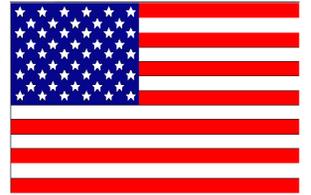


Chesterfield Senior Center Press



July 2016

Volume 16 Issue 07

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 11th & 25th **MMR**

Chesterfield Senior Group

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

July 11th & 25th

Senior Book Club

Monday 07-18-16 at 1 PM

Tuesday

Chair Yoga

MMR

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

NO Class 07-05-16

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



Do you have questions about your Social Security account ?

On Monday August 08, 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 July 13, 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. Help 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 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 07-11-16 from 11 AM-12 Noon.

HENRY FORD HEALTH SYSTEM

will offer **FREE** Blood Pressure checks on 07-11-16 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 07-25-16 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 Light Between the Oceans" by M.L. Stedman Monday July 18, 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

July 2016



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



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

July 13th 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.



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 18th **Chesterfield Senior Center Book Club** will be discussing "The Light Between the Oceans" by M.L. Stedman. Come join the lively discussion at 1 PM.

July 26th **Remember When ...** Down the Detroit River. Lunch at Smokies in Wyandotte, 2 hour cruise & MORE! **Cost \$73 Deadline to register & pay is 07-08-16.**

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



July 27th **Oh Riviera Maya! at the NOW Sapphire Resort Travel Show.** Pick up your **FREE** ticket to the Travel Show **before 07-20-16** at the Chesterfield Senior Center Office. **See 02-27-17 trip info below.**



July 29th **"Christmas in July"** by the Recycled Rockettes in Hartland, MI. Late lunch at Blackrock Bar & Grill. **Cost \$35** includes driver's tip. **SOLD OUT.**



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 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!

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

August 25th **Chubby Checker at Caesars Windsor** 5 hours of gaming & a matinee performance by the timeless Chubby Checker. **Cost \$25.**



Deadline is 08-11-16. Note: Current Passport, Passport Card, Enhanced Driver's License or Certification of Naturalization for this trip.

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.

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

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.**

09-16-16 **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-iti-kipi 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.**

11-30-16 **Washington D.C. A Capital Holiday!** (4 days/ 3 nights), 3 dinners, Gadsby's Tavern, Guided tour of the White House, Smithsonian Museum Campus, Tony & Joe's Seafood Place, Illuminated night tour of monuments & memorials, The Basilica of the National Shrine of Immaculate Conception, Old Town Alexandria, Union Street Public House, Guided candlelit tour of Mount Vernon, Tram tour of Arlington National Cemetery & Changing of the Guard. **Cost \$739.**

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.

02-20-17 **Riviera Maya Now Sapphire Resort Cancun, Mexico.** Round trip non-stop airfare Detroit to Cancun, round trip transportation to/from airports, 7 days/6 nights at Mexico's best **ALL INCLUSIVE** resort. The resort offers 7 gourmet restaurants, five bars including a swim up bar, 4 pools, all non-motorized water sports, big screen movies on the beach, fitness programs, a private stretch of white-sand beach. Unlimited access to gourmet a la carte dining options without reservations, unlimited international & domestic top shelf spirits, natural fruit juices and soft drinks, 24 hour room service, 24 hour concierge service, pool and beach wait service, daily maid service, endless daytime activities, nightly entertainment, theme parties, oceanfront bars, free unlimited wi-fi, free international calling to the US, all taxes & gratuities Enjoy a nearby golf course with complimentary green fees. There are many optional excursions available while you relax in the sunshine. The Mesoamerican Barrier Reef is just offshore. Be sure to visit Xel-Ha, the world's largest natural aquarium and Xcaret, where you'll see fascinating indigenous wildlife & snorkel in the underground rivers. Take a day excursion to visit the Mayan Ruins of Tulum or Chichen Itza. This will be a trip to remember so take your camera! **Cost \$2455 double. \$200 deposit per person due before 10-20-16. See 07-27-16 for info on the Oh Riviera Maya Travel Show.**



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