

The Next Chapter

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A Message from our Director....

Ice-cream, bike rides, festivals and fairs -- all the things we enjoyed about summer in Chelsea! As the summer draws to a close and the kids head back to school, it's time to savor the coming Autumn season. Be sure to get your raffle tickets before the drawing on September 9 at Chelsea's home football game. Don't miss your chance to support the Senior Center and win a fabulous prize!

We're looking forward to some very special September events that offer opportunities to enjoy arts and culture within our community. Also exciting, is the work being done by the Chelsea Wellness Coalition to promote healthy living in our community. Join the 5-Healthy Towns kickoff party to find out more about the Chelsea Wellness Coalition and enjoy all the special events offered that day.

There are so many exciting things happening in Chelsea and we should all be proud that our Senior Center is an active part of this community!

~ Trinh

Special September Events

Birthday Lunch and One-Room Schoolhouse Reunion

Thursday, September 15 at noon

Join us for friendship and a delicious lunch as we celebrate September birthdays with birthday cake, courtesy of Service First Home Care. After lunch enjoy a video of Chelsea's one-room schoolhouse history. Bring your own school photos and stories to share. It's back to school time, join us for lunch and recess fun! Call the Center at 475-9242 early for lunch reservations.

Out to Lunch Bunch

Wednesday, September 21 at noon

Join this growing group as we explore local restaurants. This month we'll enjoy lakeside seating at Portage Lake Yacht Club on Dexter-Pinckney Road. Call 475-9242 for directions or meet at the Center at 11:30 a.m.



Back to School

AARP Driver Safety Class

Wednesday and Thursday—September 28 & 29

9 a.m. to noon both days **Cost:** \$12 for AARP members, \$14 non AARP members — all checks written to AARP

This refresher course for motorists age 50 and older helps seniors learn how to avoid driving hazards. Two mornings of classroom instruction, no tests.

Those attending both days will be presented a certificate. Some insurance companies provide discounts on car insurance after drivers have been certified as taking the Driver Safety Class. Call 475-9242 to pre-register.

Lifelong Learning

Take the PATH to Better Health

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



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

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

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

512 Washington St. Chelsea, MI 48118

734-475-9242

www.ChelseaSeniors.org

Special September Events

Senior Supper Club

Tuesday, September 13 Cost \$6
4 p.m. performance / 5 p.m. dinner
Chelsea Community Hospital

Come enjoy a delicious meal in the Chelsea Community Hospital dining room and an evening of classic songs performed by Frank Modafferi. You'll be humming along to songs from Louis Armstrong, Frank Sinatra, Elvis and others.

Kaleidoscope Concert Series

Tuesday, September 20 at 7:00 p.m. FREE
Silver Maples

This popular music series is back with the first concert featuring the Picks & Sticks String Band. Space is limited, so pick up your tickets at the Senior Center today!

5-Healthy Towns Party

Sunday, September 25 at noon - 4 p.m.
Chelsea High School Campus (740 N. Freer Rd.)

Be part of the **5-Healthy Towns Party!** Sponsored by the Chelsea Area Wellness Foundation, this event has something for everyone; national experts, a farmers market, and friendly competition between five local communities (Chelsea, Dexter, Grass Lake, Manchester and Stockbridge).

Headlining the event will be **Today Show Nutritionist Joy Bauer** and award-winning fitness coach and author **John Colver**, who will lead energetic and exciting discussions about the importance of eating well and daily exercise.

Come cheer your neighbors as they play in an over 50 co-ed softball tournament or compete in the Family Chef competition to produce healthy meals. Other events include family yoga classes, free bike inspections and bike safety classes.

The purpose of the 5-Healthy Towns Party is to help us engage our communities on the way to becoming the healthiest communities in the Midwest. It's a great opportunity to have fun while getting healthier!



Special Updates

Raffle Tickets - LAST CHANCE!

This is your last chance to win a great raffle prize! Drawing will be held on September 9 at the Chelsea High School home football game.

1st prize is \$1000

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

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

Water a Dry Subject

Tuesdays at 11:00 a.m. FREE

By popular request, Dr. Wally Fusilier will continue his series of entertaining stories and anecdotes about water facts and fiction from his 40+ year career as a water scientist. Please call the Center at 475-9242 to register.

Events on the Horizon

Health Fair and Flu Shot Clinic

Wednesday, October 5
9 a.m. - 12 p.m.

Be sure to stop by this morning and get your flu shot along with other helpful wellness services and information including Medicare open enrollment advice and blood pressure checks. Flu shots provided by ChelseaCare Home Health for \$30 each or free with your Medicare card. Enjoy some healthy treats and snacks.

Mark Your
Calendars!

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!

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.

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.

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.

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!

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.



Relaxation - The key to a longer, happier life

Thursday, September 15 at 11:00 a.m.

Back by popular request, Maggie Roberts, MA, LPC will lead another session on how to practice easy relaxation techniques including breathing for relaxation, body scan, orange liquid guided meditation and whatever else we have time for.



Reflexology

Tuesday, September 20

Info session at 9:30 a.m. FREE

Individual 15 minute sessions: \$10 members; \$15 non

Stress is a factor in over 75% of all illness. Reflexology offers a relaxing retreat from the stresses of the world giving the body an opportunity to use its own healing abilities. Join Barb Fisher, Certified Reflexologist and a Naturopathic Therapist and Educator, to find out how you can benefit from this therapy.

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 :

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

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, September 26 at 9:30 a.m.

Cost \$22 members / \$25 non

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!

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.

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.

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 provided.

Knit and Crochet

Thursdays, 12:30 p.m.

Free for members / \$1 non-members

Join this group for informal instruction. There's time to socialize while working on projects for those in need.

Wood Carving

Fridays, 10 a.m.

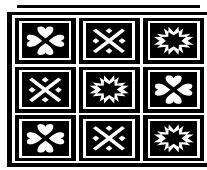
Free for members / \$1 non-members

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

The Strippers Quilting Group

Fridays, Sept. 9 and 23 at 11:30 a.m.

Come share laughter and your love of quilting with this friendly group. On September 9, we'll be working on the block of the month; please bring your Round Robin with you. On September 23, we'll be strip quilting using a new pattern and starting a new folk art block.



For Joyful Givers . . .

for your
generosity,
please take some credit.

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

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

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

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Celebrate the Gifts of Autumn Fundraiser

Wednesday, September 14 8 a.m. - 9 a.m.

Join other Senior Center supporters for breakfast to hear about our **Matching Funds Campaign!** With the generous support of a donor and the current MI state tax credit, your timely donation will have four times the impact. Please don't wait to make this donation because the 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.

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. Come cheer for our Chelsea Senior Center Team at the Wii Bowling Tournament on Sept. 14, as they work their magic to keep the trophy!



Pinochle

Wednesdays, 1 p.m.

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

Scrabble

Wednesdays, 1 p.m.

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

Chess

Thursdays, 10 a.m. Free

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

Euchre

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

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

Cards and Games

Party Bridge Players

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

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



Join Us For Lunch

Taste of Home Café at 12 noon

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

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

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

Everyone is welcome!

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



Come see us in confidentiality

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

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

Clubs and Groups

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

Amateur Radio Group

Tuesday, September 27 at 6 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 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

Wednesday, September 28 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.

New meeting day

Tutoring

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

Newsletter Assembly Group

Thursday, September 22 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, September 20

The Red Hat group will meet for a Mystery Trip this month! Call Babette 475-0715 for more information.

Services for Members

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

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

Medicare/Medicaid Assistance Program (MMAP)

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

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

Massage with Dawne By popular request, you can now enjoy Dawne's massages **twice a month!** Still just a \$1 per minute you can schedule your chair massage on Mondays, September 12th and/or 26th. 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 September 6th and 7th. 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.

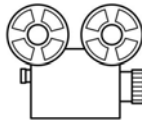
Transportation The W.A.V.E. Bus will bring you to the Senior Center. Call 475-9494 for the best ride in town!

Movies at the Center

Our theme for movies this month is "Back to School".

Enjoy free weekly movies on the big screen and popcorn! Movies start at 12:30 p.m.

Donations accepted.



Fri, Sep. 2: American Graffiti 1973 PG

George Lucas directs this coming of age movie about four teenagers on their last summer night before college. The incredible soundtrack brings you the most memorable rock and roll hits of the 60's era.

Fri, Sept 9: To Sir, With Love 1966

An engineer (Sidney Poitier) reluctantly takes a teaching job in a London high school. Eventually he wins the students over, changing their lives, and his, in the process.

Fri, Sep. 16: Goodbye, Mr. Chips 1969 G

An unlikely love blooms between a schoolmaster (Peter O'Toole) and a flashy dancehall girl (Petula Clark) in this musical adaptation.

Fri, Sep. 23: Dead Poets Society 1989 PG

An unconventional English teacher (Robin Williams) inspires students through poetry in this Oscar winner for Best Screenplay.

Fri, Sep. 30: The Miracle Worker 1962 PG

Patty Duke and Anne Bancroft won Oscars for their portrayal of Helen Keller and her inexperienced, but innovative teacher, Annie Sullivan.

Great Books Discussions With Chelsea District Library

My Antonia by Willa Cather

Friday, September 2 at 1 p.m.

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



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.

Our Sponsors...

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Monday	Tuesday	Wednesday	Thursday	Friday
<h1>September 2011</h1>			1	2
		* Indicates programs taking place away from Senior Center campus	9:00 Swimming * 10:00 Computer Club 10:00 Chess 10:00 Sage-ing class 12:15 Bridge 12:30 Knit & Crochet 1:00 Matter of Balance	9:00 Bingo 10:00 Wood Carving 10:30 Enhance Fitness 12:30 Movie 1:00 Wii Fun 1:00 Book Club—My Antonia
5	6 Foot Care	7 Foot Care	8 Board Meeting	9 Raffle drawing!
Labor Day Sorry Chelsea Senior Center will be closed	9:00 Swimming * 9:30 Mah Jongg 10:00 Blood Pressure 10:00 Crafts 11:00 Water Quality 1:00 Quilting for Charity 1:00 PATH 1:00 Wii Fun 6:30 Euchre	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 11:30 Quilting Group 12:30 Movie 1:00 Wii Fun
12	13	14	15 Birthday Lunch!	16
9:00 Bingo 10:00 Massage 10:00 Bike Ride Club* 10:30 Enhance Fitness 12:30 Hand & Foot	9:00 Swimming * 9:30 Mah Jongg 10:00 Crafts 11:00 Water Quality 1:00 Quilting for Charity 1:00 PATH 1:00 Wii Fun 6:30 Euchre Senior Supper Club*	9:30 Stained Glass 10:30 Enhance Fitness 1:00 Pinochle 1:00 Scrabble 1:00 Wii Bowling Tournament* 1:00 Bowling League*	9:00 Swimming * 10:00 Chess 10:00 Computer Club 11:00 Relaxation 12:00 One-Room Schoolhouse Reunion and Birthday Lunch 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
19	20 Red Hatters Trip*	21	22	23
9:00 Bingo 10:00 Bike Ride Club* 10:30 Enhance Fitness 12:30 Hand & Foot	9:00 Swimming * 9:30 Mah Jongg 9:30 Reflexology 10:00 BP/Eyeglass check 10:00 Crafts 11:00 Water Quality 1:00 Quilting for Charity 1:00 PATH 1:00 Wii Fun 6:30 Euchre	9:30 Stained Glass 10:00 Coin Collecting 10:30 Enhance Fitness 11:30 Out to Lunch* 1:00 Pinochle 1:00 Scrabble 1:00 Bowling League*	9:00 Newsletter Assembly 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 11:30 Quilting Group 12:30 Movie 1:00 Wii Fun 5-Healthy Towns Sep. 25 @ noon-4*
26	27	28	29	30
9:00 Bingo 9:30 Paint with Steve 10:00 Massage 10:00 Bike Ride Club* 10:30 Enhance Fitness 12:30 Hand & Foot	9:00 Swimming * 9:30 Mah Jongg 10:00 Crafts 11:00 Water Quality 1:00 Quilting for Charity 1:00 PATH 1:00 Wii Fun 6:30 Euchre	9:00 Driver's Safety 9:00 Genealogy 9:30 Stained Glass 10:30 Enhance Fitness 1:00 Pinochle 1:00 Scrabble 1:00 Bowling League*	8:00 Mystery Trip departs from Center* 9:00 Driver's Safety 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



September 2011

Chelsea Seniors



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Supported through the
Washtenaw County Area
Agency on Aging 1B

1 Savory Swedish
Meatballs
Buttered Egg Noodles
Steamed Mixed
Vegetables
Fruit and Salad
Dessert of the Day

2 Chicken Salad Sandwich on
Croissant
Side Salad
Fruit
Whole Grain Chip
Dessert of the Day



5 No Lunch
Labor Day

6 Baked Potato Bar
With Chili and Toppings
Steamed Broccoli
Fruit and Salad
Dessert of the Day

7 Chicken Parmesan
with Penne Pasta
Steamed Vegetable
Fruit and Salad
Dessert of the Day


8 Hearty Beef Stew
w/ Mixed Vegetables
Fruit and Salad
Dessert of the Day

9 Savory Pork Chop
Mushroom Gravy
Whipped Potatoes
Seasoned Green Beans
Fruit and Salad
Dessert of the Day

12 Sour Cream Beef
Stroganoff
Seasoned Egg Noodles
Honey Glazed Carrots
Fruit and Salad
Dessert of the Day

13 Grilled Ruben Sandwich
on Rye Bread
Italian Pasta Salad
Fruit and Salad
Dessert of the Day

14 Homemade Salisbury
Steak
Creamy Mashed Potatoes
Steamed Mixed Vegetable
Fruit and Salad
Dessert of the Day

15 
Birthday Celebration
Home-style Chicken
W/All the Fixings'
Fruit and Salad
Dessert of the Day

16 Grilled Quarter Pound
Burger on a Toasted Bun
Assorted Condiments
Potato Salad
Buttered Corn
Fruit and Salad
Dessert of the Day

19 Pineapple Glazed Ham
Cheesy Macaroni
Steamed Vegetable
Fruit and Salad
Dessert of the Day

20 Beef Pasty w/Gravy
Steamed Cauliflower
Fruit and Salad
Dessert of the Day

21 Roast Turkey & Gravy
Whipped Potatoes
Seasoned Green Beans
Chilled Cranberry Sauce
Fruit and Salad
Dessert of the Day

22 Homebaked Italian
Lasagna
Broccoli with Parmesan
Crunchy Garlic Toast
Fruit and Salad
Dessert of the Day

23 Crunchy Fish and Chips
Tartar Sauce
Steamed Mixed
Vegetables
Fruit and Salad
Dessert of the Day

26 Flavorful Chicken Pot Pie
Creamy Mashed Potatoes
with Homestyle Chicken
Gravy
Steamed Peas & Carrots
Fruit and Salad
Dessert of the Day

27 BBQ Pork on a
Bakery Bun
Sweet Potato Fries
Fruit and Salad
Dessert of the Day

28 Ballpark Beef Frank
On Steamed Bun
Brown Sugar Baked
Beans
Buttered Corn
Fruit and Salad
Dessert of the Day

29 Beef and Tomato
Goulash
Glazed Carrots
Warm Breadstick
Fruit and Salad
Dessert of the Day

30 Parmesan Chicken
Alfredo
Savory Green Beans
Warm Garlic Bread Stick
Fruit and Salad
Dessert of the Day

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



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



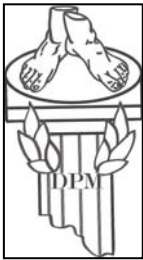
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For more complete information visit:
www.AdultLearnersInstitute.org



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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.

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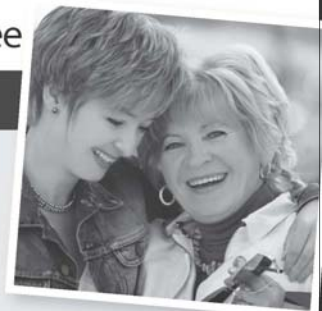
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- Washer and dryer in each unit
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 Kristy Collins
 734-433-9130 || chelseapines@aol.com
 325 Wilkinson Street, Chelsea, MI 48118



THE PINES
 SENIOR APARTMENTS
 MANAGED BY UNITED METHODIST
 RETIREMENT COMMUNITIES



Come Travel with Us!



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

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!!!!

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 stop on the way, not included in cost. Mark your calendar and be prepared for an afternoon of laughter!

Mystery Trip

Thursday, Sept 29; depart 8 a.m.

Cost: \$66 member /\$71 non-member, includes lunch West we will go for some fresh air, lunch beside the river, country roads we will travel for some fur, and I smell something baking, and maybe an Apple will appear. Come join us for a fun day!



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. The Texas Tenors present an amazing performance of a variety of music. Lunch on the way is 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!

Extended Trips

Rails of West Virginia

October 17—20

Member Cost: \$799 double (single \$959; triple \$739) \$50 deposit to reserve— **balance due Sept 10**

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 14—18

Member 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 sensation. Enjoy the Sight and Sound Theater's version of the Christmas Story. We'll be staying at the Hilton Hotel. 7 meals.

Payment or deposit is due at registration. Only those people who pay when registering for a trip are guaranteed a seat. Price includes gratuities for driver. Refund Policy: Travelers will be responsible for the cost of the trip. If you must cancel, you may find your own replacement or call us to see if we have a wait list. If a cancellation is made prior to the final payment due date, a full refund, less \$5.00 handling fee, will be provided. Members are encouraged to purchase insurance. 11

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

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

September 2011

Trinh Pifer, Executive Director

Kay Heller, Administrative Assistant

Chelsea Senior Center -

Our mission is to promote, encourage, and organize activities that address the physical, social, and emotional concerns of Chelsea area senior citizens and their families.

Hours of Operation

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

2011 Travel at a Glance . . .

- ◆ Mystery Trip — September 29
- ◆ Tim Conway Show — October 12
- ◆ Detroit Symphony Orchestra — October 14
- ◆ Rails of West Virginia — October 17 thru 20
- ◆ Travel Open House — October 24
- ◆ 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.