

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



Leaf Raking Service

Saturday, November 8
after 1:00 p.m.

R



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.



November Birthdays Celebration

Thursday, November 6 at Noon

R

Hosted by Chelsea Retirement Community Join us to celebrate & enjoy a tasty lunch and birthday cake with friends. **Registration required to reserve a meal, give CSC a call.**



Veterans Day Community Tribute

Tuesday, November 11

10:45 a.m. with Lunch at Noon

R

VETERANS DAY 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 and phone number.**

Upcoming Performances at CSC!

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Jazz/Opera Vocalist: Thu Nov 6, 1:00 p.m.

Joy Jan Jones, sponsored by Chelsea District Library



Brass Quintet: Fri Nov 21, 1:00 p.m.

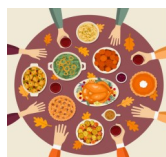
Ann Arbor Symphony Orchestra



Don Cole Community Thanksgiving Lunch

Friday, November 21

R



Doors open at Noon, 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 Nov 7 by calling CSC.**



Generations Interviews

Thursday, December 4,
and Friday, December 5
9:45 a.m.-11:45 a.m.

R

Seniors, we need your wisdom, stories, and voices. **Beach Middle School 6th grade students** will visit CSC to work on a Generations assignment. We encourage you to volunteer (***we need LOTS!***) and take time to share your history, experiences, and interesting lives with the younger generation. **To register as a volunteer please call or email CSC with your name and phone number.**



Knit & Crochet Group

Pre-Holiday Sale:

Thursday, November 6 and
Friday, December 5
11:00 a.m. - 2:00 p.m.

D **\$**



Need help finding a holiday gift? Stop by the Lobby and see the group's handcrafted products for sale: hats, scarves, mittens, lap robes, towels, dishcloths, scrubbies, and so much more! **All proceeds to benefit the Chelsea Senior Center.**

Gifts of Autumn

Fundraising Event

Gifts of Autumn

R

Tuesday, December 9
4:30-6:00 p.m.

Held at the Chelsea Depot



Message from CSC Executive Director Jennifer Smith:

"During these uncertain times, forces for good can accomplish amazing things. CSC is a force for good. You as engaged, vocal, smart seniors are a force for good. As humans, our needs change as we age. This is an Indisputable fact, regardless of our differences. This commonality is our rally call. Listening, learning, and understanding alongside you, as you navigate aging, this most basic part of living, is what we will continue to do as we strive to support you on your journey. We have lots to do and we need your help to do it. Join us for a fundraising tradition, Gifts of Autumn, as we celebrate your generosity, ask that you continue to support CSC financially, and enjoy an evening of food, fun, and smiles." **To attend this fundraising event, call or email CSC with your name and phone number.**

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NEW

New Program in development:
"Round Table Discussions"
Wednesdays at 1:00 p.m. **R**
-Leaders Wanted-

Gather with others that share a particular interest for informal chats. Are you passionate about something in particular like cars, crafts, technology, books, cooking, etc.? Would you like to meet with folks who share similar interests? **See Jon in the CSC office if interested in leading a topic!**



Art for Life: Frédéric Bazille **R****\$**
Thursday, November 13, 3:00 p.m.
Suggested \$5 donation

Presented by Kathy Gunderson. Historians have said Frédéric Bazille had "both exquisite timing and terrible luck". Bazille was a friend and associate of the cutting edge group of artists who would become part of the most beloved and well known periods in art history-Impressionism. Bazille died shortly before his 29th birthday, just when he was making a name for himself as an artist. His story needs to be told! **To register call or email CSC with your name & phone number.**

ask **an EXPERT** **?** **Ask an Expert:** **R**
Heart Health: Nutrition & Medications
for Hypertension & Cholesterol
Wednesday, November 12, 11:15 a.m.



Facilitated by Sophia Speroff, Registered Dietician, & Betty Chaffee, your friendly neighborhood pharmacist. Keeping your blood pressure in a healthy range is one of the most important steps you can take for your heart. High blood pressure often has no symptoms, but over time it can damage your arteries and increase your risk for heart attack, stroke, and kidney disease. The good news? Small changes, like eating more fruits and vegetables, staying active, and taking medications as prescribed can make a big difference. Let's take care of our hearts, one step at a time. *Join us to have your blood pressure checked by Angie Adiska, RN.* **To register, call or email CSC with your name & phone number.**

- We have schedule changes on Tue Nov 4 since WSEC is a polling location. See calendar on Pg 8-9 for details.
- WAVE Info Table in the Lobby on Thu Nov 13.
- No Enhance Fitness Fri Nov 21.
- Happy Hour on hiatus for the holidays and returns January 2026.
- Happy Trails Hike new time 10:00 a.m.



Time Travel with Tom **D**
Exploring Members' Stories
and CSC's 60 years!
Tuesday, November 18, 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: Dick Dice**



The Power of Gratitude:
Nurturing Mental Health through
Appreciation **D**
Monday, November 10, 1:00 p.m.

Facilitated by Anna Webber & Kathryn Walz, Behavioral Health Navigators, Chelsea Hospital. During this month of giving thanks, join us to learn how the power of gratitude lies in its ability to shift focus from scarcity to abundance, enhancing well-being by cultivating positive emotions, reducing stress, and building resilience. **Drop in and join us to learn more!**



CATHOLIC CHARITIES
WASHTENAW COUNTY **Seniors for Healthy Choices**
Every Wednesday **R**
Oct 15-Nov 19, 1:00 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.**



Fermenting with Friends **R**
Thursday, November 6
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. *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 Administrative Coordinator
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 Office Manager



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 and activities for multiple generations to engage and collaborate. Keep a lookout for garden activities and events!



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
Carl Schwarze
Diane Weid
Charlotte Wyche
Heidi Reyst,
CSD representative

IN THE spotlight



**Veteran Feature
Denny Schumann**



There are a lot of amazing members of CSC and Denny Schumann is one of those people. He agreed to share his story in honor of Veteran's Day "because there are over 59,000 names on the wall of the Vietnam Memorial, and we can't ever forget their service and sacrifice." His story is one of service, resilience, and community.

Denny was drafted into the Army in 1965 during the Vietnam War. He was one of three soldiers in his company of 120-130 men who were 21 years old. Everyone else was underage, many just out of high school. As he recounted the patrols, the monsoons, the constant uncertainty, and the friends who were wounded or killed, we couldn't help picturing him as a young man and thinking about our own kids. Denny talked about Operation Junction City, one of the largest U.S. airborne operations in Vietnam. He described being flown out by choppers that touched down multiple times to obscure the actual location of their drop. His company was dropped in the middle of a dried rice paddy at the edge of the jungle. They were surrounded and under heavy fire as if the enemy had been waiting for them. "Get your men in line", he was told. But he was just a Private. He was just a kid. One of his friends was hit, and as Denny answered his call for help, Denny was also shot multiple times. His sergeant pulled him to safety, and he was airlifted to the field hospital and then transferred to the base hospital for surgery to remove a bullet lodged in his back. After recuperating for several weeks at the base hospital, he was flown to Japan to recover for another month. When he was able to leave, he was grateful to be stationed at Fort Knox in Kentucky for the rest of his service.



Denny credits the support of his friends and family for helping him get through those terrible years: Patty Laski Fox, Mike & Marge Shackett, his father, Howard Schumann, and his brother and sister-in-law, Doug & Diane Schumann. He remembers letters, treats, film canisters, a UofM flag, and even a Christmas tree sent from home. Their generosity and kindness have always stuck with him.

After his military service, Denny worked for thirty years in furniture repair and refinishing, then another eight at Chelsea Lumber. Today, he represents the Military Order of the Purple Heart Chapter 459 on the Washtenaw County Council of Veterans. "There is help available for veterans. There are benefits they have earned," he says, encouraging all veterans in Washtenaw County to register with the Veterans Affairs office on Hogback Road.

At Chelsea Senior Center, you can find Denny helping to assemble the monthly newsletter or joining senior center trips. "They are fantastic," he says, listing favorite trips like the Parade Company in Detroit, Branson, Missouri, and baseball games.

Denny reminds us that Veterans Day is not just a single day marked on the calendar. It's the lives of people like Denny, our neighbors, friends, and community members, who carry these stories with them every day. Honoring veterans is not only about remembering history, but about seeing and valuing the people who lived it.

Movement | Groups | Support

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



Happy Trails Hike

Faster paced for the steady trekker

***Fridays at 10:00 a.m. +NEW TIME+**

Facilitated by Lizzy Wilson. Join Lizzy as she leads brisk 2 to 3-mile hikes that destinations vary each week. Must have Michigan Recreation Pass on vehicle and a current CSC membership or signed Participant Waiver. If you need to know hike location prior to registering, call CSC. **NOTE: Hikes will be canceled for ice, below zero temperatures, or high wind.* ***You must register each week.** Call or email CSC your name, phone number, email address, and date of hike.

R



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!

D **\$**



Square Dancing

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.**

D **\$**



Genealogy Help Group

Monday, December 8, 1:00 pm

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

D



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

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**

\$ **R**



Red Hat Ladies

Meets monthly

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

Their next gathering is Tuesday, November 11, 11:30 a.m., Los Tres Amigos Chelsea, 350 N Main St #200, Chelsea. **For more information call coordinator Babette (734) 904-8718.**



R

Blood Pressure Checks

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

D



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.

R



Estate Planning Q&A

Wednesday, November 19, 11 a.m.-Noon

Facilitated by Leigh A. Beauchamp, Estate Planning Attorney. Drop in and join Leigh for this casual Q&A. **It is not intended to**

replace meeting with a lawyer regarding your specific needs.

D



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.**

R



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.**

R

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



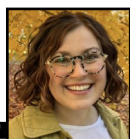
Audiology & Hearing in Chelsea will provide, at their office, complimentary hearing screening. Give Rankin a call: (800) 437-9923.



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 device, passwords and/or log-in IDs so they can better assist you.** *Donations to our C2S2 program appreciated.*



SHIP
State Health Insurance
Assistance Program

Navigating Medicare



Medicare Open Enrollment Event

Tuesday, November 18
By Appointment Only



Free one-on-one counseling provided by *AgeWays Senior Support Services & MI Options Medicare Assistant Program* 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!



D

Community Computer Use

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

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



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. 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

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!



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.

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.*



Jam Sessions

Wednesdays, 12:30 p.m.



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

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!



A Joyful Noise

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



For people who love to sing along to songs they hear. No voice training or choral experience needed. 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!

Sewing Group

Wednesdays, 1:00 p.m.



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

Quilting

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



All are welcome!

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



Silver Maples & Friends Choir

Tuesdays, 10:30 a.m.



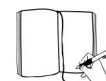
Choir meets at Silver Maples of Chelsea

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:**

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!



Note offsite location November 2025  Thinking in 2025 & Celebrating 60 years!	Senior Café Lunch: - Reserve your Senior Café Lunch by Noon the day before you plan to join us. <i>Call on Friday for a Monday reservation.</i> - Stop in CSC office, or call during our business hours of 8:30 a.m.-4:00 p.m. each weekday, to reserve a meal. - Fill out the <i>Senior Café Registration Form</i> found in the kitchen once a year. - If age 60+, a \$3-\$5 donation is suggested. - If under 60 years of age, lunch cost is \$5. - You don't have to be a CSC member in order to enjoy lunch here.	 CSC membership is required to participate in our activities and programs. Remember to allow time to process your membership in the CSC Office.	Find us on Facebook @chelseaseniorcenter Find us on Instagram chelseaseniorcenter Make sure to "Like" our posts when you see them!	"What room is my activity in?" You can easily find the answer in two different locations at CSC: 1.) Check-In Kiosk: room is listed in red text at the bottom of each of the activity boxes on the screen. 2.) Hallway Bulletin Boards: room locations are printed on the large weekly schedule posted on bulletin boards.
Mon 3 Nov 12:30 Hand/Foot 12:45 Cranium Crunchers 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 12:00 Lunch	Tue 4 Nov 12:30 Loss/Healing NO A Joyful Noise Election Day On-Site 8:30 Indoor Pickleball NO Ease the Day 10:30 <i>Siber Maples/ Friends Chair</i> 11:00 Movin'/Groovin' 12:00 Lunch 12:30 Mexican Train 	Wed 5 Nov 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 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 11:00 Body Core	Thu 6 Nov 12:30 Bridge 12:30 Open Painting Studio 1:00 Cardio Drumming 1:00 Square Dancing 1:00 Vocal Performance 2:00 Fermenting w/ Friends Chair Massage 8:30 Indoor Pickleball 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 Movin'/Groovin' 11:00 Chair Yoga 11:00 Knit/Crochet Sale 12:00 Birthday Lunch	Fri 7 Nov 12:00 Lunch 12:45 Euchre 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 <i>Happy Trails Hike</i> 10:00 Cabbage 10:00 Woodcarving 10:30 Begin. Tai Chi 11:40 Inter. Tai Chi
Mon 10 Nov 12:30 Hand/Foot 12:45 Cranium Crunchers 1:00 Power of Gratitude 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 12:00 Lunch	Tue 11 Nov 11:00 Movin'/Groovin' 11:30 <i>Red Hot Ladies</i> Paper Shredding appts 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:00 Paper Crafts 10:30 <i>Siber Maples/ Friends Chair</i> 10:45 Veterans Day Tribute & Lunch 12:30 Mexican Train 12:30 Loss/Healing 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming	Wed 12 Nov 12:00 Lunch 12:30 Jam Session 12:30 Game Time 1:00 Sewing Group 1:00 Seniors for Healthy Choices 1:00 Senior Fun Bowling 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 11:15 Ask an Expert	Thu 13 Nov 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 Paper Shredding appts Chair Massage appts 8:30 Annual Board Meeting 8:30 Indoor Pickleball 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 Movin'/Groovin' 11:00 Chair Yoga 11:00 WAVE Info Table	Fri 14 Nov 10:45 Blood Pressure Checks 11:40 Inter. Tai Chi 12:00 Lunch 12:45 Euchre Time/ Trip 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 <i>Happy Trails Hike</i> 10:00 Cabbage 10:00 Woodcarving 10:30 Begin. Tai Chi
Mon 17 Nov 12:30 Hand/Foot 12:45 Cranium Crunchers 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 12:00 Lunch	Tue 18 Nov 12:30 Loss/Healing 12:45 A Joyful Noise Age Way MMAP Appts 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:30 <i>Siber Maples/ Friends Chair</i> 11:00 Movin'/Groovin' 12:00 Lunch 12:30 Mexican Train 1:00 Quilting 1:00 Time Travel w/ Tom 1:30 Ukulele 2:30 Cardio Drumming	Wed 19 Nov 11:00 Body Core Strengthening 12:00 Lunch 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group 1:00 Writers Group 1:00 Seniors for Healthy Choices 1:00 Senior Fun Bowling Footcare appts 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 11:00 Estate Planning Q&A	Thu 20 Nov 12:00 Lunch 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming 1:00 Square Dancing Chair Massage 8:30 Indoor Pickleball 9:00 TOPS Club 9:00 Newsletter Assembly 9:30 Onsite Ease the Day 9:45 Movin'/Groovin' 10:45 Blood Pressure Checks 11:00 Chair Yoga	Fri 21 Nov 12:00 Thanksgiving Lunch 12:45 Euchre 1:00 Brass Quintet 8:30 Indoor Pickleball 9:00 Bingo NO Enhance Fitness 10:00 <i>Happy Trails Hike</i> 10:00 Cabbage 10:00 Woodcarving 10:30 Begin. Tai Chi 11:40 Inter. Tai Chi
Mon 24 Nov 12:30 Hand/Foot 12:45 Cranium Crunchers 8:30 Line Dancing 8:30 Indoor Pickleball 9:00 Bingo 9:00 Pool/Billiards NO Gentle Yoga 9:45 Enhance Fitness 11:00 Improving Balance 12:00 Lunch	Tue 25 Nov 12:30 Mexican Train 12:30 Loss/Healing 1:30 Ukulele 2:30 Cardio Drumming Paper Shredding appts 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:00 All-Day Quilting 10:30 <i>Siber Maples/ Friends Chair</i> 11:00 Movin'/Groovin' 12:00 Lunch	Wed 26 Nov 12:00 Lunch 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group 1:00 Senior Fun Bowling 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	Thu 27 Nov -CLOSED- 	Fri 28 Nov -CLOSED- 

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 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

(skip 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.

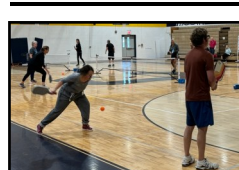
Thursdays, 9:45-10:15 a.m.

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.-2:30* p.m.

\$25/year CSC Membership AND

\$20/year Indoor Pickleball Club Fee+

***effective November 1, 2025**

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. ***Thursday court time ends at 12:30 p.m. +New fee amount effective Nov 1.** 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 in office for \$3.





CSC Travel Opportunities



**Cornwell's Turkeyville
Dinner Theatre**
Friday, November 14, \$115/person
Depart 9:30 a.m., Return 5:00 p.m.



WAIT LIST ONLY



Holland Tulip Time
Holland, MI



Thursday, May 7, \$158/person
Depart 7:45 a.m., Return 5:45 p.m.

Price includes roundtrip coach transportation, lunch at Curragh Irish Pub & Restaurant in Holland, shopping time in downtown Holland, visit at Veldheer Tulip Gardens, and driver tip. **\$25 deposit due at Registration. Full payment due April 7.**



Nite Lites at MIS
Brooklyn, MI



Thursday, December 11, \$99/person
Depart 4:15 p.m., Return 8:30 p.m.

WAIT LIST ONLY



Canal Days

Grand Rapids, Ohio



Wednesday, June 10, \$112/person
Depart 8:15 a.m., Return 5:30 p.m.

Price includes roundtrip coach transportation, stop at Jeffrey's Antique Gallery, lunch at Miss Lilly's, a mule drawn canal boat ride along Miami & Erie Canal, and driver tip. **\$25 deposit due at Registration. Full payment due May 10.**



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.**



**IMPORTANT
INFORMATION!**



Registration:

- Payment is required to register for a trip. No over the phone payment accepted.
- All ages welcome! Non-CSC Members must have a Non-Member Participant Form on file at CSC.



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.**

Trip Communication:

CSC sends AUTOMATED CALLS before all trips in order to share payment due reminders and specific trip information. These calls show up on caller ID as "Suspected Spam". **PLEASE ANSWER IT** because answering machines and voicemails do not handle these messages well and you will miss valuable trip information.



Hamtramck Perogies & Paczki's

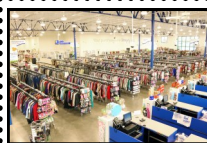


Thursday, February 12, \$132/person
Depart 8:45 a.m., Return 3:45 p.m.

WAIT LIST ONLY

Departure Information:

- You must travel with the group to and from CSC in order to participate in these trips.
- All trips leave from CSC's large east parking lot. Arrive 30 minutes prior to trip's departure time to insure group leaves on schedule.



**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.**

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

Dearest friends

August 18, 2025 began my twelfth year working alongside each of you in support of the amazing space and frame of mind that is Chelsea Senior Center. Who we are extends well beyond our walls and into dozens of communities supported by townships, counties, cities, nonprofits, organizations, companies, seniors and those who will be seniors.

That's the thing, we're ALL either seniors or will be seniors. **That's a powerful thought.**

As you know 2025 marks Chelsea Senior Center's 60th anniversary. Soon we will share our amazing 60-year history with you. Tireless volunteers from our membership, Silver Solutions Network, and teammates have been combing through our archives, seeking stories and memories, and hunting down accurate details.

The breadth of support and community involvement that has built what the Chelsea Senior Center embodies today is staggering. The partnerships that were the initial building blocks behind the idea of a space for seniors, remain intact. It's a nod to those who have come before us, who used their voices, and prowess, and networks to create a place and way of thinking that is bigger than any of us. It was a powerful idea. **Chelsea Senior Center is a powerful testament to community.**

Like each of us, CSC has grown and changed in these past 60 years. I've noticed that, for me, change isn't as hard as it was in my twenties, thirties, and even forties. I've learned to trust my gut. (Boy did that take a while, as I am an overthinker!) I've learned that on the other side of change is usually something better than before. I've learned to respect the gray hair and wisdom that I've earned and mostly to give myself grace. **Giving and receiving grace is a powerful way to live.**

Speaking of change you may have noticed a few here at the Center. I'm happy to share that former board president Charlotte Wyche has returned to the BOD and the CEO/President of Silver Maples, Holly Ridenour, has joined the board. We have a new teammate, Diane Thompson, who is managing the front office. We have a new volunteer opportunity, CSC Ambassador, whose role it is to be a welcoming, helpful presence in our foyer where the check-in kiosk, popcorn, lunch sign up, and CSC information desk will be alongside our shredder, farm stand, and community information tables. If you'd like to learn more about this new volunteer role or be part of its evolution, please let us know.

With input from you, community stakeholders, board and staff, we've just finalized our strategic plan for 2026-2030. WOW! It's a powerful road map where all the suggestions you shared on the "What is your big idea" boards now have a place to settle in. With a new strategic plan in place, we're taking a look at our mission, vision, and values. We'll be asking for your input here as well, stay on the lookout for more input boards! We love recycling cardboard boxes in this way.

Mark your calendars for our Gifts of Autumn Fundraiser and Donor Appreciation event on December 9 from 4:30-6:00 p.m. at the Chelsea Depot. Our goal is to raise \$60,000 by December 31 in support of our Senior Nutrition Program. In the past twelve months, we served 7,407 meals to adults 60+ at the Center and our amazing volunteers have delivered 24,535 meals along with a smile, and friendly check-in to homebound seniors. **Food is a powerful connector.**

At Chelsea Senior Center, **we power possibilities.** Stay tuned, we have more to do!

- Jennifer, CSC's Executive Director

Thank You 2025 Sponsors!

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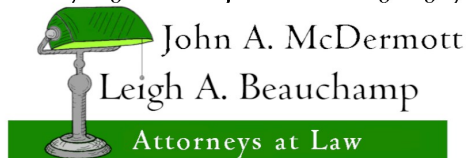
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Thank You 2025 Sponsors!

Congratulations to John McDermott on his May 1st retirement.

Attorney Leigh Beauchamp continues our legal legacy.



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RETIREMENT NEIGHBORHOOD

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NOVEMBER | 2025



SENIOR CENTER MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

**Sweet & Sour
Chicken**
WG Brown Rice
Peas
Corn
Orange

10

**Turkey Reuben on
WG Bread**
Sauerkraut
Mixed Vegetables
Grape Juice

17

**General Tso's
Chicken**
WG Brown Rice
Peas
Corn
Apple

24

**Kielbasa
Sauerkraut**
Redskins Potatoes
Grape Juice
WG Bun

4

**Hamburger
Tater Tots**
Peas
Diced Peas
WG Bun

11

**VETERAN'S DAY HONOR
LUNCHEON**
Meatloaf/Gravy
Whipped Potatoes
Green Beans
Applesauce
WG Bread 2

18

BBQ Pork
Baked Beans
Tater Tots
Applesauce
WG Bun

25

**Cheesy Chicken &
Rice**
Broccoli
Beets
Fruit Punch
WG Bread

5

Goulash
Carrots
Banana
WG Breadstick

12

Beef Hot Dog
Baked Beans
Mixed Vegetables
Orange
WG Bun

19

Chicken Patty
Redskin Potatoes
Corn
Orange
WG Bun

26

**Popcorn Chicken &
Mashed Potatoes &
Gravy**
Corn
Orange

6

**BIRTHDAY
CELEBRATION**

Chicken Drumstick
Mashed Potatoes
Gravy
Green Beans
Applesauce
WG Bread 2

13

Tacos
Lettuce/Tomato
Shredded Cheese
Black Bean Fiesta
WG Tortilla 2
Banana

20

Ravioli
Spaghetti Sauce
Carrots
WG Sliced Bread
Apple

27

**CSC CLOSED
HAPPY
THANKSGIVING!**

7

Beef Stroganoff
Noodles
Three Bean Salad
Banana
WG Dinner Roll

14

Chicken Parmesan
Spaghetti w Sauce
Carrots
Grape Juice

21

**THANKSGIVING
CELEBRATION**
Turkey & Gravy
Mashed Potatoes
Green Beans
Stuffing
Cranberry Sauce
WG Dinner Roll
Pumpkin Pie

28

**CSC CLOSED
HAPPY
THANKSGIVING!**

News

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

Remember to bring a to-go container for leftovers from your lunch.

The Senior Nutrition Program is funded by Washtenaw County OCED, Ageways, and other state and federal agencies.

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

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

The Menu is subject to change without notice.

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

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NOVEMBER 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:
*Charles Brady, Lorna Eberts,
Jane Ellison, Jeff Emmert,
Hal Losey, Edgar “Ted” Sheldon*

Mark your Calendars:



Nov 11: Veterans Day Community Celebration **Nov 21:** Don Cole Community Thanksgiving Lunch
Nov 27 & 28: CLOSED: Thanksgiving Holiday **Dec 19:** Mitchell Family Community Christmas Lunch
Dec 24-26: Closed for Christmas Holiday **Dec 31-Jan 2:** Closed for New Year's Holiday



*Chelsea Senior Center is a 501c3 organization funded by numerous community supporters: **City of Chelsea, local townships of Dexter, Lima, Lyndon, Sylvan, Sharon, and the members and Board of Chelsea Senior Center.***
*Please thank our Platinum sponsor **Edward Jones Advisors Diane Kieliszewski and Michael O'Quinn.***
The Chelsea Senior Center complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973 and is an equal opportunity employer.
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