

The Next Chapter

AUGUST 2011 • Issue 32 • Published Monthly • Subscription Cost

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A Message from our Director....

As the heat of summer bears down on us, stop in for lunch, enjoy a game of cards, or participate in a special presentation all in the cool comfort of our Center. The month of August features fun offerings made available through our many community partnerships: cooking demos with the Chelsea Community Kitchen, a historical tour of the Chelsea Center for the Arts, a presentation from the Adult Learner's Institute, and book club discussions with the Chelsea District Library.

These partnerships illustrate our community outreach efforts to spread the word about our mission and our friendly Center! We also appreciate the spirit of community *within* our Center. As new members have joined, it has been wonderful to see them welcomed and encouraged by our current members and volunteers. It is this camaraderie that makes our Center feel like a close knit community. Thank you for helping to spread the word about our center and for sharing your friendly smiles and laughter!

~Trinh

Special August Events

August Birthday Lunch



Monday, August 15th

Come celebrate August Birthdays with friendship, a delicious homemade fried chicken lunch, and yummy birthday cake courtesy of Rick Taylor, local Reinhart realtor. Be sure to stay and enjoy a special intergenerational performance from the well-known Gemini music duo. San Slomovits, one half of Gemini, and his daughter Emily, will entertain us with a fun blend of folk, jazz, and classical music. If you can't make it to lunch, come join us for the family friendly entertainment starting at 12:30 p.m. Call the Center early to reserve your space!

Sounds and Sights Summer Festival

Every Thursday evening from 6:30-8:30 p.m. through August 25, the city of Chelsea is alive with music, street entertainers, and artists. The Senior Center will be setting up a table downtown every Thursday evening during Sounds and Sights to sell raffle tickets and to give out information about the Center. If you would like to spend a summer evening enjoying great music and representing the Center, please call 475-9242 to sign up. Call a friend and hang out downtown!



Out to Lunch Bunch

Wednesday, August 17 at noon

Join this group for a fun afternoon and lunch at the Inverness Inn. Call 475-9242 for directions or meet at the Center at 11:30 a.m.



Lifelong Learning

Water a Dry Subject

Tuesdays, August 9, 16, and 23 at 11:00 a.m. FREE

Dr. Wally Fusilier studied many types of water during his 40+ year career as a water scientist. He will tell about his work and experiences through a series of entertaining stories and anecdotes about water facts and fiction. Please call the Center at 475-9242 to register.

Adult Learner's Institute (ALI) speaker

Monday, August 22 at 12:30 FREE

Come hear about all the exciting lifelong learning opportunities offered by ALI this fall semester. Jan Carr will give a brief background about ALI and discuss the fall semester lineup including classes on photography and musical theater.



512 Washington St. Chelsea, MI 48118

734-475-9242

www.ChelseaSeniors.org

Special August Events

Enjoying Summer's Bounty

Late summer is filled with beautiful, locally grown food. Check out this series of cooking demos and presentations about enjoying our Michigan summer bounty! All classes are free, please call the Center to register.



Nutrition, Nutritionism --- and Healthy Eating

Wednesday, August 10 at 11:00
Confused about the different recommendations for healthy eating? Join Peter di Lorenzi from the Chelsea Community Kitchen for an interesting dialogue, and tasty cooking demo, about the changes in our understanding of what constitutes "eating well".

Cooking for One

Wednesday, August 24 at 11:00
Cooking for one or two can be challenging! Join Marie Pierce for some easy recipes and tastings to enjoy simple, healthy meals.

Cooking, Not Cooking -- and Learning to Cook Again

Wednesday, August 31 at 11:00
With economic and cultural changes, home cooking has gained a resurgence in awareness and importance. Another tasty demo and presentation from Peter di Lorenzi of the Chelsea Community Kitchen. Recipes will be provided.

NOTE: At the peak of gardening season, fresh locally grown veggies are available at Faith in Action at no cost for seniors!

Field Trip to the Chelsea Center for the Arts (CCA)

Thursday, August 25 at 11:00
Located in the old St. Mary's School, the CCA offers many opportunities for musical, visual, and literary arts experiences. Come enjoy a historical building tour and coffee with the new Director. We'll also share our collaborative plans for a monthly "Culture Club" to be held at the Senior Center starting in September. Please call the Senior Center to register for this field trip or for directions to the CCA.



Events on the Horizon

Take the PATH to Better Health

Tuesdays, 1-3:30 p.m. FREE
September 13 - October 18



PATH is designed to provide the skills and tools needed by people living with long term health problems to improve their health and manage their symptoms. As a result, people are better equipped to face the daily challenges of living with a chronic condition. Two trained leaders conduct the workshop. You'll learn how to:

- Deal with the challenges of not feeling well
- Talk to healthcare workers and family members
- Overcome stress and relax
- Increase your energy
- Handle everyday activities more easily
- Stay Independent

The PATH class is offered through the support of the National Kidney Foundation.

Something Old, Something New Sale
Friday, Nov. 4 and Saturday, Nov. 5
Grandma's Attic garage sale, plus crafts sale, plus bake sale all under one roof!



Fundraisers - Help Support the Senior Center

Raffle Tickets

Help us reach our Raffle ticket fundraising goals! Stop by the office to make a purchase or sign-out tickets to sell. Thanks for supporting Chelsea Seniors!

1st prize is \$1000

2nd prize two U of M vs. Ohio State football tickets

3rd prize a beautiful handcrafted heirloom quilt constructed by our Friday morning group

Condo for Rent

Thinking about a fun *Road Trip* with your family this summer? The Senior Center has a condo available for rent in Branson, Missouri. Only 12 hours from Chelsea through scenic Ozark country, you can enjoy great shows, theme parks, caves, and rafting trips. The fully furnished condo sleeps 8 and can accommodate two families in separate quarters. Please contact the Center for more information.

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

Summer is a great time to start a fitness program. 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.



Walking Move More with Chelsea Seniors!

Come any day to walk the halls or Chelsea School District's track (when it is not in use). Ask us about the 10,000 steps challenge and a free pedometer to use during any of our group walks.

Healthy Communities Walks

Thu, August 11, 18, 25 at 10:00 a.m.

Start training for the Mackinac Bridge Walk on Labor Day weekend! Led by Sherri Montoye, this group will meet at the Center and walk on the track, around town, or inside depending on the weather. Enjoy fun games (walking bingo!) while you exercise. Please call to register for these walks, when possible (475-9242). Dress for the weather, wear sun protection and good walking shoes, and bring water.

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.



A Matter of Balance

Tuesdays and Thursdays 1- 3 p.m.
August 9 - September 1

A Matter of Balance: Managing Concerns About Falls is a workshop that emphasizes practical strategies to reduce fear, and increase activity levels.

Please call 734-475-9242 to sign up for the next session. Also ask about free bus passes for Chelsea area residents attending "A Matter of Balance".



Senior Bike Ride Club

Mondays, 10:00 a.m.

Riding together as a group is a fun and safe way to enjoy the many health benefits of biking.

Join Dave Royer as he leads an easy ride through the lovely tree-lined streets of Chelsea. If you don't have a bike, let us know and we can arrange for a loaner. Bring water and sunscreen.

**We also have members who take 20 mile or longer bike rides starting from Chelsea. Call the Center for date, time and meeting place.



Chelsea Community Fair August 23-27

Thursday, August 25 Senior Day! 65+ FREE entrance Voted "Number One Festival" in SE Michigan in the *Vote4theBest* contest last fall, the Chelsea Fair features new exhibits and great family fun. Enjoy free admission on Senior Day.

Chelsea Senior Center Wish List :

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

Arts and Crafts

Paint with Steve Wood

Monday, August 22 at 9:30 a.m.

Cost \$22 members / \$25 non-members (checks made payable to Steve Wood)

Make your reservations early by calling us at 475-9242. The class is often at its maximum. All materials furnished, you'll leave with a completed work of art. FUN!

Create Your Own Fairy House

Monday, August 22 at 1 p.m.

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

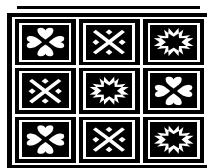
Cicely Mary Barker was an artist who illustrated Flower Fairies books published in the early 1900s. Today, Flower Fairies continue to capture the imagination of old and young. Join Old Friends, Merrill Crockett and Rita Hermann, to create your own one of a kind fairy house. All materials furnished. Space is limited to 12 so please call 475-9242 early to reserve your spot!

✓ **Check this out**

A Block a Month Quilting Group

Fridays, August 12 and 26 at 11:30 a.m.

Come share friendship and your love of quilting with this welcoming group. In August, we'll be working on primitive folk art quilting blocks.



Craft Group

Tuesdays, 10 a.m.

Free for members / \$1 non-members

Each week, bring your own project or join us to make crafts for special events. On Aug 2nd, join Helen O'Toole in making a cheery get well greeting card. Grandchildren welcome, materials provided.

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.

For Joyful Givers . . .

Leave a Legacy to the Chelsea Senior Center

Matching Funds Campaign! Through the generous support of a donor, we have an opportunity to match donations made to our Endowment Fund, which was created to ensure the Chelsea Senior Center's long term success. This is a great opportunity to see your donation "doubled" to benefit the Senior Center. Please don't wait to make this donation because the current MI state tax credit for your donation will expire after Dec. 31, 2011. Thank you for supporting the long term viability of our mission. For more information, please call Trinh or Kay at 734-475-9242.

for your
generosity,
please take some credit.

Help ensure the future of the Chelsea Senior Center by contributing to our endowment fund at the Community Foundation for Southeast Michigan. State law entitles you to a tax credit of 50 percent of the amount you contribute, subject to certain limits. Just write a check payable to the Community Foundation for Southeast Michigan, indicate the Chelsea Senior Center Endowment Fund in the "memo" line, and mail by December 31 to:

Community Foundation
for Southeast Michigan
333 W. Fort St., Suite 2010
Detroit, MI 48226-3134

For more information on the Michigan tax credit, call 734.475.9242.



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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.

Mott's Project

Thanks to several members we've already started our collection of baby quilts and tag blankets. Fabric donations are welcome. Directions for home seamstresses—

35" x 40" baby quilt—1 1/2 yds each of 2 baby prints (yours or ours). From each cut 28 squares 5 1/2" Sew 7 squares across and 8 down. Stitch in the ditch.

Tag Blankets—Cut bright multi-colored fabric ribbons to 5 1/2", fold and arrange on 11" square of fleece. Sew on second square (right sides together) and turn.

Cards and Games

Join one of these groups for fun and friendship! Free for Senior Center members and non-members pay \$1.

Bingo

Mondays and Fridays, 9 a.m.

Everyone is welcome to our Bingo. Drop in Monday or Friday morning for fun and fellowship.

Hand and Foot

Mondays, 12:30 p.m.

Join us for this fun Canasta style game. No experience needed.

Mah Jongg

Tuesdays, 9:30 a.m.

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.

Wii Fun!

Tuesdays, 9:30 a.m. and Fridays, 1 p.m.

Wii is an interactive video game that is simple and fun. We welcome everyone, no experience necessary. Come cheer for our Chelsea Senior Center Team at the Wii Bowling Tournament on Sept. 14, as they work their magic to keep the trophy!



Pinochle

Wednesdays, 1 p.m.

Pinochle players wanted. We'll help if you're a bit rusty. No partners needed.

Scrabble

Wednesdays, 1 p.m.

Enjoy a fun afternoon with one of the most popular board games. New players always welcome.

Chess

Thursdays, 10 a.m. Free

Challenge our master chess players 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.

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.



Join Us For Lunch

Taste of Home Café at 12 noon

Call your friends and join us for a wonderful lunch option. 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)

Please call 475-9242 at least 24 hours in advance!

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. Is lack of transportation and rising gas prices preventing you from coming to the Center? Please call us and we can help you find a ride.



Come see us in confidentiality

If finances are keeping you from joining the Center or attending a program, we can help through the generosity of an anonymous donor. If you are interested in receiving a scholarship, please see Trinh. All scholarship information and financial needs are kept strictly confidential.

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.

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 worldwide 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, August 12 at 10 a.m.

Nancy Van Blaricum, retired Chelsea teacher and member of the Genealogical Society of Washtenaw County, will provide helpful tips, resources, and inspiration to get you started on your genealogy research.



Tutoring

We are looking for volunteers interested in tutoring students in the Chelsea School District. Please call 475-9242 for more information.

Newsletter Assembly Group

Thursday, August 25 at 9:00 a.m.

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

Red Hatters

The Scarlett Ladies

Saturday, August 27 at 11:00 a.m.

The Red Hat group will meet at the Wolverine Inn and watch the Chelsea Fair parade from our prime viewing seats. Call Babette 475-0715 for more information.

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.

Computer Workstations Do you need to check email, find something on the internet, or use a computer, but don't have access to one at home? There are 2 workstations available at the Center you can use for free, just stop in and ask us!

Medicare/Medicaid Assistance Program (MMAP)

Trained certified counselors are available by appointment to help you navigate the system to obtain health care benefits. Call 475-9242 if you need help!

Blood Pressure 10 a.m. to noon on the first and third Tuesday of the month. Do you know your numbers? Thanks Barb 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 Mondays, August 1 and/or August 15, 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.

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

Eyeglass Adjustment Bring your eyeglasses to the Center for adjustments and minor repairs on the third Tuesday of the month at 10 a.m. This is a free service for members provided by Cherry Optometry.

Foot Care Dates for this great treatment are August 3rd and August 9th. 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!

Movies at the Center

Weekly movies at the Center are a fun way to spend time with your grandkids this summer. Enjoy free movies on the big screen and popcorn! Movies start at 12:30. p.m. Donations accepted.



Fri, Aug. 5: Ratatouille — 2007

Remy is a young rat in the French countryside who arrives in Paris and makes an unusual alliance with a restaurant's new garbage boy. The culinary and personal adventures begin despite Remy's family's skepticism and the rat-hating world of humans.

Fri, Aug. 12: Cloudy with a Chance of Meatballs - 2009

The most delicious event since macaroni met cheese. Inspired by the beloved children's book, the film focuses on a town where food falls from the sky like rain.

Fri, Aug. 19: James and The Giant Peach — 1996

Based on the 1961 novel by Roald Dahl, James' happy life at the English seaside is rudely ended when his parents are killed by a rhinoceros and he goes to live with his two horrid aunts. He befriends the occupants of an enormous peach growing in his garden who help him get to New York.

Fri, Aug. 26: Chicken Run — 2000

Chicken Run is a comedy escape drama with a touch of passion set on a sinister York's chicken farm in 1950's England. Hilarious!

Great Books Discussions With Chelsea District Library

The Boy Who Harnessed the Wind by William Kamkwamba

Friday, August 5 at 1 p.m.

This nonfiction account tells the story of the indomitable ingenuity of 14-year-old Malawi native William Kamkwamba. Confident that creating a windmill will improve difficult daily challenges in his village, Kamkwamba uses basic textbooks and cast-off materials to harness the wind to change the fortunes of his family.

My Antonia by Willa Cather

Friday, September 2 at 1 p.m.

Willa Cather's masterpiece follows an immigrant family newly arrived in rural Nebraska in the late 19th century against the backdrop of the wild prairie frontier. Narrator Jim Burden is immediately drawn to bold, free-spirited Antonia and the story follows the challenges she faces as a woman in that time and place and the uncontrollable forces in life that can change so much.



Our Sponsors...

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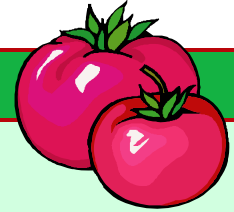
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www.bryanmerillat.com
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Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Foot Care	4	5
9:00 Bingo 10:00 Massage 10:00 Bike Ride Club* 10:30 Enhance Fitness 12:30 Hand & Foot July 24-Aug 2nd— Oregon trip	9:00 Swimming * 9:30 Mah Jongg 9:30 Wii 10:00 Blood Pressure 10:00 Crafts 1:00 Quilting for Charity 6:30 Euchre	10:30 Enhance Fitness 1:00 Pinochle 1:00 Scrabble	9:00 Swimming * 10:00 Computer Club 10:00 Chess 10:00 Sage-ing class 12:15 Bridge 12:30 Knit & Crochet	9:00 Bingo 10:00 Wood Carving 10:30 Enhance Fitness 12:30 Movie 1:00 Wii Fun 1:00 Book Club—<u>The Boy Who Harnessed The Wind</u>
8	9 Foot Care	10	11 Board Meeting	12
9:00 Bingo 10:00 Bike Ride Club* 10:30 Enhance Fitness 12:30 Hand & Foot	9:00 Swimming * 9:30 Mah Jongg 9:30 Wii 10:00 Crafts 11:00 Water Quality 1:00 Quilting for Charity 1:00 Matter of Balance 6:30 Euchre	10:00 Diamond Jack Cruise trip 10:30 Enhance Fitness 11:00 Cooking Demo 1:00 Pinochle 1:00 Scrabble	9:00 Swimming * 10:00 Computer Club 10:00 Chess 10:00 Community Walk 10:00 Sage-ing class 12:15 Bridge 12:30 Knit & Crochet 1:00 Matter of Balance	9:00 Bingo 10:00 Wood Carving 10:00 Genealogy 10:30 Enhance Fitness 11:30 Quilting Group 12:30 Movie 1:00 Wii Fun
15 Birthday Lunch!	16	17	18	19
9:00 Firekeeper's Casino Trip leaves from Center 9:00 Bingo 10:00 Massage 10:00 Bike Ride Club* 10:30 Enhance Fitness 12:30 Hand & Foot	9:00 Swimming * 9:30 Mah Jongg 9:30 Wii 10:00 BP/Eyeglass check 10:00 Crafts 11:00 Water Quality 1:00 Quilting for Charity 1:00 Matter of Balance 6:30 Euchre	10:00 Coin Collecting 10:30 Enhance Fitness 11:30 Out to Lunch* 1:00 Pinochle 1:00 Scrabble	9:00 Swimming * 10:00 Chess 10:00 Computer Club 10:00 Community Walk 10:00 Sage-ing class 12:15 Bridge 12:30 Knit & Crochet 1:00 Matter of Balance	9:00 Bingo 10:00 Wood Carving 10:30 Enhance Fitness 12:30 Movie 1:00 Wii Fun
22	23	24	25	26
9:00 Bingo 9:30 Paint with Steve 10:00 Bike Ride Club* 10:30 Enhance Fitness 12:30 Hand & Foot 12:30 ALI speaker 1:00 Create a Fairy House w/ Old Friends	9:00 Swimming * 9:30 Mah Jongg 9:30 Wii 10:00 Crafts 11:00 Water Quality 1:00 Quilting for Charity 1:00 Matter of Balance 6:30 Euchre	10:30 Enhance Fitness 11:00 Cooking for One 1:00 Pinochle 1:00 Scrabble	9:00 Newsletter Assembly 9:00 Swimming * 10:00 Community Walk 10:00 Chess 10:00 Computer Club 10:00 Sage-ing class 11:00 CCA Visit 12:15 Bridge 12:30 Knit & Crochet 1:00 Matter of Balance	9:00 Bingo 10:00 Wood Carving 10:30 Enhance Fitness 11:30 Quilting Group 12:30 Movie 1:00 Wii Fun Sat, Aug. 27 11:00 Red Hatters*
29	30	31		
9:00 Bingo 10:00 Bike Ride Club* 10:30 Enhance Fitness 12:30 Hand & Foot	9:00 Swimming * 9:30 Mah Jongg 9:30 Wii 10:00 Crafts 1:00 Quilting for Charity 1:00 Matter of Balance 6:30 Euchre	10:30 Enhance Fitness 11:00 Cooking Demo 1:00 Pinochle 1:00 Scrabble	<h1>August 2011</h1> * Indicates programs taking place away from Senior Center campus	



August 2011

Chelsea Seniors



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Chicken Lasagna California Blend Veggies Warm Garlic Breadstick Fruit and Salad Dessert of the Day</p>	<p>2 Baked Potato Bar with Chili and Toppings Steamed Broccoli Fruit and Salad Dessert of the Day</p>	<p>3 Chicken Parmesan with Penne Pasta Steamed Vegetable Fruit and Salad Dessert of the Day</p>	<p>4 Hearty Beef Stew Buttery Baby Peas Fruit and Salad Dessert of the Day</p>	<p>5 Stacked Ham on Rye w/swiss cheese Side salad Fruit Whole grain chip Dessert of the day</p>
<p>8 Savory Pork Chop Mushroom Gravy Whipped Potatoes Seasoned Green Bbeans Fruit and Salad Dessert of the Day</p>	<p>9 Grilled Ham and Cheese Sandwich Soup Italian Pasta Salad Fruit and Salad Dessert of the Day</p>	<p>10 Grilled Quarter Pound Burger on a Toasted Bun Assorted Condiments Seasoned Wedge Fries Buttered Corn Fruit and Salad Dessert of the Day</p>	<p>11 Sour Cream Beef Stroganoff Seasoned Egg Noodles Honey Glazed Carrots Fruit and Salad Dessert of the Day</p>	<p>12 Chef salad Roll w/butter Fruit Dessert of the day</p>
<p>15  Birthday Celebration Oven Fried Chicken and All the Fixins Fruit and Salad</p>	<p>16 Sandy's Sloppy Joes Bakery Bun Sweet Potato Fries Cauliflower with Cheese Fruit and Salad Dessert of the Day</p>	<p>17 Roast Turkey & Gravy Whipped Potatoes Seasoned Green Beans Chilled Cranberry Sauce Fruit and Salad Dessert of the Day</p>	<p>18 Homebaked Italian Lasagna Broccoli with Parmesan Crunchy Garlic Toast Fruit and Salad Dessert of the Day</p>	<p>19 Turkey wrap Side salad Fruit Whole grain chip Dessert of the day</p>
<p>22 Flavorful Chicken Pot Pie Creamy Mashed Potatoes Fruit and Salad Dessert of the Day</p>	<p>23 Ballpark Beef Frank On Steamed Bun Brown Sugar Baked Beans Buttered Corn Fruit and Salad Dessert of the Day</p>	<p>24 Kielbasa & Sauerkraut Pickled Beets Fruit and Salad Dessert of the Day Smaczne!</p>	<p>25 Homemade Salisbury Steak Creamy Mashed Potatoes Steamed Mixed Vegetable Fruit and Salad Dessert of the Day</p>	<p>26 Cobb salad Roll w/butter Fruit Dessert of the day</p>
<p>29 Italian Spaghetti with Meatballs Crunchy Garlic Toast Steamed Spring Peas Fruit and Salad Dessert of the Day</p>	<p>30 Chicken Divan with Broccoli and Mushrooms Long Grain and Wild Rice Breadstick Fruit and salad Dessert of the Day</p>	<p>31 Mouth-Watering Meatloaf Brown Gravy Creamy Whipped Potatoes Steamed Vegetable Fruit and Salad Dessert of the Day</p>		<p>Supported through the Washtenaw County Area Agency on Aging 1B</p>

News
We are only offering
the following for
summer feeding
Monday thru
Thursday

Turkey with cheese on wheat

Chef Salad

Thank you



Service First Home Care

Non-medical Home Assistance



Assistance with Activities of Daily Living:

Light Housekeeping	Meal Preparation
Shopping/Errands	Companionship
Medication Reminders	Bathing/Grooming
Transportation Services	Memory Care

Maggie Roberts, MA, LPC 734-223-4434
Aaji Barbour, BA, CNA 734-747-1841

www.servicefirsthomecare.com



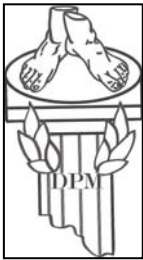
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ALI is a non-profit organization. We offer a series of non-credit mini-classes; many are conducted in cooperation with Washtenaw Community College.

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Chelsea Chiropractic Center

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drjimduncan@hotmail.com

James G. Duncan II, D.C.

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WEAR IT. DO IT. LIVE IT. IT'S YOUR LIFE!



At Silver Maples we provide opportunities for individuals to continue actively building their lives on their own terms—growing, aging well and connecting with our community.

Every day is a new day, bringing new opportunities, experiences and feelings. How do you feel today?

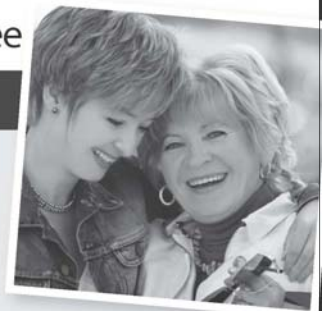
Learn more at www.silvermaples.org!

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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
- Private patio or balcony
- Lush green spaces

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



THE PINES
SENIOR APARTMENTS
MANAGED BY UNITED METHODIST
RETIREMENT COMMUNITIES



Come Travel with Us!



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

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)
Two hour cruise on the Detroit River. Sit back, relax and enjoy an afternoon of fun in the sun on this waterway that has played a big part in Michigan's history.

Firekeepers Casino Trip

Monday, August 15th; depart 9 a.m.
Cost: \$26 (return of \$20 to play, \$5 for food)
Please provide players card number when registering.
Don't delay—this trip fills quickly!

Mackinac Bridge Walk

Sunday, Sept 4th— Monday 5th; depart Sunday a.m.
Cost: \$160 member / \$165 non-member
Join us for Michigan's Labor Day Bridge Walk. Sunday night we'll dine, play & stay in Petoskey. There will be time in Mackinaw City after the walk. We invite all ages to join us for this annual 7 mile walk. Move more!



Mystery Trip

Thursday, Sept 29th; depart 8 a.m.
Cost: \$66 member / \$71 non-member, includes lunch
A mystery, a mystery—where can it be? North, south, east or west? A lunch stop for sure, but the rest is a mystery! Reservations by Sept. 10th.



Tim Conway Show

Wednesday, October 12th; depart 10:45 a.m.
Cost: \$81 member / \$86 non-member (due Sept 1st)
We all remember Tim as Carol Burnett's sidekick. We'll travel to the Stranahan Theater in Toledo to see Tim and friends for his timeless comedic act. Lunch stop on the way, not included in cost. Mark your calendar and be prepared for an afternoon of laughter!

Texas Tenors—winners of America's Got Talent TV show

Tuesday, Nov 29th; depart 10:45 a.m.
Cost: \$75 members/\$80 non-members
(due Oct 11th)



Millions saw the Texas Tenors on 'America's Got Talent'. Come hear beloved songs such as *Danny Boy*, *You Raised Me Up*, *God Bless the USA*, plus your favorite Country and Christmas tunes. The Texas Tenors present an amazing performance of a variety of music. Lunch on the way is not included in cost.

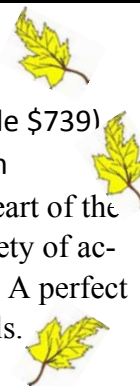
Donny & Marie: Christmas @ Fox Theatre

Saturday, Dec 3rd; depart 1:15 p.m., return 7:30 p.m.
Cost: \$78 members/\$83 non-members (due now)
Donny and Marie invite you to join them to celebrate the joy of the season in true Osmond fashion. Accompanied by 8 dancers and a 9-piece band. Dinner after show is not included in cost. Join us for this holiday treat!

Extended Trips

Rails of West Virginia

October 17th—20th
Member Cost: \$799 double (single \$959; triple \$739)
\$50 deposit to reserve—balance by Sept 10th
Enjoy fall colors as you ride the rails to the heart of the Appalachian Mountains. 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
Start the holidays with this favorite destination for renowned shows including Shoji Tabuchi, Brett Family and SIX, the new family sensation. Enjoy the Sight and Sound Theater's version of the Christmas Story. We'll be staying at the Hilton Hotel. 7 meals.

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 \$5.00 handling fee, will be provided. Members are encouraged to purchase insurance. 11

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

Nonprofit Org.
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Chelsea, Mich.
Permit No. 21

Return Service Requested

August 2011

In Memoriam: Bob Musolf, Ruby Weitzel, Howard Poley Sr.

Trinh Pifer, Executive Director

Kay Heller, Administrative Assistant

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.

Hours of Operation

Chelsea Senior Center is open Monday thru Friday from 9 a.m. to 3 p.m. Call us at 734-475-9242 or email to chelseaseniors@aol.com

2011 Travel at a Glance . . .

- ◆ Diamond Jack River Cruise — August 10
- ◆ Firekeepers Casino — August 15
- ◆ Mackinac Bridge Walk — September 4 and 5
- ◆ Mystery Trip — September 29
- ◆ Tim Conway Show — October 12
- ◆ Rails of West Virginia — October 17 thru 20
- ◆ Branson, MO — November 14 thru 18
- ◆ Texas Tenor Christmas Show — November 29
- ◆ Donny & Marie Christmas Show—December 3

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.