

# Chesterfield Senior Center Press

September 2016

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[www.chesterfieldtwp.org](http://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 12th & 26th **MMR**

#### Chesterfield Senior Group

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

September 12th & 26th

#### Senior Book Club

Monday 09-19-16 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

**2016 Flu Vaccine Clinic and Medication Disposal** 10 AM - 1PM in the Main Meeting Room.

2016 Flu vaccines available are:

**High Dose** trivalent (3 strain) recommended persons 65 +.

**Standard** quadrivalent (4 strain)

Medication Disposal will also be available. Bring expired medication in a zip lock bag. Pharmacy containers **WILL NOT** be accepted.

See page 2 for more information.

Do you have questions about **Legal Matters?**

On Wednesday September 14, 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 [lakeshorelegallaid.org](http://lakeshorelegallaid.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 09-12-16 from 11 AM-12 Noon.

## HENRY FORD HEALTH SYSTEM

will offer **FREE** Blood Pressure checks on 09-12-16 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 09-26-16 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 Invention of Wings" by Sue Monk Kidd on Monday September 19, 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!**



- September 5th Chesterfield Senior Center **CLOSED** to observe **Labor Day**.
- September 12th **Chesterfield Senior Group Meeting** at 12:30 PM.
- September 14th 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. 
- September 15th **Genitti's Hole In The Wall** Enjoy a 7 course Italian lunch, and interactive murder mystery. **Cost \$43 SOLD OUT**.
- September 19th **Chesterfield Senior Center Book Club** will be discussing "The Invention of Wings" by Sue Monk Kidd at 1 PM. 
- September 26th **Chesterfield Senior Group Meeting & Birthday Celebration** at 12:30 PM. 
- September 30th **Nashville Night**, Evening Dinner Dance sponsored by Chesterfield Senior Center and The Village of East Harbor. Includes a delicious dinner, entertainment by Joe DeHenau and Line Dancing with Darlene too! a **Cost \$10. Ticket deadline is 09-19-16**. No tickets sold at the door.
- October 3rd **Chesterfield Senior Group Meeting** at 12:30 PM.
- October 7th **Macomb County Health Department 2016 Flu Vaccine Clinic & Medication Disposal** 10 AM - 1PM in the Main Meeting Room. 

2016 Flu vaccines available are: High Dose trivalent (3 strain) injection - recommended for all persons 65 years of age.  
 Standard quadrivalent (4 strain) injection, Flu strains in 2016-2017 flu vaccine: A/California/7/2009 (H1N1) - like, A/Hong Kong/4801/2014 (H3N2) - like (NEW FOR 2016-2017 FLU SEASON), B/Brisbane/60/2008 - like & B/Phuket/3073/2013 - like (in Quadrivalent vaccine only). Medicare part B will be billed for persons age 65 and older. Make sure to bring ALL your Medicare or Medicaid coverage cards and your ID. Medicare plans managed by United Healthcare, Total Health Care and Meridian Health are not accepted. Seniors with these Medicare plans will need to pay \$20.00 cash or check and submit the receipt for reimbursement. Persons under age 65 will be charged \$20 (cash or check) for the flu vaccine. Those persons with insurance coverage other than Medicare Part B or Medicaid need to submit the receipt to their insurance company for reimbursement.  
 Medication Disposal will also be available. Bring expired medication in a zip lock bag. Pharmacy containers **WILL NOT** be accepted.
- October 10th Chesterfield Senior Center **CLOSED** to observe **Columbus Day**.
- October 17th **Chesterfield Senior Group Meeting & Birthday Celebration** at 12:30 PM. 
- October 19th **Save the DATE**. More info to follow.
- October 20th **"See You in the Funny Papers"** performed by the Recycled Rockettes in Hartland, MI. The antics of the best loved newspaper comic strips come to life with lots of music, dancing and of course comedy! A performance to remember! AFTER the performance enjoy late, late lunch at Blackrock Bar & Grill. **Cost \$35** includes driver's tip. No transportation expenses thanks to SMART. **Deadline to register & pay is 09-19-16**. 
- October 26th **Baskerville: A Sherlock Holmes Mystery at Meadowbrook** lunch at Kruse & Muer and Driver's Tip. No transportation expenses thanks to SMART. **Cost \$48 SOLD OUT**.  
- November 8th Chesterfield Senior Center **CLOSED** for **Election Day. VOTE**. You can make a difference.
- December 5th **Oak Ridge Boys Christmas Show** at Soaring Eagle Casino. Round trip deluxe motorcoach transportation, \$10 coin, \$5 food voucher, a matinee show ticket & drivers tip. **Cost \$43. Deadline to register & pay is 11-21-16**. 

## 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.
- 09-16-16 **Country Rhythm & Blues- Nashville & Memphis** 6 days/5 nights. **Cost \$1195 SOLD OUT**.
  - 09-25-16 **Rheine River Cruise & Octoberfest**. 8 days/7 nights, Amsterdam, Netherlands to Basel Switzerland. **Cost \$3296**. Call Jill for info. 586-840-7447 ext. 104
  - 10-02-16 **Yooperland** (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) **Cost \$739. SOLD OUT**.
  - 12-31-16 **New Year's Eve Amish Acres** (2 days/1 night), 1 Continental Breakfast, 1 Amish style Thresher's Dinner, Round Barn Theatre play with caberet style show to bring in the New Year and Midnight Fireworks too! **Cost \$ 249**.
  - 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, 7days/6 nights **ALL INCLUSIVE** resort. daytime activities, nightly entertainment, theme parties, oceanfront bars, free unlimited wi-fi, free international calling to the US, all taxes & gratuities Enjoy a nearby complimentary golf and green fees. Near the Mayan Ruins of Tulum or Chichen Itza. **Cost \$2455 double. \$200 deposit per person due before 10-20-16**.
  - 05-28-2017 **New England Celebrating JFK's 100 Birthday** (7 days/6nights), 5 Breakfasts, 6 Dinners, Hyannis Tour with Main Street, JFK Museum, Harbor Cruise, Cape Cod, Maritime Museum, National Seashore, Provincetown, Land's End, Dune Tour, Martha's Vineyard, Edgartown & Finger Lakes New York. **Cost \$1339**.
  - 06-21-2017 **Holland/Saugatuck- A Western Michigan Paradise** (2 days/ 1 night), 1 Breakfast, 1 Lunch, 1 Dinner, Coral Gables, Saugatuck tour, Dune Ride, Holland Princess Dinner Cruise, Holland tour, Windmill Island Gardens & Holland State Park. **Cost \$335**.