

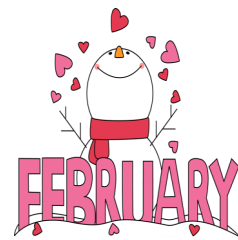
# Chesterfield Senior Center Press

February 2017

www.chesterfieldtwp.org

Volume 17 Issue 02

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 6th & 27th **MMR**

#### Chesterfield Senior Group

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

February 6th & 27th

#### Senior Book Club

Monday 02-13-17 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

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

### Chesterfield Senior Group News

Chesterfield Senior Group meets twice each month at Chesterfield Senior Center. Stop by and check out what is happening with this unique program. Enjoy jokes, poetry, bingo, cards, birthday celebrations, fellowship & fun.

This month our meetings are on February 6th and February 27th at 12:30 PM. Come join us!



### Welcome Friends Month

On Monday March 06, 2017 we will be hosting a FREE St. Patrick's Day Lunch. COST \$5 Ticket deadline is 02-27-17. \$5 Returned at the end of our meeting. Our meeting begins at 11:30 AM. Be a wear'n the GREEN.

On Monday March 20, 2017 join us as we celebrate March Members Birthdays & Birthday Dessert Buffet. Our meeting begins at 11:30 AM.



## 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](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 02-06-17 from 11 AM-12 Noon.

## HENRY FORD HEALTH SYSTEM

will offer FREE Blood Pressure checks on 02-06-17 from 11:30 AM-12:30 PM. Protect your health with regular mini check ups!!



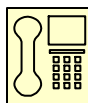
## THE VILLAGE OF EAST HARBOR

will offer FREE Blood Pressure checks on 02-27-17 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!

# Chesterfield Senior Center Trips & Events

## February 2017



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. **SOLD OUT.**

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



February 8th **Annual St. Valentine Party.** Enjoy a delicious two meat buffet luncheon catered by Zuccaro Banquets and Catering, with entertainment by the multi talented Brian Bossman! Door Prizes & more! **Cost \$15. SOLD OUT.**

I   
Book Club

February 13th **Chesterfield Senior Center Book Club** will be discussing “All the Light We Cannot See” by Anthony Doerr at 1 PM.

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.



February 20th **Chesterfield Senior Center CLOSED to observe Presidents’ Day**

February 27th **Chesterfield Senior Group Meeting & Birthday Dessert Buffet** 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 **March 6th Chesterfield Senior Group Meeting** Note the meeting time change to **11:30 AM.**

Come Join us for our **WELCOME FRIENDS MONTH.** See pages 1 for more information!

March 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. **Note:** Not available in February.

March 13th **Chesterfield Senior Center Book Club** will be discussing “Some Luck ” by Jane Smiley at 1 PM.

March 13th **Vicki Lawrence & Mama: a Two Woman Show at Soaring Eagle Casino.** Round trip deluxe motorcoach transportation, \$10 in coin, \$5 food voucher, gaming and a performance by Vicki Lawrence! This stand up comedy show features music and Vicki’s “observations about real life”. Of course Mama will be up to the challenge! **Cost \$43.** Deadline to register & pay is **02-27-17. NOTE: Bring your Player’s Card when you pay for this trip.**



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 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.

March 20th **Chesterfield Senior Group Meeting & Birthday Dessert Buffet.** Note the meeting time change to **11:30 AM.** See pages 1 for more information!

## 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.

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/6 nights),** 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.**

07-17-2017 **Kansas City (6 days/ 5 nights),** 5 breakfasts, 4 dinners, Gateway Arch, Anheuser Busch Brewery, Gateway Arch Riverboat Cruise, St. Louis’ Union Station, Landary’s Seafood House, National WWI Museum & Memorial, Kauffman Stadium, Kansas City tour, Fort Leavenworth & Frontier Army Museum. **Cost \$1029.**

09-03-2017 **Mackinac Bridge Walk (2 days/ 1 night).** More info to follow.

09-28-2017 **Ark Encounter Kentucky (2 days/ 1 night),** 1 Breakfast, 1 Dinner. Creation Museum is a 70,000 square foot exhibit that bring the Bible to life, Greyhound Tavern a Kentucky Landmark, Ark Encounter a full size Noah’s Ark & fabulous biblical display. **Cost \$289**

10-09-2017 **Traverse City Wine & Dine (2 days/ 1 night),** More info to follow.

12-06-2017 **Country Christmas (3 days/ 2 nights).** More info to follow.

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