

 Drop-in  Registration Required  Fee/Donation



Wellness Fair & Flu Shot Clinic

Wednesday, October 8

10 a.m.-1 p.m.



Flu vaccines provided & administered by UM Health. Senior flu vaccine available for those over 65. The quadrivalent flu vaccine also available. *Current COVID vaccine is only available to ages 65 and older.* **All vaccines are free!** Also stop in and visit our invited wellness providers 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.**



Oak Grove Cemetery Tour

Monday, October 13, 2:00 p.m.

Led by Allen Cole. Join Allen as 

he shares highlights of the cemetery including famous Chelsea citizens buried there, the history, interesting facts and mysteries that exist in this historic cemetery. **Meet up at the gate near the corner of E. Middle St & Madison St.** *Note: there will be a fair amount of walking (approx. 1/2 mile).* Rain date will be Mon Oct 20, 2:00 p.m. **To register call or email CSC with your name and phone number.**



State Plan on Aging Listening Session

Tuesday, October 28, 4:00 p.m.



Facilitated by Tammy Lemmer from the Bureau of Aging, Community Living, and Supports, Michigan Department of Health & Human Services, Health Services, assisted by Ageways. As part of the planning for the upcoming State Plan on Aging, the ACLS Bureau is hosting a listening session here to gather information from the community and hear thoughts on older adult programming, gaps in services, and other related topics. Drop in and join this session. **For more information contact CSC.**



Leaf Raking Service

Saturday, November 8

after 1:00 p.m.



Kiwanis Club of Chelsea and Chelsea High School Key Club volunteers will rake leaves in **yards within the Chelsea city limits.** **To sign up to get your yard raked call CSC with your name, phone number, and address.**



AI/Cybersecurity Workshop

Friday, October 17, 1:00 p.m.



Instructor Denise Swope. This workshop is designed specifically for seniors. Drop in to explore the fascinating world of Artificial Intelligence (AI) and learn essential skills to stay safe in today's digital landscape. Through real-life examples, practical demonstrations & tips, attendees will gain a better understanding of how AI impacts their daily lives. **Workshop is free thanks to the Washtenaw Community College Senior Focus Program!**



FANG-TASTIC FUN

HALLOWEEN LUNCH PARTY

Friday, October 31 at Noon



Celebrate the holiday at CSC and enjoy lunch, treats, and Halloween fun with friends! Lunch party includes:

- * **Costume Contest** | winners will be announced
- * **Dessert Buffet** | bring in a treat to share
- * **Fang-tastic Fun Lunch*** | call to reserve your meal
- * **Spooky Halloween Music** | sing & dance along



Come in costume to be included in the parade and judging for Best Costume. Bring your favorite dessert to share with others at lunch. Sing & dance along to the fun music! ***To reserve your lunch call CSC.**

PUMPKIN DECORATING CONTEST



Calling all Halloween Fans & Creative Types!

- **ORDER** your pumpkin by **Thu 10/16**, just give CSC a call.
- **PICK UP** pumpkin at CSC starting on **Thu 10/23**, first come first pick.
- To be included in judging, decorated pumpkins are **DUE BACK** at CSC by **Tue 10/28**.
- Winners will be chosen by popular vote and announced during lunch on **Fri 10/31**.
- Your entry must be **picked back up by 3:00 p.m.** on **Fri 10/31** or it will be tossed into the witch's brew.
- **Contest Rules:**

- * One entry per person.
- * Must use CSC provided pumpkin.
- * Main part of entry must be the provided pumpkin.
- * Carving is encouraged but not required, be creative!
- * No flame, candles, or electrical devices.
- * Entry must have a title/name.
- * All accessories must be firmly attached.
- * Use discretion, nothing too scary or inappropriate.



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



October Birthdays Celebration

Tuesday, October 21 at Noon

Hosted by Chelsea State Bank. Join us to celebrate & enjoy a tasty lunch and birthday cake with friends.

Registration required to reserve a meal, give CSC a call.



Ask an Expert: Diabetes Management

Wednesday, October 8, 11:15 a.m.

Facilitated by Sophia Speroff, Registered Dietician, & Betty Chaffee, your friendly neighborhood pharmacist. Learn how nutrition, medication, and lifestyle changes work together to support blood sugar control. They will guide you through simple, effective strategies for living well with diabetes. **To register, call or email CSC with your name & phone number.**



Bravery & Mental Health: Confronting Fears for Personal Growth

Monday, October 13, 1:00 p.m.

Facilitated by Anna Webber & Kathryn Walz, Behavioral Health Navigators, Chelsea Hospital. Confronting fears, fueled by bravery, drives personal growth by pushing you beyond your comfort zone and improving mental health. **Drop in and join us to learn more!**



Seniors for Healthy Choices

Every Wednesday
Oct 15-Nov 19, 1-3 p.m.

Led by Lisa Catledge, LMSW, & Wiona Phillips, LLMSW. Catholic Charities Washtenaw County introduces this new program that celebrates healthy aging & educates participants on how medications & substances can affect us as we age. This free, evidence-based program is open to anyone in Washtenaw County age 60 or older and offers 6 lessons over 6 weeks that cover a wide range of topics. **To register call or email CSC with your name and phone number.**



Happy Hour

Dan's Chelsea Tavern

Friday, October 24, 4:00 p.m.



Enjoy food, drinks, and fun conversation with friends at Dan's Chelsea Tavern, 110 W Middle St, Chelsea. **Registration is required so we know how many seats to reserve. Call or email CSC with your name and phone number.**

- No Onsite Ease the Day Wed Oct 8.
- No Tai Chi Fri Oct 24.
- Townhall on 'One Big Beautiful Bill Act' Fri Oct 10, hosted by Raymond James.
- Sock Hop Fundraiser has been rescheduled for 2026, stay tuned for more info!



Time Travel with Tom

Exploring Members' Stories and CSC's 60 years!

Tuesday, October 14, 1:00 p.m.

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: Jackie Tracy.**



Art for Life: Iconic (Not Scary!) Cemeteries of the United States

Thursday, October 9, 3:00 p.m.

Suggested \$5 donation

Presented by Kathy Gunderson. Come learn about the evolution of cemeteries throughout history. See their beauty, artistry and poignancy of these, according to the ancient Greeks, "sleeping places", through a slide presentation of iconic cemeteries found in the United States. **To register call or email CSC with your name & phone number.**



"Lives Well Lived" Interviews

Thursday, October 30, time TBD

Inspired by a 2017 documentary "Lives Well Lived", Chelsea High School students will be interviewing & writing a narrative of Chelsea's own seniors to showcase their personal histories & memories. Their culminating project is based on the documentary's questions about what makes a life "well lived." From there, they will craft a narrative of that senior's life as a way to celebrate and tell their story while demonstrating the skills worked on in class. **Note: Interviews will be held at Chelsea High School. To register for an interview please call or email CSC with your name & phone number. They need 25 seniors!**



Fermenting with Friends

Thursdays, October 2 & 16

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. **Choose only one to attend as the same recipe will be featured in both sessions. This class is made possible by a grant from 5 Healthy Towns. Space is limited. To register call or email CSC with your name, phone number, and choice of class date.**

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

Diane Thompson Receptionist



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	Kristy Fetyko
Paul Schissler	Jaclyn Klein
Vice Chair	John Knox
Jon Bentley	Holly Ridenour
Treasurer	Carl Schwarze
Dave Schaible	Diane Weid
Secretary	Heidi Reyst,
Allen Cole	CSD representative

IN THE spotlight



Bob & Sheri Gardiner



As newer members to Chelsea Senior Center, Bob and Sheri Gardiner have eagerly jumped into activities.

"We really enjoy meeting and talking with people," says Sheri. They frequently enjoy a hot lunch and fresh salad in the Senior Café and connect with new friends at the center. The Senior Café dining regulars often congregate in the lobby before lunch to catch up and exchange updates on life happenings. The Gardiners enjoy sharing tales of their rowdy trio of dogs, Abby, Thelma and Booker, with longtime CSC member Mary Theisen who enjoys weekday lunches, indoor walks and tidying up after the lunch crowd in the Senior Café. They've deemed Booker the brightest of their bunch. "We've always had dogs," says Sheri.

Originally from Lincoln Park and Detroit, respectively, Sheri and Bob settled downriver in Brownstown before moving to Chelsea in 2007. For more than 30 years, the Gardiners provided care for foster children with special needs. They adopted three of the children and remain close to some of the others who spent time in their home years ago. "It has been very rewarding," says Sheri who also was a teacher's aide for many of those years.

Bob was a longtime teacher who recalls the thrilling reward teaching students how to read. His students' ages ranged from junior high to adults, including children with special needs.

"Reader's Digests was a great tool for helping those who struggled with reading," says Bob. Beyond the classroom, Bob's career also entailed landscape work, ranging from designing landscapes to hauling materials like rocks and pavers and planting trees and perennials.

When not active at Chelsea Senior Center, Bob likes to unwind by working on his 1923 Gardner Business Coup, which he believes is one of only two still privately owned today. Though Russel Gardner had some success manufacturing cars for several years, including a near deal with Sears Company to build cars for Sears catalog orders, the Great Depression sealed Gardner's fate and ended production in 1931.

Bob enjoys working on the 4-cylinder engine and shining up the body of the classic car. He even bopped into the Open Painting Studio at Chelsea Senior Center to paint one of the hubcaps.

Sheri unwinds with a good book, often picked up from the Chelsea Senior Center library in the community room. Books are donated by members, so there are always some new titles that catch her interest.

Along with Bob, she appreciates the Peace Lutheran Church in Dexter. She helps sew and cut material for quilts that are eventually donated by the congregation.

To keep active, Sheri walks the halls with Mary who had encouraged her to join her on her loops around the halls. Sheri also likes the Monday Improving Balance class.

Beyond the walls of Chelsea Senior Center, Sheri and Bob are keen on volunteering in the Trinh Pifer Intergenerational Garden and socializing on trips organized by Chelsea Senior Center's Travel Committee. "We really like the people here at Chelsea Senior Center."

Movement | Groups | Support

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



Happy Trails Hike

Faster paced for the steady trekker
*Fridays 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.

*If you need to know the hike location prior to registering, call CSC on Wednesday of desired hike week. *You must register each week.*

Call or email CSC your name, phone number, email address, and date of hike.



Red Hat Ladies

Meets monthly

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

Their next gathering is Tuesday, October 14, 11:30 a.m., Uptown Coney Island-Chelsea, 1555 S Main St, Chelsea.

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



Blood Pressure Checks

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



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!



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.



Square Dancing *New Day*

*Thursdays, 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.**



Estate Planning Q&A

Wednesday, Oct 15, 11 a.m.-Noon

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.**



Genealogy Help Group

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.



Loss & Healing Group

Every Tuesday, 12:30 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.**



Real People.

Real Weight Loss.®

TOPS Club

Take Off Pounds Sensibly

Thursdays

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

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

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



A Moment For Me:

A Caregiver Support Group

Every other Wednesday, 9:45 a.m.

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.**



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



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



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.*



Chair Massage w/ Sue Rodgers



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.*



Hearing Checks: Rankin



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



Notary Public Service



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

Donations to our C2S2 Program appreciated.



Chelsea Community Social Worker: **Emilee Fetters**



Emilee provides support & 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 & well-being. **To contact Emilee call or email CSC and we will connect you with her.**



Paper Shredding Service *By Appointment Only*



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.**



Secretary of State Mobile Office Appointments at CSC



Tuesday, December 2, 10:00 a.m. – 1:00 p.m.

The Michigan Secretary of State Mobile Office will be at CSC 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 (734) 475-9242.**



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.*



Technology Support



Wednesdays, 10:00 a.m.-Noon

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



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 to assist with Open Enrollment questions. **For more information or to schedule an appointment at CSC call (734) 475-9242.**

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



Lending Library

In cooperation with Friends of the CDL
 Located in Room 112, there are no fees, no checkout, and no time limit when a **book or puzzle** is borrowed. Simply return when finished!



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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.



Cranium Crunchers

Mondays

12:45-2:00 p.m.

Facilitated by Gina Frankhart

D

Join us for games and activities designed to improve cognition, memory function, and foster discussion. We have games, discussions, exercises, fun, and more!

Newsletter Assembly

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

D



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



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.**

\$ R



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.



Gather | Create | Expand Your Mind



Woodcarving

Fridays, 10:00 a.m.-Noon



D

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!



Ukulele

Tuesdays, 1:30-2:30 p.m.



D

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.

Stained Glass



D **\$**

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.*



Jam Sessions

Wednesdays, 12:30 p.m.



D

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



Knit & Crochet Group



D

Thursdays, 12:30 p.m.

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

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

Sewing Group

D



Wednesdays, 1:00 p.m.

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



Quilting

Tuesdays, 1:00-4:00 p.m.



D

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.*



A Joyful Noise

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



D

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!



Silver Maples & Friends Choir

®

Tuesdays, 10:30 a.m.

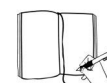
Choir meets at Silver Maples of Chelsea

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

Writers Group:

Thoughts & Paragraphs

3rd Wednesday, 1:00 p.m.





D

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!



<p><i>*Note office location</i></p> <h1>October 2025</h1>  <p>Thriving in 2025 & Celebrating 60 years!</p> 		 <p>CSC membership is required to participate in our activities and programs.</p> <p><i>Remember to allow time to process your membership in the CSC Office.</i></p>		<p>Wed 1 Oct</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>11:00 Body Core Strengthening 12:00 Lunch 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group 1:00 Senior Fun Bowling*</p>	<p>Thu 2 Oct</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>12:00 Lunch 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming 1:00 Square Dancing 2:00 Fermenting w/Friends</p>	<p>Fri 3 Oct</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Happy Trail Hike* 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Begin Tai Chi</p>	<p>11:40 Inter Tai Chi 12:00 Lunch 12:45 Euchre</p>
<p>Mon 6 Oct</p> <p>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>12:00 Lunch 12:30 Hand & Foot 12:45 Cranium Crunches 1:00 Genealogy Help Group</p>	<p>Tue 7 Oct</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Garden Work Bee* 9:30 Onsite Ease the Day 10:30 Silver Maples & Friends Choir* 11:00 Movin'-Groovin' 12:00 Lunch 12:30 Mexican Train</p>	<p>12:30 Loss & Healing 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming</p>	<p>Wed 8 Oct</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass NO Onsite Ease the Day 9:45 Enhance Fitness 9:45 A Moment for Me 10:00 Tech Support</p>	<p>10:00 Wellness Fair & Flu Shot Clinic 11:00 Body Core Strengthening 11:15 Ask an Expert 12:00 Lunch 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group 1:00 Senior Fun Bowling*</p>	<p>Thu 9 Oct</p> <p>Travel Trip Day* Computer Use 8:30 Indoor Pickleball 8:30 Annual Board Meeting 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 Movin'-Groovin' 10:00 Garden Work Bee*</p>	<p>11:00 Chair Yoga 12:00 Lunch 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming 1:00 Square Dancing 3:00 Art for Life</p>	<p>Fri 10 Oct</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Happy Trail Hike* 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Begin Tai Chi</p>	<p>10:45 Blood Pressure Checks 11:40 Inter Tai Chi 12:00 Lunch 12:45 Euchre 1:00 Townhall One Big Beautiful Bill Act</p>
<p>Mon 13 Oct</p> <p>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>12:00 Lunch 12:30 Hand & Foot 12:45 Cranium Crunches 1:00 Bravery & Mental Health 2:00 Oak Grove Tour*</p>	<p>Tue 14 Oct</p> <p>Computer Use Paper Shredding appts 8:30 Indoor Pickleball 9:00 Garden Work Bee* 9:30 Onsite Ease the Day 10:00 Paper Crafts 10:30 Silver Maples & Friends Choir* 11:00 Movin'-Groovin'</p>	<p>11:30 Kai Hoi Ladies* 12:00 Lunch 12:30 Mexican Train 12:30 Loss & Healing 1:00 Quilting 1:00 Time Travel w/Tom 1:30 Ukulele 2:30 Cardio Drumming</p>	<p>Wed 15 Oct</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 11:00 Body Core Strengthening</p>	<p>11:00 Estate Planning Q&A 12:00 Lunch 12:30 Jam Session 12:30 Game Time 1:00 Sewing Group 1:00 Writers Group 1:00 Seniors for Healthy Choices 1:00 Senior Fun Bowling*</p>	<p>Thu 16 Oct</p> <p>Travel Trip Day* Computer Use Paper Shredding appts 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*</p>	<p>11:00 Chair Yoga 12:00 Lunch 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming 1:00 Square Dancing 2:00 Fermenting w/Friends</p>	<p>Fri 17 Oct</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Happy Trail Hike* 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Begin Tai Chi 11:40 Inter Tai Chi</p>	<p>12:00 Lunch 12:45 Euchre 1:00 AI/Cybersecurity Workshop</p>
<p>Mon 20 Oct</p> <p>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>12:00 Lunch 12:30 Hand & Foot 12:45 Cranium Crunches</p>	<p>Tue 21 Oct</p> <p>Computer Use Agewave MMAP appts 8:30 Indoor Pickleball 9:00 Garden Work Bee* 9:30 Onsite Ease the Day 10:30 Silver Maples & Friends Choir* 11:00 Movin'-Groovin'</p>	<p>12:00 Birthday Lunch 12:30 Mexican Train 12:30 Loss & Healing 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming</p>	<p>Wed 22 Oct</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 9:45 A Moment for Me 10:00 Tech Support</p>	<p>11:00 Body Core Strengthening 12:00 Lunch 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group 1:00 Seniors for Healthy Choices 1:00 Senior Fun Bowling*</p>	<p>Thu 23 Oct</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 TOPS Club 9:00 Newsletter Assembly 9:30 Onsite Ease the Day 9:45 Movin'-Groovin' 10:00 Garden Work Bee* 10:45 Blood Pressure Checks</p>	<p>11:00 Chair Yoga 12:00 Lunch 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming 1:00 Square Dancing</p>	<p>Fri 24 Oct</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Happy Trail Hike* 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving NO Tai Chi</p>	<p>12:00 Lunch 12:45 Euchre 4:00 Happy Hour*</p>
<p>Mon 27 Oct</p> <p>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>12:00 Lunch 12:30 Hand & Foot 12:45 Cranium Crunches 1:00 A.L.I. Class</p>	<p>Tue 28 Oct</p> <p>Computer Use Paper Shredding appts 8:30 Indoor Pickleball 9:00 Garden Work Bee* 9:30 Onsite Ease the Day 10:00 All Day Quilting 10:00 Pumpkin Contest Begins</p>	<p>10:30 Silver Maples & Friends Choir* 11:00 Movin'-Groovin' 12:00 Lunch 12:30 Mexican Train 12:30 Loss & Healing 1:30 Ukulele 2:30 Cardio Drumming 4:00 State Plan on Aging Listening Session</p>	<p>Wed 29 Oct</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 11:00 Body Core Strengthening</p>	<p>12:00 Lunch 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group 1:00 Seniors for Healthy Choices 1:00 Senior Fun Bowling*</p>	<p>Thu 30 Oct</p> <p>Travel Trip Day* Lives Well Lived Events* Computer Use Paper Shredding appts 8:30 Indoor Pickleball 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 Movin'-Groovin'</p>	<p>10:00 Garden Work Bee* 11:00 Chair Yoga 12:00 Lunch 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming 1:00 Square Dancing</p>	<p>Fri 31 Oct</p> <p>Computer Use 8:30 Indoor Pickleball 9:00 Happy Trail Hike* 9:00 Bingo 9:45 Enhance Fitness 10:00 Cabbage 10:00 Woodcarving 10:30 Begin Tai Chi</p>	<p>11:40 Inter Tai Chi 12:00 Pump-tastic Fun Halloween Lunch Party 12:45 Euchre</p> <p>HAPPY Halloween</p>

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 thru Dec 8 are free thanks to Washtenaw Community College Senior Emeritus Program}



Improving Your Balance

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

\$2 per class fee

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



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!



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 thru Nov 24 are free thanks to Washtenaw Community College Senior Emeritus Program}



Tai Chi

Fridays; Sept 19-Dec 5

(skip 10/24 and 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}



Chair Yoga

Thursdays, 11:00 a.m.-Noon

(11/27 and 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 thru Dec 18 are free thanks to Washtenaw Community College Senior Emeritus Program}



Body Core Strengthening

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

\$2 per class fee

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



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, and have fun!



ballet chelsea
adaptive dance program



CSC Indoor Pickleball Club

Monday-Friday

8:30 a.m.-*12:30 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. ***New Gym End Time.** For more information contact CSC.



Cardio Drumming

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

Thursdays, 1:00-2:00 p.m.

\$1 suggested donation to cover equipment

Cardio Drumming provides a whole brain & whole body workout that promotes cognitive, physical, social, & emotional health at all life stages. You can participate at your level: seated or standing. We have balls & tubs to use or you can bring your own. Drumsticks are available to purchase for \$3.





CSC Travel Opportunities



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 group leaves 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.



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 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.**

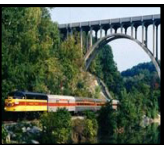


Mystery Trip

Wednesday, January 14, \$77/person

Depart 10:30 a.m., Return 3:00 p.m.

Price includes roundtrip coach transportation, driver tip, admission, and an early lunch. *Trip Clue: we will travel not too far. George Washington would liked this and Red Riding Hood would have said, "Grandmother, what big _ you have..." You and others may benefit from this trip.* **NOTE: trip will include a lot of walking. Full payment due at Registration.**



Haunted Happenings

A Spooky Trip to Northeast Ohio

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

+ WAIT LIST ONLY +



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.**



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.**



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.**



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.**



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



Chelsea
Senior Center



Intergenerational
Garden **UPDATE**



We've had a wonderful season providing fresh, organically grown veggies on our Farm Stand (located in the CSC lobby). While our summer favorites aren't on the Farm Stand any longer, we have lots of fresh spinach, lettuce, arugula, and radishes. We also still have delicata squash and Jack B Little pumpkins. Soon we'll have beets and turnips, too, and two new items this year - pie pumpkins and honeynut butternut squash. Check out the Farm Stand on Tuesdays and Thursdays. We are very thankful for your donations as they help support the Trinh Pifer Intergenerational Garden.

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




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Make sure to "Like"  our posts when you see them!



THANK YOU Kathy Russell, Executive Director at Chelsea Retirement Community, for your service as a director on Chelsea Senior Center's board. Best of luck in your new role with Brio closer to home.



Adult Learners Institute October Class @ CSC
Oct 27: Sergei Diaghilev & The Ballets Russes, 1:00 p.m.

Class listed above is in-person at Chelsea Senior Center. **Registration with A.L.I. is required to attend. Any questions call and leave a message at A.L.I. office phone: 734-292-5540.**



Veterans Day Community Tribute

Tuesday, November 11

Tribute time TBD, Lunch at Noon

Register by Nov 7

*Presenting Sponsor Sue Jacobs, CPA. This free community event honors veterans of all ages. Join us at CSC for lunch, presentations and music. Thank you to City of Chelsea for covering the cost of the lunch and Silver Maples of Chelsea for providing dessert. Membership at CSC is not required to attend this event, it is open to the community. **Registration is required to reserve a lunch by Nov 7, call or email CSC with your name & phone number.***

Don Cole Community Thanksgiving Lunch

Friday, November 21, doors open at 11:30 a.m.


Register by Nov 7

Presenting sponsor Cole Funeral Chapel. Join friends for this annual traditional meal at CSC for a time to reflect and to give thanks!




Registration is required to reserve a meal. Space is limited. Register by November 7 by calling CSC (734) 475-9242.







Chelsea High School Theatre Guild presents:



White Christmas
MUSIC AND LYRICS BY IRVING BERLIN
BOOK BY DAVID IVES AND PAUL BLAKE
BASED UPON THE PARAMOUNT PICTURES FILM
WRITTEN FOR THE SCREEN BY NORMAN KRASNA, NORMAN PANAMA, AND MELVIN FRANK
ORIGINAL STAGE PRODUCTION DIRECTED BY WALTER BOBBIE
October 18th - 19th

CSC SENIOR DISCOUNT TICKETS

\$10.00 each
available for purchase at CSC office for:

Sunday, October 19
3:00 p.m.

Limited Supply. First come, first served. No holds or reservations.

Cash or check only
made payable to
Chelsea High School
Theatre Guild

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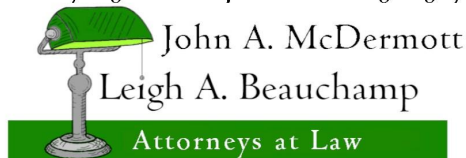
www.ChelseaRetirementCommunity.com

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

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SILVER MAPLES of Chelsea
RETIREMENT NEIGHBORHOOD

www.silvermaples.org

OCTOBER | 2025

SENIOR CENTER MENU

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

29	30	1	2	3
Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	Hamburger Tater Tots Peas Diced Peas WG Bun	Sweet & Sour Chicken WG Brown Rice Peas Corn Orange	Sloppy Joe Potato Wedges Coleslaw Orange WG Bun
6	7	8	9	10
Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice	Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	Raspberry Vinaigrette Chicken Breast Rosemary Potatoes Carrots Apple WG Bread 2	Goulash Carrots Banana WG Breadstick	Turkey Reuben on WG Bread Sourkraut Mixed Vegetables Grape Juice
13	14	15	16	17
Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple	Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	Pork Chops Mashed Potatoes Gravy Green Beans Applesauce WG Bread 2	General Tso's Chicken WG Brown Rice Peas Corn Apple
20	21	22	23	24
BBQ Pork Baked Beans Tater Tots Applesauce WG Bun	BIRTHDAY CELEBRATION Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2	Pork Riblet Potato Wedges Coleslaw Applesauce WG Bun	Cheesy Chicken & Rice Broccoli Beets Fruit Punch WG Bread	Chicken Patty Redskin Potatoes Corn Orange WG Bun
27	28	29	30	31
Roasted Turkey & Gravy Mashed Potatoes Green Beans Applesauce WG Bread 2	Chicken Alfredo Rotini Pasta Mixed Vegetables Grape Juice WG Dinner Roll	Chicken Drumstick Mashed Potatoes Gravy Green Beans Applesauce WG Bread 2	Macaroni & Cheese Stewed Tomatoes Orange WG Dinner Roll	Halloween Party! Cauldrons of Chili Smashed Ghosts (Potatoes) Witch Fingers (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

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

OCTOBER 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:

David Murphy

Mark your Calendars:



Nov 11: Veterans Day Community Celebration
Nov 21: Don Cole Community Thanksgiving Lunch
Nov 27 & 28: CLOSED: Thanksgiving 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.