

The Next Chapter

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March Special Events

March Birthday Lunch

Thursday, March 10th—lunch at 12, program to follow. Come celebrate with those born during this windy month on Thursday, March 10th. A special program will immediately follow lunch. Milton Wood, Chelsea, has been assisting at military funerals for more than a decade. Welcome him as he shares the meaning of this moving ceremony and a special story or two. Thanks, Milton, for the way you represent all of us in this final farewell to those who have faithfully served our country. This will be a program you won't want to miss! Call 475-9242 today for lunch reservations and help us celebrate March birthdays.

Our Changing World

Thanks to Chelsea Education Foundation, the Center plans to take an in-depth look at several 'changes' we've experienced during our lifetimes. Join us as we explore geography, music, technology, and this month **FOOD in Our Changing World**. How do your food choices differ from your parents? What food "rules" guide you?

Nutrition for Optimal Health in Our Changing World

Lisa Lutchka, Registered Dietician & Exercise Physiologist
Tuesday, March 22nd at 12:30 p.m.

"Diets" change drastically over the years, but the long term results tend to be less than optimal. We'll take a brief look at some of the theories behind these changes, and then discuss why a plant-based, whole foods lifestyle is our best bet in preventing illness, feeling better, managing weight, and slowing biological aging. We'll discuss how to include some key "super foods" as well as easy prep methods that will start you on your way to delicious, easy, healthful eating today.

Social Security and Medicare Answers

Tuesday, March 8th at 1 p.m.

This program is a must for everyone who has Medicare or Social Security concerns. Join us for an informative talk on updates and highlights presented by Stephanie Levijoki, of the Medicare Assistance Program and Joanne Ashenden, Social Security Administration. You'll hear explanations of the new laws and have an opportunity to ask questions. Refreshments provided.

This workshop has been arranged by Michael O'Quinn and Denise Lons of Edward Jones Investments. If you are not able to attend, but have a specific question, please let us know and we'll attempt to find an answer. Please call ahead so we may plan for space. 475-9242.

What's New in Lansing?

Coffee with State Representative Mark Ouimet

Friday, March 4th at 9 a.m.

Mark Ouimet, newly elected State Representative from the 52nd District, will be here to greet and answer questions. Open to everyone, the public is encouraged to join us. Mark has a long history of service to the community, initially as a member of the Ann Arbor City Council, then as a Washtenaw County Commissioner. A strong supporter of seniors and area Senior Centers, we extend a warm welcome to Mark. Invite your friends.

All Day Painting Class with Steve Wood



Acrylic Painting Class

Saturday, March 19th from 10 a.m. to 4 p.m.

This all day class is time to complete a 16 x 20" painting sure to hang proudly on your wall. Class is limited to 15 people. Sign up early, do not be disappointed! All materials and a day of fun are provided. Checks for \$50.00 should be made out to STEVE WOOD. (\$55.00 for non-members) Bring \$5.00 to pay for lunch. Stop by the office to see a copy of the March 19th painting. Sign up today! 734-475-9242.

512 Washington St. Chelsea, MI 48118

734-475-9242

www.ChelseaSeniors.org

Join us for National Nutrition Month

Have you ever been frustrated by media suggesting some foods are “healthy” and then opinions change? During National Nutrition Month we’ll look to experts for answers to dietary questions. Reservations required for all programs, please call 475-9242

Healthy Desserts— Marie Pierce of Arbor Hospice

Wednesday, March 2nd at 10 a.m.

Yes, desserts can be healthy. Enjoy free samples and leave with a collection of healthy recipes. 475-9242.

Reading Labels — Wednesday, March 9th at 10 a.m.

Dayle Wright, RD, will help us sort out this important information. Learn what to look for on labels and how to determine your daily needs.

Go for the Green on St. Pat’s-Nutrition Millionaire

Thursday, March 17th at 12:30 p.m.

Marie Pierce will be back with some nutrition fun. Healthful suggestions for better nutrition and prizes.

Nutrition for Optimal Health (page 1 for details)

Tuesday, March 22nd at 12:30 p.m.

Lisa Lutchka, MS, RD, CSSD, CSCS (of Eat Move Win)

Special Diets:

Gluten Free, Diabetic, Low Fat

Tuesday, March 29th at 12:30 p.m.

Emily Nease, Registered Dietician from Chelsea Community Hospital

Are you attempting to follow a special diet? Ever wonder how to cook for someone who is? Or perhaps you’ve considered adding some aspect of a special diet to your healthy eating regime Emily is a great presenter and this program is designed for everyone looking to Eat Better.



Looking ahead—

Kaleidoscope Concert at Silver Maples—Mardi Gras

March 8th at 7 p.m. with River Raisin Ragtime Revue; Tickets available at Silver Maples starting 2/28.

Safe Driver Training coming April 11th and 12th Call Center at 475-9242 for more information.

Kathleen Griffiths of Chelsea Community Hospital will report on the hospital expansion in April. Mark your calendar for Wednesday, April 27th after lunch.

Special March programs...



“Out to Lunch Bunch” thinks Spring!

Ice Cream Parlour in Jackson

Thursday, March 24th at 12:30 p.m.

It’s time to get away for a trip down memory lane. The *Ice Cream Parlour* in Jackson has been serving food and fun since 1944. Call the office if you plan on going so we can make a reservation, for directions and to let us know if you wish to carpool. Or meet us at *The Parlour* located at 1401 Daniel Lane. Enjoy a sandwich and treat yourself to a sundae. Everyone welcome!

Free Eyeglass Adjustments

Tuesday, March 8th beginning at 10 a.m.

Dr. Koch and her optician will be here to provide free eyeglass cleaning and adjustments. No obligation, just thank Cherry Optometry for providing this wonderful community service. Please call to indicate you’ll be stopping by — 475-9242.

Do 1 Thing....

Tuesday, March 22 at 10 a.m.

The mission of “do 1 thing” is to move individuals, families, organizations, businesses, and communities to prepare for all hazards and become disaster resilient. This month’s topic is “Sheltering”. The handout discusses three areas: Shelter from the Storm, Shelter in Place, and Emergency Evacuation Shelter.

Join us on the 22nd or find a resource list in the office or online at www.do1thing.us. Let’s all be prepared.

One choice this month is to make a “Go Bag” ready for a shelter. The bag should include: battery powered radio, flashlight, blankets, information like prescription lists and insurance policies, personal items, a whistle, first aid kit, change of clothing, and pet supplies if needed.

Brain Fitness Program at Silver Maples (Free)

Monday, March 7th at 3:30 p.m.

Dr. Bruno Giordani will talk on latest research on lifestyle strategies aimed at improving brain function sharing several studies that support a link between healthy lifestyle choices and a reduction in the risk of developing a brain disease. Join us **at** Silver Maples.

Wellness for all

Enhance Fitness

Mondays, Wednesdays, and Fridays, 10:30 - 11:30 a.m.
Cost: \$3 drop-in / class or 8 Session cards available for \$22 (\$2.75 per session)

Wednesdays are Free until April 6th thanks to Washtenaw Community College

This class focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises — everything health professionals say we need to maintain health and function as we grow older.

Bring a friend to this class, and their first time is Free. We love seeing new faces at our evidenced based fitness class.

Swimming at Chelsea Comfort Inn

Tuesdays and Thursdays, 9 — 10 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. Please call the Senior Center to sign up at 475-9242, payment will be accepted at the front desk of the Comfort Inn on a drop-in basis.

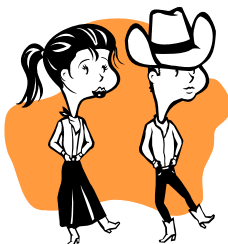
Square Dance

Wednesdays, 1—2 p.m. Beginner Lessons

2:00—2:30 p.m. Experienced Dance

Cost \$4 per session

Join our square dancers for an afternoon of fun. It's time for us all to move more—why not enjoy exercise?



Country Line Dance for Beginners

Thursdays, 10 – 11 a.m.

Cost \$6.00 members / \$7.00 non-members

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



A Matter of Balance Thursdays, 1—3 p.m.

Session 2: April 14th thru June 2nd

Suggested Donation \$15 per person

Many seniors experience a fear of falling and restrict their activities. *A Matter of Balance: Managing Concerns About Falls* emphasizes

practical strategies to reduce this fear and increase activity levels. The first session of *A Matter of Balance* is well under way and participants are learning and having fun. Please call to indicate your interest in a future session — 475-9242. Limited free bus passes for Chelsea area residents available.

Eat Better, Move More

Wednesdays from 10—10:30 a.m.

We're all looking for healthy food options. From cooking tips to new recipes to products you may not have tasted, come enjoy casual discussions around healthy eating. Bring ideas or just drop in. Exercise at 10:30 for free in March, or walk the halls.

Shots for Safety Below is a brief list of vaccinations which may keep you healthy, information provided by National Institute on Aging. Please talk to your doctor.

Flu Shot—Since the virus that causes flu changes each year you need to get the flu shot every year, generally in October or November.

Pneumococcal Disease—A serious infection that is spread by droplets in the air. It can cause problems with your lungs or can spread to other parts of the body. People 65 and older should get a pneumococcal (pneumonia) shot. Most people only need a single shot.

Tetanus and Diphtheria—Most of us get first shots for tetanus and diphtheria as children. A booster shot keeps you protected as an adult. It's important to get vaccinated every ten years.

Shingles—If you had chickenpox when you were young the virus may become active again in the form of a very painful disease called shingles. Now there is a shot for people 60 or older that might prevent shingles.

Measles, Mumps, and Rubella—Serious diseases in adults. If you don't know if you've had the diseases or the shots, you can still get the shot.

Clubs and Groups

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

Computer Club

Thursdays, 10 - 11:30 a.m.

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



Stamp Collecting Club

Second Friday of the month, 1 p.m.



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, March 18th at 10 a.m.

Check out this new group! We'll be sharing ways to research your genealogy. You'll also hear great suggestions for recording your family's history. Join us.

"All Write" Writing Group

This month Monday, March 7th & 21st at 1 p.m.

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

Silver Foxes — Call 475-9242 if interested

If interested in this men's group, call for info on future activities.

Red Hatters

The Scarlett Ladies

Tuesday, March 15th at 1:00

Join us for "Tea and Dessert" at the Center. Members are encouraged to bring a guest to this Membership Drive meeting.

Services for Members

Telephone Reassurance Program We are looking for seniors living alone 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.

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, March 1st and 15th. Do you know your numbers? Thanks Barb, Rowena and Karin for keeping us healthy.

Massage with Dawne Enjoy a great \$1 a minute chair massage on Monday, March 7th. Dawne will be here from 10 a.m. to 1 p.m. Please call to schedule your appointment—475-9242.

Manicures Continue your day of pampering on the 7th with Amanda Maddick who will provide hand soak, massage, filing, trimming and polish for only \$20 (\$15 without polish). Call 475-9242 to make an appointment

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

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

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

Foot Care Dates for this great treatment are March 2nd and 8th. 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!

Cards and Games

Party Bridge Players

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

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

Wii Fun!

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

Bingo

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

Pinochle

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

Scrabble

Wednesdays, 1 p.m.
Members free / \$1 non-members
A great way to challenge one's mind. We're looking for new players. Drop in.

Hand and Foot

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

Mah Jongg

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



Cards and Games

Chess

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



Euchre

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

Euchre — daytime fun

Fridays, 12:30 p.m.
Members free / \$1 non-members
We'd love to see more players join us on Friday afternoons. Bring a group to lunch and stay for card playing. Call 475-9242 for lunch reservations.

Bridge Class—Instruction by Arlene Howe

Thursdays, 10—11:30 a.m.
\$5 per class (\$6 for non member)
Arlene is certified by the American Contract Bridge League. Partners not required. Each session an independent lesson. Call 475-9242 to register.

Lyrics from Angelo Fill in the name of these popular "oldies", add your name and drop off at the Center for a free drawing. A walk down memory lane.

While tearing off a game of golf
I may make a play for the caddy,
But when I do, I don't follow through
Cause _____

Why do you whisper green grass
Why tell the trees what you know
_____ The trees don't have to know
Oh no, Oh no.
Why tell them all your secrets
Who kissed there long ago
_____ The trees don't have to know

Arts and Crafts

Craft Group

Tuesdays, 10 a.m.

Free for members / \$1 non-members

Each week, bring your own project or join us as we prepare crafts for special events. First Tuesday of the month: Join Helen's wonderful greeting card class.

Paint with Steve Wood

Monday, March 28th, 9:30 a.m.

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

Make your reservations early, this class always fills.

Call us at 475-9242, reservations required.

See page 1 info on all day painting—March 19th.

Stained Glass Class

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

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

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



Knit and Crochet

Thursdays, 12:30 p.m.

Free for members / \$1 non-members

Join this group for informal instruction.

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

Wood Carving

Fridays, 10 a.m.

Free for members / \$1 non-members

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

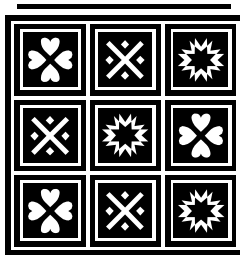
Quilting Club—Brown Bag Round Robin

Friday, March 11th and 25th at 11:30 a.m.

Do you have one block in your stash that you never incorporated in a quilt? The colors weren't right or you just didn't care for it? Bring it to class in a brown bag, along with any pieces of fabric you want to go with it.

There will be a surprise when you see what happens!

Happy Quilting, Sidney



For Joyful Givers . . .

Charity Quilting

Tuesdays, 1:00 – 3:30 p.m.

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

Cell Phone Recycler

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

Chelsea Senior Center Wish List :

- ◆ Colored paper
- ◆ Hand sanitizer
- ◆ Facial tissue
- ◆ Business envelopes
- ◆ Gift Cards to Meijer or Walmart
- ◆ Wrapped snacks

Spring Expo—Saturday, April 16th — 10 a.m. –4 p.m.

If you know someone who would like to exhibit at this wonderful community event ask them to call, email chelseaseniors@aol.com or check our website. Small businesses and crafters are welcome.

Congratulations to the Center's Wii Bowling Team!



On January 26th team CSC brought home the gold. Hours of practice by Terri DeBottis, Doris Walker, Earlyne Figg, Micky Crawford, Carol Dills, Laura Downer, Rochelle Drouare and Eileen Blough paid off with a first place win! Next time you're in the Center stop by to admire our beautiful trophy. Anyone can play — join us most

every Tuesday and Friday afternoon for fun with this easy to learn fitness tool.

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.



Movies at the Center



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

For National Nutrition month we've chosen films about FOOD! These are movies all enjoy. Hopefully we can also include some health filled treats.

Friday, March 4th "Chocolat" - 2000

(Rated PG-13, runtime 121 min) Great film starring Juliette Binoche as a single mother and free-spirited wanderer who opens a chocolate shop in a straight-laced town ruled by a mayor who lives by a code of self-deprivation.

Friday, March 11th "Ratatouille" - 2007

(Rated G, runtime 110 min) Feature animated film about a rat with a love of and talent for gourmet French cooking - and he won't let the fact that rats aren't welcome in kitchens stop him from following his dream of becoming a chef.

Friday, March 18th "Tortilla Soup" - 2001

(Rated PG-13, runtime 102 min) Starring Hector Elizondo who gathers his grown daughters each Sunday for a lavish, traditional Mexican family meal. Food as way to bring people together is a major theme in this story of family members growing, changing and discovering what they truly want in life.

Friday, March 25th "Waitress" - 2007

(Rated PG-13, runtime 107 min) The story of one woman trapped in a life from which she dreams of escape. Starring Keri Russell as Jenna, with a controlling husband played by Jeremy Sisto. Jenna, a waitress at "Joe's Diner", is known in her small Southern town as "Pie Genius". The movie's humor comes partially from Jenna naming her delicious pies based on her life events, like "Kick In The Pants Pie". Jenna attempts to escape her dreary life by winning a \$25,000 pie contest in this sweet romantic comedy.

Join us for one (or all) of these special movies and enjoy our special "food" treats. Pie, anyone?



Great Books Discussions With Chelsea District Library

The Hobbit by J.R.R. Tolkien

Friday, March 4th at 1 p.m.

Classic fantasy at its best. Come share why you think readers of all ages have been enthralled with The Hobbit since its publication in 1937.

Half Broke Horses by Jeannette Walls

Friday, April 1st at 1 p.m.

Jeannette Walls' first book, Glass Castle, spent 3 years on the NY Times Best Seller list. Her 2009 follow up, Half Broke Horses received praise as an earthy family saga. Reviewed as "Laura Ingalls Wilder for adults", it traces in true-life novel form the hard scrabble, unconventional life of Ms. Walls' grandmother, Lily Casey Smith.

This book will certainly lead to a lively discussion. Share your thoughts at our book group, led by Adult Services Librarian Sarah Wendell. Books are available at Chelsea District Library at the second floor resource desk.



Save the Date

SAVE THE DATE—April 16th, 2011

Before you put this newsletter away, PLEASE, add our Spring Business Expo to your calendar, this year to be held on **Saturday, April 16th**. Chelsea Unlimited will focus on businesses, non-profits and other organizations in our Community. Lunch, freebies, kid's activities—something for everyone. The committee has been working hard, we need each member to bring at least 2 guests. Don't disappoint us. Support those who support the Center. Looking forward to seeing each of you.

Tax Season is Here

Tax Assistance for Senior Citizens

The Tax Aid Program of Catholic Social Services will help prepare tax rebate forms and simple income tax returns. The rebate forms include Homestead Property Tax Credit and Home Heating Credit. Participants are asked to share some of the costs of this program.

There are a few appointments available for Thursday, March 3rd or Thursday, March 31st. **Please call us at 475-9242** to reserve a space.

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

512 Washington St. Chelsea, MI 48118

734-475-9242

www.ChelseaSeniors.org

Center Updates

Walking Drop in Monday thru Friday, 9 a.m. to 3 p.m. to safely walk in the halls at Washington Street Education Center. The numbers of walkers grows every week. Come join us and **move more!**

Program Planning Monday, March 14th at 1 p.m.

Share your program ideas with the committee, or any time you are in the office.

Taste of Home Café at 12 noon

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

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

Call 475-9242 at least 24 hours in advance!

CSC Board of Directors

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

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

Thank you Board of Directors!

Leave a Legacy to Chelsea Senior Center

Did you know that Chelsea Senior Center now has an endowment fund for the long term success of the Center? Managed by the Community Foundation for Southeast Michigan, the endowment will help provide ongoing support for the mission of CSC. Gifts given to the endowment will be invested with the Community Foundation and, in return, interest income will come back to the Center. This means you now have the opportunity to give a gift that will give back to the Senior Center forever. If you are interested in learning more about giving to the endowment, please contact our office staff at 475-9242.

Director Search Update

As you know, Chelsea Senior Center is searching for a director. The position has been advertized and a job description can be found on our website. If you know someone who would be a great director, please ask them to submit their resume before February 25th. Interviews will begin in early March.

Ink Cartridge Recycler

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

A Volunteer Opportunity

Homebound Delivery Volunteer

The Chelsea District Library's Homebound Delivery is a service that delivers library materials to patrons in the library district with temporary or permanent mobility issues. Homebound Delivery Volunteers are the link between the library service and the homebound patrons.

Duties of a Homebound Delivery Volunteer include:

- ◆ Delivering a patron's library materials to their home
- ◆ Spending some time being social with the patron
- ◆ Returning their previously borrowed library materials to the library

The time commitment for this volunteer position is around 2-3 hours every 4 weeks. For a full job description contact Tina or Kay.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Testing in Building	2 Testing in Building	3 Testing in Building	4
March 2011	Church Basement Ladies reservations due 9:00 Swimming * 9:30 Mah Jongg 10:00 Crafts—Card making 10:00 Blood Pressure 1:00 Quilting for Charity 1:00 Wii 6:30 Euchre	Foot Care by appointment 9:30 Stain Glass Class 10:00 Eat Better—Healthy Desserts 10:30 Enhance Fitness 1:00 Bowling Ch Lanes* 1:00 Pinochle / Scrabble 1:00 Square Dance	Tax Assistance—by appointment 9:00 Swimming * 10:00 Bridge Class 10:00 Line Dancing 10:00 Computer Club 12:15 Bridge 12:30 Knit & Crochet 1:00 Matter of Balance	9:00 Ouimet Coffee 9:00 Bingo 10:00 Wood Carving 10:30 Enhance Fitness 12:30 Euchre 12:30 Movie-Chocolat 1:00 Book Discussion—The Hobbit 1:00 Wii Fun
	7	8 Foot Care	9	10 Board Meeting 8:30
9:00 Bingo 10:00 Massage with Dawne by appointment 10:00 Manicures 10:30 Enhance Fitness 12:30 Hand & Foot 1:00 Writing Group 3:30 Brain Fitness at Silver Maples	9:00 Swimming * 9:30 Mah Jongg 10 Eyeglass Adjusting 1:00 Social Security & Medicare 1:00 Quilting for Charity 1:00 Wii 6:30 Euchre 4 Supper Club - CCH* 7 Silver Maples Concert	9:30 Stain Glass Class 10:00 Eat Better—Reading Food Labels 10:30 Enhance Fitness 1:00 Bowling Ch Lanes* 1:00 Pinochle / Scrabble 1:00 Square Dance	9:00 Swimming * 10:00 Bridge Class 10:00 Line Dancing 10:00 Computer Club 10:00 Chess 12:00 Birthday Lunch 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 Club 12:30 Euchre 12:30 Movie—Ratatouille 1:00 Wii Fun 1:00 Stamp Collecting
14	15	16	17	18
9:00 Bingo 10:30 Enhance Fitness 12:30 Hand & Foot 1:00 Program Planning	Kalamazoo trip reservations due 9:00 Swimming * 9:30 Mah Jongg 10:00 Blood Pressure 10:00 Crafts 1:00 Quilting for Charity 1:00 Wii 6:30 Euchre	9:30 Stain Glass Class 10 Eat Better, Move More 10:00 Coin Collecting 10:30 Forever Irish trip 10:30 Enhance Fitness 1:00 Bowling Ch Lanes* 1:00 Pinochle / Scrabble 1:00 Square Dance	9:00 Swimming * 10:00 Bridge Class 10:00 Line Dancing 10:00 Chess 10:00 Computer Club 12:15 Bridge 12:30 Nutrition Game 12:30 Knit & Crochet 1:00 Matter of Balance	9:00 Bingo 10:00 Genealogy 10:00 Wood Carving 10:30 Enhance Fitness 12:30 Euchre 12:30 Movie-Tortilla Soup 1:00 Wii Fun Saturday, March 19th 10 Steve Wood class
21	22	23	24	25
9:00 Bingo 10:30 Enhance Fitness 12:30 Hand & Foot 1:00 Writing Group	9:00 Swimming * 9:30 Mah Jongg 10:00 Do 1 Thing 10:00 Crafts 12:30 Nutrition for Optimal Health— Our Changing World 1:00 Quilting for Charity 6:30 Euchre	9:30 Stain Glass Class 10 Eat Better, Move More 10:30 Enhance Fitness 1:00 Bowling Ch Lanes* 1:00 Pinochle / Scrabble 1:00 Square Dance	9:00 Newsletter 9:00 Swimming * 10:00 Bridge Class 10:00 Line Dancing 10:00 Computer Club 12:15 Bridge 12:30 Lunch Out 12:30 Knit & Crochet 1:00 Matter of Balance	9:00 Bingo 10:00 Wood Carving 10:30 Enhance Fitness 11:30 Quilting Club 12:30 Euchre 12:30 Movie-Waitress 1:00 Wii Fun
28	29	30	31 Tax Assistance	
9:00 Bingo 9:30 Paint with Steve 10:30 Enhance Fitness 12:30 Hand & Foot 6:30—Travel Open House at Center: Trip Info & win prizes!	9:00 Swimming * 9:30 Mah Jongg 10:00 Crafts 12:30 A Dietician talks about Special Diets 1:00 Quilting for Charity 6:30 Euchre	9:30 Stain Glass Class 10 Eat Better, Move More 10:30 Enhance Fitness 1:00 Bowling Ch Lanes* 1:00 Pinochle / Scrabble 1:00 Square Dance	9:00 Swimming * 10:00 Bridge Class 10:00 Line Dancing 10:00 Chess 10:00 Computer Club 12:15 Bridge 12:30 Knit & Crochet	* denotes activity takes place off campus

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

Washington Street Education Center

512 Washington St. Chelsea, MI 48118

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drjimduncan@hotmail.com

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Beautiful one bedroom apartments are available now!



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Kristy Collins
734-433-9130 || chelseapines@aol.com
325 Wilkinson Street, Chelsea, MI 48118



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Senior Center Membership

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

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

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Allen C. Cole
Owner/Manager

Donald A. Cole
Funeral Director

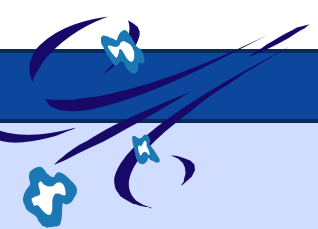
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Chelsea, Michigan 48118
Phone: (734) 475-1551

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2011 March

Chelsea Seniors



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

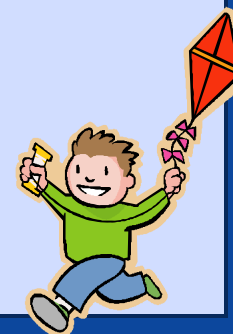
	1 Homestyle Stuffed Cabbage Roasted Carrots Fruit and Salad Dessert of the Day	2 Chicken Parmesan with Penne Pasta Steamed Vegetable Fruit and Salad Dessert of the Day	3 Savory Swedish Meatballs Buttered Egg Noodles Steamed Mixed Vegetables Fruit and Salad Dessert of the Day	4 Pasta with Tuna and Cheddar Steamed Lemon Broccoli Dinner Roll and Butter Fruit and Salad Dessert of the Day
7 Roasted Chicken Lasagna California Blend Veggies Warm Garlic Breadstick Fruit and Salad Dessert of the Day	8 Baked Potato Bar With Chili and Toppings Steamed Broccoli Fruit and Salad Dessert of the Day	9 Flavorful Beef Pot Pie Peas and Pearl Onions Fruit and Salad Dessert of the Day	10 Turkey & Gravy Whipped Potatoes Seasoned Green Beans Chilled Cranberry Sauce Fruit and Salad Dessert of the Day	11 Savory Pork Chop Mushroom Gravy Whipped Potatoes Seasoned Green Beans Fruit and Salad Dessert of the Day
14 Grilled Cheese Sandwich Chicken Noodle Soup Italian Pasta Salad Fruit and Salad Dessert of the Day	15 Sour Cream Beef Stroganoff Seasoned Egg Noodles Honey Glazed Carrots Fruit and Salad Dessert of the Day	16 Homemade Salisbury Steak Creamy Mashed Potatoes Steamed Mixed Vegetable Fruit and Salad Dessert of the Day	17  Corned beef Cabbage, Potatoes Carrots Fruit and salad Dessert of the day	18 Pineapple Glazed Ham Cheesy Macaroni Steamed Vegetable Fruit and Salad Dessert of the Day
21  Grilled Quarter Pound Burger on a Toasted Bun Red skin potato salad Buttered Corn Fruit and Salad Dessert of the Day	22 Parmesan Chicken Alfredo Savory Green Beans Warm Garlic Bread Stick Fruit and Salad Dessert of the Day	23 Hearty Beef Stew Buttery Baby Peas Fruit and Salad Dessert of the Day	24 Homebaked Italian Lasagna Broccoli with Parmesan Crunchy Garlic Toast Fruit and Salad Dessert of the Day	25 Crunchy Fish and Chips Tartar Sauce, Lemon Wedges Steamed Mixed Vegetables Fruit and Salad Dessert of the Day
28 Flavorful Turkey Pot Pie Creamy Mashed Potatoes with Homestyle Chicken Gravy Steamed Peas & Carrots Fruit and Salad Dessert of the Day	29 Lemon chicken Brown Rice Steamed mixed veggies Fruit and salad Dessert of the day	30 Ballpark Beef Frank On Steamed Bun Brown Sugar Baked Beans Buttered Corn Fruit and Salad Dessert of the Day	31 Beef and Tomato Goulash Baby Lima Beans Warm Breadstick Fruit and Salad Dessert of the Day	Supported through the Washtenaw County Area Agency on Aging 1B

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

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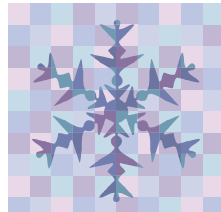
- Stay up to 3-nights in our all-inclusive VIP Suite
- Enjoy delicious meals
- Participate in outings, events and activities
- Meet and mingle with residents

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!"



Lodging Owned, Non-Profit Facility Sponsored by the Chelsea Area W. Washtenaw Foundation and United Methodist Retirement Communities, Inc.



Hours of Operation

Chelsea Senior Center is open Monday thru Friday from 9 a.m. to 3 p.m.

When the Chelsea School District closes for inclement weather, the Center also closes. Check your local news station or call the school at (734) 433-2275.

Take care and be safe during this unpredictable time of year.



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Chelsea Community Hospital

cch.org



Come Travel with Us!



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

March

Extended Trips

Travel Open House Monday, March 28th at 6:30 p.m.

Learn about future trips, enjoy refreshments & prizes!



Spring In To Renfro Valley

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

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

Oregon Coast and Pacific Northwest

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



Rails of West Virginia

October 17th—20th
Member Cost: \$799 double—\$50 deposit to reserve
A trip to be enjoyed! Fall colors, 2 train rides, 2 fantastic Allegheny Mountain Music Shows and a tour of the Appalachian Glass Factory. Includes lodging and 7 meals.

Branson, Missouri

November 14th—18th
Member Cost: \$924 double—\$50 deposit to reserve
Five shows including Shoji Tabuchi, Andy Williams, SIX, Brett Family plus a special Christmas story at the Sight and Sound Theater. We'll be staying at the Hilton Hotel. Seven meals included.

Day Trips

Forever Irish Wed, March 16th; departs 10:30 a.m.
Cost: \$59 Member / \$64 non-member (lunch extra)

Church Basement Ladies 2 (A Second Helping)

Tuesday, April 12th; departs 10:30 a.m. return 5:30 p.m.
Cost: \$79 Members/\$84 non-members (includes lunch)
Reservations due by March 1st.

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

Kalamazoo Air Zoo & Kellogg Manor House

Monday, April 18th; departs 9 a.m. return 4:30 p.m.
Cost: \$65 member; \$70 non-member (includes lunch)
Reservations due by March 15th.
See 50 rare & historic aircraft, ride a simulator as you watch "Bombing Over Germany". We'll tour Kellogg Manor House (used by military in WWII) and enjoy a lunch prepared especially for you.

Mt. Pleasant Casino Trip Monday, April 25th

Cost: \$35, with \$35 back. How could you possibly lose? You'll get \$30 for play & \$5 for food. Seats fill quickly...call today.



Daniel O'Donnell Spring Intimate Theater Tour

Wednesday, May 25th; departs 1:30 pm return 8:30 pm
Cost: \$87 Member / \$92 non-member (Supper extra)
Reservations by April 15th.
One of the most successful easy-listening entertainers in Great Britain and Ireland. We'll travel to Toledo to see this world class star in his sold out show! Call now...

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

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

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Permit No. 21

March 2011

Eat better, move more, avoid unhealthy substances and make healthy connections with others. 5healthytowns.org

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.

Chelsea Unlimited—Spring Expo
Coming next month on SATURDAY, April 16th
10 a.m.—4 p.m.
Please contact us if you are willing to assist

On March 1, 2 and 3 there will be high school testing in our building. Exercise and classes in 111 may move or be canceled. Call 475-9242. Lunch in 112. Quiet please!

2011 Travel at a Glance . . .

- ◆ Forever Irish — March 16
- ◆ **TRAVEL OPEN HOUSE**—Monday, March 28
- ◆ Detroit Red Wings — March 30
- ◆ Church Basement Ladies in Toledo — April 12
- ◆ Kalamazoo Air Zoo — April 18
- ◆ Gambling Trip to Mt. Pleasant — April 25
- ◆ Renfro Valley — May 20-22
- ◆ Daniel O'Donnell — May 25
- ◆ Tiger Baseball Game — June 16
- ◆ Oregon — July 24 thru August 2
- ◆ Rails of West Virginia — October 17 thru 20
- ◆ Branson, MO — November 14 thru 18

Chelsea Senior Center is supported by numerous donations, City of Chelsea, Chelsea United Way, Chelsea Community Foundation (an affiliate fund of the Community Foundation for Southeast Michigan), Chelsea Kiwanis, Chelsea Lions, Chelsea Pharmacy, Chelsea Retirement Community, Cole Funeral Chapel, Dexter Township, Silver Maples, Staffan Mitchell Funeral Home, Chelsea Area Garden Club, Women's Club of Chelsea, And the Members and Board of the Chelsea Senior Center. The Chelsea Senior Center complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973 and is an equal opportunity employer. Reasonable accommodations will be provided upon notification or request.