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## October Birthday Lunch

### Chelsea Historical Society Presents

#### “Saloons of Chelsea”

Thursday, October 27 at noon

Everyone is welcome to celebrate October birthdays with a delicious lunch and birthday cake. After lunch enjoy a presentation by Cary Church, local historian. Cary will share pictures and information on Chelsea’s past, focusing on the saloons of our town! Come enjoy the fun, call the Center at 475-9242 for reservations.

## Lifelong Learning

### Self-Publishing Your Family History

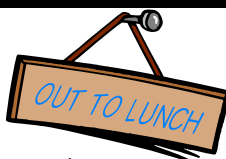
Monday, October 17 at 1:00 p.m. FREE

John Frank, historian and member of the Chelsea Historical Society, recently self-published his family history with his daughter. Come get resources and tips on how to prepare your book for publication including research, book design and selling on-line. We all have a story to tell...join us for information and lively discussion. Please call 475-9242 to register, or drop-in.

## Out to Lunch Bunch

Wednesday, October 19 at noon

Join this growing group as we explore local restaurants. This month we’ll try Aubrey’s, a new addition to Main Street in Dexter. Call 475-9242 for directions or meet at the Center at 11:30 a.m.



## Special October Events

### Health Fair and Flu Shot Clinic

Wednesday, October 5

9 a.m. - 12 p.m.

✓ Check this out

Be sure to stop by this morning and get your flu shot along with other helpful wellness services and information. Flu shots provided by Chelsea Care Home Health for \$30 each or free with your Medicare card. Enjoy some healthy treats and snacks and take advantage of the following free services:

- ◆ Medicare open enrollment information 9-11 a.m.
- ◆ blood pressure checks
- ◆ information on diabetes health
- ◆ lifeline demos
- ◆ hearing aid checks and cleaning
- ◆ eyeglass adjustments
- ◆ samples from Optimum nutrition
- ◆ free raffle drawings for prizes, free lunch, and other great stuff!

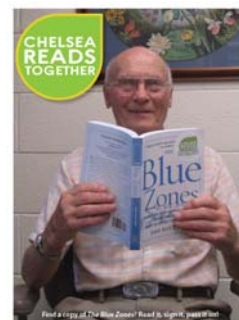
### Consider the Conversation: A Documentary

Monday, October 10 at 12:30 FREE

Join Arbor Hospice for a presentation of the new DVD, *Consider the Conversation: A Documentary*. It’s an intimate story about the American struggle with communication and preparation at the end-of-life. *Consider the Conversation* examines multiple perspectives and includes information and experiences gathered from interviews with patients, family members, doctors, nurses, clergy, social workers, and national experts from around the country.

### Chelsea Reads the Blue Zone

October is Chelsea Reads Together month! Pick up a copy of the *Blue Zone* by Dan Buettner and enjoy a series of fun and creative programs throughout the month. Be sure to see Chelsea Senior Center member Elmer Greenwald’s interview on his tips for living an active life at 92!



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

Have you noticed the new logo on our newsletter and on all the signs in the building? This is part of our bigger effort to reach out to the community and increase awareness about our mission, programs, and services. Our message is that the Chelsea Senior Center is not just a physical place, but a community, a support network, and an extended family for many seniors in the Chelsea area. We're proud of our active Center and we want to keep growing and improving what we offer to our members and the Chelsea community.

Be sure to mark your calendars for the mini health fair and flu shot clinic on October 5. Lots of free health-care services, snacks, and tips to keep us all healthy. Let's stay active, get outdoors and enjoy the beautiful fall weather. ~ Trinh

**Community Events**

**Senior Supper Club**

Tuesday, October 11 Cost \$6  
4 p.m. program / 5 p.m. dinner  
Chelsea Community Hospital

This month, Chef Ben and Emily Nease, Registered Dietician, will demonstrate "Healthy Meals for One or Two". Come enjoy samples and recipes, followed by a delicious meal in the Chelsea Community Hospital dining room. Call 475-3913 for reservations.

**Kaleidoscope Concert Series**

Tuesday, October 18 at 7:00 p.m. FREE  
Silver Maples

This month features blues and boogie-woogie pianist Mark Lincoln Braun, also known as "Mr. B". Space is limited, so pick up your tickets at the Senior Center beginning Monday, September 26.

**Citizen of the Year Banquet**

Thursday, October 13 at 6:30 p.m. Cost \$35  
Congratulations to Senior Center member, John Frank, for receiving the Citizen of the Year award! Come honor John at the awards banquet and ceremony on Thursday, October 13 at 6:30 p.m. at the Chelsea Comfort Inn. Also honored will be Mark Heydlauff for receiving the Lifetime Achievement Award. RSVP to the Chelsea Chamber office at 734-475-1145.

**Events on the Horizon**

**Something Old, Something New Sale**

Friday, Nov. 4 and Saturday, Nov. 5  
Grandma's Attic garage sale, plus crafts sale, plus bake sale all under one roof! Calling all local crafters, please send in an application if you are interested in having a booth at this event. Applications are available online or in the office. **Members are encouraged to call or drop by the office to volunteer your time, baked goods and gently used tag sale items.**

**Thanksgiving Feast Celebration**

Monday, November 21 at noon  
Time to reflect and to give thanks! Come enjoy musical entertainment and a scrumptious Thanksgiving feast complete with turkey, stuffing, and pumpkin pie. This celebration is open to the community, so invite your friends and family and join us for this special feast. Be sure to thank our sponsors, the Cole and Mitchell families, for their support of the community and the Center. Suggested donation \$5.



**Songs from the Cinema - Holiday Edition**

Friday evening, Dec. 2 and Saturday matinee, Dec. 3  
This annual musical fundraiser for the Senior Center has been moved from September to the first weekend in December. Enjoy a lovely meal followed by music and songs from local performers and students. Tickets available in November.

**Holiday Centerpieces**

Fill your home for the holidays with your own personal touch. Join Janice Stevenson from Wackenhut Gartens to create your own seasonal centerpieces. Pre-registration required 475-9242.



Thursday, Nov. 3 @ 10 am -12 p.m.  
Come get inspired and make a beautiful fall centerpiece to enjoy for the Thanksgiving holiday. Class fee \$12 members, \$15 non-members includes all materials.

Thursday, Dec. 8 @ 10 am- 12 p.m.  
Janice is back with another beautiful holiday centerpiece project. This month, join her for a class on making your own fresh wreath for the holidays. Class fee \$20 members, \$23 non-members includes all materials.

**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 from Sep. 14 through Nov. 16 thanks to 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.

**Come early at 10:00 a.m. on Wed, October 19 to join Lisa Klinkman for baseline and fitness checks.**

**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.

**Senior Bike Ride Club**

Mondays, 10:00 a.m.

Riding together as a group is a fun and safe way to enjoy the many health benefits of biking. Join Dave Royer as he leads an easy ride through the lovely tree-lined streets of Chelsea. If you don't have a bike, let us know and we can arrange for a loaner. Bring water and sunscreen.



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

**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.



**Walking Move More with Chelsea Seniors!**

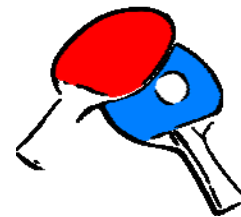
Come any day to walk the halls or Chelsea School District's track (when it is not in use). Ask us about the 10,000 steps challenge and a free pedometer to use!

**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.



**Reflexology**

Tuesday, October 18

Individual 15 minute sessions: \$10 members; \$15 non members  
Reflexology offers a relaxing retreat from the stresses of the world giving the body an opportunity to use its own healing abilities. Please call the Center to sign-up.

**Help Support the Senior Center**

**Condo for Rent**

Great getaway for the holidays! The Senior Center has a condo available for rent in Branson, Missouri. Only 12 hours from Chelsea through scenic Ozark country, you can enjoy popular shows and family friendly entertainment. The fully furnished condo sleeps 8 and can accommodate two families in separate quarters. Please contact the Center for more information.

**Chelsea Senior Center Wish List :**

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

**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!

**Arts and Crafts**

**Paint with Steve Wood**

Monday, October 24 at 9:30 a.m.  
Cost \$22 members / \$25 non-members  
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!

**Fused Glass Tile**

Monday, October 24 at 1:00 p.m.  
Cost \$22 members / \$25 non-members  
Join Karen Smith, local artist, to make your own fused glass decorative tile. Great for a holiday gift! Materials provided, pre-registration required 475-9242.

**Craft Group**

Tuesdays, 10 a.m.  
Free for members / \$1 non-members  
Each week, bring your own project or join us to make crafts for special events. Materials provided.

**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. Glass and other supplies available for purchase.

**Knit and Crochet**

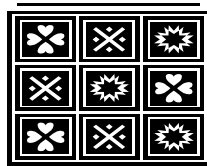
Thursdays, 12:30 p.m.  
Free for members / \$1 non-members  
Join this group for informal instruction. There's time to socialize while working on projects for those in need.

**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.

**The Strippers Quilting Group**

Friday, Oct. 21 at 11:30 a.m.  
Come share laughter and your love of quilting with this friendly group. On October 21, we'll be working on the block of the month and starting a new folk art block.



**For Joyful Givers . . .**

**Intergenerational Volunteer Opportunities**

Calling all volunteers interested in reading books to pre-schoolers or helping with craft projects: we have some wonderful opportunities for Seniors to support the local pre-schools and engage with young children. Some sewing and knitting projects can be done from home (materials and patterns provided).

We are also looking for volunteers interested in tutoring students in the Chelsea School District. Please call the Center to sign-up for volunteer opportunities.

**Charity Quilting**

Tuesdays, 1:00 – 3:30 p.m.  
This ambitious group has distributed a number of beautiful quilts to local charities. Join them as they continue to turn scraps into heirlooms. A variety of skills needed.

**Matching Funds Campaign!**

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

for your  
**generosity,**  
please take some credit.

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

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

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

Chelsea  Seniors

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with causes that matter.

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**Cards and Games**

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

**Bingo**

Mondays and Fridays, 9 a.m.

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



**Hand and Foot**

Mondays, 12:30 p.m.

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

**Mah Jongg**

Tuesdays, 9:30 a.m.

Mah Jongg is fun, easy to learn, and challenging all at the same time. If you've never played, our dedicated players will assist as you enjoy this exciting tile game.

**Wii Fun!**

Tuesdays and Fridays, 1 p.m.

Wii is an interactive video game that is simple and fun. We welcome everyone, no experience necessary.



**Pinochle**

Wednesdays, 1 p.m.

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

**Scrabble**

Wednesdays, 1 p.m.

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

**Chess**

Thursdays, 10 a.m. FREE

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

**Euchre**

Tuesday nights, 6:30 p.m. Cost: \$3.00 (prizes awarded)

Friendly players, no partners necessary. Bring a snack or other dish for all to enjoy.

**Cards and Games**

**Party Bridge Players**

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

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

**Instructional Bridge is back with Arlene Howe!  
Please call the Center if you are interested in  
learning how to play.**

**Join Us For Lunch**

**Taste of Home Café at 12 noon**

Call your friends and join us for a wonderful lunch option. You'll discover a balanced meal and great fellowship Monday - Friday at the Taste of Home Café. Thanks to Area Agency on Aging 1B and the Washtenaw County Senior Nutrition Program, diners over 60 pay only \$2.50 (if registered with the Senior Nutrition Program). The public is most welcome, guest cost is \$5 per person. Check out the great menu in this newsletter or online and give us a call. We're looking forward to seeing you!

**Only \$2.50 for 60+ (\$5 for people under 60)**

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

**Everyone is welcome!**

At Chelsea Senior Center we want to be a welcoming place for everyone. Please let us know of any special accommodations you may need. Is lack of transportation and rising gas prices preventing you from coming to the Center? Please call us and we can help you find a ride.



**Come see us in confidentiality**

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

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

**Clubs and Groups**

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

**Amateur Radio Club**

Tuesday, October 25 at 6:30 p.m.

The meeting is open to anyone interested in amateur radio. Meet and greet at 6:30 pm; meeting starts 7 pm.

**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 internet. This club is great for all computer users - beginners to more advanced. Bring information, comments, and questions to share with the group 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.

**"All Write" Writing Group**

October 3 and 17 at 1:00 p.m.

Novice writers are invited to drop in the first or third Monday of the month to join this welcoming group. Come prepared to share your creative writing!

**Genealogy Group**

Wednesday, October 26 at 9 a.m.

Join this growing group and get guidance on how to start your family genealogy. You will also have the opportunity to start on your own individual research using one of our public computer workstations.

**Newsletter Assembly Group**

Thursday, October 20 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, October 18 at 10:00 a.m.

The Red Hat group will meet for tours of Jiffy Mix and the Teddy Bear Company. Meet at Jiffy. Call Babette 475-0715 for more information.

**Services for Members**

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

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

**Medicare/Medicaid Assistance Program (MMAP)**

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

**Blood Pressure** 10 a.m. to noon on the first and third Tuesday of the month. Do you know your numbers? Thanks Barb and Karin for keeping us healthy.

**Massage with Dawne** By popular request, you can now enjoy Dawne's massages **twice a month!** Still just \$1 per minute: you can schedule your chair massage on Mondays, October 3 and/or 17. 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 October 11 and 12. The full hour session costs just \$36 for members and \$38 for non-members (tax deductible fee) and includes warm foot bath, therapeutic foot massage, lower leg and foot assessment plus toenail trimming & callus care. Call Ava Passino, RN at (734) 878-7330 to schedule an appointment.

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

**Movies at the Center**

This month is Member's Choice! Hum along and enjoy classical musicals and popcorn. Movies start at 12:30 p.m. Donations accepted.

**Fri, Oct. 7: Singing in the Rain 1952**

This is *the* American musical that consistently ranks among the 10 best movies ever made. It's not only a great song-and-dance piece, it's also an affectionately funny insider spoof about the film industry's uneasy transition from silent pictures to "talkies."

**Fri, Oct. 14: Music Man 1962**

This is one of the last great movie musicals from any studio, and it proved to be that rarest of events: a Broadway show that was improved by its transition to the screen. Robert Preston made his musical debut as "Professor" Harold Hill, who promises to teach a small-town boys' band by the "think system."

**Fri, Oct. 21: Seven Brides for Seven Brothers 1954**

A bold "mountain man" living in the Oregon woods brings home a bride to his six slovenly brothers. Taming the rambunctious brood, she proceeds to make gentlemen of them so they can woo sweethearts of their own.

**Fri, Oct. 28: Brigadoon 1954**

A pair of New Yorkers go on a hunting vacation in the highlands of Scotland and one captures the heart of a Scottish lass, who lives in Brigadoon, an enchanted town that appears for only one day every 100 years.

**Great Books Discussions With Chelsea District Library**

**City of Thieves by David Benioff**

Friday, October 7 at 1 p.m.

During the siege of Leningrad, a young man is caught stealing and sentenced to death – unless he can acquire a dozen eggs for the wedding cake of a colonel's daughter. The novel follows Lev, the young man, on his impossible mission within the starving city and it's desperate people. Adventure, determination, courage and friendship come together in this bittersweet tale.



**Bel Canto by Ann Patchett**

Friday, November 4 at 1 p.m.

At a lavish party in South America, an international gathering of politicians and businessmen enjoy a performance by a famed opera singer – until armed terrorists ambush the event and take the party-goers hostage. Despite the panic and the terror, unexpected bonds form between the terrorists and the hostages and a life-threatening situation turns into something very different.

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Donny & Marie trip payment due 9:00 Bingo 10:00 Bike Ride Club* <b>10:00 Massage</b> 10:30 Enhance Fitness 12:30 Hand & Foot 1:00 Ping Pong 1:00 Writing Group	9:00 Swimming * 9:30 Mah Jongg <b>10:00 Blood Pressure</b> 10:00 Crafts 1:00 Quilting for Charity <b>1:00 PATH</b> 1:00 Wii Fun 6:30 Euchre	<b>9:00 to 12:00—Flu Shots and Mini Health Fair</b> 9:30 Stained Glass 10:30 Enhance Fitness 1:00 Pinochle 1:00 Scrabble 1:00 Bowling League*	9:00 Swimming * 10:00 Computer Club 10:00 Chess 12:15 Bridge 12:30 Knit & Crochet	9:00 Bingo 10:00 Wood Carving 10:30 Enhance Fitness 12:30 Movie 1:00 Wii Fun <b>1:00 Book Club— <u>City of Thieves</u></b>
<b>10</b>	<b>11 Foot Care</b>	<b>12 Foot Care</b>	<b>13</b>	<b>14</b>
<b>Branson trip payment due</b> 9:00 Bingo 10:00 Bike Ride Club* 10:30 Enhance Fitness 12:30 Hand & Foot <b>12:30 Consider the Conversation: a Documentary</b> 1:00 Ping Pong	Texas Tenor payment due 9:00 Swimming * 9:30 Mah Jongg 10:00 Crafts 1:00 Quilting for Charity <b>1:00 PATH</b> 1:00 Wii Fun <b>4:00 Senior Supper Club*</b> 6:30 Euchre	9:30 Stained Glass 10:30 Enhance Fitness <b>10:45 Tim Conway trip departs from Senior Center</b> 1:00 Pinochle 1:00 Scrabble 1:00 Bowling League*	8:30 Board of Directors Meeting 9:00 Swimming * 10:00 Computer Club 10:00 Chess 12:15 Bridge 12:30 Knit & Crochet	<b>9:00 DSO trip departs from Senior Center</b> 9:00 Bingo 10:00 Wood Carving 10:30 Enhance Fitness 11:30 Quilting Group 12:30 Movie 1:00 Wii Fun
<b>17 Rails trip departs</b>	<b>18 Kaleidoscope Concert</b>	<b>19</b>	<b>20 Rails trip returns</b>	<b>21</b>
9:00 Bingo <b>10:00 Massage</b> 10:00 Bike Ride Club* 10:30 Enhance Fitness 12:30 Hand & Foot 1:00 Ping Pong 1:00 Writing Group <b>1:00 Self-publishing Your Family History</b>	9:00 Swimming * <b>9:20 Reflexology</b> 9:30 Mah Jongg 10:00 Crafts <b>10:00 BP/Eyeglass check</b> 1:00 Quilting for Charity <b>1:00 PATH</b> 1:00 Wii Fun 6:30 Euchre <b>Red Hatters*</b>	9:30 Stained Glass <b>10:00 Coin Collecting</b> <b>10:00 Fitness Check w' Lisa Klinkman</b> 10:30 Enhance Fitness <b>11:30 Out to Lunch*</b> 1:00 Pinochle 1:00 Scrabble 1:00 Bowling League*	<b>9:00 Newsletter Assembly</b> 9:00 Swimming * 10:00 Chess 10:00 Computer Club 12:15 Bridge 12:30 Knit & Crochet	9:00 Bingo 10:00 Wood Carving 10:30 Enhance Fitness 12:30 Movie 1:00 Wii Fun
<b>24</b>	<b>25</b>	<b>26</b>	<b>27 BIRTHDAY LUNCH!</b>	<b>28</b>
9:00 Bingo <b>9:30 Paint with Steve</b> 10:00 Bike Ride Club* 10:30 Enhance Fitness 12:30 Hand & Foot 1:00 Ping Pong <b>1:00 Fused Glass Tile</b> <b>6:30 Travel Open House</b>	9:00 Swimming * 9:30 Mah Jongg 10:00 Crafts 1:00 Quilting for Charity <b>1:00 PATH</b> 1:00 Wii Fun 6:30 Amateur Radio Club 6:30 Euchre	9:00 Genealogy 9:30 Stained Glass 10:30 Enhance Fitness 1:00 Pinochle 1:00 Scrabble 1:00 Bowling League*	9:00 Swimming * 10:00 Chess 10:00 Computer Club 12:15 Bridge 12:30 Knit & Crochet <b>12:30 Historic Saloons of Chelsea</b>	9:00 Bingo 10:00 Wood Carving 10:30 Enhance Fitness 11:30 Quilting Group 12:30 Movie 1:00 Wii Fun
<b>31</b>				
9:00 Bingo 10:00 Bike Ride Club* 10:30 Enhance Fitness 12:30 Hand & Foot 1:00 Ping Pong	<b>October 2011</b>			<b>* Indicates programs taking place away from Senior Center campus</b>



# October 2011



## Chelsea Seniors



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

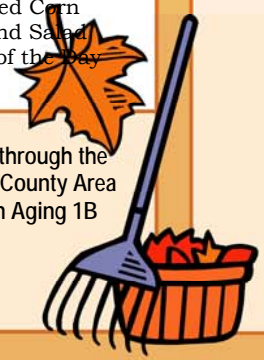
### FRIDAY

<p><b>3</b> Italian Spaghetti with Meatballs Crunchy Garlic Toast Steamed Spring Peas Fruit and Salad Dessert of the Day</p>	<p><b>4</b> Chicken Divan with Broccoli and Mushrooms Long Grain and Wild Rice Rice Breadstick Fruit and salad Dessert of the Day</p>	<p><b>5</b> South-Watering Meatloaf Brown Gravy Creamy Whipped Potatoes Steamed Vegetable Fruit and Salad Dessert of the Day</p>	<p><b>6</b> Grilled Pastrami on Rye Bread Sunchips Bowl of Savory Chili Fruit and Salad Dessert of the Day</p>	<p><b>7</b> Kielbasa &amp; Sauerkraut Potato Pancakes Pickled Beets Fruit and Salad Dessert of the Day Smaczne!</p>
<p><b>10</b> Lemon Chicken Couscous California Blend Vegetables Fruit and Salad Dessert of the Day</p>	<p><b>11</b> Homestyle Stuffed Cabbage Roasted Carrots Fruit and Salad Dessert of the Day</p>	<p><b>12</b> Shepherd's Pie w/Mixed Veggies Fruit and Salad Dessert of the Day</p>	<p><b>13</b> Savory Swedish Meatballs Buttered Egg Noodles Steamed Mixed Vegetables Fruit and Salad Dessert of the Day</p>	<p><b>14</b> Pasta with Tuna and Cheddar Steamed Broccoli Dinner Roll and Butter Fruit and Salad Dessert of the Day</p>
<p><b>17</b> Roasted Chicken Lasagna Seasoned Green Beans Warm Garlic Breadstick Fruit and Salad Dessert of the Day</p>	<p><b>18</b> Baked Potato Bar with Chili and Toppings Steamed Broccoli Fruit and Salad Dessert of the Day</p>	<p><b>19</b> Chicken Parmesan with Penne Pasta Steamed Vegetable Fruit and Salad Dessert of the Day</p>	<p><b>20</b> Hearty Beef Stew w/ Mixed Vegetables Fruit and Salad Dessert of the Day</p>	<p><b>21</b> Savory Pork Chop Mushroom Gravy Whipped Potatoes Seasoned Green Beans Fruit and Salad Dessert of the Day</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> Grilled Ruben Sandwich on Rye Bread Italian Pasta Salad Fruit and Salad Dessert of the Day</p>	<p><b>26</b> Homemade Salisbury Steak Creamy Mashed Potatoes Steamed Mixed Vegetable Fruit and Salad Dessert of the Day</p>	<p><b>27</b>  <u>Birth Day Celebration</u> Spare Ribs Au Gratin Potatoes Cole Slaw Fruit Dessert of the day</p>	<p><b>28</b> Grilled Quarter Pound Burger on a Toasted Bun Assorted Condiments Potato Salad Buttered Corn Fruit and Salad Dessert of the Day</p>
<p><b>31</b> Pineapple Glazed Ham Cheesy Macaroni Steamed Vegetable 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: \$ _____

**Friday, Nov. 4**  
**Saturday, Nov. 5**

**Something  
Old,  
Something  
New**

**9 AM-3 PM**

At the WSEC  
500 E. Washington Street  
Chelsea, MI

Something Here

that's just for you!

- Grandma's Attic Sale
- Handmade Crafts Sale
  - Bake Sale

All under one roof! Lots  
of great collectibles,  
books, games, toys, crafts,  
and delicious homemade  
baked goods!

Please drop off clean,  
gently used items for  
Grandma's Attic  
starting October 1.  
Please no clothes or  
large appliances. Thank  
you for supporting the  
Chelsea Senior Center!



**Chelsea  
Senior Center**

**734-475-9242**

**[www.chelseaseniors.org](http://www.chelseaseniors.org)**

# Service First Home Care

Non-medical Home Assistance



## Assistance with Activities of Daily Living:

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

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

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



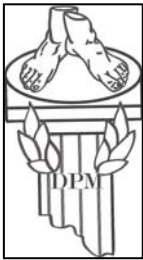
## Adult Learners Institute of Chelsea Michigan, Inc.

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 FUNERAL HOME



*Pre-planning, Monuments, Green Burial,  
 Traditional and Cremation Services*

John W. Mitchell II, Owner, Director  
 Michael D. Mitchell, Owner, Manager



## Chelsea Chiropractic Center

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

James G. Duncan II, D.C.

901 Taylor Street, Suite C • Chelsea, MI 48118

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



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

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

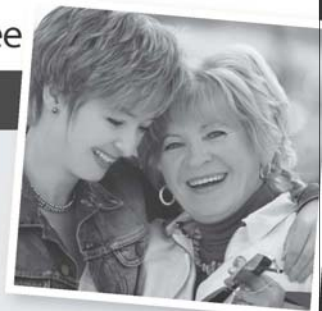
Learn more at [www.silvermaples.org](http://www.silvermaples.org)!

(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



THE PINES  
 SENIOR APARTMENTS  
 MANAGED BY UNITED METHODIST  
 RETIREMENT COMMUNITIES



# Come Travel with Us!



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

## Extended Trips

### Branson, Missouri



November 14—18

Cost: \$924 double (single \$959)

\$50 deposit to reserve

**balance due October 10**

Start the holidays with this favorite destination for renowned shows including Shoji Tabuchi, Brett Family and SIX, the new family singing sensation. Enjoy the Sight and Sound Theater's version of the Christmas Story. We'll be staying at the new Hilton Hotel. Package includes 7 meals and 5 spectacular shows, plus surprises along the way!

"Shoji is a master violinist. It is an electrifying production... Branson's best and most exciting show." - *Showcase Magazine*,

"You won't believe what comes out of their mouths! Drums, bass, instruments and unbeatable harmonies"



### Rails of West Virginia

October 17—20

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

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.

## Day Trips

### Tim Conway Show

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

Cost: \$81 member / \$86 non-member (due Sept 1)

We all remember Tim as Carol Burnett's sidekick. We'll travel to the Stranahan Theater in Toledo to see Tim and friends for his timeless comedic act. Lunch not included in cost.

### Travel Open House

Monday, October 24; 6:30 p.m.

If you want to find out more information about our travel program or upcoming trips, don't miss this Travel Open House. You'll get a chance to enter a drawing for travel gift certificates, hear about future trips, and enjoy refreshments. Vendors available to give previews of upcoming trips to England and Montreal and Quebec. All ages and non-members welcome to attend.

### DSO is back; save the date!

Friday, October 14; depart 9:00 a.m.

Cost: \$71 member /\$76 non-member

An Evening of Rogers and Hammerstein with all your favorite hits from Oklahoma, Sound of Music, the King and I, and South Pacific. This is a coffee and donuts concert; lunch on your own on the way home. Limited seats, so please make reservations now!!!!



### Firekeepers Casino Trip

Tuesday, November 1; depart 9 a.m.

Cost: \$26 (return of \$20 to play, \$5 for food)

Please provide players card number when registering.

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

Tuesday, Nov 29; depart 10:45 a.m.

Cost: \$75 members/\$80 non-members (due Oct 11)

Millions saw the Texas Tenors on 'America's Got Talent'. Come hear beloved songs such as *Danny Boy*, *You Raised Me Up*, *God Bless the USA*, plus your favorite Country and Christmas tunes. Lunch not included.

### Donny & Marie: Christmas @ Fox Theatre

Saturday, Dec 3; depart 1:15 p.m., return 7:30 p.m.

Cost: \$78 members/\$83 non-members (due now)

Donny and Marie invite you to join them to celebrate the joy of the season in true Osmond fashion. Accompanied by 8 dancers and a 9-piece band. Dinner after show is not included in cost. Join us for this holiday treat!

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

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

Return Service Requested

October 2011

*In Memoriam: Betty Severn, Leslie Karey, Raymond Schairer*



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.

**Trinh Pifer, Executive Director**

**Kay Heller, Administrative Assistant**

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

- ◆ Tim Conway Show — October 12
- ◆ Detroit Symphony Orchestra — October 14
- ◆ Rails of West Virginia — October 17 thru 20
- ◆ Travel Open House — October 24
- ◆ Firekeepers Trip — November 1
- ◆ Branson, MO — November 14 thru 18
- ◆ Texas Tenor Christmas Show — November 29
- ◆ Donny & Marie Christmas Show—December 3

#### **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)

*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.*