

# The Next Chapter

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## Spring is Here!

### April Birthday Lunch

Monday, April 18th at noon—Lunch \$2.50

“The Happiness Boys” are back to entertain us! Thanks to the generosity of Bob and Tina Patterson you can enjoy listening to this wonderful duo as they sing and play many of our favorites. We’ll celebrate April birthdays and thank Tina for her three months with us. PLEASE reserve early, no reservations taken after 12 noon on Friday, April 15th.

## Greet Your New Director

### Meet Trinh Pifer Monday, April 11th at 10:00 a.m.

Chelsea Senior Center welcomes Trinh Pifer as our new director. She brings a rich background in public health education, program development, and work in our community. Come and give Trinh a warm welcome. This is a great time to hear about her life as well as offer your suggestions for improving the Center. Join us for coffee and conversation!

## Changes at Chelsea Community Hospital

### Kathleen Griffiths of Chelsea Community Hospital

Wednesday, April 27th at 12:30 p.m.

We asked for an update on Chelsea Hospital’s expansion and CEO Kathleen Griffiths volunteered! Kathleen will bring the latest news on the wonderful changes coming to the Hospital’s campus. Please join us for lunch on April 27th. We’d like to properly welcome Kathleen with a large group. Or come at 12:30 p.m. for this informative presentation.

## April Special Events

**Extra Special Event—Spring Business Expo**

**Saturday, April 16th 10 a.m.—2 p.m.**

**Free; Open to public; Something for Everyone**

Finally, birds singing, sunnier days, and no ice. It’s time to come out and celebrate! Our April newsletter is packed with fun and newsworthy events — especially

### **Spring Expo on Saturday, April 16th from 10 - 2**

held right here at the Center. You’ll find the building humming with activity —gym, cafeteria, and room 100 filled with interesting booths and fun activities. See the enclosed flyer or check out our website. Thank our sponsors, enjoy lunch, and participate in the ‘Write your life story’ workshop. We expect each of our members to bring a friend or two. Enjoy activities for grandchildren and our younger friends. Bring the family! This is an important fundraiser for the Chelsea Senior Center and as well as an opportunity for the Center to reach out to the Community. Please call us about volunteer openings: **Volunteers needed: Chelsea Spring Business Expo**

Saturday, April 16th Event time 10 a.m.— 2 p.m.

Assistance is needed starting April 1st through the Expo — do you have an hour to spare? Please call us at 475-9242 and let Trinh or Kay know you are available!

We could especially use help with the following:

- ◆ Publicity: putting up posters, adding letters to the marquee, distributing yard signs, etc.
- ◆ Baking for the Bake Sale
- ◆ Set-up on April 15th, clean-up Saturday after 2 p.m.
- ◆ Selling raffle tickets
- ◆ Directing parking
- ◆ Assisting vendors with set-up
- ◆ Giving vendors a lunch break (or delivering)
- ◆ Placing sandwich board and directional signs
- ◆ Work at a Senior Center sponsored table

## Chelsea Senior Citizens Activities Center • A place for the young at heart!

512 Washington St. Chelsea, MI 48118

734-475-9242

www.ChelseaSeniors.org

### Special Guests...

Joining us for lunch on Monday, April 11th, in addition to Trinh, will be David Killips, Superintendent of Chelsea Schools. Mr. Killips will be sharing school news at 12:30 p.m. — please join us for this talk.

### Join us for Stress Awareness Month

Stress is the most common psychological problem faced by people as we age. Often stress is exhibited in anxiety and is a result of fear. Fear of losing independence, physical health, monetary security and the losses experienced as we age are all contributors to stress. While loss and aging are unavoidable, there are many proven techniques to deal with stress and lessen the burden placed upon the heart and immune system. One technique that works well is exercise. Working in a garden, walking a dog, listening to soothing music, meditating, and journaling are all great stress relievers. People who volunteer find they suffer from less stress, as they are focused on the needs of others. Laughter, eating a healthy diet, and reducing caffeine and alcohol intake also play a part in living with more joy.

### Stress Relief — perfect your driving skills

#### AARP Safe Driver Training

Monday, April 11th and Tuesday, April 12th  
9:00 a.m.—12:30 p.m. (Must attend both days for certification)  
\$12 AARP members, \$14 others—checks to AARP  
Join us for this driver safety program presented by an AARP trained instructor. A great way to sharpen your driving skills, you may save money in addition. Some auto insurance companies offer a discount after you complete the class. Ask your agent. Pre-registration required. Call us at 734-475-9242.



### Another Stress Reliever

#### Oh, My Aching Back! presented by Elizabeth Lorge

Wednesday, April 13th at 12:30 a.m.  
BrightStar Life Care will present this lunch and learn about back pain prevention. Come learn tips on maintaining back health, including simple exercises, and available products. Great information and prizes! Join us for lunch at noon—475-9242.

### More Special Events for April

#### National Plan Your Epitaph Day

Wednesday, April 6th at 12:30 p.m.

Come celebrate this little known holiday! Tina will lead this fun program as we all consider the important elements of our life to be shared after our death.

#### Ukrainian “Pysanky” Egg Decorating

Wednesday, April 13th 12:30—2:30 p.m.

Cost: \$10 Must register prior to April 8th

June Weiland will teach the traditional Ukrainian art of egg decorating using the Kistka tool, and the pin dot method. . Cost includes tools (to take home), dye and wax. Bring 4 hard boiled white eggs to class. You will take home at least two decorated eggs.

### Stress Relief

#### Postal Inspector—Fraud Presentation Program

Wednesday, April 27th at 10:30 a.m.

Scott Guretse, U. S. Postal Inspection Service, will share information on schemes where seniors are frequently targeted such as foreign lottery letters, prize offers, fake checks, work at home scams, and bogus charities. Scott will teach us how to recognize red flags that help you recognize each. He’ll also provide helpful tips to minimize your risk of becoming an identity theft victim. Don’t miss this helpful program.

#### “Out to Lunch Bunch”

Thursday, April 21st 12:30 p.m.

If you are craving a great burger, you won’t be disappointed as we enjoy lunch at THE HUNGRY WOLF in Manchester. Known for their casual dining, large portions, and friendly atmosphere. Join us for a meal with friends. Meet at “The Wolf” - 20400 E. Austin Road, phone 734-428-9380. Call the Senior Center at 475-9242 to let us know you’ll be part of the lunch bunch this month. See you in Manchester!



#### Eyeglass Adjustments

Tuesday, April 12th 10 a.m.

Dr. Koch’s staff is returning to the Center to provide free eyeglass cleaning and adjustments. Thank-you Cherry Optometry for providing this community service. Please call to indicate you’ll be stopping by—475-9242

**Wellness for all**

**Enhance Fitness**

Mondays, Wednesdays, and Fridays, 10:30 - 11:30 a.m.  
Cost: \$3 drop-in / class or \$22 for 8 Session cards

**Wednesdays are Free thru April 13th thanks to Wash-tenaw Community College**

This class focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises — needed to maintain strength and function. Bring a friend to this evidence based fitness class, their first time is Free. We love seeing new faces!

**Special sessions (Kelle & Wendy are on vacation)**

Monday, April 4th & Wednesday April 6th—10:30 a.m.  
Come enjoy a change in exercise routine led by Tina Patterson. New members welcome!

Friday, April 8th—10:30 a.m.—**Gentle Nia** (\$3.00/card)  
Something new! A one time NIA class will be led by certified trainer, Megan Sims of “Tree of Life Studio”. NIA (non-impact aerobics) is intended to deliver cardiovascular aerobic exercise and whole-body conditioning. Often performed barefoot, you may choose bare feet, socks or shoes/socks.

**Swimming at Chelsea Comfort Inn**

Tuesdays and Thursdays, 9:00 — 10:00 a.m.  
Cost: \$3 per person per session

Come join us for swimming, water walking, or soaking in the hot tub at the Chelsea Comfort Inn. Water exercise is great for people with balance concerns, arthritis, and joint problems—all are welcome. The pool is a warm water pool with a depth of 5ft. Please remember, though, there is no lifeguard on duty, and you should swim at your own risk. Payment will be accepted at the front desk of the Comfort Inn on a drop-in basis.

**Country Line Dance for Beginners**

Thursdays, 10:00 – 11:00 a.m.  
Cost \$6.00 members / \$7.00 non-members

Enjoy the fun of line dance, low impact movement and good music. Dancing is one of the most enjoyable and fun ways to get cardio exercise. Learn new dances and enjoy old favorites such as the Electric Slide, the Hustle, and many more fun dances. This class is open to the public. Invite your friends. If you have any questions, contact the instructor, Joyce Bostic at (517) 206-6181.

**A Matter of Balance**

Thursdays, 1—3 p.m. for 8 weeks  
April 14th thru June 2nd

Suggested Donation: \$15 per person



We hope this great program will be on-going—it’s an important concept. Fear of falling can limit activities of seniors. Learn how to stay active and manage those concerns in our Matter of Balance classes.

Many seniors experience a fear of falling and restrict their activities. *A Matter of Balance: Managing Concerns About Falls* emphasizes practical strategies to reduce this fear, and increase activity levels. You’ll have fun and learn! Please call 734-475-9242 to sign up now or to indicate your interest in a future session. Limited number of free bus passes for Chelsea area residents are also available through our grant from AAA 1b.

**Senior Supper Club at Chelsea Community Hospital**

Tuesday, April 12th at 4:00 p.m. Cost: \$6.00

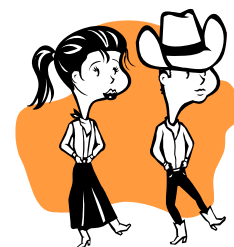
Learn about Chelsea Community Hospital’s Senior ER from Joanne Grosh and Karen Hutcheon. Enjoy fellowship with other seniors, supper at CCH and a great program. Speaker at 4:00, supper follows at 5:00 p.m. Please call 475-3913 for reservations.

**Square Dance is Back!**

Wednesdays, 1:00 p.m.

Cost \$4—First time is free

Join our square dancers for an afternoon of fun. It’s time for us all to move more—why not move to the beat.



**Incorporating these into your diet may reduce stress:**

**Cantaloupe:** Vitamin C is crucial for fighting stress and cantaloupe is filled with it.

**Blueberries:** They’re packed with antioxidants and vitamin C, both of which promote low stress.

**Almonds:** Vitamin B2, vitamin E, magnesium and zinc are great stress relievers. High in fat, only eat a few.

**Broccoli:** Filled with B vitamins known to relieve stress; broccoli also contains folic acid which has been proven to reduce stress, anxiety, panic, and depression.

**Arts and Crafts**

**Craft Group**

Tuesdays, 10 a.m.

Free for members / \$1 non-members

Each week, bring your own project or join us as we prepare crafts for special events. On Tuesday, April 12th, join Helen's wonderful greeting card making class.

**Paint with Steve Wood**

Monday, April 25th, 9:30 a.m.

Cost \$22 members / \$25 non-members

Make your reservations early, this class always fills. Call us at 475-9242, reservations required.

**Stained Glass Class**

Wednesdays, 9:30 - 11:30 a.m.

Cost: \$3 members / \$4 non-members (per session)

Interested in learning stained glass? Everyone is welcome in this informative and personalized stained glass workshop with Harry Gibson. Materials are available for sale. For information, please call the center 475-9242.

**Knit and Crochet**

Thursdays, 12:30 p.m.

Free for members / \$1 non-members

Join this group for informal instruction.

There's time to socialize while working on projects for those in need.



**Wood Carving**

Fridays, 10 a.m.

Free for members / \$1 non-members

Each week the wood carvers meet to work on their projects and share new ideas. Those new to wood carving are welcome to join this growing group.

**Quilting Club led by Sidney Palmer**

Friday, April 1st and 15th at 11:30 a.m.

The quilting club will continue the Brown Bag Round Robin. In March, each participant brought a square and fabric from their stash. It will be interesting to see the results! Please join us.



**For Joyful Givers . . .**

**Charity Quilting**

Tuesdays, 1:00 – 3:30 p.m.

This ambitious group has distributed 34 beautiful quilts to local charities. Join them as they continue to turn scraps into heirlooms. A variety of skills are needed. Stop by and see how you can help.

**More Sewing for those in Need**

**Tuesday, April 19th at 10 a.m.**

Thanks to a generous fabric donation by Doreen McCalla and family we're increasing our charity sewing efforts. Please come learn how you can help — we plan to make burp clothes, small quilts and other simple projects for babies at Mott's Children Hospital.

Karen Layher will share needs at Mott's through her RN daughters' eyes. Join us at either Tuesday morning craft group or Tuesday afternoon quilt group to take on a project. Next month's newsletter will include instructions on how you may help by sewing at home.

Thanks to all who have been generously supplying us with coffee supplies. Just when we seem to be running low on coffee or coffee cups, more appear!

**Cell Phone Recycler**

Bring in your old cell phones (we don't need the chargers or accessories). We will send them to the National Council on Aging Cellular Recycle Program.

**Chelsea Senior Center Wish List :**

- ◆ Colored copy paper — ream each color preferred
- ◆ Hand sanitizer or facial tissue
- ◆ Gift Cards to Meijer for snacks
- ◆ Wrapped snacks
- ◆ Coffee cups, small plates
- ◆ Regular and decaf coffee

**Everyone is welcome!**

At Chelsea Senior Center we want to be a welcoming place for everyone. Please let us know of any special accommodations you may need.



**Cards and Games**

**Party Bridge Players**

Thursdays, 12:15 p.m. Registration, 12:30 Games start  
Cost \$3.00

Chelsea Area Bridge Club meets Thursday afternoons. All bridge players are invited to play on a drop-in basis. Invite your friends. We have players from Pinckney, Dexter, Ann Arbor, and beyond. Scoring format is Chicago style. Partners not required.

**Wii Fun!**

Tuesdays and Fridays, 1 p.m.  
Members free / \$1 non-members  
Wii is an interactive video game that is simple and fun. We welcome everyone, no experience necessary. Come experience bowling and other exciting games.

**Bingo**

Mondays and Fridays, 9 a.m.  
Members free / \$1 non-members  
Everyone is welcome to our Bingo. Drop in Monday or Friday morning for fun and fellowship.

**Pinochle**

Wednesdays, 1 p.m.  
Members free / \$1 non-members  
Pinochle players wanted. We'll help if you're a bit rusty. No partners needed.

**Scrabble**

Wednesdays, 1 p.m. (see above for April 13th hours)  
Members free / \$1 non-members  
A great way to challenge one's mind. We're looking for new players. Drop in.

**Hand and Foot**

Mondays, 12:30 p.m.  
Members free / \$1 non-members  
Join us for this fun Canasta style game. No experience needed.

**Mah Jongg**

Tuesdays, 9:30 a.m.  
Members free / \$1 non-members  
Mah Jongg is fun, easy to learn, and challenging all at the same time. If you've never played, our dedicated players will assist as you enjoy this exciting tile game.



**Cards and Games**

**National Scrabble Day Tournament**

Wednesday, April 13th 10:00 a.m. to 3 p.m.  
Cost: \$5.00 includes lunch, snacks and prizes!  
Or Play one game at 10:00 a.m. for free...



Did you know there is a National Scrabble Day? It's very easy to celebrate—just join our small but dedicated group of players and enjoy the play! To help with our planning, please call 475-9242 and let us know you'll be joining in on the fun. Also indicate your lunch choice and if you'll be bringing a Scrabble game. We'll start with registration at 10 a.m., break for lunch (here) at noon and conclude with prizes at 3:00 p.m.

Scrabble Day celebrates the popular board game created in 1938 by Alfred Mosher Butts. It is sold by Hasbro, Inc., and is popular around the world by people young and old.

**Chess**

Thursdays, 10 a.m. Free  
Challenge our master chess player or come learn the game. Free, join us for a cup of coffee and exercise your brain.



**Euchre**

Tuesday nights, 6:30 p.m. Cost: \$3.00 (prizes awarded)  
Friendly players, no partners necessary. Bring a snack or other dish for all to enjoy.

**Bridge Class Instruction on hiatus**

Bridge class will resume in late May with a Beginning Bridge class. Spread the word.

**Thank You**

Anne Comeau and the Director Search Committee of Rod Payne, John Bohlender, Tony Dickerson, Susan Bairley, Ed Greenleaf, and Phyllis Jonas for hours spent pouring over resumes, and interviewing candidates. We think you will all agree it was a job well done!

## Clubs and Groups

*Join one of these groups for time to socialize and learn something new. All are welcome! Senior Center members attend for free and non-members pay \$1.*

### **Computer Club**

Thursdays, 10 - 11:30 a.m.

Join this lively group as they explore new technologies as well as fun and helpful information on the world wide web. This club is great for all computer users - beginners to more advanced. Bring information, comments as well as questions to share with the group in round robin style. Come prepared to learn as well as enjoy socializing with a great group of seniors.



### **Coin Collecting Club**

Third Wednesday of the month, 10 a.m.

Bring American or foreign coins. No experience necessary - come as we learn from each other.

### **Genealogy Group**

Friday, April 15th at 10 a.m.

This is a small group looking to grow. We'll be sharing ways to research your genealogy. You'll also hear great suggestions for recording your family's history.

### **"All Write" Writing Group**

This month Monday, April 4th & 18th at 1 p.m.

Novice writers are invited to drop in the first or third Monday in room 111 at the Center. Tap into your creative nature. Come prepared to share tips and a sample of your work.

### **Newsletter Assembly Group**

Thursday, April 21st 9:00 a.m.

Join this dedicated (and fun) group as we collate, secure and label each newsletter. You'll enjoy the great conversation and the time flies.

## Red Hatters

### **The Scarlett Ladies**

Tuesday, April 19th at 1 p.m. at the Center

Gigi Batsakis of Gigi's Flowers is bringing baskets and flowers. Everyone will make her own arrangements to take home. Call Babette at 475-0715 for cost and reservations.

## Services for Members

**Support, Questions Answered, Resources** The Chelsea Senior Center is the place for answers. We look forward to sharing our file of resources and lists of services for Seniors. Just give us a call, we are happy to help.

**Blood Pressure** 10 a.m. to noon on Tuesday, April 5th and 19th. Do you know your numbers? Thanks Barb, Rowena and Karin for keeping us healthy.

**Massage with Dawne** By popular request, you can now enjoy Dawne's massages **twice a month!** Still just a \$1 per minute you can schedule your chair massage on Monday, April 4th and / or Monday April 18th, if there is sufficient interest. Dawne will be here from 10 a.m. to 1 p.m., call us to schedule your appointment—475-9242.

**Books and Magazines** Our lovely library of donated magazines, hardcover and paperback books are available for members to take home and enjoy or to share with seniors who are shut-ins. Many large print.

**Notary Service** We are pleased to announce that our free notary service is again available. Call the Center to set up an appointment with Tina. 475-9242

**Mending and Repairs** A service for members: pants hemmed, zippers repaired, simple alterations. A donation to the Senior Center requested.

**Foot Care** Dates for this great treatment are April 6th and 12th. The half hour session costs just \$34 (tax deductible fee) and includes warm foot bath, therapeutic foot massage, lower leg and foot assessment plus toenail trimming & callus care. Call Ava Passino, RN at (734) 878-7330 to schedule an appointment.

**Transportation** The W.A.V.E. Bus will bring you to the Senior Center. Call 475-9494 for the best ride in town!

**Telephone Reassurance Program** We are looking for seniors who might benefit from a cheery phone call on a regular basis. Tell us when and how frequently. Please pass the word about this service.

### **Movies at the Center**



All movies will start promptly at 12:30 p.m. unless otherwise noted. Join us for lunch at noon and stay for a movie... donations always accepted!

**Laughter is one of the biggest stress reducers! Come enjoy any or all of these classic comedy movies.**

#### **Friday, April 1st Singing in the Rain - 1952**

(Runtime 102 min. Rated G) Featuring Gene Kelly, Donald O'Connor and Debbie Reynolds. This is one of the greatest screen musicals of all time.

#### **Friday, April 8th A League of Their Own - 1992**

(Runtime 128 min. Rated PG) Tom Hanks stars as a washed-up ballplayer who becomes the coach to one of the All-American Girls Baseball League teams in 1943.

#### **Friday, April 15th Some Like it Hot - 1959**

(Runtime 122 min. Not rated) One of the greatest comedies ever made. Jack Lemmon and Tony Curtis play jazz musicians who dress in drag to join an all-girl band.

#### **Friday, April 22nd, no movie, Center closed**

#### **Friday, April 29th It Happened One Night - 1934**

(Runtime 105 min. Not rated) A runaway heiress (Claudette Colbert) and a newspaper reporter (Clark Gable) are forced to take a long road trip together.



### **A message from Tina...**

It has been such fun to be back and see all my old friends, and make some new ones too these past few months. While I have been here your search committee has been busily working to find you the best new Director possible and I believe they have found the perfect person in Trinh Pifer. I know you will welcome her and embrace her new ideas and energy. Of course I can't leave without acknowledging Kay and the role she has played, once again, in keeping the Center humming along. Her many late nights, early mornings and dedication do not go un-noticed. She is the true glue that holds it all together. Bye for now, stay healthy, and thanks for everything. Tina.

### **Great Books Discussions With Chelsea District Library**

#### **Half Broke Horses by Jeannette Walls**

Friday, April 1st at 1 p.m.

Half Broke Horses traces in true-life novel form the hard scrabble, unconventional life of Ms. Walls' grandmother, Lily Casey Smith.

#### **The Adventures of Huckleberry Finn by Mark Twain**

Friday, May 6th at 1 p.m.

According to one scholar, "Huck Finn is...the greatest novel written by an American. Its trenchant social analysis through the interaction of the persons in the story is breathtaking in its power to open a whole world, one thankfully now gone, where people viewed reality in an entirely different way than we do now.

Come share your thoughts on this classic.



### **News from Chelsea District Library**

#### **Low Vision Center Opened**

Chelsea District Library's second floor now houses several devices for those of us with low vision. There are handheld and stand magnifiers of various strengths as well as bookstands to combat the size and heft of large print books, all available for checkout. Also a Merlin digital magnifier, which can magnify anything from print to photos to the greeting card you are writing out. Visit the library or call us for more information.

### **Save the Dates**

#### **Bridge Tournament**

Saturday, June 11th all day

Bridge players mark your calendars for this annual favorite! Spread the word, the tournament has become an annual fundraiser for the Center. Applications available late April.

#### **One Room Schoolhouse Alumni Picnic**

Saturday, June 18th at noon

Once again Paul and Chris have opened their lovely grounds so that we might gather and share our memories of attending "one-room" schoolhouses. More information in May.

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512 Washington St. Chelsea, MI 48118

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### Center Updates

#### Walking

Monday thru Friday, 9:00 a.m. to 3 p.m.

Come walk the halls or the school district's well maintained outdoor track (when not in use by the schools) at Washington Street Education Center. Why drive to the mall? This is a great place to meet your friends. Come join us and **move more!**

#### Taste of Home Café at 12 noon

Call your friends and join us for a wonderful lunch option. We've had some great groups this winter — mini class reunions, family members gathering together, a Farm Bureau group, friends and neighbors. You'll discover a balanced meal and great fellowship Monday - Friday at the Taste of Home Café.

Thanks to Area Agency on Aging 1B and the Washtenaw County Senior Nutrition Program, diners over 60 pay only \$2.50 (if registered with the Senior Nutrition Program). The public is most welcome, guest cost is \$5 per person. Check out the great menu in this newsletter or online and give us a call. We're looking forward to seeing you! **Only \$2.50 for 60+ (\$5 for people under 60)**

**Call 475-9242 at least 24 hours in advance!**

### CSC Board of Directors

Chelsea Senior Center has an active, volunteer Board of Directors responsible for the direction of the Center. If you have questions or concerns, they would be glad to speak with you.

Rodney Payne, President	Yvonne Johnson
John Bohlender, Vice Pres	Anne Mann
Gina Ekis, Secretary	Bryan K. Merillat
Ed Riske, Treasurer	Wilma Sell
Susan Bairley	Rev. Doris Sparks
Rev. Tony Dickerson	Bob Wehrmeister
Jean Dunn	Susan Zale
Frank Hammer	

**Thank you Board of Directors!**

### Center Updates

Chelsea Senior Center will be open during Chelsea School District's Spring Break. Join us each week day from 9 a.m. to 3 p.m. On Thursday, April 7th and Friday, April 8 we'll have special lunches (see below)

### Spring Break—we are open

During Spring Break there will be lunch in the cafeteria Monday, Tuesday and Wednesday, our great cook Chris will spend the rest of the week with her family. We've planned a **potluck for Thursday, April 7th** and ask everyone to bring a dish to pass, beverages provided (no charge). On **Friday** we'll have **pizza** delivered as we celebrate the Tiger's opening day. Reservations required, cost is \$3 for pizza, \$1.50 for pop; coffee, tea and water no charge. Stay as we watch the game and share Tiger trivia.

### Reuse, Recycle

#### Ink Cartridge Recycler

Cartridge World of Ann Arbor picks up your empty cartridges and sends us a check. An easy mini fundraiser and we keep cartridges out of the landfill.

### Be prepared...do1thing.com

#### Do 1 Thing....for April (Michigan Emergency Plan)

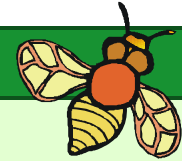
We hope you are participating in the goal of becoming more "disaster resilient". April's goal is to have a three day supply of food to meet the needs of your entire family in case of an emergency. A large tub with a tight fitting lid should be all you need to meet the "BUS" rule. **B**, make sure there is balanced diet for your family, **U** make sure the foods can be used even without gas, electricity or things added like water, and **S** Shelf Life. Foods must be used before their stale date. Replace foods when the expiration date is close. When it comes to food, when in doubt throw it out. Bacteria quickly grow in the refrigerator when power is out. Don't take a chance, and make sure there is plenty of pet food on hand too!

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
<b>March 28th</b> <b>6:30 p.m.</b> <b>Travel Open House</b> <b>At Center</b>	<h1>April 2011</h1>		* denotes activity takes place off campus	9:00 Bingo 10:00 Wood Carving 10:30 Enhance Fitness <b>11:30 Quilting Club</b> <b>12:30 Movie-Singing</b> <b>1:00 Book Group —</b> <b><u>Half Broke Horses</u></b> 1:00 Wii Fun
<b>4</b>	<b>5</b>	<b>6 Foot Care</b>	<b>7</b>	<b>8</b>
9:00 Bingo <b>10 - 1:00 Massage with Dawne</b> by appointment <b>10:30 Exercise with Tina</b> 12:30 Hand & Foot 1:00 Writing Group	9:00 Swimming * 9:30 Mah Jongg <b>10:00 Free Blood Pressure Check</b> 10:00 Crafts 1:00 Quilting for Charity 1:00 Wii 6:30 Euchre	<b>Reservations due for Ernie Harwell</b> 9:30 Stain Glass Class <b>10:30 Exercise with Tina</b> <b>12:30 Plan Your Epitaph Day</b> 1:00 Bowling Ch Lanes* 1:00 Pinochle / Scrabble 1:00 Square Dance	<b>8:30 Board Meeting</b> 9:00 Swimming * 10:00 Line Dancing 10:00 Computer Club 10:00 Chess <b>12:00 Potluck Lunch here—no charge, if you bring a dish to pass !</b> 12:15 Bridge 12:30 Knit & Crochet	<b>Call—Egg Decorating</b> 9:00 Bingo 10:00 Wood Carving <b>10:30 Gentle NIA</b> <b>12:00 Opening Day Pizza &amp; Pop lunch—\$4.50</b> <b>12:30 Movie—"League of Their Own"</b> 1:00 Wii Fun
<b>11</b>	<b>12 Foot Care</b>	<b>13 National Scrabble Day</b>	<b>14</b>	<b>Bring Bake Sale items</b>
<b>9:00 Driver Safety</b> 9:00 Bingo <b>10:00 Meet Director Trinh Pifer and hear her story</b> 10:30 Enhance Fitness <b>12:30 Dave Killips, Chelsea School District, welcomes Trinh</b> 12:30 Hand & Foot	<b>9:00 Driver Safety</b> 9:00 Swimming * 9:30 Mah Jongg <b>10:00 Eyeglass Adjustment</b> 10:00 Crafts—cards <b>10:30 Basement Ladies</b> 1:00 Quilting for Charity 1:00 Wii <b>4 Senior Supper Club*</b> 6:30 Euchre	9:30 Stain Glass Class <b>10:00 Coin Collecting</b> <b>10:00 Scrabble Tourney (play till 3 p.m.)</b> 10:30 Enhance Fitness <b>12:30 My Aching Back</b> <b>12:30 Ukrainian Egg decorating</b> 1:00 Bowling Ch Lanes* 1:00 Pinochle 1:00 Square Dance	<b>Reservations due for Daniel O'Donnell</b> 9:00 Swimming * 10:00 Line Dancing 10:00 Chess 10:00 Computer Club 12:15 Bridge 12:30 Knit & Crochet 1:00 Matter of Balance	9:00 Bingo <b>9:30 Expo Set-up</b> <b>10:00 Genealogy</b> 10:00 Wood Carving 10:30 Enhance Fitness <b>11:30 Quilting Club</b> <b>12:30 Movie—"Some Like It Hot"</b> 1:00 Wii Fun <b><u>SAT. APRIL 16th</u></b> <b>10—2 Spring Expo</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22 Good Friday</b>
9:00 Bingo <b>10 - 1:00 Massage with Dawne</b> by appointment 10:30 Enhance Fitness <b>12:00 Birthday Lunch</b> <b>12:30 Happiness Boys</b> 12:30 Hand & Foot 1:00 Writing Group	9:00 Swimming * 9:30 Mah Jongg <b>10:00 Blood Pressure</b> 10:00 Crafts 1:00 Quilting for Charity 1:00 Wii <b>1:00 Red Hatters</b> 6:30 Euchre	<b>Reservations due for Renfro Valley trip</b> 9:30 Stain Glass Class <b>10:00 Coin Collecting</b> 10:30 Enhance Fitness 1:00 Bowling Ch Lanes* 1:00 Pinochle / Scrabble 1:00 Square Dance	<b>9:00 Newsletter Group</b> 9:00 Swimming * 10:00 Line Dancing 10:00 Chess 10:00 Computer Club 12:15 Bridge <b>12:30 Out to Lunch*</b> 12:30 Knit & Crochet 1:00 Matter of Balance	9:00 Bingo 10:00 Wood Carving 10:30 Enhance Fitness  <b>Center closes at noon—no lunch</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>8:30 Mt Pleasant trip</b> 9:00 Bingo <b>9:30 Paint with Steve</b> 10:30 Enhance Fitness 12:30 Hand & Foot	9:00 Swimming * 9:30 Mah Jongg 10:00 Crafts 1:00 Quilting for Charity 1:00 Wii 6:30 Euchre	9:30 Stain Glass Class <b>10:30 Postal Program</b> 10:30 Enhance Fitness <b>12:30 CCH Expansion</b> 1:00 Bowling Ch Lanes* 1:00 Pinochle / Scrabble 1:00 Square Dance	9:00 Swimming * 10:00 Line Dancing 10:00 Chess 10:00 Computer Club 12:15 Bridge 12:30 Knit & Crochet 1:00 Matter of Balance	9:00 Bingo 10:00 Wood Carving 10:30 Enhance Fitness <b>12:30 Movie—"It Happened One Night"</b> 1:00 Wii Fun



# April 2011

## Chelsea Seniors



### MONDAY

### TUESDAY

### WEDNESDAY

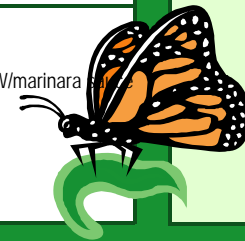
### THURSDAY

### FRIDAY

Supported through the Washtenaw County Area Agency on Aging 1B				<b>1</b> White chicken chili w/beans Cornbread Blueberries and Cantaloupe Salad
<b>4</b> Vegetable Lasagna Steamed broccoli Warm Garlic Breadstick Fruit and Salad Bar Dessert of the Day	<b>5</b> Homestyle Stuffed Cabbage Roasted Carrots Fruit and Salad Bar Dessert of the day	<b>6</b> Kielbasa & Sauerkraut Pickled Beets Fruit and Salad Bar Dessert of the Day  Smaczne!	<b>7</b> <b>Center Potluck Lunch</b>	<b>8</b> <b>Center Pizza and Pop Lunch</b>
<b>11</b> Homemade Salisbury Steak Creamy Mashed Potatoes Steamed Mixed Vegetable Fruit and Salad Bar Dessert of the Day	<b>12</b> Flavorful Beef Pot Pie Peas and Pearl Onions Fruit and Salad Bar Dessert of the Day	<b>13</b> Savory Swedish Meatballs Buttered Egg Noodles Steamed Mixed Vegetables Fruit and Salad Bar Dessert of the Day	<b>14</b> Pineapple Glazed Ham Cheesy Macaroni Steamed Vegetable Fruit and Salad Bar Dessert of the Day	<b>15</b> Pasta with Tuna and Cheddar Steamed Lemon Broccoli Dinner Roll and Butter Fruit and Salad Bar Dessert of the Day
<b>18</b> <u>Birthday celebration</u>  Oven Fried Chicken and All the Fixins Fruit and Salad Bar Warm Fruit Cobbler	<b>19</b> Hearty Beef Stew Buttery Baby Peas Fruit and Salad Bar Dessert of the Day	<b>20</b> Roast Turkey & Gravy Whipped Potatoes Seasoned Green Beans Chilled Cranberry Sauce Fruit and Salad bar Dessert of the Day	<b>21</b> Homebaked Italian Lasagna Crunchy Garlic Toast Sliced melon Salad Bar Dessert of the Day	<b>22</b> <b>No Lunch</b>
<b>25</b> Parmesan Chicken Savory Green Beans Warm Garlic Bread Stick Fruit and Salad Bar Dessert of the Day	<b>26</b> Beef and Tomato Goulash Baby Lima Beans Warm Breadstick Fruit and Salad Bar Dessert of the Day	<b>27</b> Mouth-Watering Meatloaf Potatoes Au Gratin Steamed Vegetable Fruit and Salad Bar Dessert of the Day	<b>28</b> Sandy's Sloppy Joes Bakery Bun Sweet Potato Fries Cauliflower with Cheese Fruit and Salad Bar Dessert of the Day	<b>29</b> Cheese Ravioli W/marinara Roll Steamed veggio Fruit and salad

News  
Turkey with cheese on wheat or white bread.  
Chef Salad  
Please try our new salads  
California Cobb  
Caesar  
Mandarin Chicken  
Are also available

For reservations please call 475-9242 at least one day in advance  
Thank you



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## Chelsea Chiropractic Center

Phone: (734) 475-2932 Fax: (734) 475-1885  
[drjimduncan@hotmail.com](mailto:drjimduncan@hotmail.com)

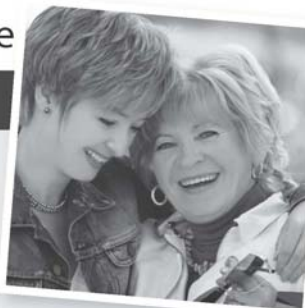
James G. Duncan II, D.C.

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### Active, Affordable, Worry-Free

### Live Life at The Pines

These are just a few of the perks of living at The Pines Senior Apartments in Chelsea. Relax and leave the hassles to us as you enjoy a peaceful living environment at this community for adults 55 and older.



Beautiful one bedroom apartments are available now!



- Spacious and well-appointed
- Full kitchens
- Individual heating and air conditioning
- Washer and dryer in each unit
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- Lush green spaces

To learn more about The Pines contact:  
Kristy Collins  
734-433-9130 || [chelseapines@aol.com](mailto:chelseapines@aol.com)  
325 Wilkinson Street, Chelsea, MI 48118



THE PINES  
SENIOR APARTMENTS  
MANAGED BY UNITED METHODIST  
RETIREMENT COMMUNITIES



### Senior Center Membership

Newsletters are mailed to dues paying members, we don't want to lose you!

Check your mailing label—is there an '11 above your name? If not, it's time to renew your membership for 2011. Print from the website, stop by for an application or call the Center at 734-475-9242. We are always glad to be of assistance.

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## Funeral Chapel

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Maggie Roberts, MA, LFC 734-283-6438     Anji Roberts, BA, CNA 734-747-1841

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## Adult Learners Institute of Chelsea Michigan, Inc.

We are about life-long Learning

ALI is a non-profit organization. We offer a series of non-credit mini-classes; many are conducted in cooperation with Washtenaw Community College.

Phone: 734-433-1000, ext 7358  
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For more complete information visit:  
[www.AdultLearnersInstitute.org](http://www.AdultLearnersInstitute.org)



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## Highly Freeing and satisfying experience

That's how Donna and Johan would describe what they've found since moving to Silver Maples. Impressed from the get-go, they decided to sign up for a VIP stay at the community. "During our stay we visited downtown Chelsea, and saw friends in nearby Ann Arbor. Whether we were coming or going, dining in or enjoying some of the many in-house planned activities, taking walks on tree-lined paths or visiting the superb Wellness Center, our VIP visit convinced us we were ready to relocate to Silver Maples and make it our new home," said Johan. "It's been nearly two years since we left our lovely home and community where we lived happily for 40 years, but we've never looked back!"

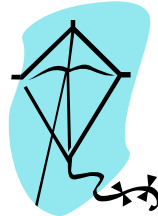
## Experience Silver Maples

Join our VIP Program and enjoy a Silver Maples Getaway you'll never forget!

- Stay up to 3-nights in our all-inclusive VIP Suite
- Enjoy delicious meals
- Participate in outings, events and activities
- Meet and mingle with residents



Lodging Owned, Non-Profit Facility Sponsored by the Chelsea Area Veterans Foundation and United Methodist Churches of Chelsea, Inc.



### Hours of Operation

Chelsea Senior Center is open Monday thru Friday from 9 a.m. to 3 p.m. We will be open during Chelsea School District's Spring Break. Center closes at 12 on Good Friday.



### You're invited

Chelsea Area Historical Society invites you to the an event commemorating the 150<sup>th</sup> Anniversary of the start of the Civil War. George Till, 24<sup>th</sup> Michigan Infantry re-enactor, will present a special program at the Chelsea Depot on Monday, April 11<sup>th</sup> at 7:00pm.



Unique In Every Way

Senior Emergency Department<sup>SM</sup>  
[stjoeshealth.org](http://stjoeshealth.org)

# Come Travel with Us!



Adult travelers of any age are invited to enjoy Chelsea Seniors' escorted trips

## Travel Open House

Spring is coming and Chelsea Travelers can't wait to share details about our exciting upcoming trips! Join us at our Open House this Monday, **March** 28th at the Center. Come at 6:30 p.m. for fellowship, refreshments and trips galore.

Even this two page travel spread lacks sufficient space to tell about the wonderful opportunities planned with you in mind. Join us and learn more about trips from our travel committee and two travel providers. There'll also be prizes, you may leave with a valuable trip discount.

## Extended Trips

### Spring In To Renfro Valley

May 20th—22nd \$50 deposit due now  
\$356 Members/\$366 non-members (double)  
Final payment by April 20th

Travel to Kentucky and be entertained at the Barn dance Show, Jamboree and the Renfro Valley Sunday Gatherin'. Other attractions: a stop at Wright-Patterson Air Museum, a riverboat dinner cruise, a visit to a 1907 Hardware and Berea's Famous Art Community.



### Oregon Coast and Pacific Northwest

July 24th — August 2nd \$250 deposit, balance by 5/17  
Cost: \$2849 double (\$3769 single & \$2579 triple)  
Air to Seattle. Motor coach to Portland, Columbia River, Newport and other coastal towns. Also Sonoma Valley and San Francisco. Call for more details and our descriptive flyer. Only two places available.

## More about Extended Trips



### Rails of West Virginia

October 17th—20th

Member Cost: \$799 double (single \$959; triple \$739)  
\$50 deposit to reserve—balance by 9/10/11

Fall colors at their best will be enjoyed on this great trip as you ride the rails to the heart of the Appalachian Mountains on day one. On day two, enjoy a 31 mile rail trip on a replica of a 1922 Doodlebug (a self-propelled railroad car) with lunch on board. In the afternoon we'll enjoy a 10 mile journey on a 1910 steam locomotive. Day three is off to the Appalachian Glass Factory and then the Trans-Allegheny Lunatic Asylum where you'll appreciate both stories of Civil War history and fantastic architecture. The trip climax is dinner and the Allegheny Mountain Music Show. Trip includes a variety of activities without being physically challenging. A perfect getaway that includes lodging and seven meals.

### Branson, Missouri

November 14th—18th

Member Cost: \$924 double—\$50 deposit to reserve  
Five shows including Shoji Tabuchi, Andy Williams, Brett Family and SIX, the new family sensation. Highlight will be the Sight and Sound Theater's version of the Christmas Story. We'll be staying at the Hilton Hotel. Seven meals included.

Payment or deposit is due at registration. Only those people who pay when registering for a trip are guaranteed a seat. Price includes gratuities for driver. Refund Policy: Travelers will be responsible for the cost of the trip. If you must cancel, you may find your own replacement or call us to see if we have a wait list. If a cancellation is made prior to the final payment due date, a full refund, less 5% handling fee, will be provided. Please contact us about travel insurance through independent travel companies. Travel policies for trips arranged through vendors will be listed on the trip flyer. Members are encouraged to purchase insurance.

# Come Travel with Us!

Adult travelers of any age are invited to enjoy Chelsea Seniors' escorted trips



## Day Trips

### Church Basement Ladies 2 (A Second Helping)

Tuesday, April 12th; departs 10:30 a.m. return 5:30 p.m.

Cost: \$79 member / \$84 non-member (includes lunch)

Still time to make your reservations!

A Second Helping is a new musical comedy that follows four church ladies as they prepare food in 1969 while the rest of the world is dealing with Vietnam. This show keeps getting better & better! Heavenly fun for all!

### Mt. Pleasant Casino Trip Monday, April 25th

Cost: \$35, with \$35 back ( \$30 for play & \$5 for food)

Departs 8:30 a.m. return by 6 p.m.

Make reservations for this great spring getaway. Enjoy an outing with friends and lunch at the Soaring Eagle.

### Ernie Harwell Story

Thursday, May 12th; departs at 4:30 p.m.

Cost: \$68 member / \$73 non-member

Includes dinner at Traffic Jam and Snug

Reservations by: **April 7th**

Only 33 seats—call today!

There's not much lead time to reserve your space for this wonderful tribute to that special voice of Tiger baseball. "Ernie", a new play by Mitch Albom, includes actual footage from historic baseball moments. Tiger fans will enjoy early days, Harwell calls, and glimpses behind World Series broadcasts. "Ernie's story transcends sports," Albom says. "It's a story of 20th century Americana and a love affair with baseball and a childhood sweetheart". Something everyone can enjoy. Don't miss out! "Lonng gone. Never forgotten."



### Daniel O'Donnell "Spring Intimate Theater Tour"

Wednesday, May 25th; departs 1:30 pm return 8:30 pm

Cost: \$87 member / \$92 non-member (Supper extra)

Reservations by April 15th.

One of the most successful easy-listening entertainers in Great Britain and Ireland. We'll travel to Toledo to see this world class star in his sold out show! Call now...

## Day Trips

### Detroit Tiger Baseball Game

Thursday, June 16th; departs 11 a.m.

Cost: \$59 member / \$64 non-member

Reservations by May 13

Seats in the shade. Hot dog and soft drink included in price. See our Tigers win over the Cleveland Indians.



### Shipshewana

Wednesday, June 22nd

Time to shop at the flea market as well as stores down town where you'll find Amish craftsmanship and hospitality. Numerous restaurants to choose from for wonderful homemade food or sit and watch the world at a slower pace as horses and buggies travel the streets.

### Lugnuts Friday, July 22nd; departs at 5:30 p.m.

Cost: \$44 member / \$49 non-member

Reservations by June 3rd.

New this year are box seats to enjoy the game. There's also great fun including entertaining relay races and fireworks after dark.

### Diamond Jack Cruise "Come Cruise With Us"

Wed, August 10th; depart 10 a.m., return 4:30 p.m.

Cost: \$64 members/\$69 non-members (includes lunch)

Payment due at registration.

We'll lunch at Sinbads on the River and enjoy great food while watching the ships pass. Then we'll board the Diamond Queen for a two hour cruise on the Detroit River. Our Captain will expertly narrate as we tour along the U.S. and Canadian shores. Sit back, relax and partake an afternoon of fun in the sun on this waterway that has played such a big part in Michigan's history.

### Tim Conway Show Wednesday, October 12th

Save the date — we all remember Tim as Carol Burnett's' sidekick. Great humor from a loveable guy!

Mark your calendar and be prepared for an afternoon of laughter!

# Chelsea Spring Expo

Saturday, April 16 ~ 10 a.m. to 2 p.m.

Free Admission ~  
something for all ages

Displays by  
local businesses  
& non-profits

Free Movie  
SRSLY

Products and  
Crafts for sale

Lunch

Write Your  
Life Story  
Workshop

"Minute to Win-it"  
Chelsea Recreation

Bake Sale

100 + vendors  
Free samples

Kid Zone Crafts  
and other Events

Free Tote Bags

Sponsored by:

*Silver Maples of Chelsea*

*Chelsea Retirement Community*

Supported by:

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**Washington Street Education Center**

500 Washington Street, Chelsea, MI 48118 | 734-475-9242

Visit [www.chelseaseniors.org](http://www.chelseaseniors.org) for vendor & activity information

Chelsea Senior Citizens Activities Center  
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April 2011

*In Memoriam: Andrew L. Fraser, Hulda Stevenson*

**Chelsea Senior Center -**

Our mission is to promote, encourage, and organize activities that address the physical, social, and emotional concerns of Chelsea area senior citizens and their families.

**Don't forget to join us on Saturday, April 16th  
10 a.m.—2 p.m.**

**Chelsea Unlimited Spring Expo**

**Trinh Pifer, Director**

**Kay Heller, Administrative Assistant**

**Tina Patterson and your Board of Directors**

**2011 Travel at a Glance . . .**

- ◆ Church Basement Ladies in Toledo — April 12
- ◆ Gambling Trip to Mt. Pleasant — April 25
- ◆ Ernie Harwell Story — May 12
- ◆ Renfro Valley — May 20-22
- ◆ Daniel O'Donnell — May 25
- ◆ Tiger Baseball Game — June 16
- ◆ Shipshewana—June 22
- ◆ Lugnuts Game — July 22
- ◆ Oregon — July 24 thru August 2
- ◆ Diamond Jack River Cruise — August 10
- ◆ Mystery Trip — September
- ◆ Tim Conway Show — October 12
- ◆ Rails of West Virginia — October 17 thru 20
- ◆ Branson, MO — November 14 thru 18

*Chelsea Senior Center is supported by numerous donations, City of Chelsea, Chelsea United Way, Chelsea Community Foundation (an affiliate fund of the Community Foundation for Southeast Michigan), Chelsea Kiwanis, Chelsea Lions, Chelsea Pharmacy, Chelsea Retirement Community, Cole Funeral Chapel, Dexter Township, Silver Maples, Staffan Mitchell Funeral Home, Chelsea Area Garden Club, Women's Club of Chelsea, And the Members and Board of the 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.*