

Table of Contents

Special Jan. Events	1 & 2
Wellness / Fitness	3
Crafts, Cards and Games	4
Clubs and Groups	4
Services & Joyful Giving	5
Books, Movies	6
Monthly Calendar	7
Lunch Menu	8
2012 Membership Form	9
Sponsors & Supporters	6 & 10
Travel	11



## December Celebrations

### January Birthday Lunch

Monday, January 23rd at noon

Join us as we celebrate Chinese New Year and January birthdays. Come enjoy a delicious Asian lunch with special surprises. Birthday cake will be served by sponsor Maggie Roberts of Service First Home Care. We'll adjourn to room 113 for Trinh's program on her recent travels.



### Celebrate Chinese/Lunar New Year

Monday, January 23 at **12:45 p.m.** FREE

It's the Year of the Dragon! Come hear about the traditions of the Lunar New Year celebrated all over Asia. Trinh will share pictures and stories of her travels through Vietnam. Refreshments will be served.



**MEMBERSHIP DRIVE:** Did you know that we have over 600 active members and on average, we record over 1400 visits per month? Help us build our membership and keep our Center an active resource for the community. Sign up for membership today and **BRING A FRIEND!** Your membership helps to support our operational costs so that we can continue to provide the quality programs and services that we all enjoy. Please help us save additional printing and mailing costs by sending in your completed membership forms today!

## Special January Events

### Warm and Healthy Breakfasts

Wednesday, January 25 at 9:30 a.m. FREE

Sara Simmerman, Food Service Director for Chelsea Schools, will share information and recipes incorporating whole grains. Enjoy sampling items prepared with grains such as barley, quinoa, rice, grits, amaranth, spelt, and several types of oats. January is oatmeal month! Please call 475-9242 to let us know you'll be attending.

### Chelsea's Resilience 100 Years Ago

Friday, January 27 at 11:00 a.m. FREE

Local historian, Cary Church, will share information on what resilience and sustainability really means and how we have lost the definition of these concepts over the years. This presentation is supported by the Chelsea Education Foundation as part of the series "Our Changing World". Please call the Center to register.

## Learning Opportunities

### Health Savings & Medication Safety

Wednesday, January 11 at 9:30 a.m. FREE

How can I lower my medication costs? What's the difference between a brand name and a generic drug? These questions and more will be discussed by University of Michigan pharmacy students and faculty. Major points that will be addressed include how a brand-name drug becomes generic, five easy ways to lower medication costs, what role pharmacists can play in your health care, and how taking your medications can help save you money in the long term. Please call the Center at 475-9242 to register.

### Legal Link: "Is My Power of Attorney Enough?"

Thursday, January 19 at 9:00 a.m. FREE

A monthly presentation and question and answer club about topics of interest to seniors and their families. Come join this monthly Q&A forum and hear the topic of the month or bring your own questions. This month's topic will cover the issues of powers of attorney. Information, peace of mind, and refreshments provided.

**A Message from our Director....**

Happy New Year! With a brand new year ahead of us, it's fun to make some resolutions:

- “Travel to Malta where my mother is from” - Eileen
- “Get through my back log of resolutions” - John
- “Resolve not to make resolutions” - many individuals!

We are excited to plan ahead for 2012 and share a sneak peek of projects and events on the horizon: an intergenerational garden right outside our cafeteria doors (next to the Preschool playground), Celebrity Servers event at Chelsea's Big Boy in March, and the Chelsea Expo in April, among many other new events and fundraisers that are being explored.

The new year is also a time to think about cleaning out clutter, so this newsletter has been “reorganized” to save space (and paper). Check out the new layout and let us know what you think!

Be sure to read our first Chelsea Senior Center Annual Report, which will be posted on-line by the end of January; copies will be available in our office. It's a great way to summarize and review 2011 and to thank all of our supporters for the year. Warm wishes to all for good health, prosperity, and happiness in the new year!

~ Trinh

**Happy New Year!**

**Events on the Horizon**

**Tax Prep Assistance**

Thursdays, February 23, March 8 & March 22  
Catholic Social Service volunteers will be available to help low income seniors with simple tax returns. Please call the Center at 475-9242 to schedule your appointment between 9:00 and 12 noon. Donations requested.

**Adult Learner's Institute Winter/Spring offering**

The Adult Learners Institute (ALI) provides a diverse selection of quality community-based learning experiences and camaraderie for adults in western Washtenaw County. Registration for the Winter/Spring semester starts January 11. Course catalogs can be picked up at the Senior Center or at [www.adultlearnersinstitute.org](http://www.adultlearnersinstitute.org).

**Donor Appreciation Event**

A sincere thank you to all our donors who supported our Matching Funds campaign in 2011. With their support, we were able to build our Endowment Fund with the Community Foundation for Southeast Michigan. Additionally, many individuals made cash contributions with membership levels at Silver (\$50), Gold (\$100), and \$250 Club memberships. Our Circle of Donors are important to the long term sustainability of our mission. We invite all our donors to join us for a “Donuts for Donor” event on Wednesday, January 18 at 9:00 a.m. Come enjoy donuts, coffee, and meet the 2012 Board of Directors. Please call the Center at 475-9242 to confirm your reservation.

**Community Events**

**Senior Supper Club**

Tuesday, January 10 Cost \$6  
4 p.m. Program / 5 p.m. Dinner

Chelsea Community Hospital Cafeteria  
Join Kim Campbell, RN and Anita Repp, MD to learn the most up to date information about Diabetes and meet Chelsea's first Endocrinologist.



**Kaleidoscope Concert Series**

Tuesday, January 17 at 7:00 p.m. FREE  
Silver Maples

Twin brothers San and Laz combine matched voices with wonderful musicianship on nearly a dozen instruments. For this show, they'll be joined by San's daughter Emily.

**Out to Lunch Bunch**

**Wednesday, January 18 at noon**

Join this fun group for lunch in downtown Chelsea at **Back to the Roots** located at 115 S. Main Street in downtown Chelsea. You can try sushi, or their delicious salads and sandwiches. Call 475-9242 so we can make reservations for the group.



**Chelsea Senior Center Craft Corner**

Have you noticed the beautifully made crafts on display in the main office? These are all made by our various craft groups and talented members as an ongoing fundraiser for the Senior Center. Make a donation to the Senior Center and take home a handmade birdhouse or knit blanket, which make wonderful gifts!

**Wellness for all**

**Enhance Fitness**

Mondays, Wednesdays, and Fridays, 10:30 - 11:30 a.m.  
Cost: \$3 drop-in/class or \$22 for an 8-session card  
Wednesdays are FREE from January 25 - March 28  
courtesy of Washtenaw Community College!

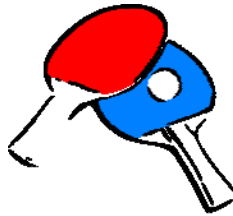
This class focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises needed to maintain strength and function. Bring a friend to this evidence based fitness class; their first time is free.

**Ping Pong**

Mondays, 1:00 p.m.

Join us for a fun afternoon of exercise and friendly competition. Come learn how to play or fine tune your skills.

Equipment provided or bring your own lucky paddle.



**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.



**Bowling at Chelsea Lanes**

Wednesdays, 1:00 p.m.

Join our regular bowlers for fun and exercise at Chelsea Lanes. For more information, please contact the Lanes at 475-8141 and ask to speak with Kathy GreenLeaf.

**Subs needed!**

**Walking Move More with Chelsea Seniors!**

Monday, Wednesday & Friday at 10 a.m.

**Sheri's program:** Monday, Jan 16 at 9:30 a.m.

Looking for some motivation to get more exercise? Join our new walking group three times a week at 10:00 a.m. as we walk the halls. On Jan 16, Sheri Montoye, Healthy Communities Walking Program, will be here to share hints on staying committed to a walking program.

Come any day to walk the WSEC halls. Stop by the office to say hello while you are here!



**NEW Wellness program**

**Transitional Movement Exercises**

4-week FREE Introductory classes

Tuesdays, January 24 - February 9 at 11:00 a.m.

Jan Sevede has been training over a year in this proven method for lifetime fitness, vitality, and natural pain relief. This program incorporates gentle and safe movements that will help improve your flexibility and enhance your mental and emotional well being. Bring your own cotton quilt (approx. 4 ft wide x 6 ft long) or a limited number will be available to borrow.

Maximum of 12 participants per class -- call the Center to sign up early!



**Chelsea Senior Center Board of Directors**

Please welcome our new Board members and officers for 2012. They are a dedicated group of volunteers who provide vital leadership and vision for the Chelsea Senior Center.

Susan Bairley  
*President*

Jim Randolph  
*Vice President*

Gina Ekis  
*Secretary*

Dennis McDonald  
*Treasurer*

Jean Dunn  
Frank Hammer

Wilma Sell  
Rev. Doris Sparks

Phyllis Jonas  
Bryan K. Merillat  
Rodney Payne

Susan Zale  
Rev. Jeff Crowder, *School Board Liaison*

If you are interested in learning more about being on the Board, please come and talk to Trinh or Kay. We are always seeking individuals who want to support the mission of the Senior Center.

**Join us for lunch**

**Taste of Home Café at 12 noon**

Join us for lunch — 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 \$3.00 (if registered with the Senior Nutrition Program). The public is most welcome, guest cost is \$5.50 per person. Check out the great menu in this newsletter or online and give us a call.

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

**Arts and Crafts**

Check out our calendar for dates and times of our weekly Arts and Crafts groups. Drop in for Crafts on Tuesday mornings, Charity Quilting on Tuesday afternoons, Knit & Crochet on Thursday afternoons, and Wood Carving on Friday mornings. Members and non-members alike are invited to join. Come have fun, learn something new or lead a class for others. Please call 475-9242 with questions.



**Paint with Steve Wood**

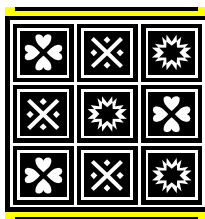
Monday, January 23 9:30 a.m. Cost: \$22 members/\$25 non-members. Checks payable to Steve Wood. Anyone can paint! Join this fun group — leave with a completed painting ready to frame.

**Stained Glass Class**

Wednesdays, 9:30 - 11:30 a.m.  
Cost: \$3 members / \$4 non-members (per session)  
All levels welcome in this stained glass workshop with Harry Gibson. Glass and supplies for purchase.

**The Strippers Quilting Group**

Friday, January 13 and 27 at 11:30 a.m.  
Join us in January to learn about making quilt blocks of Michigan and 17th century with histories of each. For more information, call Sidney at 734-428-8679.



**Cards and Games**

Chelsea Senior Center's calendar lists a variety of cards and games. Check it out and then join us for something new this year. You'll find fun and interesting people already playing Euchre, Bingo, Mahjonn, Hand & Foot, Pinochle, Scrabble, Wii, Bridge, and Chess. Come join us for fun and friendship! If you'd like to start a new group please let us know — our offices are always open.



**Instructional Bridge**

Thursdays, 10:00 with Arlene Howe  
Cost: \$5

Come learn techniques with Arlene and then stay to play starting at 12:15 p.m. for registration. Cost for an afternoon of bridge with prizes—\$3.00. Drop in, partners not required.

**Clubs and Groups**

We have many groups that have been formed and are led by our members. Join our Computer Club, Coin Collecting Club, and Writing Group to meet other members and learn a new hobby or skill. Check out our monthly calendar for meeting dates and times.

**Men's Barbershop Quartet**



Wednesday, January 11 at 1:00 p.m.

Ever had a hankering for singing in a barbershop quartet? Do you enjoy singing? If you answered "Yes", join this group for their first meeting on Wednesday, January 11.

**The Scarlett Ladies**

Tuesday, January 17 at 1:00 p.m.

Meet at the Senior Center for lunch followed by a short business meeting. Call Babette at 475-0715 for information.

**Newsletter Assembly Group**

Thursday, January 19 at 9:00 a.m.

Join this dedicated group as we collate, secure and label each newsletter.

**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.



**Scholarships Available!**

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 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.

**Transportation**

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

**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.

**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!

**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!

**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.

**Sewing, Mending and Repairs** A service for members; a donation to the Senior Center requested. Bring matching thread if possible.

**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 \$1 per minute: you can schedule your chair massage on Monday, January 16. Dawne will be here from 10 a.m. to 1 p.m.; call us to schedule your appointment—475-9242.

**Foot Care** Ava will be on temporary leave of absence Dec. thru Feb. 2012 for hand surgery. All Dec, Jan, and Feb appointments are cancelled. Ava will be contacting all her patients on an individual basis. She hopes to return in March & will keep us all informed of her progress. Call Ava at (734) 878-7330 if you need to re-schedule an appointment.

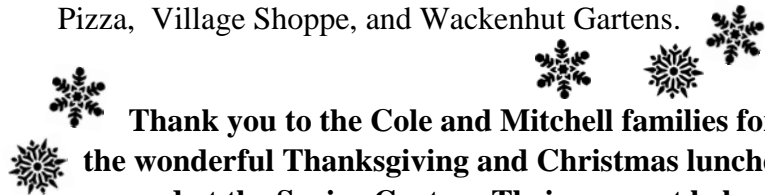
**Reflexology** Growing in popularity, reflexology offers a relaxing retreat from the stresses of the world giving the body an opportunity to use its own healing abilities. Sign up for this great therapy on January 17. Each 15 minute session cost \$10 members; \$15 non-members. Please call the Center to sign-up.



**Thank you to our Community Sponsors**

Chelsea Senior Center's December fundraiser "Holiday Songs from the Cinema" was a success thanks to the dedication of our members. A special thanks to Heather Tumbow, the Greenleaf family, and all the performers including the Chelsea Center for the Arts Children's Choir and Beach Middle School Fiddle Club.

We also thank the following businesses and individuals for contributing to baskets sold at our silent auction: Anytime Fitness, Arends Tree Farm, Jan Baird, Arctic Breakaway, Aubree's Grill, Back to the Roots, Eileen Blough, Chelsea Area Wellness Foundation, Chelsea Farmer's Supply, Chelsea Grille, Chelsea Pharmacy, Chelsea Teddy Bear Company, Chelsea Wellness Center, Christine's Dexter, Cleary's Pub, Dawne Salow Massage, Dexter Mill, Jean & Paul Dunn, Ellie's, Garden Mill, Harry Gibson, Barb Goderis, Gourmet Chocolate Café, Inverness Inn, Henry Johnson, McCalla Feeds, Jim & Mary Randolph, Reddeman Farms, Thompson's Pizza, Village Shoppe, and Wackenhut Gartens.



**Thank you to the Cole and Mitchell families for the wonderful Thanksgiving and Christmas lunches served at the Senior Center. Their support helped provide delicious holiday meals and fun entertainment for over 300 seniors in our community!**

**Help Support the Senior Center**

**Two Great Condos for Rent!**

The Senior Center has two condos available for rent in Gatlinburg, Tennessee and Branson, Missouri. The condos are near theaters and attractions for the whole family to enjoy. Both units are fully furnished and sleeps 8. Rates for 2012 are \$600 a week for each unit. Please contact the Center for more information.

**Chelsea Senior Center Wish List :**

- ◆ Decaf and Regular coffee
- ◆ Coffee cups
- ◆ Paper towels
- ◆ Gift Cards to Meijer or Target for snacks
- ◆ Colored copy paper — ream each color preferred

**Movies at the Center**

Classical musicals continue by popular demand! Come for popcorn, fellowship and great theater. Movies start at 12:30 p.m. Donations accepted.

**Friday, Jan. 6: Gypsy 143 min 1962**

Based on the Broadway hit about the life and times of burlesque dancer Gypsy Rose Lee.

**Friday, Jan 13: Cabaret 124 min 1972**

A female club entertainer in Berlin romances two men while the Nazi party rises to power around them.

**Friday, Jan 20: Annie Get Your Gun 107 min 1950**

The story of the great sharp-shooter, Annie Oakley, who rises to fame while dealing with her love/professional rival, Frank Butler

**Friday, Jan 27: Carousel 128 min 1956**

Billy Bigelow asks for permission to be sent down "from above" for one day to try and make amends for mistakes he made in life.

**Great Books Discussions With Chelsea District Library**

**Red Badge of Courage by Stephen Crane**

Friday, January 6 at 1 p.m.

This classic story about a young soldier during the American Civil War examines the conflict as an external force, represented by the battle, and as internal struggles, represented by the emotion and pressure experienced by the young men on the battlefield.

**Midnight in the Garden of Good and Evil**

**by John Berendt**

Friday, February 3 at 1 p.m.

A compelling nonfiction account that reads like a novel. Centered on a scandalous murder mystery involving one of Savannah's most prominent citizens, "Midnight" richly evokes the peculiar character of this city and its inhabitants ranging from genteel society to drag queens to voodoo practitioners.



**Our Sponsors...**

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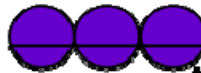


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Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
SORRY, THE SENIOR CENTER WILL BE CLOSED 	9:00 Swimming * 9:30 Mah Jongg 10:00 Crafts <b>10:00 Blood Pressure</b> 1:00 Quilting for Charity 1:00 Wii Fun 6:30 Euchre	9:30 Stained Glass 10:00 Walking Group 10:30 Enhance Fitness 1:00 Pinochle 1:00 Scrabble 1:00 Bowling League*	9:00 Swimming * 10:00 Computer Club 10:00 Chess 10:00 Bridge Class 12:15 Bridge 12:30 Knit & Crochet	9:00 Bingo 9:30 Mah Jongg 10:00 Wood Carving 10:00 Walking Group 10:30 Enhance Fitness 12:30 Movie 1:00 Wii Fun <b>1:00 Book Club</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:00 Bingo 10:00 Walking Group 10:30 Enhance Fitness 12:30 Hand & Foot 1:00 Ping Pong <b>1:00 Writing Group</b>	9:00 Swimming * 9:30 Mah Jongg 10:00 Crafts 1:00 Quilting for Charity 1:00 Wii Fun <b>4:00 Senior Supper Club*</b> 6:30 Euchre	9:30 Stained Glass <b>9:30 U of M Pharmacy school presentation</b> 10:00 Walking Group 10:30 Enhance Fitness 1:00 Pinochle 1:00 Scrabble 1:00 Bowling League* <b>1:00 Barbershop Quartet</b>	<b>8:30 Board Meeting</b> 9:00 Swimming * 10:00 Computer Club 10:00 Chess 10:00 Bridge Class 12:15 Bridge 12:30 Knit & Crochet	<b>8:45 DSO departs*</b> 9:00 Bingo 9:30 Mah Jongg 10:00 Wood Carving 10:00 Walking Group 10:30 Enhance Fitness 11:30 Quilting Group 12:30 Movie 1:00 Wii Fun
<b>16</b>	<b>17 Kaleidoscope Concert*</b>	<b>18</b>	<b>19</b>	<b>20</b>
9:00 Bingo <b>9:30 Healthy Communities Walking Program</b> <b>10:00 Massage</b> 10:00 Walking Group 10:30 Enhance Fitness 12:30 Hand & Foot 1:00 Ping Pong <b>1:00 Writing Group</b>	<b>9:00 Firekeepers depart*</b> 9:00 Swimming * <b>9:20 Reflexology</b> 9:30 Mah Jongg 10:00 Crafts <b>10:00 Blood Pressure</b> 1:00 Quilting for Charity 1:00 Wii Fun 6:30 Euchre <b>Red Hatters*</b>	<b>9:00 Donuts for Donors</b> 9:30 Stained Glass <b>10:00 Coin Collecting</b> 10:00 Walking Group 10:30 Enhance Fitness <b>12:00 Out to Lunch *</b> 1:00 Pinochle 1:00 Scrabble 1:00 Bowling League*	<b>9:00 Newsletter Assembly</b> 9:00 Swimming * <b>9:00 Legal Link</b> 10:00 Chess 10:00 Computer Club 10:00 Bridge Class 12:15 Bridge 12:30 Knit & Crochet	9:00 Bingo 9:30 Mah Jongg 10:00 Wood Carving 10:00 Walking Group 10:30 Enhance Fitness 12:30 Movie 1:00 Wii Fun
<b>23 BIRTHDAY LUNCH!</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:00 Bingo <b>9:30 Paint with Steve</b> 10:00 Walking Group 10:30 Enhance Fitness <b>12:00 Birthday Lunch</b> <b>12:45 Lunar New Year/ Vietnam travelogue</b> 12:30 Hand & Foot 1:00 Ping Pong	9:00 Swimming * 9:30 Mah Jongg 10:00 Crafts <b>11:00 Transitional Movements Exercise</b> 1:00 Quilting for Charity 1:00 Wii Fun 6:30 Euchre	<b>9:30 Nunset Blvd depart*</b> <b>9:30 Healthy Breakfasts Program</b> 9:30 Stained Glass 10:00 Walking Group 10:30 Enhance Fitness 1:00 Pinochle 1:00 Scrabble 1:00 Bowling League*	9:00 Swimming * 10:00 Chess 10:00 Computer Club 10:00 Bridge Class 12:15 Bridge 12:30 Knit & Crochet	9:00 Bingo 9:30 Mah Jongg 10:00 Wood Carving 10:00 Walking Group 10:30 Enhance Fitness <b>11:00 Chelsea's Resilience 100 Yrs Ago</b> 11:30 Quilting Group 12:30 Movie 1:00 Wii Fun
<b>30</b>	<b>31</b>	<h1 style="text-align: center;">January 2012</h1>  <p style="text-align: right;">*Indicates programs taking place away from Senior Center campus</p>		
9:00 Bingo 10:00 Walking Group 10:30 Enhance Fitness 12:30 Hand & Foot 1:00 Ping Pong	9:00 Swimming * 9:30 Mah Jongg 10:00 Crafts <b>11:00 Transitional Movements Exercise</b> 1:00 Quilting for Charity 1:00 Wii Fun 6:30 Euchre			



## 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.

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## CARE RESPONSE

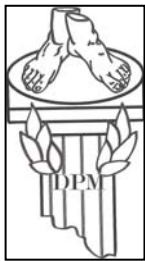
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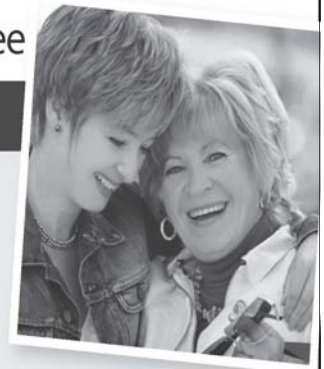


**f (734) 475-4111 | [www.silvermaples.org](http://www.silvermaples.org)**

## 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](mailto:chelseapines@aol.com)  
325 Wilkinson Street, Chelsea, MI 48118



# Come Travel with Us!



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

## Extended Trips

Flyers for extended trips available at the Center or online at [www.chelseaseniors.org/travel](http://www.chelseaseniors.org/travel). Call or visit us for additional information.

### Montréal, Quebec City & Ottawa

May 14 thru 19 Cost: \$1499 double (\$1359 triple)  
Deposit \$100; Balance due April 1st



Enjoy romantic rail travel from Windsor with stays in Montreal, Quebec City accommodations at the Fairmont Le Chateau on the St. Lawrence River and sightseeing in Ottawa.

### Western National Parks

August 5 thru 15  
Cost: \$2,999 double (\$2,749 triple) Deposit of \$250 at registration, balance due June 10th. Insurance \$150  
Visit our own "Wonders of the World". Roundtrip air to Denver, 10 nights lodging with breakfasts, 1 lunch, 5 dinners. Tours of Western National Parks include Arches, Canyonlands, Salt Lake City, Jackson Hole, Grand Tetons, Yellowstone, Mt. Rushmore and more.



### British Landscapes

September 27 thru October 6  
Cost: \$3,399 double (\$3,369 triple), book by March '12  
Don't miss this opportunity to taste and see the best of England, Scotland and Wales. See Big Ben, Stonehenge, the Tower of London and more. Stay at Ruthin Castle and in Shakespeare's Stratford-Upon-Avon.

## Day Trips

### Firekeepers Casino Trip

Tuesday, January 17; depart 9:00 a.m.  
Cost: \$27 (return of \$20 to play, \$5 for food)  
Treat yourself to a one day getaway this January!



## Day Trips

### Detroit Symphony Orchestra—Gershwin

Friday, Jan 13; depart at 8:45 a.m., return 2:00 p.m.  
Cost: \$71 members/\$76 non-members Wait list only.

### "Nunset Boulevard" at Meadow Brook Theatre

Wednesday, Jan 25; depart 9:30 a.m., return 5:30 p.m.  
Cost: \$76 members/\$81 non-members (includes lunch)  
A special treat as we enjoy a musical comedy about the adventures of nuns who travel to California. Lunch in the elegant Meadow Brook Hall.

### D I A —Rembrandt and the Face of Jesus

Thursday, Feb 9; depart 8:30 a.m., return 3:00 p.m.  
Cost: \$45 members/\$50 non-members  
Join us for this special exhibit and see how Rembrandt broke the convention of showing Jesus as a divine, perfect figure by portraying him as a compassionate, complex human being.

### Red Wings Hockey—Date to be determined

Check February's newsletter and our website for details on a March trip to "Hockeytown"!



### South Pacific at the Fox Theater

Saturday, March 3, 2012; depart 12:15 p, return 5:30 p  
Cost: \$75 members/\$80 non-members by Feb 1st



Enjoy this breathtaking Rogers and Hammerstein musical. A romantic story set on a tropical island tells WWII's effect on two couples.

### Canada Day Shoreline Appreciation Tour

Monday, May 7; depart approx 8 a.m., return 6 p.m.  
Cost: \$65, includes lunch in historic Amherstburg  
Tour famous Windsor "Underground Railroad" site, a mansion built by Hiram Walker heir, and a beautiful winery on Lake Erie. Passport or equivalent required.

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.

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

Trinh Pifer, Executive Director  
Kay Heller, Administrative Assistant

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January 2012

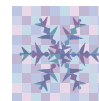
*In Memoriam: Ruth Leach, Jackie Frank, Muriel Juergens, Marjorie Prinzing, Katherine Eisele*



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](mailto:chelseaseniors@aol.com)

**Travel at a Glance . . .**



- ◆ DSO: Gershwin — January 13, 2012
- ◆ Firekeeper's Casino Trip — January 17, 2012
- ◆ Nunset Boulevard Musical — January 25, 2012
- ◆ California Coast — Feb 1 thru 7, 2012
- ◆ DIA Rembrandt "Face of Jesus" — Feb 9, 2012
- ◆ South Pacific — March 3, 2012
- ◆ Red Wings Hockey — TBD
- ◆ Canada Day — May 7, 2012
- ◆ Montréal & Quebec City — May 14 thru 19
- ◆ Western National Parks — August 5 thru 15
- ◆ British Landscapes — Sept 27 thru Oct 6, 2012

*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.*



# January 2012

## Chelsea Seniors





**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>2</b> No Lunch</p>	<p><b>3</b> Chicken Divan with Broccoli and Mushrooms Long Grain and Wild Rice Breadstick Fruit and salad Dessert of the Day</p>	<p><b>4</b> Mouth-Watering Meatloaf Brown Gravy Creamy Whipped Potatoes Steamed Vegetable Fruit and Salad Dessert of the Day</p>	<p><b>5</b> Grilled Pastrami on Rye Bread Sunchips Bowl of Savory Chili Fruit and Salad Dessert of the Day</p>	<p><b>6</b> Kielbasa &amp; Sauerkraut Pickled Beets Fruit and Salad Dessert of the Day  Smacznel!</p>
<p><b>9</b> Lemon Chicken Couscous California Blend Vegetables Fruit and Salad Dessert of the Day</p>	<p><b>10</b> Homestyle Stuffed Cabbage Roasted Carrots Fruit and Salad Dessert of the Day</p>	<p><b>11</b> Shepherd's Pie w/Mixed Veggies Fruit and Salad Dessert of the Day</p>	<p><b>12</b> Savory Swedish Meatballs Buttered Egg Noodles Steamed Mixed Vegetables Fruit and Salad Dessert of the Day</p>	<p><b>13</b> Pasta with Tuna and Cheddar Steamed Broccoli Dinner Roll and Butter Fruit and Salad Dessert of the Day</p>
<p><b>16</b> Roasted Chicken Lasagna Seasoned Green Beans Warm Garlic Breadstick Fruit and Salad Dessert of the Day</p>	<p><b>17</b> Baked Potato Bar with Chili and Toppings Steamed Broccoli Fruit and Salad Dessert of the Day</p>	<p><b>18</b> Chicken Parmesan with Penne Pasta Steamed Vegetable Fruit and Salad Dessert of the Day</p>	<p><b>19</b> Hearty Beef Stew w/ Mixed Vegetables Fruit and Salad Dessert of the Day</p>	<p><b>20</b> Savory Pork Chop Mushroom Gravy Whipped Potatoes Seasoned Green Beans Fruit and Salad Dessert of the Day</p>
<p> <b>23</b> Chinese New Year Asian Glazed Chicken Brown Rice Egg Roll Steamed Broccoli Fruit and Salad</p>	<p><b>24</b> Sour Cream Beef Stroganoff Seasoned Egg Noodles Honey Glazed Carrots Fruit and Salad Dessert of the Day</p>	<p><b>25</b> Homemade Salisbury Steak Creamy Mashed Potatoes Steamed Mixed Vegetable Fruit and Salad Dessert of the Day</p>	<p><b>26</b> Grilled Ruben Sandwich on Rye Bread Italian Pasta Salad Fruit and Salad Dessert of the Day</p>	<p><b>27</b> Italian Spaghetti with Meatballs Crunchy Garlic Toast Steamed Spring Peas Fruit and Salad Dessert of the Day</p>
<p><b>30</b> Pineapple Glazed Ham Cheesy Macaroni Steamed Vegetable Fruit and Salad Dessert of the Day</p>	<p><b>31</b> Beef Pasty w/Gravy Steamed Cauliflower Fruit and Salad Dessert of the Day</p>			<p>Supported through the Washtenaw County Area Agency on Aging 1B</p>

### 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**

Membership dues are **\$25 per person** for the calendar year of 2012. Additional donations can be made at the same time. **Please make checks payable to Chelsea Senior Center.**

**\$25 Basic Membership** (monthly newsletter, discounted rates for programs and travel)

**\$50 Silver Membership** (benefits above plus quarterly "donuts for donors" event)

**\$100 Gold Membership**  
(benefits above plus invitations to all donor events)

**\$250 Club "You too will be 50"**  
(membership for a couple, benefits above plus recognition in the annual report)

Donations beyond the \$25 membership are tax deductible to the extent of the law.

Your Name: _____	Spouse's Name: _____
Date of Birth: _____	Date of Birth: _____
Previous Occupation: _____	Previous Occupation: _____
Are you interested in volunteering at the center? _____	Are you interested in volunteering at the center? _____
Hobbies/interests: _____	Hobbies/interests: _____

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

**PHOTO RELEASE:** I give permission to the Chelsea Senior Center to use my photo for the purposes of marketing and publicity. **Please Initial:** You: \_\_\_\_\_ Your Spouse: \_\_\_\_\_

Alternate Mailing Address: \_\_\_\_\_

Months to send newsletter to alternate address: \_\_\_\_\_

<p><b>NEWSLETTER DELIVERY:</b></p> <p><input type="checkbox"/> Please e-mail the newsletter to me. E-mail address: _____</p> <p><input type="checkbox"/> Please mail to the address above.</p>
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**EMERGENCY INFORMATION:** This information is kept strictly confidential.

Emergency Contact: \_\_\_\_\_ Relation: \_\_\_\_\_



Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Medical conditions we should be aware of:

You: \_\_\_\_\_ Spouse: \_\_\_\_\_

\_\_\_\_\_

For Office Use Only:	
Membership # _____	Membership # _____
Date Received: _____	Paid: \$ _____