

Chesterfield Senior Center Press

March 2016

Volume 16 Issue 03



www.chesterfieldtp.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 I-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 7th & 21st **MMR**

10:15 AM none

Chesterfield Senior Group

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

March 7th & 21st

Senior Book Club

Monday 03-14-16 at 1 PM

Tuesday

Chair Yoga **MMR**

8:45-9:45 AM Walk In WELCOME.

\$4 per class **No Class 03-08-16**

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

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

No Dominoes 03-04-16.

Do you have questions about your Social Security account?

On Monday April 11, 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!**

Do you have questions about legal matters?

On Wednesday March 09, 2016 an Attorney from Lakeshore Legal Aid will be here to answer questions for Macomb County residents age 60+. The services are listed in the next column.

You **MUST** set up an appointment time at the Senior Center Office.

Thank you!

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!

Office of Senior Services

Legal Assistance Program

The Office of Senior Services offers a FREE Legal Assistance Program through a grant driven partnership with Lakeshore Legal Aid for Macomb County residents. Attorneys will provide assistance to seniors (age 60+) with legal problems through full representation, advice, brief services & referrals. Attorneys answer questions, prepare documents, negotiate settlements or provide legal representation.

Seniors can receive assistance in the following areas: Conservatorship, Consumer Issues, Divorce, Durable Power of Attorney, Guardianship, Insurance, Landlord/Tenant, Law, Housing, Medicaid, Medicare, Nursing Homes, Pensions, Property, Public Benefits, Public Utilities, Social Security, Supplemental Security Insurance and Will Referrals.

There is no charge for the service. There may be some incidental costs for court filing. Donations to help share the costs of the services are accepted and used to enhance or expand the program in Macomb County.

Call Reception 586-469-5185 or Grace Crivello 586-469-6522 or hotline 888-783-8190. Online go to lakeshorelegallaid.org OR michiganlegalhelp.org

ASK THE OFFICER



Walk in appointments with a Chesterfield Police officer are available each month to review your law enforcement questions. Join us on 03-07-16 from 11 AM-12 Noon.

HENRY FORD HEALTH SYSTEM

will offer **FREE** Blood Pressure checks on 03-07-16 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 03-21-16 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 Land of Mango Sunsets" by Dorthea Benton Frank Tartt on Monday March 14, 2016 at 1 PM. Come join the lively discussion!



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.

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

March 2016



March 7th **Chesterfield Senior Group Meeting** at 12:30 PM.

March 14th **Chesterfield Senior Center Book Club** will be discussing "The Land of Mango Sunsets" by Dorothea Benton Frank. Come join the lively discussion at 1 PM.



March 16th **Chick-n-Egg Workshop** Discover your inner creativity at this exciting workshop! The workshop includes complete instruction, ceramic egg shaped plate, lead free, food safe ceramic glaze and firing of your piece. You will be able to choose glaze colors to make your project unique! A food safe holiday table centerpiece to cherish for years to come. **Cost \$15** BYO Paint Shirt. **Deadline to pay is 03-09-16.**



March 21st **Chesterfield Senior Group Meeting & Birthday Celebration** at 12:30 PM.

March 23rd **Up North, Downtown** The Michigan DNR has a GREAT new facility; the Outdoor Adventure Center. Created for all ages it brings "up north" to downtown Detroit! Exhibits, trails, an indoor waterfall and more. Get outdoors indoors! Lunch at Granite City Food & Brewery & drivers tip. No transportation expenses thanks to SMART. **Cost \$15** **Deadline to register & pay is 03-16-16.**



March 25th Chesterfield Senior Center **CLOSED** to observe Good Friday.

April 6th **"Calendar Girls" at Meadowbrook Theatre.** lunch, main floor seating & driver's tip **\$Cost 37. SOLD OUT.**

April 13th Join us for a **Taste of Travel.** Enjoy an armchair sample of our 2016 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 04-06-16.

April 20th **SAVE the DATE.** More info to follow.



May 20th **Detroit Symphony Orchestra.** Selections from the Classical Series. DSO ticket, luncheon at Andrew's on the Corner and the drivers tip. No transportation expenses thanks to SMART. **Cost \$53. Deadline to register & pay is 03-23-16.**

June 3rd **Tigers vs Chicago White Sox** Right Field, Lower Baseline Box Seat, Section 112 and the Driver's Tip. No transportation expenses thanks to SMART. **Cost \$48. Ticket deadline is 04-13-16. NO REFUNDS. Note:** Walk Through Metal Detectors at entry gates.

July 15th **Tigers vs Kansas City Royals** Outfield Box Seat, Section 115 and the Driver's Tip. No transportation expenses thanks to SMART. **Cost \$59. Ticket deadline is 04-13-16. NO REFUNDS. Note:** Walk Through Metal Detectors at entry gates.

August 5th **Tigers vs New York Mets** Right Field, Lower Baseline Box Seat, Section 113 and the Driver's Tip. No transportation expenses thanks to SMART. **Cost \$49. Ticket deadline is 04-13-16. NO REFUNDS. Note:** Walk Through Metal Detectors at entry gates.

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.

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.



August 15th **San Francisco** Round trip airfare (6 days/5 nights), 3 breakfasts, 4 dinners, SF city tour, Pier 39, Alcatraz Island, Fisherman's Wharf, Japanese Tea Gardens in Golden Gate Park, Beringer Vineyards, Burlingame, Monterey Bay Aquarium, Cannery Row, Yosemite National Park and MORE! **Cost \$2789** \$50 deposit.

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

September 16th **Country Rhythm & Blues-- Nashville & Memphis** 6 days/5 nights, 3 Continental Breakfasts, 1 Lunch, 3 Dinners, 2 nights Gaylord Opryland Hotel, tour of Nashville, Opry Mills, performance at and tour of Grand Ole Opry, Country Music Hall of Fame, General Jackson Showboat, BB King Blues Club, tour of Memphis, March of the Ducks, Majestic Grill, tour of Sun Studio, Graceland, Majestic Grill and more. **Cost \$1195**

09-25-16 **Rhine River Cruise & Oktoberfest.** 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.



02-04-2017 **Western Caribbean Cruise** 8 days/7 nights Royal Caribbean Rhapsody of the Seas, Depart & return Tampa FL. Cruise Roatan, Honduras; Belize City, Belize; Puerto Costa Maya, Mexico and Cozumel, Mexico. **\$733** airfare not included. Contact Jill at 586-840-7447 ext. 104.



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