

# Chesterfield Senior Center Press



June 2016

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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 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 6th & 20th **MMR**

#### Chesterfield Senior Group

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

April 2nd & 16th

#### Senior Book Club

Monday 06-27-16 at 1 PM

### Tuesday

#### Chair Yoga

**MMR**

8:45-9:45 AM \$4 per class  
Walk Ins are 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



## 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 June 13, 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 June 15, 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 [lakeshorelegalaid.org](http://lakeshorelegalaid.org) OR [michiganlegalhelp.org](http://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 06-06-16 from 11 AM-12 Noon.

## HENRY FORD HEALTH SYSTEM

will offer **FREE** Blood Pressure checks on 06-06-16 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 06-20-16 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 Prince of Mafia Princes" by Patricia Bellomo on Monday June 27, 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

## June 2016



June 2nd **Chesterfield Senior Center Indoor Flea Market & More** 9:00 AM until 2 PM. Our setting is unique as we are indoors. A wide variety of vendors with gently used items & NEW ITEMS. Come and help to make the Chesterfield Senior Center Recreation Addition become a reality!!

June 3rd **Tigers vs Chicago White Sox** Right Field, Lower Baseline Box Seat & Driver's Tip. No transportation expenses thanks to SMART. **Cost \$48. SOLD OUT.**

June 6th **Chesterfield Senior Group Meeting** at 12:30 PM.

June 13th 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!



June 15th Do you have questions about legal matters? An Attorney from Lakeshore Legal Aid will be here to answer questions for Macomb County residents age 60+. See page 1 for a listing of services. You MUST set up an appointment time at the Senior Center Office.



June 15th **Holy Door Pilgrimage** at the Cathedral of the Most Blessed Sacrament. Lunch at Polonia Restaurant. **Cost \$62. Trip CANCELLED** due to **lack of interest.**

June 16th Macomb County Health Department will sponsoring our Walk Chesterfield today. They will also be conducting a Health Survey from 8:15 AM until 10 AM. All seniors are invited to attend. The information on the survey will help provide better Health Care to residents in Macomb County. Thank you for your input!

June 20th **Chesterfield Senior Group Meeting & Birthday Celebration** at 12:30 PM.



June 27th **Chesterfield Senior Center Book Club** will be discussing "The Prince of Mafia Princes" by Patricia Bellomo. Come join the lively discussion at 1 PM.

July 4th Chesterfield Senior Center **CLOSED** to observe Independence Day.



July 11th **Chesterfield Senior Group Meeting** at 12:30 PM.

July 15th **Tigers vs Kansas City Royals** Outfield Box Seat, Section 115 & Driver's Tip. No transportation expenses thanks to SMART. **Cost \$59. SOLD OUT**

July 20th **Remember When ...** Down the Detroit River. Round trip deluxe motor coach transportation with a casual lunch at Smokies in Wyandotte. Enjoy miles of scenic coastline with a 2 hour narrated tour on the Detroit River. Sites of interest include Bob-Lo Island, Calvert Canada Distillery, Fort Maldem, Navy Yard Park, Stony Island, Livingston Channel & Grosse Ile Lighthouse. Enjoy some shopping time in quaint Downtown Wyandotte too! **Cost \$73** includes the driver's tip. **Deadline to register & pay is 07-08-16.**



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

July 29th **"Christmas in July"** performed by the Recycled Rockettes in Hartland, MI. A holiday bizarre and bake sale in the lobby too! Late lunch at Blackrock Bar & Grill. **Cost \$35** includes driver's tip. No transportation expenses thanks to SMART. **Deadline to register & pay is 07-08-16.**

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

August 2nd Chesterfield Senior Center **CLOSED** for Primary Election Day. **VOTE.** You can make a difference.

August 5th **Tigers vs New York Mets** Right Field, Lower Baseline Box Seat & Driver's Tip. No transportation expenses thanks to SMART. **Cost \$49. SOLD OUT.**

August 15th **Chesterfield Senior Group Meeting & Birthday Celebration** at 12:30 PM.

August 25th **SAVE the DATE.** More info to follow.

## 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.

07-25-16 **Wisconsin** (5 days/4nights) Dune Buggy ride, SS Badger Car Ferry (MI to WI), Green Bay, Door County & more. **Cost \$959**

07-30-16 **Cleveland Rocks!** (2 days/ 1 night), 1 lunch, 1 dinner, Rock & Roll Hall of Fame, Music Box Supper Club, Goodtime III Narrated Luncheon Cruise. Cost \$339.

08-15-16 **San Francisco** Round trip airfare (6 days/5 nights), 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.

08-30-16 **Chicago** (3 days/ 2 nights) Magnificent Mile, Navy Pier, Shedd Aquarium, Malnati's Pizza, Chicago Brauhaus and more. **Cost 515.**

09-07-16 **Colorado** (7 days/6nights) Grand Junction, Aspen, Colorado Springs, US Air Force Academy, Pike's Peak, Cog Train & more. **Cost \$2559 includes airfare.**

09-16-16 **Country Rhythm & Blues- Nashville & Memphis** 6 days/5 nights, Gaylord Opryland Hotel, tour Nashville, Opry Mills, performance & tour Grand Ole Opry, Country Music Hall of Fame, General Jackson Showboat, BB King Blues Club, tour Memphis, March of the Ducks, Majestic Grill, tour 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 \$3296.** Call Jill for info. 586-840-7447 ext. 104

10-02-16 **Yosemite** (5 days/ 4 nights) Kitch-it-i-ki Spring, Porcupine Mountains, Lake of the Clouds, Presque Isle Falls, Brockway Mountain Drive, Copper Harbor, Shrine of the Snowshoe Priest, Pictured Rocks, Lake Superior boat cruise & Tahquamenon Falls. Cost \$729.

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. \*\*\*