Chesterfield Senior Center Press

January 2016 Volume 16 Issue 01

www.chesterfieldtwp.org Click on Services menu and choose Senior Center

Chesterfield Senior Center is located at 47275 Sugarbush, Chesterfield, MI 48047. Phone: (586)-949-0400 ext. 1138

Chesterfield Senior Center is open Monday through Friday from 8:00 AM until 4:30 PM. Carol Rose –Coordinator

**Chesterfield Senior Transportation Program (586) 749-7713 **SMART curb to curb service (866) 962-5515

**Macomb County Office of Senior Services (586) 469-5228 **Area Agency on Aging 1-B Macomb County office 586-226-0309

DAILY PROGRAMS

Monday

Body Awareness

9 AM-Featuring Body Recall chair exercises followed by a senior walking program & refreshments.

Aerobics & Strength Training

10 AM on the 4th & 25th **MMR**

10:15 AM on the 11th

Chesterfield Senior Group

12:30 PM- An informational meeting followed by bingo and cards.

January 4th & 25th

Senior Book Club

Monday 02-08-16 at 1 PM

Tuesday

Chair Yoga **MMR**

8:45-9:45 AM Walk In $4 per class WELCOME.

Aerobics & Strength Training

9:50 AM Chair & Weight exercises too

Craft Club

11 AM-Crafts & sharing patterns.

Quilting

11:30 AM

Mahjong

12:30 PM

Bridge & Poker & Cribbage

1 PM

Wood Carving Casual style.

1 PM

Wednesday

Body Awareness

9-10:25 AM Featuring Body Recall chair exercises followed by a senior walking program.

Fitness, Toning & Music

10:30 AM

NOTE: No classes on 01-27-16.

DAILY PROGRAMS

Thursday

Aerobics & Strength Training

10 AM Chair & Weight exercises too

Practice Line Dance

11 AM-12 Noon

Cards

12 Noon Variety Games

12:30 PM-Euchre 1:00 PM-Pinochle

Friday

Body Awareness

9 AM-Featuring Body Recall chair exercises followed by walking.

Fitness, Toning & Music

10:30 AM

Mexican Train Dominoes 12:30 PM

Do you have questions about your Social Security account?

On Monday February 8, 2016 a representative from Social Security will be here to answer your questions. You MUST set up an appointment time at the Senior Center Office. **Thank you!**

Office of Senior Services

Legal Assistance Program

The Office of Senior Services offers a FREE Legal Assistance Program through a grant with Lakeshore Legal Aid for Macomb County residents. Attorneys will provide assistance to seniors (age 60+) with legal problems. There is no charge for the service. You are responsible for some incidental court filing costs. Donations are accepted. Please call **586-469-5185** for an appointment.

To reach Macomb County Legal Aid & Defender **call 877-964-4700.**

Dream Scene!

Chesterfield Senior Center is bursting at the seams with seniors and is in need of additional square footage! The dream of building a Senior Recreation Addition that will include a gymnasium is in the infancy stage. Chesterfield Senior Center is now accepting donations to finance this ambitious goal. Anyone can make a tax deductible donation to support expanding the senior center. Donations can also be made in memory or in honor of a loved one. or helping us to fulfill the dream of a Senior Recreation Addition!

News from Area Agency on Aging 1-B

PHONE SCAM TARGETING SENIOR CITIZENS

It has been reported that recorded calls are being made to local seniors with the recording stating it is the Area Agency on Aging 1-B.

Consumers are than asked to press 1 if they would like to receive a free medical alert button.

These calls are NOT from Area Agency on Aging.

Remember, never give your personal information including Medicare number, Social Security number or credit card number to anyone calling you.

This scam has been reported to the Office of The Attorney General.

If you believe you have received a call like this – or any call that you think may be a scam, please call your local police department's nonemergency number & report it

If you are ever unsure of someone who is calling you, trust your instincts – hang up!

ASK THE OFFICER

Walk in appointments with a Chesterfield Police officer are available each month to review your law enforcement questions. Join us on 01-04-16 from 11 AM-12 Noon.

HENRY FORD HEALTH SYSTEM will offer **FREE** Blood Pressure checks on 01-04-16 from 11:30 AM-12:30 PM. Protect your health with regular mini check ups!!

THE VILLAGE OF EAST HARBOR will offer **FREE** Blood Pressure checks on 01-25-16 11:45 AM-12:30 PM. Protect your health with regular mini check ups!!

SENIOR BOOK CLUB

Chesterfield Senior Center Book Club will be discussing "The Gold Finch" by Donna Tartt on Monday February 08, 2016 at 1 PM. Come join the lively discussion!

NOTE: Book Club does not meet during January.

The **Chesterfield Senior Center Office** will be open on Monday, Wednesday, Thursday and Friday from 8 AM until 12 PM. After 12 PM and on Tuesdays please call 586-949-0400 ext. 1138 to set up an appointment. Thank you for your cooperation in this matter. **See page 2 for Holiday Hours.**

WOOD CARVING

Members of the Metro Carvers of Michigan have formed a Wood Carving Group at Chesterfield Senior Center. They meet on Tuesdays at 1 PM. The style is casual and the cost is minimal.

The Charter Township of Chesterfield Senior Center has weekly programs available to all senior citizens age 55 years of age and older. All programs meet in the Chesterfield Senior Center unless otherwise noted. No dues are charged. Fees are listed and paid per activity if applicable. Where no fee is noted the program is **FREE**!

Chesterfield Senior Center Trips & Events January 2016

January 1st Chesterfield Senior Center **CLOSED** to observe New Year's Day.

January 4th Chesterfield Senior Center **OPEN** for the New Year. 2016 January Newsletter & Flyers will be available today.

January 4th **Chesterfield Senior Group Meeting** at 12:30 PM.

January 18th Chesterfield Senior Center **CLOSED** to observe Martin Luther King Jr. Day.

January 25th **Chesterfield Senior Group Meeting & Birthday Celebration** at 12:30 PM.

January 27th **"GAMES PEOPLE PLAY"** Enjoy a GREAT lunch & two hours of interactive fun!
Sponsored by the Selfridge North Macomb Lions Club. **Cost $5 Donation.**
Donations support Leader Dogs for the Blind. Help to make a life changing difference for someone!
Generously supported by these area businesses. Always Best Senior Services, Dimitri's Opa Chesterfield, Little Camille's by the Bay, Texas Roadhouse Chesterfield and Twisted Rooster Chesterfield Seating is limited. **Ticket deadline is 01-22-16.**

January 29th **Motor City Casino**. Includes deluxe motorcoach transportation, $35 slot reward play on your players card and the driver's tip. **Cost $20**. **Deadline to register & pay is 01-22-16.**

February 1st **Chesterfield Senior Group Meeting** at 12:30 PM.

February 3rd **Annual St. Valentine Party** Join us for a delicious two meat buffet luncheon. Entertainment will by Brian Bosman, dancing and Door Prizes. **Cost $20. Deadline to purchase a ticket is 01-25-16.**

February 8th Do you have questions about your Social Security account? A Representative from Social Security will be here to answer your questions. You **MUST** set up an appointment time at the Senior Center Office. Thank you!

February 8th **Chesterfield Senior Center Book Club** will be discussing "The Gold Finch" by Donna Tartt. Come join the lively discussion at 1 PM.

February 15th Chesterfield Senior Center **CLOSED** to observe President's Day.

February 16th **"Little Anthony & The Imperials"** at Soaring Eagle Casino. Includes deluxe motorcoach transportation, $10 coin coupon, $5 food voucher, ticket to see Little Anthony backed up by the original Imperials and the driver's tip. **Cost $38**. **Deadline to register & pay is 02-02-16.**

February 22nd **Chesterfield Senior Group Meeting & Birthday Celebration** at 12:30 PM.

February 24th Join us for a **Taste of Travel.** Enjoy an armchair sample of our **Over Night** trips. Travel representatives from Bianco Tours and Just Cruises will be here to showcase the upcoming **overnight trips** with flyers & power point presentations. Stop by the Chesterfield Senior Center Office and pick up your **FREE** ticket for this event **before 02-17-16.**

Overnight Trips

NOTE: All Overnight Trips include round trip deluxe motorcoach transportation, coffee & snacks departure day, drinks & snacks on the return trip home & are fully escorted. Prices based on double occupancy. **A $20 deposit** (unless otherwise noted) will hold your registration until 30 days prior to departure.

03-09-16 **Historic Philadelphia & Flower Show** 4 days/ 3 nights, 3 full breakfasts, 2 dinners, Christ Church, Betsy Ross House, Liberty Belll, Shops at Liberty Place, Eastern State Penitentiary where Al Capone was an inmate, Reading Market, Sugarhouse Casino and MORE. **Cost $599**.

04-10-16 **Southeast Seaboard** Spring Break - Senior Style (8 days/ 7 nights), Hilton Head, Myrtle Beach, Savannah, Plantations & more **Cost $1385.**

05-02-16 **Lancaster & Gettysburg** (4 days/3 nights), Amish Theatre, Hershey Farms, Smorgasboard & more. **Cost** $645.

05-15-16 **Southern Charm** (6 days/ 5 nights), Smokey Mountains National Park & Railroad, Biltmore Estate & more, **Cost $1055.**

06-05-16 **Mackinac Lilac Festival** (2 days/ 1 night), Lakeview Hotel, Main Street Shops, Festival, Carriage tour & more. **Cost $335.**

July 2016 **Wisconsin** More info to follow.

August 2016 **Chicago** (3 days/ 2 nights**)** More info to follow.

September 2016 **Colorado** More info to follow.

09-25-16 **Rheine River Cruise & Octoberfest**. 8 days/7 nights, Amsterdam, Netherlands to Basel Switzerland. **Cost from $3296**. Call Jill for info. 586-840-7447 ext. 104

10-02-16 **Yooperland** (5 days/ 4 nights) More info to follow.

***** Complete detailed information is available at Chesterfield Senior Center. *****