



**Special June Events**

**Age-ing to Sage-ing**

**Beginning Thursday, June 2nd from 10 to 11:30 a.m.**

This free class is offered through the support of Chelsea First United Methodist Church and led by LeAnn Seto. It is based on From Age-ing to Sage-ing by Rabbi Zalman Schachter-Shalomi. Book purchase suggested but not necessary (about \$15). Call 475-9242 to register and to order a book.

This summer, would you like to have an opportunity to paint a new picture for yourself of what you will do, and who you will be in retirement and beyond?

In today's society, 'old age' seldom holds the connotations of balanced judgment, serenity, wisdom, and self-knowledge that represent the fruit of long life experience. Fortunately, the conscious aging movement is beginning to challenge our youth-obsessed culture, with the Baby Boomer generation bringing much support.

Elderhood is a time of unparalleled inner growth — a journey which is not only critical to one's own well-being, but also critical for the health and survival of our ailing planet. If you are wanting to live life fully and leave a uniquely personal and meaningful testament to having been here, this class is for you.

**Good Ambassadors**

**Tour Chelsea With Milan Seniors**

Tuesday, June 21st starting at 9:15 a.m.

Join us at Chelsea Milling as we welcome Joe and the Milan Seniors. After touring Chelsea Milling and the Teddy Bear Factory the bus will head our way for lunch at the Chelsea Senior Center. Please join us as we welcome our neighbors from Milan. Call 475-9242 for lunch reservations.

**Sounds and Sights Summer Festival**

Mark your calendars for this annual downtown event on July 28-July 30. We will have a table set-up during the festival to promote our Center. Please call 475-9242 if you can volunteer to make cookies for the bake sale, help set-up, or work at the table.

**More Special Events**

**Intergenerational Garden**

We would like to thank the Chelsea Area Garden Club for their generous grant, allowing us to continue our intergenerational gardening program at Rainbow Childcare Center. Karen Lunsford, will be coordinating this project which will include planting vegetables, reading to kids, and doing simple demos on cooking with fresh veggies. Please contact the Center if you would like to help volunteer or assist with this effort.

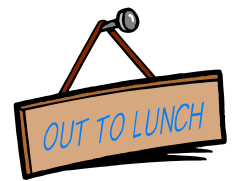


**Out to Lunch Bunch**

**Gregory Café**

Friday, June 17th at 12 noon

Meet us in Gregory and enjoy this small town café. Those walking the Lakeland Trail will join as they finish the hike. Prices are reasonable. Please call to let us know you'll be coming and for directions.



**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!

1<sup>st</sup> prize is \$1000

2<sup>nd</sup> prize two U of M vs. Ohio State football tickets

3<sup>rd</sup> 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

Wednesdays are free through June 15th thanks to WCC

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.

Come early at 10:00 a.m. on Wed, June 15 to join Lisa Klinkman for baseline and fitness checks.

**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. Plan to join us on our 3 group walks, it's fun to explore the great outdoors together. 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.

**Community Wellness Paths Walk**

Wednesday, June 8th at 1:00 p.m.

Meet at Chelsea Senior Center as we explore this newly dedicated path. We'll walk to Silver Maples and return.

**Lakeland Trails (Rails to Trails) - moderate 5 miles**

Friday, June 17th at 9:30 a.m.

Tina Patterson will join us for our annual pilgrimage from Stockbridge to Gregory! Meet us at Brogan Road and M106 where we'll join the Lakeland Trail. Please bring bug protection. Cold water (and rescue) provided at midpoint. After lunch in Gregory we'll have transportation back to Stockbridge.

**Downtown Sculpture Walk**

Wednesday, June 29th at 9:00 a.m.

Celebrate summer in Chelsea! Meet on Chelsea District Library's Main Street lawn. We'll circle through town and stop to view sculptures on display.

**We appreciate your assistance as we plan!**

Are you interested in Yoga? Ever considered learning Tai Chi? Please let us know fitness programs you'd enjoy this fall.

**A Matter of Balance**

Thursdays, 1—3 p.m. for 8 weeks  
June 9th thru July 28th at the Center;  
Thru June 27th at the Pines or call  
about next class...

Suggested Donation: \$15 per person

Fear of falling can limit activities of Seniors. Learn how to stay active and manage those concerns in our Matter of Balance classes.

*A Matter of Balance: Managing Concerns About Falls* emphasizes practical strategies to reduce fear, and increase activity levels. You'll have fun and learn!

Please call 734-475-9242 to sign up for the June 9th class or to indicate your interest in a future session. Also ask about free bus passes for Chelsea area residents attending "A Matter of Balance".

**Senior Bike Ride Club**



Mondays, 2:00 p.m. starting June 6

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.

**Square Dance** 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.

**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.



**Arts and Crafts**

**For Joyful Givers . . .**

**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 June 7th, join us for card making with Helen O'Toole. Materials provided.

**Paint with Steve Wood**

Monday, June 27th, 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!

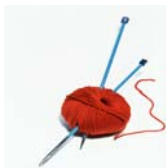
**Knit and Crochet**

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

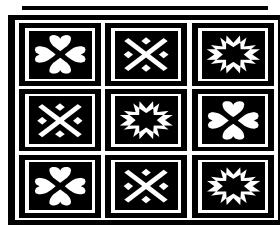
Each week the wood carvers meet to work on their projects and share new ideas. Those new to wood carving are welcome to join this growing group.

**Quilting Club**

**Led by Sidney Palmer**

Friday, June 10th at 11:30 a.m.

Come share friendship and your love of quilting with this welcoming group. In June we'll be working on the Farmer's Daughter pattern.



**Desk Volunteer Meeting** Wed, June 1st at 1:00 p.m.

All current and prospective receptionist volunteers are invited to join as we share ways to improve the office. No experience needed, we'll provide training.

**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.

**Weaving with Frances**



We're looking for two volunteers willing to learn how to operate our loom. Frances will share her weaving skills as you create beautiful placemats to sell at the Center. No experience necessary! Call the Center at 475-9242 and we'll make the arrangements.

**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.

**Habitat for Humanity**

Want to lend your "handyman" skills to a charitable cause? Join us on Saturday, June 11 from 5-9 p.m. for a Habitat for Humanity Project. Grandkids over 14 are welcome to join. Registration required -- please call the Center for more information.

**Intergenerational Experiences**

Intergenerational relationships provide many benefits and opportunities for sharing of knowledge, traditions, and values. Throughout this June newsletter, we have several programs designed for you to share with a special child in your life -- Friday free movies and popcorn, indoor petting zoo, and summer bike rides! We also have a trip planned in July headed to Binder Park Zoo that will be a perfect opportunity to share a summer day with your kids, grandkids, or even great grandkids. We look forward to meeting them and welcoming them to our friendly Center!

**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 Chi-  
cago style. Partners not required.

**Call for information about the**

**Chelsea Bridge Tournament on Saturday, June 11**

**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.

Members free / \$1 non-members

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

**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.



**Cards and Games**

**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.

**Wii Fun!**

Tuesdays and most 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.

NEWSFLASH: Congratulations to the Chelsea Senior  
Center Wii Bowling Team! Once again, our team  
proudly brought back the trophy from the May 18 tour-  
nament. A fun, competitive afternoon was shared by all.

**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 wel-  
coming 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 receiv-  
ing a scholarship, please see Trinh. All scholarship  
information and financial needs are kept strictly  
confidential.

## 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, June 10th 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, June 6th and 20th at 1 p.m.

Novice writers are invited to drop in the first or third Monday at **Pierce Park**. Enjoy the outdoors and tap into your creative nature. Come prepared to share tips and a sample of your work.

### Newsletter Assembly Group

Thursday, June 23rd 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

Tuesday, June 21

This month, the group will be meeting for a fun picnic potluck at Pierce Park in Chelsea. Call Babette at 475-0715 for details.

## 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, June 7th and June 21st. 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 Monday, June 6th and/or June 20th, 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 June 1st and June 14th. 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**

Weekly movies at the Center are a fun way to spend some time with your grandkids this summer. Enjoy free movies on the big screen and popcorn! All movies will start promptly at 12:30 p.m. unless otherwise noted. Donations always accepted!

**Friday, June 3 A River Runs Through It — 1992 PG**

Two fly-fishing brothers struggle to mollify their father's lofty moral -- and fishing -- standards. Director Robert Redford's Oscar-winning, nostalgic meditation about the fierce bonds that unite and divide families is set in Montana in the early 1900s.

**Friday, June 10 My Side of the Mountain — 1969 G**

Henry David Thoreau is adolescent Sam Gribble's hero, to the point that Sam decides he must live in the wilderness just like his idol was accustomed to doing. But when his father goes back on a promise to take him there, Sam sets out to do it alone.

**Friday, June 17 Up — 2009 Rated G**

After a lifetime of dreaming of traveling the world, 78-year-old homebody Carl flies away on an unbelievable adventure with Russell, an 8-year-old Wilderness Explorer unexpectedly in tow. Together, the unlikely pair embarks on a thrilling odyssey full of jungle beasts and rough terrain.

**Friday, June 24 Over the Hedge — 2006 Rated G**

A scheming raccoon fools a mismatched family of forest creatures into helping him repay a debt of food, by invading the new suburban sprawl that popped up while they were hibernating...and learns a lesson about family himself.

**Great Books Discussions With Chelsea District Library**

**The Map that Changed the World**

by Simon Winchester

Friday, June 3rd at 1 p.m.

The story of William Smith, whose geologically accurate 1815 map of England and Wales was the first of its kind, and led to the development of the field of geology.

**Olive Kitteridge by Elizabeth Strout**

Friday, July 8th at 1 p.m. (note date change d/t holiday)

Thirteen linked stories come together to create a realistic portrait of the main character, Olive Kitteridge, a 7<sup>th</sup> grade math teacher from Maine. The novel-in-stories approach gives readers a chance to experience Olive's point of view as well as her impact on her family and how her actions are viewed by others. The end result is a story of a person with all their human flaws and missteps, beautifully told.



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Monday	Tuesday	Wednesday	Thursday	Friday
<h1>June 2011</h1>		<b>1 Foot Care</b>	<b>2</b>	<b>3 Lugnuts reservations</b>
		10:30 Enhance Fitness <b>1:00 Volunteer Training</b> 1:00 Pinochle 1:00 Scrabble 1:00 Square Dance	9:00 Swimming * 10:00 Computer Club 10:00 Chess <b>10:00 Sage-ing class</b> 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 "Escanaba in da Moonlight" <b>1:00 Book Group— The Map That Changed the World</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
9:00 Bingo <b>10:00 Massage</b> 10:30 Enhance Fitness 12:30 Hand & Foot 1:00 Writing Group* 2:00 Bike Ride Club	9:00 Swimming * 9:30 Mah Jongg <b>10:00 Meet for tour of Mastie garden*</b> <b>10:00 Blood Pressure</b> 10:00 Crafts - Cards 1:00 Quilting for Charity 1:00 Wii 6:30 Euchre	10:30 Enhance Fitness <b>1:00 Wellness Path</b> 1:00 Pinochle 1:00 Scrabble 1:00 Square Dance	9:00 Swimming * 10:00 Computer Club 10:00 Chess <b>10:00 Sage-ing class</b> 12:15 Bridge 12:30 Knit & Crochet 1:00 Matter of Balance	9:00 Bingo 10:00 Wood Carving <b>10:00 Genealogy</b> 10:30 Enhance Fitness <b>11:30 Quilting Club</b> 12:30 Movie "The Great Outdoors" 1:00 Wii Fun <b>Sat—Bridge Tourney</b>
<b>13</b>	<b>14 Foot Care</b>	<b>15</b>	<b>16</b>	<b>17</b>
9:00 Bingo 10:30 Enhance Fitness 12:30 Hand & Foot 2:00 Bike Ride Club	9:00 Swimming * 9:30 Mah Jongg 10:00 Crafts <b>11:00 Cedar Lake</b> 1:00 Quilting for Charity 1:00 Wii 6:30 Euchre	<b>10:00 Coin Collecting</b> <b>10:00 Fitness check with Lisa Klinkman</b> 10:30 Enhance Fitness 1:00 Pinochle 1:00 Scrabble 1:00 Square Dance	9:00 Board Meeting 9:00 Swimming * 10:00 Chess 10:00 Computer Club <b>10:00 Sage-ing class</b> <b>11:00 Tiger Game*</b> 12:15 Bridge 12:30 Knit & Crochet 1:00 Matter of Balance	9:00 Bingo <b>9:30 Lakeland Trails*</b> 10:00 Wood Carving 10:30 Enhance Fitness <b>12:00 Gregory Lunch*</b> 12:30 Movie "Up" 1:00 Wii Fun <b>Sat, June 18th - Schoolhouse Picnic</b>
<b>20</b>	<b>21 Birthday Lunch!</b>	<b>22</b>	<b>23</b>	<b>24</b>
9:00 Bingo <b>10:00 Massage</b> 10:30 Enhance Fitness 12:30 Hand & Foot 1:00 Writing Group* 2:00 Bike Ride Club	9:00 Swimming * <b>9:15 Jiffy Tour</b> 9:30 Mah Jongg <b>10:00 BP/Eyeglass Adj</b> 10:00 Crafts <b>11:00 Sandhill Cranes</b> <b>12:00 Red Hatters*</b> 1:00 Quilting for Charity 1:00 Wii 6:30 Euchre	<b>7:30 Shipshewana*</b> 10:30 Enhance Fitness 1:00 Pinochle 1:00 Scrabble 1:00 Square Dance	<b>9:00 Newsletter Assembly</b> 9:00 Swimming * 10:00 Chess 10:00 Computer Club <b>10:00 Sage-ing class</b> 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 "Over the Hedge" 1:00 Wii Fun
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
9:00 Bingo <b>9:30 Paint with Steve</b> 10:30 Enhance Fitness 12:30 Hand & Foot 2:00 Bike Ride Club	9:00 Swimming * 9:30 Mah Jongg 10:00 Crafts <b>11:00 Zoological Society</b> 1:00 Quilting for Charity 1:00 Wii 6:30 Euchre	<b>9:00 Downtown Walk*</b> 10:30 Enhance Fitness 1:00 Pinochle 1:00 Scrabble 1:00 Square Dance	9:00 Swimming * 10:00 Chess 10:00 Computer Club <b>10:00 Sage-ing class</b> 12:15 Bridge 12:30 Knit & Crochet 1:00 Matter of Balance	<b>* Indicates programs taking place away from Senior Center campus</b>



# June 2011

## Chelsea Seniors



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

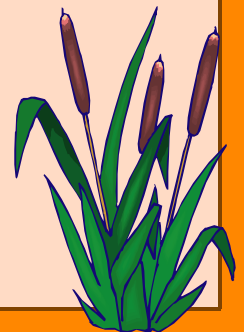
<p>Supported through the Washtenaw County Area Agency on Aging 1B</p>		<p><b>1</b> Flavorful Turkey Pot Pie Creamy Mashed Potatoes with Homestyle Chicken Gravy Steamed Peas &amp; Carrots Fruit and Salad Dessert of the Day</p>	<p><b>2</b> Beef and Tomato Goulash Warm Breadstick Fruit and Salad Dessert of the Day</p>	<p><b>3</b> Baked Potato Bar with Chili and Toppings Steamed Broccoli Fruit and Salad Dessert of the Day</p>
<p><b>6</b> Italian Spaghetti with Meatballs Crunchy Garlic Toast Steamed Spring Peas Fruit and Salad Dessert of the Day</p>	<p><b>7</b> Chicken Divan with Broccoli and Mushrooms Long Grain and Wild Rice Breadstick Fruit and salad Dessert of the Day</p>	<p><b>8</b> Mouth-Watering Meatloaf Brown Gravy Creamy Whipped Potatoes Steamed Vegetable Fruit and Salad Dessert of the Day</p>	<p><b>9</b> Stacked Deli Sandwich On Kaiser Sunchips Bowl of Savory Chili Fruit and Salad Dessert of the Day</p>	<p><b>10</b> Kielbasa &amp; Sauerkraut Pickled Beets Fruit and Salad Dessert of the Day  Smaczne!</p>
<p><b>13</b> Chicken and Dumplings Seasoned Green Beans Fruit and Salad Dessert of the Day</p>	<p><b>14</b> Homestyle Stuffed Cabbage Roasted Carrots Fruit and Salad Dessert of the Day</p>	<p><b>15</b> Shepherd's Pie Whole wheat Roll Fruit and Salad Dessert of the Day</p>	<p><b>16</b> Savory Swedish Meatballs Buttered Egg Noodles Steamed Mixed Vegetables Fruit and Salad Dessert of the Day</p>	<p><b>17</b> Pasta with Tuna and Cheddar w/peas Dinner Roll and Butter Fruit and Salad Dessert of the Day</p>
<p><b>20</b> Chicken Lasagna California Blend Veggies Warm Garlic Breadstick Fruit and Salad Dessert of the Day</p>	<p><b>21</b>  <b><u>Birthday Celebration</u></b> Oven Fried Chicken and All the Fixins Fruit and Salad</p>	<p><b>22</b> Hearty Beef Stew Buttery Baby Peas Fruit and Salad Dessert of the Day</p>	<p><b>23</b> Chicken Parmesan with Penne Pasta Steamed Vegetable Fruit and Salad Dessert of the Day</p>	<p><b>24</b> Savory Pork Chop Mushroom Gravy Whipped Potatoes Seasoned Green Bbeans Fruit and Salad Dessert of the Day</p>
<p><b>27</b> Sour Cream Beef Stroganoff Seasoned Egg Noodles Honey Glazed Carrots Fruit and Salad Dessert of the Day</p>	<p><b>28</b> Grilled Cheese Sandwich Chicken Noodle Soup Italian Pasta Salad Fruit and Salad Dessert of the Day</p>	<p><b>29</b> Homemade Salisbury Steak Creamy Mashed Potatoes Steamed Mixed Vegetable Fruit and Salad Dessert of the Day</p>	<p><b>30</b> Parmesan Chicken Alfredo Savory Green Beans Warm Garlic Bread Stick Fruit and Salad Dessert of the Day</p>	

News  
We are only offering the following for summer feeding

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**    **Anji Barlow, BA, CNA**  
734-329-6438                      734-747-1841

[www.servicefirsthomecare.com](http://www.servicefirsthomecare.com)



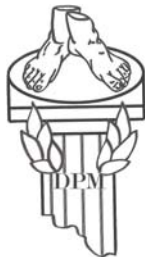
## Adult Learners Institute of Chelsea Michigan, Inc.

**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  
809 W. Middle St., Chelsea, MI 48118

**For more complete information visit:  
[www.AdultLearnersInstitute.org](http://www.AdultLearnersInstitute.org)**



## Kleanthous Family Foot Clinic, P.C.

James Kleo Kleanthous, D.P.M.

Podiatric Physician & Surgeon

636 N. Main St., Ste. 100  
Chelsea, MI

**433-2397**

## Staffan - Mitchell

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*Pre-planning, Monuments, Green Burial,  
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John W. Mitchell II, Owner, Director  
Michael D. Mitchell, Owner, Manager

[www.mitchellfuneral.com](http://www.mitchellfuneral.com)    (734) 475-1444



## Chelsea Chiropractic Center

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

**James G. Duncan II, D.C.**

901 Taylor Street, Suite C • Chelsea, MI 48118



## 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



**SILVER MAPLES OF CHELSEA**  
(734) 475-4111  
[www.silvermaples.org](http://www.silvermaples.org)

Luxury Homes, Fine Dining, Inspired by the Chelsea Area Wellness Foundation and United Methodist Retirement Communities, Inc.

## 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



**THE PINES SENIOR APARTMENTS**  
MANAGED BY UNITED METHODIST RETIREMENT COMMUNITIES



# Come Travel with Us!

June



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

## Detroit Tiger Baseball Game

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

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

Don't miss this opportunity to see our Detroit Tigers in action. We have great seats in a shaded section. A hot dog and soft drink are included in the price. Cheer our Tigers as they win over the Cleveland Indians.

## Shipshewana

Wednesday, June 22nd

Cost: \$49 / \$54 depart at 7:30 a.m., return 6:00 p.m.

Time to shop at the flea market as well as stores downtown 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. If you wish, enjoy the quilt and vendor show in the afternoon (admission \$8.00).

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

Cost: \$44 / \$49 **Reservations by June 3rd**

New this year are box seats to enjoy the game. Join us for the game and super entertainment, including 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 enjoy an afternoon of fun in the sun on this waterway that has played such a big part in Michigan's history.

A Day at the Zoo Monday, July 11th; depart at 9 a.m.

\$42 each (senior, youngster, member, non-member)

Binder Park Zoo in Battle Creek is friendly and easy to walk. Families of all ages welcome! Lunch on your own, we'll return about 4 p.m.

## Tim Conway Show

Wednesday, October 12th; depart 10:45 a.m.

Cost: \$81 member / \$86 non-members (deposit \$20)

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

## Extended Trips

### 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.

### Rails of West Virginia

October 17th—20th

Member Cost: \$799 double (single \$959; triple \$739)

\$50 deposit to reserve—balance by 9/10/11

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

Five shows including Shoji Tabuchi, Andy Williams, 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% handling fee, will be provided. Members are encouraged to purchase insurance.

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

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

June 2011

*In Memoriam: Helen Wolfgang, Jerry Dresselhouse*

**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](mailto:chelseaseniors@aol.com)

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

- ◆ Tiger Baseball Game — June 16
- ◆ Shipshewana—June 22
- ◆ Binder Park Zoo—July 11
- ◆ Lugnuts Game — July 22
- ◆ Oregon — July 24 thru August 2
- ◆ Diamond Jack River Cruise — August 10
- ◆ Firekeepers Casino — August 15
- ◆ Sauder Farm Village Museum — September 15
- ◆ 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.*