily Nagaonkar: 10 Things You Don't Know About Me**

1. I am originally from Michigan, but I spent the last 12 years in the San Francisco Bay Area. I loved the weather, culture, and experiences out there but I'm grateful to be back close to family.
2. I am a night owl. I love to stay up late reading a good book. I'll do my best to make conversation with people I see in the morning, but no promises!
3. One of my greatest joys is being “Aunt Em” to my four nieces and nephews, who are between the ages of 8-13.
4. After never enjoying puzzles as a child, I started doing 1,000-piece puzzles during Covid and haven't stopped. I plan to borrow and donate to the Puzzle Library in Room 112.
5. I have a big sweet tooth and love to bake – a bad combination!
6. Even though I didn't grow up at that time, I am a huge fan of Motown music and love to dance and sing to the great groups.
7. A few years ago, I got to cross off a ‘bucket list’ item; my husband and I went on a hot air balloon ride over Napa vineyards. It was as wonderful as we had hoped.
8. A ‘bucket list’ item that I have yet to cross off is to ride on a motorcycle.
9. I'm passionate about challenging stereotypes about old age and dementia. Too often, older adults and folks with cognitive impairment are minimized or dismissed. We need to do better to engage, support, and celebrate these individuals in our communities.
10. I most peaceful when I'm in a beautiful, natural setting like Lake Michigan, the beach on the ocean, California redwoods, or a quiet park with colorful leaves.



## 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.**



### Paper Shredding Service

*By Appointment Only*

**R** **\$**

This service is **by appointment only**. You will have a **one hour** time block, which is approximately 8 inches of paper, to **patiently** feed your papers **10 sheets at a time** through the machine **yourself**. This machine is for **PAPER ONLY**; *NO staples, paperclips, plastic, metal, envelopes, folders, CDs, or DVDs.* A recycle bin will be available for non-sensitive paper materials. *\*Prior to your appointment we encourage you to remove paper from folders & envelopes, take out staples, remove paper clips, etc.\** Check in at the CSC office, **\$10 donation per 1-hour appointment expected**, and a staff member will show you how to operate the machine. **To schedule an appointment give CSC a call.**



### Estate Planning Q&A

Wednesday, Aug 20, 11 a.m.-Noon

**D**

*Facilitated by Leigh A. Beauchamp, Estate Planning Attorney.* Drop in & join Leigh 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

**\*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 bag to CSC Front Desk. Donations to C2S2 program appreciated.*

**R** **\$**



### Notary Public Service

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

**R** **\$**

*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.**

**R**



### TOPS Club

**Take Off Pounds Sensibly**

Thursdays

**\$** **R**

Real People.

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

**9:45-10:45 a.m. Meeting**  
Could you use help taking the pounds off? Support and encouragement are key! You only get out of TOPS Club what you put into it. We can't guarantee weight loss just by attending meetings, but we can offer support through each stage of the journey, including after you reach your goal weight. Join us, first meeting is free! **\$70 New Membership; \$1/meeting, both payable to the TOPS Club Leader.** **For more information call CSC or visit TOPS Club website: www.tops.org**



## Support Services

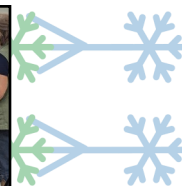


### Ease the Day: Caregiver Respite Adult Day Program at CSC



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

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



### Connections Memory Café

**\*\*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 (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.**



**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



**D**

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

### **BINGO**

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

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

### **Pool/Billiards**

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

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

### **Hand & Foot**

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

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

### **Mexican Train**

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

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

### **Game Time**

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

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

### **Bridge**

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

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

### **Cribbage**

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

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

### **Euchre**

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

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

**D** Drop-in

**R** Registration Required

**\$** Fee/Donation



### **Knit & Crochet Group**

**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!



**D**

### **Newsletter Assembly**

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



**D**



### **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!

**D**



### **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.

**D**

**D**

### **Community Computer Use**

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

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



### **Open Painting Studio w/Chelsea Artists Guild**

**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.



**D**

### **Sewing Group**

**Wednesdays, 1:00 p.m.**

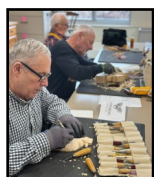
This dedicated group of sewers gather to make needed items for underprivileged youth in developing countries. Using mostly donated materials, they create "Little Dresses" for young girls, shorts for boys, and long, ankle length skirts, and feminine pad kits for older girls. If you are looking for a way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

**D**





## 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.

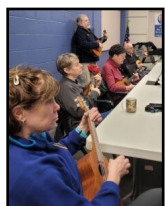
Grab your instrument, bring your musical talents and enjoy some time to jam! All musicians are welcome: vocalists, woodwind players, string players, brass players, percussionists, fiddlers, guitarists, etc. Drop in & join us!



### 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!

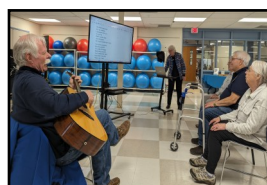
Quilters work on either personal or collaborative projects made from donated fabric and materials. Join us for All-Day Quilting on last Tuesday of each month 10:00 a.m.-4:00 p.m.



### 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!



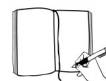
### Writing Memories

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. **\*\* No Meeting in August \*\***



### 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



### 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.





<p><i>*Note office location</i></p> <h1>August 2025</h1>  <p>Thriving in 2025 &amp; Celebrating 60 years!</p>		 <p>Please make sure to always check-in at one of the CSC kiosks before attending any activities. <b>ALL Guests must sign-in at CSC office.</b></p> <p><b>NOTE: Activity Schedule is subject to change</b></p>		<p><b>Senior Café Lunch:</b></p> <ul style="list-style-type: none"> <li>Reserve your Senior Café Lunch by Noon the day before you plan to join us. <i>Call on Friday for a Monday reservation.</i></li> <li>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.</li> <li>Fill out the <i>Senior Café Registration Form</i> found in the kitchen once a year.</li> <li>If age 60+, a \$3-\$5 donation is suggested.</li> <li>If under 60 years of age, lunch cost is \$5.</li> <li>You don't have to be a CSC member in order to enjoy lunch here.</li> </ul>		 <p><b>CSC membership is required to participate in our activities and programs.</b></p> <p><i>Remember to allow time to process your membership in the CSC Office.</i></p>		<p><b>Fri 1 Aug</b></p> <p>10:30 Begin Tai Chi LAST 11:40 Inter Tai Chi LAST 12:00 Lunch 12:45 Euchre 1:00 Square Dancing</p>	
<p><b>Mon 4 Aug</b></p> <p>12:00 Lunch Computer Use 8:30 Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards 9:30 Gentle Yoga 9:45 Enhance Fitness 11:00 Improving Balance</p>		<p><b>Tue 5 Aug</b></p> <p>1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming</p> <p>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 12:45 A Joyful Noise</p>		<p><b>Wed 6 Aug</b></p> <p>11:00 Body Core Strengthening 12:00 Lunch 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support</p>		<p><b>Thu 7 Aug</b></p> <p>12:00 Lunch 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming</p> <p>Computer Use Chair Massage appts 8:30 Indoor Pickleball 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 Movin'-Groovin' 10:00 Garden Work Bee® 11:00 Chair Yoga</p>		<p><b>Fri 8 Aug</b></p> <p>10:45 Blood Pressure Checks 12:00 Lunch 12:45 Euchre 1:00 Square Dancing</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Happy Trails Hike® 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving</p>	
<p><b>Mon 11 Aug</b></p> <p>12:00 Lunch Computer Use 8:30 Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards 9:30 Gentle Yoga 9:45 Enhance Fitness 11:00 Improving Balance</p>		<p><b>Tue 12 Aug</b></p> <p>Tenue/Trip® Computer Use 8:30 Indoor Pickleball 9:00 Garden Work Bee® 9:30 Onsite Ease the Day 10:00 Paper Crafts 11:00 Movin'-Groovin' 12:00 Lunch</p>		<p><b>Wed 13 Aug</b></p> <p>11:00 Body Core Strengthening 11:00 A Moment for Me 11:15 Ask an Expert 12:00 Lunch 12:30 Jam Session 12:30 Game Time 1:00 Sewing Group</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support</p>		<p><b>Thu 14 Aug</b></p> <p>12:00 Lunch 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming <b>NO Art for Life</b></p> <p>Computer Use 8:30 Board Meeting 8:30 Indoor Pickleball 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 Movin'-Groovin' 10:00 Garden Work Bee® 11:00 Chair Yoga</p>		<p><b>Fri 15 Aug</b></p> <p>12:45 Euchre 1:00 Square Dancing</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Happy Trails Hike® 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 12:00 Lunch</p>	
<p><b>Mon 18 Aug</b></p> <p>12:00 Lunch Computer Use 8:30 Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards 9:30 Gentle Yoga 9:45 Enhance Fitness 11:00 Improving Balance</p>		<p><b>Tue 19 Aug</b></p> <p>1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming</p> <p>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 12:45 A Joyful Noise</p>		<p><b>Wed 20 Aug</b></p> <p>11:00 Body Core Strengthening 11:00 Estate Planning Q&amp;A 12:00 Lunch 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group <b>NO Waters Group</b></p> <p>Computer Use Footcare appts 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support</p>		<p><b>Thu 21 Aug</b></p> <p>10:45 Blood Pressure Checks 11:00 Chair Yoga 12:00 Lunch 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming 2:00 Fermenting w/ Friends</p> <p>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®</p>		<p><b>Fri 22 Aug</b></p> <p>12:45 Euchre 1:00 Square Dancing</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Happy Trails Hike® 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 12:00 Lunch</p>	
<p><b>Mon 25 Aug</b></p> <p>11:00 Improving Balance 12:00 Lunch 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</p>		<p><b>Tue 26 Aug</b></p> <p>12:30 Loss &amp; Healing 1:30 Ukulele 2:30 Cardio Drumming</p> <p>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</p>		<p><b>Wed 27 Aug</b></p> <p>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</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support</p>		<p><b>Thu 28 Aug</b></p> <p>12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 Movin'-Groovin' 10:00 Garden Work Bee® 11:00 Chair Yoga 12:00 Lunch</p>		<p><b>Fri 29 Aug</b></p> <p>12:45 Euchre 1:00 Square Dancing</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Happy Trails Hike® 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 12:00 Lunch</p>	



## Movement & Exercise

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



### Gentle Yoga

**Mondays, 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. {Classes May 5 - Aug 18 are free thanks to Washtenaw Community College Senior Emeritus Program}*



### Chair Yoga

**Thursdays**

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

*Instructor Dianna Kause. Bring a mat. Yoga promotes strength, balance, flexibility, mobility, & a sense of calm. A gentle approach makes this class accessible to all experience levels to help keep you moving. {Classes May 1 - Aug 7 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!



### 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!



### Square Dancing

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

*Square Dance Caller Walt Zatorski. Drop in and join Walt each week 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.***



### Senior Fun Bowling at Chelsea Lanes

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

**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!



### 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.*



### 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.**



### Tai Chi

**Fridays; May 16-Aug 1**

**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}*



### 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.

### IMPORTANT INFORMATION!



### 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.

**Full payment due at registration.**



### Cornwell's Turkeyville

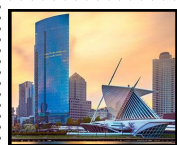
**Dinner Theatre**

**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.**



### 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!

**Full payment due at registration.**



### 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.**



### 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!

**\$100 deposit due at Registration. Full payment due Aug 19.**



### 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! \$100 deposit due at Registration. **Full payment due Nov 30.**



### 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.**



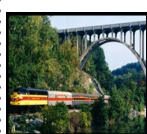
*Collecting names on an Interest List for events:*

Detroit Auto Show: event runs Jan 17-25, 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.*



### 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! \$100 deposit due at Registration. **Full payment due September 30.**



### **\*\*Travel Cancellation Policy\*\***

- Cancellation of a trip before 30 days of departure date is fully refundable. Refund will be issued prior to departure date.
- Cancellation within the 30 days of departure date is non-refundable. Exception: IF a trip is a 'Wait-List-Only' status, and IF your spot is filled by a Wait List member, a refund will be issued after the trip departure date.



## Connections & Community



### Trinh Pifer Intergenerational Garden **UPDATES**

... in photos...



*Visits from Camp Gabika students,  
seed planting, harvesting, painted rocks,  
and fresh produce from the garden available  
every Tuesday & Thursday on Farm Stand in Lobby!*

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



Saturday, August 2

*Chelsea First United Methodist Church, 128 Park St*

11:00-11:45 a.m. Family-Friendly Concert

3:00-4:00 p.m. Traditional Concert

Chelsea District Library hosts this beloved library tradition. Accomplished pianists and siblings Jacopo & Maddalena Giacomuzzi return to Chelsea to bring international caliber music and fill the air with breathtaking piano duets.

For more information contact CDL (734) 475-8732



2025 Chelsea Fair  
August 19-23, 2025



## Three Fairs in Three Weeks

Visit at least 2 fairs in Washtenaw County, and receive a stamp. Turn this ticket in at the Saline Community Fair by Sunday, August 31st at 5:00PM and be entered in a drawing!

**Manchester Community Fair**

August 5 – August 9, 2025

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



**Chelsea Community Fair**

August 19 - August 23, 2025

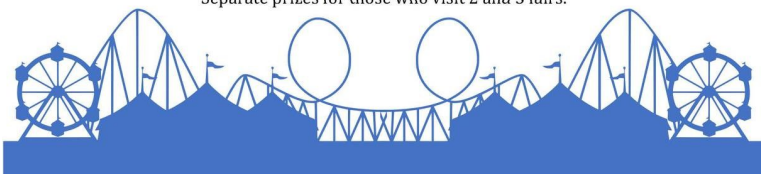
[www.chelseafair.org](http://www.chelseafair.org)

**Saline Community Fair**

August 27 – August 31, 2025

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

Separate prizes for those who visit 2 and 3 fairs.





## Thank You 2025 Sponsors!

### Thank you 2025 Friend Sponsor

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Financial Advisor

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734-475-0705

**Diane L. Kieliszewski, CFP®, AAMS\***  
Financial Advisor

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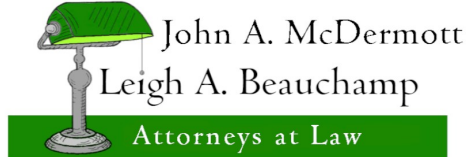
805 W. Middle Street, Chelsea, MI | 734.389.8781



## 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](mailto:leigh@beauchampestatelaw.com)

[beauchampestatelaw.com](http://beauchampestatelaw.com)



**Susan E. Zale**  
**Zale Law PLLC**  
***Estate Planning & Elder Law Attorney***  
140 W. Middle St, Suite A  
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*of Chelsea*  
RETIREMENT NEIGHBORHOOD

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

# AUGUST | 2025

## SENIOR CENTER MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

28 <b>Goulash</b> Carrots Banana WG Breadstick	29 <b>Sweet &amp; Sour</b> Chicken WG Brown Rice Peas Corn Orange	30 <b>Kielbasa</b> Sauerkraut Redskins Potatoes Grape Juice WG Bun	31 <b>Tacos</b> Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	1 <b>Raspberry</b> Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2
4 <b>Turkey Reuben on</b> WG Bread Sauerkraut Mixed Vegetables Grape Juice	5 <b>Hamburger</b> Tater Tots Peas Diced Pears WG Bun	6 <b>Beef Stroganoff</b> Noodles Three Bean Salad Banana WG Dinner Roll	7 <b>Chicken Parmesan</b> Spaghetti w Sauce Carrots Grape Juice	8 <b>Sloppy Joe</b> potato Wedges Coleslaw Orange WG Bun
11 <b>Chicken Tenders</b> Broccoli Salad Beets Mandarin Oranges WG Dinner Roll	12 <b>Ravioli</b> Spaghetti Sauce Carrots WG Sliced Bread Apple	13 <b>BBQ Pork</b> Baked Beans Tater Tots Applesauce WG Bun	14 <b>Chicken Drumstick</b> Mashed Potatoes Gravy Green Beans Applesauce WG Bread 2	15 <b>Beef Hot Dog</b> Baked Beans Mixed Vegetables Orange WG Bun
18 <b>Chicken Patty</b> Redskin Potatoes Corn Orange WG Bun	19 <b>BIRTHDAY CELEBRATION</b> Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	20 <b>Chicken Salad</b> Croissant Potato Wedges Coleslaw Applesauce	21 <b>Chicken Alfredo</b> Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll	22 <b>Popcorn Chicken</b> Mashed Potatoes & Gravy Corn Orange
25 <b>General Tso's</b> Chicken WG Brown Rice Peas Corn Apple	26 <b>Tacos</b> Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	27 <b>Pork Riblet</b> Potato Wedges Coleslaw Applesauce WG Bun	28 <b>Cheesy Chicken &amp;</b> Rice Broccoli Beets Fruit Punch WG Bread	29 <b>Pork Chops</b> Mashed Potatoes Gravy Green Beans Applesauce 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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**AUGUST 2025**

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



**CSC is open Mon – Fri 8:30 a.m. – 4:00 p.m.**  
Phone: (734) 475-9242 Fax: (734) 562-2164  
Email: [connected@chelseaseniors.org](mailto:connected@chelseaseniors.org)  
Website: [www.chelseaseniors.org](http://www.chelseaseniors.org)

***In memoriam:***  
*Richard Ashley, Darrell Bergor,  
Donna Frisbie, Dr. Gary Maynard,  
Douglas Stevens, Bonnie Udics, Ellie Unterbrink*



**Mark your Calendars:**

**Sept 1:** CLOSED for Labor Day Holiday

**Nov 27 & 28:** CLOSED for Thanksgiving Holiday

**Dec 24-26:** CLOSED for Christmas Holiday

**Dec 31-Jan 2:** CLOSED for New Year's 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.**