

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



CSC's Community Open House **D**

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



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. Explore the center to see creative arts & fitness activities in action; gather information on travel adventures and caregiver programs. Pass on the news! Let your friends know!



A Matter of Balance: **R**

Managing Concerns About Falls

Tuesdays & Thursdays, 1:00-3:00 p.m.

September 2, 4, 11, 16, 18, 23, 25, 30 (no 9/9)

Presented by National Kidney Foundation of

Michigan in partnership with Chelsea Senior Center.

This **8-session classroom-based workshop** for people who are concerned about falling. You will learn to prevent falls, manage falls, make safe changes at home, and improve balance & flexibility. It includes a participant workbook, exercise routine starting at third class, guest health care speaker, and certificate after completion. This workshop is provided at no cost to you; donations are accepted. **To register call or email CSC with your name & phone number.**



Wellness Fair & Flu Shot Clinic

Wednesday, October 8

10 a.m.-1 p.m. **R**

Flu vaccines provided & administered by UM Health. Senior flu vaccine

available for those over 65. The quadrivalent flu vaccine also available. *And if the most current Covid vaccine is out it will also be available.* **All vaccines are free!** If you are not getting a flu shot you can still stop in and visit the **Wellness Vendors** on hand with free giveaways and info about wellness services, opportunities, and programs available to older adults in our area.

To reserve your flu shot call or email CSC with your name, date of birth, and phone number.



September is National Senior Center Month

"Powering Possibilities - Flip the Script"

It's National Senior Center Month and the 2025 theme encourages us to challenge outdated perceptions of aging and senior centers. Let's celebrate the dynamic role that Chelsea Senior Center plays in fostering creativity, connection, purpose, and resilience. See pages 8-9 for our activity calendar and join us!



Positive Approach to Care

Mon Sept 22 -or- Fri Sept 26

1:00-3:00 p.m. **R**

Led by Katie Garvey, OTRL, CAPS. Are you supporting a loved one living with dementia? Come and learn about the perspective of those whose brains are changing to gain insight into struggles to meet their needs. This interactive workshop is based on the work of Teepa Snow, an occupational therapist who is advocating for better relationship-based care. Learn to adapt and change how you communicate to be more effective and helpful, and have a chance to practice these skills. **To register pick one of the class dates and call or email CSC with your name, phone number, and class date choice.**



Sock Hop Fundraiser

Saturday, October 4

2:00 p.m. - 4:00 p.m.

Tickets \$60 per person **R** **\$**

Join us to celebrate the 60 years Chelsea Senior Center has been walking on this path. We invite you to shake, rattle, and roll! Enjoy the sounds & beats from the 50s & 60s and dance the blues away in our gymnasium. Wear your poodle skirts & penny loafers and enter to win our "best dressed" contest. Stop by the kissing booth, snap a picture with your pals at the photo booth, swing your hips at the hula hoop contest, enjoy tasty treats and chill beverages, and have an amazing time! **Tickets will be available for purchase in the CSC office starting Sept 1.**

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September Birthdays Celebration

Tuesday, September 16 at Noon

Hosted by Zale Law, PLLC. 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.**

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Happy Hour

Valiant Bar & Grill



Friday, September 26, 4:00 p.m.

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Enjoy food, drinks, and fun conversation with friends at **Valiant Bar & Grill, 1120 S Main St, Chelsea.** **Registration is required so we know how many seats to reserve. Call or email CSC with your name and phone number.**



Ask an Expert: Staying Hydrated

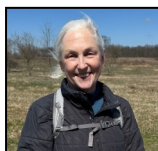
Wednesday, September 10

11:15 a.m.

R

Facilitated by **Sophia Speroff, Registered Dietician, & Betty Chaffee, your friendly neighborhood pharmacist.** Join Sophia to understand how fluids and diet support

disease health and overall hydration. Staying well-hydrated is key. Learn how to support your overall health and avoid dehydration-related issues. **To register, call or email CSC with your name & phone number.**



Happy Trails Hike

Faster paced for the steady trekker

***Fridays: Sept 5, 12, 19, 26, at 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.

***You must register for a specific date to receive the trailhead info via email for that date. Call or email CSC your name, phone number, and email address.**



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Time Travel with Tom

Exploring Members' Stories and CSC's 60 years!

Tuesday, September 9, 1:00 p.m.

D

Hosted by **Tom Higgins.** Drop in 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: Maurine Nelson.**



Art for Life: Pierre-Auguste Renoir

Thursday, September 11, 3:00 p.m.

Suggested \$5 donation

R \$

Presented by **Kathy Gunderson.** Renoir began his artistic career at the age of 13 working in a porcelain factory. He would go on to become a leading French Impressionist artist, along with friend & fellow painter, Claude Monet. Renoir, however, would break away from Impressionism to create more studied works featuring the human form, especially that of pretty young women. In the years before his death, Renoir would see his own paintings hanging in the Louvre Museum. **To register call or email CSC with your name & phone number.**



Fermenting with Friends

Thursdays, September 4 & 18

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

R

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



The Power of Connection: Strengthening Mental Health through Gratitude & Reflection

Monday, September 15, 1:00 p.m.

D

Facilitated by **Anna Webber & Kathryn Walz, Behavioral Health Navigators, Chelsea Hospital.** Gratitude & reflection are powerful practices that further enhance the positive effects of social connection on mental health. Drop in and join us to learn more!

- CSC will be **CLOSED** for Labor Day Sept 1
- CSC Open House Sept 10
- Sept Birthdays Lunch Sept 16
- No Indoor Pickleball Sept 17
- No Chair Yoga Sept 18



Senior Center Staff

Jennifer Smith Executive Director
Jon Van Hoek Assistant Director
Meredith Nelson Office Manager
Jan Scarbrough Bookkeeper
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

years of age 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:

Dawn

Putnam



Dawn Putnam joined the CSC staff as the Connections Coordinator in June. She was drawn to CSC because of its active, vibrant members, really cool programs, and amazing staff. She loves telling the story of this place and the people. "When something is this awesome, it is easy to be excited about sharing it," she says.

10 Things You Don't Know About Me

1. I have two great kids who are both in school at Michigan Technological University. (Go Huskies!)
2. I am more than a little dramatic - I had a theater scholarship at Central Michigan University and performed in productions there until I left to student teach. My first teaching job included starting an afterschool theater program in Chelsea.
3. I spent the last 30 years teaching English at Chelsea High School. My first classroom was actually Room 112 in the CSC before it was the senior center!
4. I grew up in "the thumb" of Michigan. My hometown, Pigeon, Michigan is 15 minutes from the beach in Caseville.
5. I met my husband, Chris, in the dorm at CMU. Fun fact: Chris lived with my parents for three years before we were married. Between earning his undergrad degree and beginning his graduate program, Chris was working in "the thumb" while I was working in Chelsea. When I went home to visit my parents, I was actually visiting my boyfriend!
6. I grew up Mennonite (like a step away from Amish) which wasn't uncommon in "the thumb." There were three Mennonite churches in our small town. Until I left for college, I thought the majority of people were Mennonite.
7. My general rule when eating out is to choose something I can't make at home. I generally pick sushi when we are deciding what kind of restaurant to go to.
8. I love to read and ALWAYS have book recommendations.
9. I played the flute and the piano when I was younger (but can't play either now).
10. I have only traveled out of the country to visit Canada. My bucket list is full of countries I would like to visit.

Movement & Support Services

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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!

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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 **two hour** time block, which is approximately 16 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.* Recycle & trash bins 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 2-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, Sept 17, 11 a.m.-Noon

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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

R **\$**

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.**



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

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



TOPS Club

Take Off Pounds Sensibly

\$ **R**

Thursdays

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

Real People.

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

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

Support Services



Ease the Day: Caregiver Respite Adult Day Program at CSC



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.



For more information call Chelsea Senior Center (734) 475-9242 or email caregiversupport@chelseaseniors.org

Ease the Day Program is Seeking Volunteers!

Volunteers support staff-led group activities for older adults with memory, cognitive, or physical challenges giving caregivers the chance to step away knowing their loved one is safe, active, and happy. Ease the Day is seeking volunteers for a regular weekly shift or who want to volunteer with an 'as needed' commitment. We are looking for warm-hearted individuals who want to make a difference. This is a truly rewarding way to help. **For more information, contact CSC Volunteer Services Coordinator Marcia White (734) 475-9242.**



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.**

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.**



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.**



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.

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\$ Fee/Donation



Knit & Crochet Group



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Thursdays, 12:30 p.m.

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

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

Newsletter Assembly

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



Lending Library

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In cooperation with Friends of the CDL

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



Genealogy Help Group

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Monday, October 6, 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



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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.

Sewing Group

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Wednesdays, 1:00 p.m.

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



Gather, Create, Expand Your Mind



Woodcarving

Fridays, 10:00 a.m.-Noon

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



Jam Sessions

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!



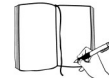
Writers Group:

Thoughts & Paragraphs

3rd Wednesday, 1:00 p.m.

Facilitated by Jan Bernath.

Drop in to share your experience and perspectives on life with seniors who meet monthly to read their stories to fellow writers. The purpose is to express yourself on paper in a friendly, supportive atmosphere. Having an attentive, interested audience to listen to and enjoy what you write can be motivating!



Silver Maples & Friends Choir

Tuesdays, 10:30 a.m., begins 9/9

Choir meets at Silver Maples of Chelsea

All seniors, CSC members & Silver Maples residents, are welcome to add voices to the mix and enjoy the fellowship that sharing a love of music brings. Choir meets at Silver Maples. **For more information contact choir director Jeff Crowder: jdcwrdr@gmail.com**



Red Hat Ladies

Meets monthly

Group gathers monthly to connect, engage, have fun and enjoy friendship.

Their next gathering is Tue, Sept 9, 11:30 a.m., Evergreen Restaurant, 2771 Plymouth Rd, Ann Arbor, MI 48105, Chinese cuisine, please try and car pool.

For more information call coordinator Babette (734) 904-8718.







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.



<div>Mon 1 Sept</div> <div>* CLOSED *</div> <div></div>	<div>Tue 2 Sept</div> <div>Computer Use</div> <div>8:30 Indoor Pickleball</div> <div>9:00 Garden Work Bee*</div> <div>9:30 Onsite Ease the Day</div> <div>11:00 Movin'-Groovin'</div> <div>12:00 Lunch</div> <div>12:30 Mexican Train</div> <div>12:45 A Joyful Noise</div>	<div>Wed 3 Sept</div> <div>Computer Use</div> <div>8:30 Indoor Pickleball</div> <div>9:00 Pool/Billiards</div> <div>9:00 Stained Glass</div> <div>9:30 Onsite Ease the Day</div> <div>9:45 Enhance Fitness</div> <div>10:00 Tech Support</div>	<div>Thu 4 Sept</div> <div>Computer Use</div> <div>Chair Massage appts</div> <div>8:30 Indoor Pickleball</div> <div>9:00 TOPS Club</div> <div>9:30 Onsite Ease the Day</div> <div>9:45 Movin'-Groovin'</div> <div>10:00 Garden Work Bee*</div> <div>11:00 Chair Yoga</div>	<div>Fri 5 Sept</div> <div>Computer Use</div> <div>8:30 Indoor Pickleball</div> <div>9:00 Happy Trails Hike*</div> <div>9:00 Bingo</div> <div>9:45 Enhance Fitness</div> <div>10:00 Cabbage</div> <div>10:00 Woodcarving</div> <div>12:00 Lunch</div>		
<div>Mon 8 Sept</div> <div>12:00 Lunch</div> <div>Computer Use</div> <div>12:30 Hand & Foot</div> <div>8:30 Line Dancing</div> <div>12:45 Cranium Crushers</div> <div>8:30 Indoor Pickleball</div> <div>9:00 Bingo</div> <div>9:00 Pool/Billiards</div> <div>9:30 Gentle Yoga</div> <div>9:45 Enhance Fitness</div> <div>11:00 Improving Balance</div>	<div>Tue 9 Sept</div> <div>Computer Use</div> <div>Paper Shredding appts</div> <div>8:30 Indoor Pickleball</div> <div>9:00 Garden Work Bee*</div> <div>9:30 Onsite Ease the Day</div> <div>10:00 Paper Crafts</div> <div>10:30 Silver Maples & Friends Choir*</div> <div>11:00 Movin'-Groovin'</div> <div>11:30 Red Hot Ladies*</div> <div>12:00 Lunch</div> <div>12:30 Mexican Train</div> <div>12:30 Loss & Healing</div> <div>1:00 Quilting</div> <div>NO Matter of Balance</div> <div>1:00 Time Travel w/Tom</div> <div>1:30 Ukulele</div> <div>2:30 Cardio Drumming</div>	<div>Wed 10 Sept</div> <div>Computer Use</div> <div>8:30 Indoor Pickleball</div> <div>9:00 Pool/Billiards</div> <div>9:00 Stained Glass</div> <div>9:30 Onsite Ease the Day</div> <div>9:45 Enhance Fitness</div> <div>10:00 Tech Support</div> <div>11:00 Body Core Strengthening</div> <div>11:15 Ask an Expert</div> <div>11:00 A Moment for Me</div> <div>12:00 Lunch</div> <div>12:30 Game Time</div> <div>12:30 Jam Session</div> <div>1:00 Sewing Group</div> <div>1:00 Senior Fun Bowling*</div> <div>3:00 Open House</div>	<div>Thu 11 Sept</div> <div>Computer Use</div> <div>Paper Shredding appts</div> <div>8:30 Indoor Pickleball</div> <div>8:30 Board Meeting</div> <div>9:00 TOPS Club</div> <div>9:30 Onsite Ease the Day</div> <div>9:45 Movin'-Groovin'</div> <div>10:00 Garden Work Bee*</div> <div>11:00 Chair Yoga</div> <div>12:00 Lunch</div> <div>12:30 Bridge</div> <div>12:30 Knit/Crochet</div> <div>12:30 Open Painting Studio</div> <div>1:00 Cardio Drumming</div> <div>1:00 Matter of Balance</div> <div>3:00 Art for Life</div>	<div>Fri 12 Sept</div> <div>12:00 Lunch</div> <div>Computer Use</div> <div>12:45 Euchre</div> <div>8:30 Indoor Pickleball</div> <div>9:00 Happy Trails Hike*</div> <div>9:00 Bingo</div> <div>9:45 Enhance Fitness</div> <div>10:00 Cabbage</div> <div>10:00 Woodcarving</div> <div>10:45 Blood Pressure Checks</div> <div>1:00 Square Dancing</div>		
<div>Mon 15 Sept</div> <div>12:00 Lunch</div> <div>Computer Use</div> <div>12:30 Hand & Foot</div> <div>8:30 Line Dancing</div> <div>12:45 Cranium Crushers</div> <div>8:30 Indoor Pickleball</div> <div>1:00 Power of Connection</div> <div>9:00 Bingo</div> <div>9:00 Pool/Billiards</div> <div>9:30 Gentle Yoga</div> <div>9:45 Enhance Fitness</div> <div>11:00 Improving Balance</div>	<div>Tue 16 Sept</div> <div>Computer Use</div> <div>8:30 Indoor Pickleball</div> <div>9:00 Garden Work Bee*</div> <div>9:30 Onsite Ease the Day</div> <div>10:30 Silver Maples & Friends Choir*</div> <div>11:00 Movin'-Groovin'</div> <div>12:00 Birthday Lunch</div> <div>12:30 Mexican Train</div> <div>12:45 A Joyful Noise</div> <div>1:00 Quilting</div> <div>1:00 Matter of Balance</div> <div>1:30 Ukulele</div> <div>2:30 Cardio Drumming</div>	<div>Wed 17 Sept</div> <div>Computer Use</div> <div>Footcare appts</div> <div>NO Indoor Pickleball</div> <div>9:00 Pool/Billiards</div> <div>9:00 Stained Glass</div> <div>9:30 Onsite Ease the Day</div> <div>9:45 Enhance Fitness</div> <div>10:00 Tech Support</div> <div>11:00 Body Core Strengthening</div> <div>11:00 Estate Planning Q&A</div> <div>12:00 Lunch</div> <div>12:30 Jam Session</div> <div>12:30 Game Time</div> <div>1:00 Sewing Group</div> <div>1:00 Writers Group</div> <div>1:00 Senior Fun Bowling*</div>	<div>Thu 18 Sept</div> <div>Computer Use</div> <div>Chair Massage appts</div> <div>8:30 Indoor Pickleball</div> <div>9:00 Newsletter Assembly</div> <div>9:00 TOPS Club</div> <div>9:30 Onsite Ease the Day</div> <div>9:45 Movin'-Groovin'</div> <div>10:00 Garden Work Bee*</div> <div>10:45 Blood Pressure Checks</div> <div>11:00 NO Chair Yoga</div> <div>12:00 Lunch</div> <div>12:30 Bridge</div> <div>12:30 Knit/Crochet</div> <div>12:30 Open Painting Studio</div> <div>1:00 Cardio Drumming</div> <div>1:00 Matter of Balance</div> <div>2:00 Fernmenting w/Friends</div>	<div>Fri 19 Sept</div> <div>10:30 Begin Tai Chi</div> <div>Travel Tip*</div> <div>11:40 Inter Tai Chi</div> <div>Computer Use</div> <div>12:00 Lunch</div> <div>8:30 Indoor Pickleball</div> <div>9:00 Happy Trails Hike*</div> <div>9:00 Bingo</div> <div>9:45 Enhance Fitness</div> <div>10:00 Cabbage</div> <div>10:00 Woodcarving</div> <div>1:00 Square Dancing</div>		
<div>Mon 22 Sept</div> <div>12:00 Lunch</div> <div>Computer Use</div> <div>12:30 Hand & Foot</div> <div>8:30 Line Dancing</div> <div>12:45 Cranium Crushers</div> <div>8:30 Indoor Pickleball</div> <div>1:00 PAC Workshop</div> <div>9:00 Bingo</div> <div>9:00 Pool/Billiards</div> <div>9:30 Gentle Yoga</div> <div>9:45 Enhance Fitness</div> <div>11:00 Improving Balance</div>	<div>Tue 23 Sept</div> <div>Computer Use</div> <div>8:30 Indoor Pickleball</div> <div>9:00 Garden Work Bee*</div> <div>9:30 Onsite Ease the Day</div> <div>10:30 Silver Maples & Friends Choir*</div> <div>11:00 Movin'-Groovin'</div> <div>12:00 Lunch</div> <div>12:30 Mexican Train</div> <div>12:30 Loss & Healing</div> <div>1:00 Quilting</div> <div>1:00 Matter of Balance</div> <div>1:30 Ukulele</div> <div>2:30 Cardio Drumming</div>	<div>Wed 24 Sept</div> <div>Computer Use</div> <div>8:30 Indoor Pickleball</div> <div>9:00 Pool/Billiards</div> <div>9:00 Stained Glass</div> <div>9:30 Onsite Ease the Day</div> <div>9:45 Enhance Fitness</div> <div>10:00 Tech Support</div> <div>11:00 Body Core Strengthening</div> <div>11:00 A Moment for Me</div> <div>12:00 Lunch</div> <div>12:30 Game Time</div> <div>12:30 Jam Session</div> <div>1:00 Sewing Group</div> <div>1:00 Senior Fun Bowling*</div>	<div>Thu 25 Sept</div> <div>Computer Use</div> <div>8:30 Indoor Pickleball</div> <div>9:00 TOPS Club</div> <div>9:30 Onsite Ease the Day</div> <div>9:45 Movin'-Groovin'</div> <div>10:00 Garden Work Bee*</div> <div>11:00 Chair Yoga</div> <div>12:00 Lunch</div> <div>12:30 Bridge</div> <div>12:30 Knit/Crochet</div> <div>12:30 Open Painting Studio</div> <div>1:00 Cardio Drumming</div> <div>1:00 Matter of Balance</div>	<div>Fri 26 Sept</div> <div>Computer Use</div> <div>8:30 Indoor Pickleball</div> <div>9:00 Happy Trails Hike*</div> <div>9:00 Bingo</div> <div>9:45 Enhance Fitness</div> <div>10:00 Cabbage</div> <div>10:00 Woodcarving</div> <div>10:30 Begin Tai Chi</div> <div>11:40 Inter Tai Chi</div> <div>12:00 Lunch</div> <div>12:45 Euchre</div> <div>1:00 PAC Workshop</div> <div>1:00 Square Dancing</div> <div>4:00 Happy Hour*</div>		
<div>Mon 29 Sept</div> <div>12:00 Lunch</div> <div>Computer Use</div> <div>12:30 Hand & Foot</div> <div>8:30 Line Dancing</div> <div>12:45 Cranium Crushers</div> <div>8:30 Indoor Pickleball</div> <div>1:00 ALL</div> <div>9:00 Bingo</div> <div>9:00 Pool/Billiards</div> <div>9:30 Gentle Yoga</div> <div>9:45 Enhance Fitness</div> <div>11:00 Improving Balance</div>	<div>Tue 30 Sept</div> <div>Computer Use</div> <div>8:30 Indoor Pickleball</div> <div>9:00 Garden Work Bee*</div> <div>9:30 Onsite Ease the Day</div> <div>10:00 All-Day Quilting</div> <div>10:30 Silver Maples & Friends Choir*</div> <div>11:00 Movin'-Groovin'</div> <div>12:00 Lunch</div> <div>12:30 Mexican Train</div> <div>1:00 Matter of Balance</div> <div>1:30 Ukulele</div> <div>2:30 Cardio Drumming</div>	<div><div>Chelsea Senior Center</div><div>734-475-9242</div><div>www.chelseasenior.org</div><div>512 Washington St. • Chelsea, MI 48118</div></div> <div>CSC membership is required to participate in our activities and programs.</div> <div>Remember to allow time to process your membership in the CSC Office.</div>			<div>Senior Café Lunch:</div> <div>Reserve your Senior Café Lunch by Noon the day before you plan to join us. Call on Friday for a Monday reservation.</div> <div>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.</div> <div>Fill out the Senior Café Registration Form found in the kitchen once a year.</div> <div>If age 60+, a \$3-\$5 donation is suggested.</div> <div>If under 60 years of age, lunch cost is \$5.</div> <div>You don't have to be a CSC member in order to enjoy lunch here.</div>	<div>Note office location</div> <div>2025</div> <div>September</div> <div><div>Chelsea Senior Center</div><div>Thriving in 2025 & Celebrating 60 years!</div></div> <div></div>

Movement & Exercise

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



Gentle Yoga

Mondays, 9:30-10:30 a.m. (skip 11/24)

Instructor Dianna Kause. Bring a mat. Class geared toward students who can work on the floor. Traditional poses, stretches, breathing work & savasana. {Classes Sept 8 - Dec 8 are free thanks to Washtenaw Community College Senior Emeritus Program}



Chair Yoga

Thursdays, 11:00 a.m.-Noon
(skip 9/18, 11/27 & 12/4)

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 Sept 4 - Dec 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. 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.**



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. {Monday Classes Sept 8 - Nov 24 are free thanks to Washtenaw Community College Senior Emeritus Program}



Tai Chi

Fridays; Sept 19-Dec 5
(skip 10/24 & 11/28)

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}



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

Join the gang at the alleys for fun & friendly competition. Join a team or be a sub! **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 Indoor 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. **NO INDOOR GYM Wed Sept 17****



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!



Untouchable Chicago

Sept 19-21

\$1282/Single PP - \$1029/Double PP

Price includes escorted roundtrip coach transportation, two nights accommodations in Downtown Chicago, 4 meals, river cruise, shopping, and more! **\$100 deposit due at Registration. 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.**



Cranberry Harvest

DeGrandchamp Farms, South Haven

Thursday, October 9, \$80/person*

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

Price includes roundtrip coach transportation, driver tip, admission, cranberry food tasting, coffee, and a baked good. ***Lunch on your own after farm tour.**

Note: There will be uneven ground around the farm.

Full Payment due at Registration.

NEW!



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, NYE river cruise, and so much more! **\$100 deposit due at Registration. Full payment due Nov 30.**



Ohio Wine Tour

Wauseon, Archbold, Helena

Thursday, 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. **Full payment due at Registration.**



Hamtramck Perogies & Paczki's

Thursday, February 12, \$132/person

Depart 8:45 a.m., Return 3:45 p.m.

Price includes roundtrip coach transportation, Hamtramck history tour, Polish Village Café, New Palace Bakery, and more! *There is a fair amount of walking & steps on this trip.* **\$25 deposit due at Registration. Full payment due Jan 12.**



NEW!



Haunted Happenings

A Spooky Trip to Northeast Ohio

October 30-31 \$530/Single PP - \$455/DBL PP

+ WAIT LIST ONLY +



Michigan Thrift Store Adventure

Thursday, March 19, \$95/person

Depart 8:00 a.m., Return 5:30 p.m.

Price includes roundtrip coach transportation, lunch at Clara's on the River in Battle Creek, a shopping bag, and driver tip. **\$25 deposit due at Registration. Full payment due Feb 19.**



NEW!



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.**



CSC Travel Cancellation Policy:

Cancellation of a trip before 30 days of departure date is fully refundable. *Refund will be issued prior to the trip's departure date.*

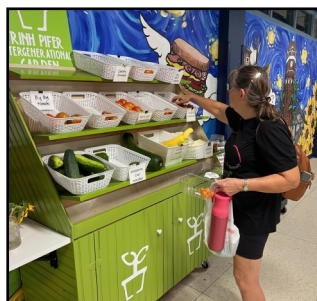
Cancellation within the 30 days of departure date is non-refundable. *Exception: IF a trip is a 'Wait-List-Only' status, and IF your spot is filled by a Wait List member, a refund will be issued after the trip departure date.*

Connections & Community

Trinh Pifer



Intergenerational Garden UPDATES



Many thanks to all who have been supporting the Farm Stand this season. As quickly as we've been stocking the Farm Stand, you've been selecting items to take and enjoy for your own meals. August saw the Stand bursting with a wide variety of tomatoes, including supersweet and sungold cherry tomatoes, and favorite

slicing tomatoes such as Early Girl, Beefsteak, Celebrity, Big Boy and Better Boy. We have had lots of basil to go along with the tomatoes, and other produce including green beans, carrots, bell peppers, corn, zucchini and summer squash.

In mid-August we replanted the hoop house beds so by mid-September we'll have fresh spinach, lettuce, and radishes followed by turnips and beets later in the fall. We'll also have delicata squash and new this fall, honeynut butternut squash (a smaller variety of butternut squash) and pie pumpkins. Keep your eyes on the Farm Stand!

GABIKA wrapped up another terrific summer in the Garden having enjoyed a wide variety of activities including dyeing fabric with materials from the Garden, creating composting jars, pretending to be growing bean seeds, and learning about pollinators and their preferred plants. On their last day in the Garden, the campers harvested and weighed the produce, attached the bin labels, and then displayed the produce on the Farm Stand shelves. It wasn't all work, though, as they also got to run through the sprinkler to cool off after all their hard work.

We are always in need of small plastic containers like the kind used for blueberries and raspberries. If you have clean containers, feel free to leave them on the Farm Stand as they are great for taking home cherry tomatoes and the like.

Work Bees every Tuesday 9:00-11:00 a.m. & Thursday 10:00 a.m.-Noon (weather permitting). 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

MMAP

MICHIGAN MEDICARE ASSISTANCE PROGRAM

Area Agency on Aging 1-8



Navigating Medicare



Medicare

Open Enrollment Counseling Sessions



Tuesdays, Oct 21 & Nov 18

By Appointment Only

Free one-on-one counseling service provided by **AgeWays Senior Support Services** with certified **Michigan Medicare Assistance Program Counselors**. They will assist you with your Open Enrollment questions. **For more information or to schedule an appointment with a counselor at Chelsea Senior Center call (734) 475-9242.**

Adult Learners Institute September Class @ CSC:

Sept 29: Football for Dummies



Class listed above starts at 1:00 p.m. and is in-person at Chelsea Senior Center. **Registration with A.L.I. is required to attend. Do so by mail or register online at www.alimichigan.org.** For a complete listing on all A.L.I. class offerings consult A.L.I.'s Fall catalog, copies available at various locations throughout Chelsea, or visit their website www.alimichigan.org. *Any questions call and leave a message at A.L.I. office phone: 734-292-5540.*

Senior Citizen Admission Policy into Chelsea School District Athletic Events

SENIOR CITIZEN ADMISSION POLICY

ALL SENIOR CITIZENS (AGE 62 & UP) RECEIVE FREE ADMISSION TO ALL REGULAR SEASON SEC EVENTS!**

A LAMINATED PASS IS NO LONGER NEEDED AND THIS APPLIES TO SENIOR CITIZENS OF ALL SCHOOL DISTRICTS.

** PLEASE NOTE THAT SOME RESTRICTIONS MAY APPLY TO CERTAIN SELF-REFUNDING SPORTS AND PROOF OF AGE MAY BE REQUIRED

SEC



KALFIDOSCOPE 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, September 16: Chelsea Chamber

This quintet of violin, viola, and cello are musicians from Chelsea that play regularly for the community. Performing a series of classical works.

Thank You 2025 Sponsors!

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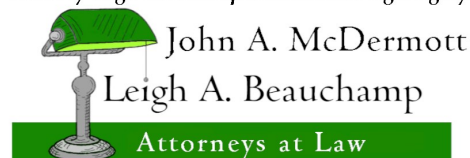
www.ChelseaRetirementCommunity.com

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@beauchampstatelaw.com

beauchampstatelaw.com



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

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 www.silvermaples.org

SEPTEMBER | 2025

SENIOR CENTER MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1 CSC Closed! Labor Day	2 Goulash Carrots Banana WG Breadstick	3 Sweet & Sour Chicken WG Brown Rice Peas Corn Orange	4 Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	5 Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2
8 Turkey Reuben on WG Bread Sourkraut Mixed Vegetables Grape Juice	9 Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	10 Hamburger Tater Tots Peas Diced Peas WG Bun	11 Sloppy Joe Potato Wedges Coleslaw Orange WG Bun	12 Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice
15 Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	16 BIRTHDAY CELEBRATION Pork Chops Mashed Potatoes Gravy Green Beans Applesauce WG Bread 2	17 Chicken Tenders Broccoli Salad Beets Mandarin Oranges WG Dinner Roll	18 BBQ Pork Baked Beans Tater Tots Applesauce WG Bun	19 Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple
22 Chicken Salad Croissant Potato Wedges Coleslaw Applesauce	23 Roasted Turkey & Gravy Mashed Potatoes Green Beans Applesauce WG Bread 2	24 Chicken Patty Redskin Potatoes Corn Orange WG Bun	25 Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	26 Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll
29 Chicken Drumstick Mashed Potatoes Gravy Green Beans Applesauce WG Bread 2	30 General Tso's Chicken WG Brown Rice Peas Corn Apple	1	2	3

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.
U.S. Postage
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Chelsea, Mich.
Permit No. 21

SEPTEMBER 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:

*Melissa Handloser
Rodney Payne*

Mark your Calendars:



Sept 1: CLOSED for Labor Day Holiday **Oct 4:** Sock Hop Fundraiser **Nov 4:** Election Day
Nov 27 & 28: CLOSED-Thanksgiving Holiday **Dec 24-26:** CLOSED-Christmas Holiday
Dec 31-Jan 2: CLOSED-New Year's Holiday **Jan 15:** Volunteer Appreciation Event



*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.