



Chelsea
Senior Center

Next Chapter News

Building Community
Creating Connections
Enriching Lives

• Issue 205 •

Membership \$25/year



Scholarships available

• March 2026 •

D Drop-in

R Registration Required

\$ Fee/Donation



Juggling Class

Fridays: March 13, 20, or 27
1:00 p.m.

R

NEW

Instructor Cesar Degracia. Learn how to juggle in this beginner-level class. Supplies are provided. *Space is limited.* Register for only one session. To register call or email CSC with your name & phone number.



Interest Meeting: CSC Book Club

Monday, March 16, 1:00 p.m.

R

At this Interest Meeting we will discuss the type of book club everyone is interested in and decide when and how often the group should meet. To register, call or email CSC with your name & phone number.



Interest List: Acrylic Painting Class

R

CSC is collecting names of anyone interested in an occasional acrylic painting class held here at CSC. Price point per session would likely be around \$25. If you are interested call or email CSC with your name and phone number.



BMS 8th Grade Fiddlers

Tuesday, March 17
11:30 a.m.

D



The Beach Middle School 8th Grade Fiddlers will be here at CSC to entertain us before lunch!



Grief Release Yoga

Tuesday, March 24, 12:30 p.m.

NEW

D

Instructor Dianna Kause. Explore releasing unconscious, stored grief in the body during this special yoga class. As we journey toward healing the body, mind and spirit, we may need an intentional, physical release. This class will include gentle poses, a meditative mood, and a soulful playlist. If you are carrying grief of any type, and from any time, you are welcome to attend. *Feel free to bring a small photo or token of remembrance to place near your mat.* Class will be on the floor on a yoga mat or in a chair. CSC has a limited supply of mats and props. **Drop in and join us.**



Body Percussion

Wednesdays at 10:30 a.m.

NEW

D

Drop in for this new movement offering! Body Percussion is a seated cardio exercise class with lively music. No equipment required. We will clap, stomp, tap, snap, and dance to the beat to get our hearts moving. Class will last approximately 40 minutes and is appropriate for everyone. **Drop in and join us!**



ENGAGE. Library Connections Day INSPIRE. EQUIP.

Wednesday, March 25

10:00 a.m.-Noon

NEW

D

Hosted by Chelsea District Library. A CDL librarian will be in the lobby with information on library resources. They will assist you with signing up or renewing your library card, getting connected on your device for audiobooks and digital downloads, and provide relevant resources for seniors. **Stop by their table to learn more.**

Visit with more than 100 local businesses, non-profits, crafters, and artisans

A family-friendly community event

Chelsea EXPO 2026

Saturday, March 7
10:00 am - 2:00 pm
512 Washington Street

VOLUNTEERS
NEEDED! Give CSC a call for more info!

If you can spare your friendly, smiling face for a couple of hours that day, let us know.

We need lots of volunteers to help make Chelsea Expo a success

Or, if you like to bake, we can use your tasty talents for our BEST EVER BAKE SALE!

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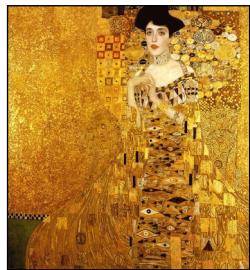
Let us know in the CSC office if we can count on you.

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

ask an EXPERT Ask an Expert: Healthy Brain Healthy Body: Reducing Your Stroke Risk

Wednesday, March 11, 11:15 a.m. R

Facilitated by Sophia Speroff, Registered Dietician, and Betty Chaffee, your friendly neighborhood pharmacist. Did you know many strokes are preventable? Learn important information about stroke risk factors, early warning signs, and everyday steps that support brain health. Learn how managing blood pressure, cholesterol, diabetes, nutrition, and medications can significantly lower your risk. Get practical tips to protect your health and stay independent. **To register, call or email CSC with your name & phone number.**



Art for Life: Gustav Klimt

Thursday, March 12, 3:00 p.m.

Suggested \$5 donation R

Presented by Kathy Gunderson. The Austrian artist, Gustav Klimt, is best known for his classically painted female portraits surrounded by stylized geometric imagery inspired by Egyptian iconography and Byzantine mosaics. This period of Klimt's tremendous output of works is known as his "Golden Phase" and includes his iconic "The Kiss" and "The Woman in Gold". Klimt's portrait of Elisabeth Lederer, daughter of a wealthy patron, recently made headlines for selling for \$236.4 million, the second most expensive work to ever sell at auction. **To register call or email CSC with your name & phone number.**

Thank you to Chelsea Area Women's Service Club for your donation in support of our activities at CSC.



Thank you to First Congregational Church of Chelsea for your donation of product to A Brief Stop.

- A Moment for Me is on hiatus.
- Daily lunch entrée is listed on the calendar
- March 2 no Gentle Yoga
- March 5 no Chair Yoga
- Friday, March 6, there is no Indoor Pickleball Club and no Enhance Fitness due to the set up needs for the Chelsea Expo



Secretary of State Mobile Office

Appointments at CSC

R

Tuesday, April 7, 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.**



Exploring Stories & CSC History:

Time Travel with Tom

D

Tuesday, March 10, 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 to look back with us and learn more about Chelsea Senior Center's impact. **This month's interview: Linda Smith.**



March Birthdays Celebration

R

Tuesday, March 17 at Noon

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



Happy Hour

Friday, March 27, 4:00 p.m.

Stivers Restaurant

R \$

Enjoy food, drinks, and fun conversation with friends at Stivers Restaurant, 11 S. Fletcher Rd, Chelsea. Cost is on your own. **Registration is required so we know how many seats to reserve. Call or email CSC with your name and phone number.**

Trinh Pifer
Intergenerational
Garden

Garden Meeting

March 3, 10:00 a.m.

All volunteers interested

in participating in the **Trinh Pifer Intergenerational Garden** this year are encouraged to drop in and attend this planning meeting. If you enjoy learning and working alongside school-aged kids, we have exciting programs planned. **All are welcome, please join us!**



SAVE THE DATE: Read & Seed 2026, April 22 & 23, call CSC to sign-up to volunteer.



A Brief Stop

Tue-Wed-Thu
9:30 a.m.-2:00 p.m.
and by appointment

Located at Chelsea Senior Center, this is a discreet personal needs closet offering briefs, pads, and related care products to supplement senior needs.

- Basic information collected
- Supplies are free of charge
- Financial contributions & product donations accepted

Reasonable limits are in place to ensure as many seniors as possible benefit each week.

For more information please reach out to us (734) 475-9242.



Chelsea Senior Center



Chelsea Community Senior Services



Connections Memory Café



Monday, March 9, 2:30-4:00 p.m.

Facilitated by Gina Frankhart & Emily Nagaonkar. This group is for individuals experiencing cognitive changes and their loved ones. It's an opportunity to get out of the house, enjoy a fun time together, and meet new people. We will provide engaging activities in a supportive environment. Group gathers on the second Monday of each month. **Registration is required each month.** To register for 3/9/26 call or email CSC with your name & phone number.



Wellness Hour

Monday, March 9, 1:00 p.m.



CHELSEA HOSPITAL Presented by Chelsea Hospital Behavioral Health Navigators. Join us to learn more about mental wellness with activities & supportive discussions. A different theme each month will strengthen your mind and increase your sense of well being in a supportive & creative environment. **Drop in and join us!**



AARP Free Tax Preparation Assistance



Appointments Thursdays thru Apr 2

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 1040 forms and credits and amended returns. Returns are submitted electronically and you will receive a paper copy to take home. **For more information or to schedule an appointment call CSC.**



Paper Shredding Service



By Appointment Only

Call to reserve a **two hour** time block, to patiently feed your papers **time** through the machine **yourself**. This machine is for **PAPER ONLY**. *Prior to your appointment we encourage you to remove paper from folders and envelopes, take out staples, remove paper clips, etc. Check in at the CSC office, **\$10 donation per appointment**. To schedule an appointment CSC a call.



Reflective Address Sign & Lock Box Programs



CSC is offering free security lock boxes and reflective address signs for area seniors. CSC is partnering with the Chelsea Area Fire Authority (CAFA) to make these available to local seniors.

The **Reflective Address Sign** is a highly visible (day or night) customized sign displaying your address that will assist emergency vehicles in locating your home. **NOTE: Resident is responsible for the installation of sign.**

The **Lock Box** is attached to your home and securely stores a spare key to your residence so emergency responders called to your residence will have the ability to access the key and enter to provide assistance without having to force down your door. **NOTE: These boxes are registered with and installed at no cost by CAFA staff.** One box per household for residents 60 and older that live within the CAFA service area: Chelsea, Lima, Lyndon, Sylvan and parts of Dexter Township. NO Manchester or City of Dexter.

To register for either of these programs simply give CSC a call (734) 475-9242, during our business hours Monday through Friday, 8:30 a.m. to 4:00 p.m. When you register, CSC will provide further instructions.

Mon 2 Mar 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: Ravioli	Tue 3 Mar 12:30 Hand/Foot 12:45 Cranium Crunches 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:00 TPIG Meeting 10:30 <i>Siber Mopks/ Friends Choir</i> 11:00 Movin/Groovin 12:00 A Brief Stop	Wed 4 Mar 12:00 Lunch: Sweet & Sour Chicken 12:30 Mexican Train 12:30 Loss/Healing 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming	Thu 5 Mar 11:00 Body Core Strength 12:00 Lunch: Beef Stroganoff 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group 1:00 <i>Senior Fun Bowling</i> 1:00 Tech Support 1:30 Body Percussion	Fri 6 Mar 12:00 Lunch: BBQ Pork 12:30 Bridge 12:30 Knit/Crochet 12:30 Open Painting Studio 1:00 Cardio Drumming 1:00 Square Dancing NO Chair Yoga	Sat 7 Mar 10-2 Chelsea EXPO
Mon 9 Mar 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	Tue 10 Mar 12:00 Lunch: Popcorn Chicken 8:30 Indoor Pickleball 12:30 Hand/Foot 9:30 Onsite Ease the Day 10:00 Paper Crafts 10:30 <i>Siber Mopks/ Friends Choir</i> 11:00 Movin/Groovin 11:30 <i>Red Hat Ladies</i> 12:00 A Brief Stop	Wed 11 Mar 12:00 Lunch: Ham 8:30 Indoor Pickleball 12:30 Mexican Train 12:30 Loss/Healing 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming	Thu 12 Mar 11:00 Body Core Strength 11:15 Ask an Expert 8:30 Indoor Pickleball 9:00 Lunch: Goulash 9:00 Pool/Billiards 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 A Brief Stop 10:00 Tech Support 10:30 Body Percussion	Fri 13 Mar 12:00 Lunch: Grilled Cheese 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 Woodcarving 10:30 Begin. Tai Chi 11:40 Inter. Tai Chi	
Mon 16 Mar 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	Tue 17 Mar 12:00 Birthday Lunch: Corned Beef & Cabbage 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:30 <i>Siber Mopks/ Friends Choir</i> 11:00 Movin/Groovin 12:30 BMS Fiddlers 12:00 A Brief Stop	Wed 18 Mar 12:00 Birthday Lunch: Corned Beef & Cabbage 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:30 <i>Siber Mopks/ Friends Choir</i> 11:00 Movin/Groovin 12:30 Loss/Healing 12:45 A Joyful Noise 1:00 Quilting 1:30 Ukulele 2:30 Cardio Drumming	Thu 19 Mar 11:00 NO Estate Planning Q&A 8:30 Indoor Pickleball 9:00 Lunch: Beef Hot Dog 9:00 Pool/Billiards 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 A Brief Stop 10:00 Tech Support 10:30 Body Percussion	Fri 20 Mar 11:40 Inter. Tai Chi 12:00 Lunch: Mac & Cheese 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 <i>Happy Trails Hike</i> 10:00 Woodcarving 10:30 Begin. Tai Chi 10:45 Blood Pressure Checks	
Mon 23 Mar 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	Tue 24 Mar 12:00 Lunch: Turkey Reuben 8:30 Indoor Pickleball 9:30 Onsite Ease the Day 10:30 <i>Siber Mopks/ Friends Choir</i> 11:00 Movin/Groovin 12:00 A Brief Stop 12:00 Lunch: Cheesy Chicken & Rice	Wed 25 Mar 12:00 Mexican Train 12:30 Loss/Healing 12:30 Grief Release 9:00 Pool/Billiards 9:30 Onsite Ease the Day 9:45 Enhance Fitness 10:00 A Brief Stop 10:00 Tech Support 10:00 Library Connections 10:30 Body Percussion	Thu 26 Mar 11:00 Body Core Strength 12:00 Lunch: Chicken Parmesan 8:30 Indoor Pickleball 12:30 Game Time 12:30 Jam Session 1:00 Sewing Group 1:00 <i>Senior Fun Bowling</i> 1:00 Tech Support 1:30 Body Percussion	Fri 27 Mar 12:00 Lunch: Tuna Noodle Casserole 8:30 Indoor Pickleball 9:00 Bingo 9:45 Enhance Fitness 10:00 <i>Happy Trails Hike</i> 10:00 Woodcarving 10:30 Begin. Tai Chi/last 11:40 Inter. Tai Chi/last	
Mon 30 Mar 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	Tue 31 Mar 12:00 Lunch: Popcorn Chicken 12:30 Hand/Foot 9:30 Onsite Ease the Day 10:00 All-Day Quilting 10:30 <i>Siber Mopks/ Friends Choir</i> 11:00 Movin/Groovin 12:00 A Brief Stop	Senior Café Lunch: 12:00 Lunch: Pork Riblet 12:30 Mexican Train 12:30 Loss/Healing 13:00 Ukulele 2:30 Cardio Drumming	<ul style="list-style-type: none">Reserve your Lunch by Noon the day before you plan to join us.If age 60+, \$3-\$5 donation suggested.If under 60 years of age, lunch cost \$5.You don't have to be a CSC member in order to enjoy lunch here.For info on Meals on Wheels give CSC a call.	 <p>Chelsea Senior Center Building community Creating connections Enriching lives</p>	 <p><i>*Note offsite location</i></p>



CSC Travel Opportunities

**Trip Registration:**

- Register in person, payment is required to register for a trip, no over the phone payment accepted.
- For your safety, we need emergency contact information for all travelers.

Michigan Thrift Store Adventure**Thursday, March 19, \$95/person****WAIT LIST ONLY**Frederik Meijer Gardens & Sculpture Park**Wednesday, April 22, \$90/person****Depart 8:00 a.m., Return 5:00 p.m.**

Price includes roundtrip coach transportation, narrated tram tour of park and gardens, and driver tip. Lunch is on your own on-site. **\$25 deposit due at Registration. Full payment due Mar 22.**

Holland Tulip Time Thu May 7, \$158/person**WAIT LIST ONLY**Traverse City Adventure Michigan**May 19-20, \$450/person****Depart 7:30 a.m. May 19, Return 5:00 p.m. May 20**

Price includes roundtrip coach transportation, hotel lodging, one-hour walking historic asylum tour, G.T. butterfly house & bug zoo tour, gift certificate, lunch at Sleder's, shopping, driver tip, and more. **\$100 deposit due at Registration.**

Full payment due Apr 20.Canal Days Grand Rapids, Ohio**Wednesday, June 10, \$112/person****WAIT LIST ONLY**Bay City Michigan**Friday, July 10, \$137/person****Depart 6:45 a.m., Return 5:30 p.m.**

Price includes roundtrip coach transportation, tour of Bay City, buffet lunch at Krzysiak's House, a 2-hour cruise down the Saginaw River aboard the Princess Wenonah, and driver tip. **\$25 deposit due at Registration.**

Full payment due Jun 10.**Rum Runners* Windsor, Ontario, Canada****Thursday, September 10, \$170/person****Depart 8:15 a.m., Return 3:45 p.m.**

Price includes roundtrip coach transportation, Rum Runners tour, buffet lunch, and driver tip. **This trip requires a passport or enhanced drivers license for entry into Canada. Tour is NOT wheelchair accessible and includes stairs. \$25 deposit due at Registration. Full payment due Aug 10.*

Smokey Mountain Fall Adventure Pigeon Forge, TN**Monday, October 19 - Friday, October 23****Single \$2199/person, Double \$1799/person**

Price includes roundtrip coach transportation, lodging, tours, admission to events & attractions, and most meals. *Driver and Escort gratuities NOT included. \$100 deposit due at Registration. Full payment due Sept 19.*

**CSC Planned Closures:****May 25: Memorial Day****June 19: Juneteenth****July 3: Independence Day Holiday****Sept 7: Labor Day****Oct 12: Columbus Day****Nov 26 & 27: Thanksgiving Holiday****Dec 24 & 25, 31: Christmas & New Year Holidays**Chelsea Senior Center
Board of Directors

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

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

Photos from SOUPer Bowl 2026



2026
Golden
Ladle
Winners:
Diane T.
&
Kathy E.



IN THE
spotlight



VOLUNTEER



Scott Ramsay



Scott Ramsay first learned about Chelsea Senior Center's Ease the Day program through his brother and sister-in-law, who shared the meaningful experiences they were having as volunteers. When Scott heard the program needed more volunteers, he decided to sign up.

"Three hours a week is such a small commitment," he said. What began as a simple way to give back quickly became something he looks forward to each week. Scott is known for his warm greetings, easy humor, and ability to make every participant feel seen and valued. *"I enjoy the relationships, the laughter, and the smiles,"* he shared.

Whether he's fetching a cup of tea for a Friend, as participants are known, helping with an art project, or joining in a movement class, Scott brings energy and compassion to everything he does. His presence helps create the welcoming, joyful atmosphere that makes Ease the Day so special for Friends and caregivers alike. Thanks to dedicated volunteers like Scott, families in our community receive not only much-needed respite but also the reassurance that their loved ones are cared for with kindness and respect.



A fun opportunity to interact with local businesses, non-profits, crafters, and artisans in an accessible location

A family-friendly community event

Free Admission!
All Ages Welcome!

Free, no
stress,
door-to-door
transportation
available*

Goods for
sale by
local
businesses

Door
Prizes

18th Annual
Chelsea
EXPO

Saturday, March 7
10:00 am - 2:00 pm

512 Washington Street

Lunch and
Snacks
Available

KID
Zone

Best Ever
Bake Sale

CHO
Performance
11:15 - 12:00

Thank you, 2026 Chelsea EXPO Sponsors
Culver's, Chelsea School District, Linden Square Senior Care
KID Zone: CAFR (Chelsea Area Friends for Recreation),
Boyer the Magic Guy, CERC (Community Education and Recreation
Collaborative)

*Chelsea Senior Center alongside WAVE
is offering no cost shuttle rides to and from Chelsea EXPO.
Call 734-475-9494 by Friday, March 6
to book your ride. Space is limited,
SO BE SURE TO RESERVE AHEAD OF TIME.

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For more information:
(734) 475-9242

Connected@chelseaseniors.org

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

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

March 2026

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:
Greg Diemer
Mary Zwach

CSC Upcoming Events:

Mar 7: Chelsea EXPO
Oct 30: Fang-tastic Fun Halloween Lunch Party

Nov 11: Community Veterans Day Tribute
sponsored by Sue Jacobs

Nov 20: Don Cole Community Thanksgiving Lunch
Dec 18: Mitchell Family Community Christmas Lunch

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.** 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.