

Chesterfield Senior Center Press

January 2017

www.chesterfieldtwp.org

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Click on Services menu and choose Senior Center



Chesterfield Senior Center is located at 47275 Sugarbush, Chesterfield, MI 48047. Phone: (586)-949-0400 then Press 7

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 9th & 23rd **MMR**

Chesterfield Senior Group

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

January 9th & 23rd

Senior Book Club

Monday 02-13-17 1 PM

No Book Club in January

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

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

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



A SPECIAL THANK YOU to EVERYONE

who donated non-perishable food, toys, hats, mittens,

gloves and socks for needy persons in our community. The items were distributed by the Chesterfield Goodfellows. Your generosity helped to give everyone a Merry Christmas. Every act of kindness done, makes life nicer for someone!

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

On Wednesday November 09, 2016

an Attorney from Lakeshore Legal Aid will be here to answer questions for Macomb County residents age 60+. 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 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 01-09-17 from 11 AM-12 Noon.

HENRY FORD HEALTH SYSTEM

will offer **FREE** Blood Pressure checks on 01-09-17 from 11:30 AM-12:30 PM. Protect your health with regular mini check ups!!



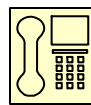
THE VILLAGE OF EAST HARBOR

will offer **FREE** Blood Pressure checks on 01-23-17 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 "All the Light We Cannot See" by Anthony Doerr Picoult on Monday February 13, 2017 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 then Press 7 to set up an appointment. Thank you for your cooperation.

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!**



- January 2nd Chesterfield Senior Center **CLOSED** for the New Year.
- January 3rd Chesterfield Senior Center **OPEN** for the New Year. 2017 January Newsletter & Flyers will be available today.
- January 9th **Chesterfield Senior Group Meeting** at 12:30 PM.
- January 11th 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 at the Senior Center Office.
- January 16th **Chesterfield Senior Center CLOSED** to observe **Martin Luther King Jr. Day**.
- January 23rd **Chesterfield Senior Group Meeting & Birthday Celebration** at 12:30 PM.
- February 1st **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 Sugarbush Tavern. Seating is limited. **Ticket deadline is 01-23-17.**
- February 6th **Chesterfield Senior Group Meeting** at 12:30 PM.
- February 8th 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 at the Senior Center Office.
- February 13th **Chesterfield Senior Center Book Club** will be discussing "All the Light We Cannot See" by Anthony Doerr at 1 PM. **NOTE:** Book Club does not meet in December or January.
- February 14th **Celebrate your Heart Health Day.** The Vascular screening Mobile Unit from St. John Providence Health System will provide this life saving heart health screening BEFORE there is a heart problem. Cost \$55. Make an appointment at the Chesterfield Senior Center Office beginning 01-12-17.
- February 20th **Chesterfield Senior Center CLOSED** to observe **Presidents' Day**
- February 27th **Chesterfield Senior Group Meeting & Birthday Celebration** at 12:30 PM.
- February 28th **Mardi Gras at Caesars Windsor** Enjoy round trip deluxe motorcoach transportation, 5 hours of gaming, FREE Buffet OR \$15 meal voucher OR \$15 coin voucher, a paczki, coffee & Mardi Gras entertainment. **Cost \$25** includes the driver's tip. **Deadline is 02-14-17.** **Note:** You must have a current Passport, Passport Card, Enhanced Driver's License or Certification of Naturalization for this trip.
- March 6th **SAVE the DATE.** More info to follow.
- March 13th **Chesterfield Senior Center Book Club** will be discussing "Some Luck" by Jane Smiley at 1 PM.
- March 13th **SAVE the DATE.** More info to follow.
- March 17th **The Irish Rovers at Caesars Windsor** Enjoy round trip deluxe motorcoach transportation, 5 hours of gaming and a performance by The Irish Rovers. These international ambassadors of Irish music have maintained their timeless ability to deliver a rollicking, rousing performance of good cheer - one that will soon have you singing and clapping along. **Cost \$25** includes the driver's tip. **Deadline is 03-03-17.** **Note:** You must have a current Passport, Passport Card, Enhanced Driver's License or Certification of Naturalization for this trip.

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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.
- 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.
- 02-20-2017 **Riviera Maya Now Sapphire Resort Cancun, Mexico.** Round trip non-stop airfare, 7days/6 nights **ALL INCLUSIVE** resort. All taxes & gratuities **Cost \$2455 double. \$200 deposit per person due before 10-20-16.**
- 05-01-2017 **Myrtle Beach (7 days/6 nights)** 6 Breakfasts, 1 lunch, 3 dinners. Carolina Opry Show, Sea Thunder Dolphin Cruise, Broadway at the Beach, Legends in Concert, Carolina Jeep Safari Tour, Murrells Inlet Marsh Walk, Barefoot Landing & Barefoot Princess Dinner Cruise **Cost \$1265.**
- 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.**
- 07-10-2017 **Quilt Gardens Tour (2 days/ 1 night),** 1 Breakfast, 1 Lunch, 1 Dinner. Elkhart County Visitor Center Quilt Display, Quilt Garden Tour **Cost \$285.**
- 09-28-2017 **Ark Encounter Kentucky (2 days/ 1 night),** 1 Breakfast, 1 Dinner. Creation Museum, Greyhound Tavern a Kentucky Landmark & Ark Encounter. **Cost \$289.**

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