

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



Inclement Weather Policy The Chelsea Senior Center closes when the **CHELSEA SCHOOL DISTRICT CLOSSES** for **SNOW** or **ICE** or **EXTREME COLD**. All programs, on-site congregate lunch, and home delivered meals are cancelled when CSC is closed for bad weather. Check local radio or television stations, or Chelsea School District's social media accounts, for closing information. If CSC is closed, our telephone voicemail message will be updated by 8:00 a.m. stating the closure (734) 475-9242.



Generations Interviews

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

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.**



Gifts of Autumn

Tuesday, December 9
4:30-6:00 p.m.
Held at the Chelsea Depot **R**

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.**



December Birthdays Celebration

Friday, December 5 at Noon **R**
Hosted by Comfort Keepers. Join us to celebrate December birthdays! Enjoy a tasty lunch and have fun this month decorating cookies with friends. **To register call or email CSC.**



Mitchell Community Christmas Lunch

Friday, December 19 **R**
Doors open at Noon, Register by Dec 15

Presenting sponsor Staffan Mitchell Funeral Home. Join friends for this annual traditional meal at CSC. **Registration is required to reserve a meal. Space is limited. Register by Dec 5 by calling CSC.**



Holiday Sing-along



Thursday, December 11, 12:30 p.m. **D**

Drop in and join us as we raise our voices together in song to celebrate the season. Led by Kathleen Daniels and accompanied on piano by Pam Mansfield, enjoy a good old fashioned Christmas tune sing-along complete with a hot chocolate bar and holiday cookies. Be sure to mark your calendars for this first of what we hope will be a long standing holiday tradition at CSC. **Drop in and sing along with us!**



December Dress-Up Spirit Week!

Chase away the December blues and enjoy Spirit Week at CSC. Each day, if you choose, dress up according to the themes below. *Share some December Spirit and have fun!*

Monday, Dec 15; Winter Wonderland: wear your whites, blues, and sparkles.

Tuesday, Dec 16; Grinch Day: Grinch green & Whoville fun.



Wednesday, Dec 17; Channel Your Flannel: wear your favorite flannel gear.

Thursday, Dec 18; Holiday Head wear & Mistletoe: hats, headbands, earrings, socks.

Friday, Dec 19; Festive Friday: get decked out and wear all of your most festive gear!



Disability Rights Michigan 101

Wednesday, December 3, 1:00 p.m. **D**

Presented by Disability Rights Michigan. Drop in and learn how DRM protects & advocates for the rights of people with disabilities across the state. As many people encounter disability for the first time as they age, understanding your rights & available support becomes especially important. This presentation will cover DRM & the National Protection and Advocacy Network, what they do, and how they can help when rights are at risk. Whether you are an older adult, a caregiver, or a service provider, you will come away with practical tools & resources to support disability rights in your community. **Drop in and join us!**

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Art for Life:

Evolution of Santa

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

Suggested \$5 donation

Presented by Kathy Gunderson. Join Kathy

as she follows the evolution of a 4th century saint from Turkey to that "jolly old elf" we know today as Santa Claus. Santa has become a blend of cultures, legends, religions and even politics, who for centuries has brought us magic, hope and joy during the holiday season. **To register call or email CSC with your name & phone number.**



Knit & Crochet Group

Pre-Holiday Sale:

Friday, December 5

11:00 a.m. - 2:00 p.m.



Need help finding a 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.**



Time Travel with Tom

Exploring Members' Stories and CSC's 60 years!

Tuesday, December 9, 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: Jim Randolph**



Ask an Expert:

Healthy, Happy, and Ageless for the Holidays

Wednesday, December 10, 11:15 a.m.



Facilitated by Sophia Speroff, Registered Dietician, & Betty Chaffee, your friendly neighborhood pharmacist. 'Tis the season to feel your best! Discover how healthy eating, medication awareness, and active living work together to keep you strong and vibrant through the holidays and beyond. The best gift you can give yourself? A healthier, happier you! **To register, call or email CSC with your name & phone number.**

- Due to special events and the holidays, there are several program changes in December. Please carefully review the calendar on pages 8 & 9 for event schedule.
- CSC will be closed for the holidays on Dec 24, 25, 26, 31, Jan 1, and Jan 2.
- Happy Hour returns January 2026.



We are excited to share that as of November 1, 2025, the Chelsea Senior Center has entered into agreement with Chelsea Schools District for technology support here in our building. We have a long-standing, collaborative relationship with the district, and this new agreement will help CSC and CSD grow together into the future in this space.

We have received a lot of helpful feedback so far, and we hear you! Among the many upgrades that we have in the works, in order to better serve all, are:

- A boosted and more reliable WiFi signal throughout all classrooms and program areas in the building.
- Enhanced voice amplification technology to better, and more easily, provide program leaders the ability to be heard at higher volume. Our hope is for each classroom to have its own dedicated microphone system.
- Expanding our ability to share more CSC programming remotely, for those isolated or homebound.

Safety in our building is paramount. One upgrade you may have already noticed in some of our classrooms (111, 112, 113 and 114) is the addition of a dedicated telephone. These phones will allow program leaders and you to much easier contact the CSC main office in the event of an emergency. Instructions on how to quickly dial the front office will soon be posted at each telephone set.

Additionally, we are thrilled with the response so far to our new lobby Ambassador Welcome Area, and re-location of the check-in kiosk to the main lobby. Many of you have commented on how much traffic flow has improved with this change. Soon we will have a more substantial and permanent Ambassador desk in place, to even better welcome and guide everyone who comes into our building. We're learning as we go, but the Ambassador program is already meeting a need we have long recognized and hoped to address.

Look for these and more improvements in the near future, and please continue to let us know how we can make the Chelsea Senior Center even better for you!

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

A NOTE FROM JENNIFER...

I cannot believe that it is December 2025. It's been 5 years since the pandemic when all humans experienced the same global threat. The world is a changing place as are our communities, but some things remain constant. For me, it's people. I am humbled and inspired by the people who came before me, who helped shape, nurture, and create the Chelsea Senior Center. Their vision, forward thinking, insightfulness, responsiveness, focus on seniors, and great financial stewardship inspires me each day.

An example: back in 2013, Chelsea Community Senior Services (C2S2) was



Chelsea Community Senior Services C2S2

launched as a program of the Chelsea Senior Center. C2S2 began as a grassroots collaboration among many community partners with a shared focus on "Aging in Place." For Chelsea Senior Center, this focus has not changed. All that we offer seeks to support those of us who are getting older, so seniors can live in their homes safely, independently, in a familiar environment regardless of age, income, or ability. We have more to do! Expanding C2S2 is one way that we can better meet you where you are in your aging journey.

Introducing ***A Brief Stop***, an adult personal needs closet that is available to all seniors in our area. Opening December 2 at CSC, A Brief Stop will have available a variety of adult briefs and pads alongside other related products to help us live with confidence as we connect and engage in our daily lives. A Brief Stop seeks to supplement regular needs and be a discreet, easily accessible, frequently open space. Donations of products, financial contributions, and many volunteer hours will help us keep A Brief Stop a vital resource for area seniors.

How are we able to expand in this way? The Washtenaw County Board of Commissioners recently granted funds to the Chelsea Senior Center, alongside 10 other Centers, tasking us to continue to be the trusted boots on the ground, senior-serving organizations that we are and who reflect our unique communities and support the seniors within our reach. These funds, collected through the older persons millage from many of us, taxpayers in Washtenaw County, will boost the unique needs of each senior center organization and will be put to good use in ways that make sense for the seniors and Centers in each community. A Brief Stop is the first way we're rising to the task. We have much more to share. Stay tuned!

My ears are always ready to listen, and my door is always open. Please seek me out if you'd like to chat, have concerns to share, or need a spot to just be.

Jennifer

Movement | Groups | Support

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Happy Trails Hike

Faster paced for the steady trekker

Fridays at 10:00 a.m. (no hikes 12/26 & 1/2)

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 this instructor-led dance 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.**

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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.

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TOPS Club

Take Off Pounds Sensibly

Thursdays

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

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

Real People.
Real Weight Loss.®

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, December 9, 11:30 a.m., Aubree's Pizzeria & Grill, 8031 Main St #101, Dexter. For more information call coordinator Babette (734) 904-8718.



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Blood Pressure Checks

See calendar for dates & times.

Meets in the Lobby. Thank you to our volunteer nurses for their time & service!

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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.**

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Estate Planning Q&A

3rd Wednesday, 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.**

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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

State Health Insurance Assistance Program (SHIP)

Navigating Medicare



SHIP is Michigan's FREE, unbiased resource to help you navigate Medicare. Their certified counselors can help you better understand your Medicare benefits. For more information or for assistance call SHIP directly: (800) 803-7174.

Gather | Create | Expand Your Mind



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

BINGO

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

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

Pool/Billiards

Mondays & Wednesdays, 9:00 a.m.

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

Hand & Foot

Mondays, 12:30 p.m.

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

Mexican Train

Tuesdays, 12:30 p.m.

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

Game Time

Wednesdays, 12:30 p.m.

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

Bridge

Thursdays, 12:30 p.m.

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

Cribbage

Fridays, 10:00 a.m.

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

Euchre

Fridays, 12:45 p.m. \$

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

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Drop-in

R

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\$

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

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

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Newsletter Assembly

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

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Open Painting Studio w/Chelsea Artists Guild

Thursdays, 12:30-3:30 p.m.

Enjoy open painting studio time and artistic fellowship with CSC membership. Bring your own materials. No instruction provided.



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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 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!



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: jdcrowdr@gmail.com**

Quilting

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

All are welcome!



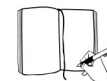
Quilters work on either personal or collaborative projects made from donated fabric and materials. *Join us for All-Day Quilting on the last Tuesday of each month 10:00 a.m.-4:00 p.m.*



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!



Mon 1 Dec 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	12:30 Hand/Foot 12:45 Cranium Crunches	Tue 2 Dec Sec of State Mobile Office appts 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:30 Silver Maples/ Friends Choir* 11:00 Movin'/Groovin' 12:00 Lunch	12:30 Mexican Train 12:30 Loss/Healing 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming	Wed 3 Dec 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 Strengthening 12:00 Lunch 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group 1:00 Disability Rights Mtg 1:00 Senior Fun Bowling*	Thu 4 Dec Chair Massage 8:30 Indoor Pickleball 9:00 TOPS Club NO Onsite Ease the Day 9:45 Movin'/Groovin' 9:45 Generations Interviews NO 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	Fri 5 Dec 8:30 Indoor Pickleball 9:00 Bingo NO Enhance Fitness 9:45 Generations Interviews 10:00 Happy Trails Hike* 10:00 Cabbage 10:00 Woodcarving	10:30 Begin Tai Chi 11:00 Knit/Crochet Sale 11:40 Inter. Tai Chi 12:00 Birthday Lunch 12:45 Euchre
Mon 8 Dec 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	12:30 Hand/Foot 12:45 Cranium Crunches 1:00 Genealogy Help Group	Tue 9 Dec Paper Shredding appts 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:00 Paper Crafts 10:30 Silver Maples/ Friends Choir* 11:00 Movin'/Groovin' 11:30 Red Hat Ladies*	12:00 Lunch 12:30 Mexican Train 12:30 Loss/Healing 1:00 Quilting 1:00 Pex Cookie Decorating 1:00 Time Travel w/Tom 1:30 Ukulele 2:30 Cardio Drumming 4:30 Gifts of Autumn*	Wed 10 Dec 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:00 Pex Cookie Decorating 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 Tech Support	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*	Thu 11 Dec Paper Shredding appts 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 12:00 Lunch	12:30 Sing-along 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 3:30 Pex Cookie Decorating*	Fri 12 Dec 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Happy Trails Hike* 10:00 Cabbage 10:00 Woodcarving 12:00 Lunch 12:45 Euchre	
Mon 15 Dec Spirit Day: Winter Wonderland 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 12:30 Hand/Foot 12:45 Cranium Crunches	Tue 16 Dec Spirit Day: Grinch Day 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:30 Silver Maples/ Friends Choir* 11:00 Movin'/Groovin' 12:00 Lunch	12:30 Mexican Train 12:30 Loss/Healing 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming	Wed 17 Dec Spirit Day: Channel Your Flannel Footcare appts 8:30 Indoor Pickleball 9:00 Pool/Billiards 9:00 Stained Glass 9:30 Onsite Ease the Day 9:45 A Moment for Me 9:45 Enhance Fitness	10:00 Tech Support 11:00 Body Core Strengthening 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 Senior Fun Bowling*	Thu 18 Dec Spirit Day: Holiday Headware & Mistletoe Chair Massage appts 8:30 Board Meeting 8:30 Indoor Pickleball 9:00 Newsletter Assembly 9:00 TOPS Club 9:30 Onsite Ease the Day 9:45 Movin'/Groovin'	10:45 Blood Pressure Checks 11:00 Chair Yoga 12:00 Lunch 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming 1:00 Square Dancing	Fri 19 Dec Spirit Day: Festive Friday 8:30 Indoor Pickleball 9:00 Bingo NO Enhance Fitness 10:00 Happy Trails Hike* 10:00 Cabbage 10:00 Woodcarving	10:45 Blood Pressure Checks 12:00 Christmas Lunch 12:45 Euchre
Mon 22 Dec 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	12:30 Hand/Foot 12:45 Cranium Crunches	Tue 23 Dec Paper Shredding appts 8:30 Indoor Pickleball 9:30 Onsite Ease the Day NO Silver Maples/ Friends Choir* 11:00 Movin'/Groovin' 12:00 Lunch 12:30 Mexican Train	12:30 Loss/Healing 1:00 Quilting NO Ukulele 2:30 Cardio Drumming	Wed 24 Dec		Thu 25 Dec		Fri 26 Dec	
Mon 29 Dec 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	12:30 Hand/Foot 12:45 Cranium Crunches	Tue 30 Dec 8:30 Indoor Pickleball NO Ease the Day 10:00 All-Day Quilting NO Silver Maples/ Friends Choir* 11:00 Movin'/Groovin' 12:00 Lunch 12:30 Mexican Train	12:30 Loss/Healing NO Ukulele 2:30 Cardio Drumming	Wed 31 Dec		Thu 1 Jan & Fri Jan 2		<i>*Note offsite location</i> December 2025  Chelsea Senior Center Thriving in 2025 & Celebrating 60 years!	

CLOSED FOR THE HOLIDAYS

CLOSED FOR THE HOLIDAYS

Movement | Exercise

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



Gentle Yoga

Mondays, 9:30-10:30 a.m. (skip 12/29)

Instructor Dianna Kause. A gentle, meditative practice with breathing, stretching, balance & flexibility. Designed for those able to transition from floor to standing. Variations & props are offered. Limited supply of mats, blocks, blankets. {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.**



Chair Yoga

Thursdays, 11:00 a.m.-Noon

(skip 12/4)

Instructor Dianna Kause. This class is accessible to everyone! Practice meditative breathing to quiet the mind while gaining flexibility, balance & strength. Option to stay seated for entire class or stand on the floor or on a yoga mat. Variations & props are offered. Limited supply of mats, blocks, blankets. {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.**



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; last class of semester Dec 5

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.}



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**

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.** 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



Nite Lites at MIS

Brooklyn, MI

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

WAIT LIST ONLY



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.**



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 like 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.**

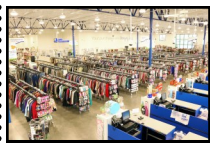


Hamtramck Perogies & Paczkis

Thursday, February 12, \$132/person

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

WAIT LIST ONLY



Michigan Thrift Store Adventure

Thursday, March 19, \$95/person

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

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



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.**



Canal Days

Grand Rapids, Ohio

Wednesday, June 10, \$112/person

Depart 8:15 a.m., Return 5:30 p.m.

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



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.

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** because answering machines and voicemails do not handle these messages well and you will miss valuable trip information.

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. Park your vehicle in the 3rd or 4th row of lot.

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



Chelsea Hospital Community Christmas Dinner

Thursday, December 25
11:30 a.m.-1:30 p.m.

At the Chelsea Hospital Dining Room

Members of our community who would be alone on Christmas Day or who cannot afford a Christmas meal are invited to gather for a free meal at Chelsea Hospital's Dining Room. Registration required by Thu Dec 18.



Space is limited. Register by calling
Chelsea Senior Center (734) 475-9242



Stay informed & connected! *Communicating with our Membership*

CSC has an amazing communication method that we use to let our members know of:

- *weekly updates*
- *when we are closed*
- *when classes are unexpectedly cancelled*
- *share information with those signed up on a trip*

If you are not receiving these emails or automated phone call communications, please let CSC know.



Chelsea Chamber Players
Annual Hometown Holiday Concert
Sunday December 7th, 7:00 p.m.
Chelsea First United Methodist Church
FREE ADMISSION

Celebrate the season with music that warms the heart! This collaborative community event features enchanting performances by the Chelsea Chamber Players, St. Joseph Parish Choirs, Chelsea First United Methodist Church Sanctuary Choir, and Chelsea High School Chamber Orchestra and Choirs.



AARP Free Tax Preparation Assistance



Appointments run Feb-Apr 2026

Scheduling begins mid-January 2026

This FREE tax preparation assistance service is provided by trained IRS/AARP Volunteers and intended for Older Adults who have lower income levels and simple returns.

AARP membership is not required. The volunteers can assist with Federal and Michigan (no other states) 1040 forms and credits and amended returns. Returns are submitted electronically and you will receive a paper copy to take home. They can also offer advice if you are doing your own return and have questions. **For more information or to schedule an appointment call CSC starting middle of January 2026.**



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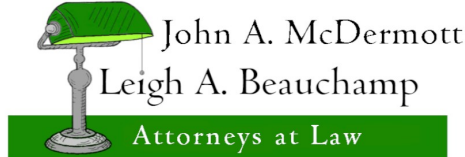
www.ChelseaRetirementCommunity.com

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@beauchampestatelaw.com

beauchampestatelaw.com



Susan E. Zale
Zale Law PLLC
Estate Planning & Elder Law Attorney
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DECEMBER | 2025

SENIOR CENTER MENU

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

1	Goulash Carrots Banana WG Breadstick	2	Macaroni & Cheese Stewed Tomatoes Orange WG Dinner Roll	3	Turkey Reuben on WG Bread Sauerkraut Mixed Vegetables Grape Juice	4	Sweet & Sour Chicken WG Brown Rice Peas Corn Orange	5	BIRTHDAY CELEBRATION Meatloaf/Gravy Whipped Potatoes Green Beans Applesauce WG Bread 2
8	Chicken Drumstick Mashed Potatoes Gravy Green Beans Applesauce WG Bread 2	9	BBQ Pork Baked Beans Tater Tots Applesauce WG Bun	10	Beef Stroganoff Noodles Three Bean Salad Banana WG Dinner Roll	11	Beef Hot Dog Baked Beans Mixed Vegetables Orange WG Bun	12	Chicken Parmesan Spaghetti w Sauce Carrots Grape Juice
15	Pork Riblet Potato Wedges Coleslaw Applesauce WG Bun	16	Tacos Lettuce/Tomato Shredded Cheese Black Bean Fiesta WG Tortilla 2 Banana	17	General Tso's Chicken WG Brown Rice Peas Corn Apple	18	Chicken Patty Redskin Potatoes Corn Orange WG Bun	19	Christmas Luncheon Roast Beef Mashed Potatoes & Gravy Green Bean Casserole WG Dinner Roll
22	Hamburger Tater Tots Peas Diced Peas WG Bun	23	Ham Sweet Potatoes Peas Apple Juice WG Bread 2	24	Chelsea Senior Center Closed	25	Chelsea Senior Center Closed Merry Christmas!	26	Chelsea Senior Center Closed
29	Ravioli Spaghetti Sauce Carrots WG Sliced Bread Apple	30	Popcorn Chicken Mashed Potatoes & Gravy Corn Orange	31	Chelsea Senior Center Closed	1	Chelsea Senior Center Closed Happy New Year!	2	Chelsea Senior Center Closed

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.

The Menu is subject to change without notice.

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

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DECEMBER 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:

*Gloria O’Quinn
Sandy Zeeb*

Mark your Calendars:



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.
Reasonable accommodations will be provided upon notification or request.