

Chesterfield Senior Center Press

April 2017

Volume 17 Issue 04

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 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 3rd & 17th **MMR**

Mystery of Fitness Drawing

10 AM 04-10-17

Chesterfield Senior Group

An informational meeting followed by bingo and cards. Please join us on

April 3rd & 17th at 11:30 AM

Senior Book Club

Monday 04-10-17 1 PM



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

Building CLOSED 04-27-17.



Friday

Body Awareness

9 AM-Featuring Body

Recall chair exercises.

Fitness, Toning & Music 10:30 AM

Mexican Train Dominoes 12:30 PM

Building CLOSED 04-28-17.



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

Wednesday

Body Awareness

9-10:25 AM Featuring Body Recall chair exercises followed by a senior walking program.

Fitness, Toning & Music

10:30 AM



Chesterfield Senior Center is proud to honor **ALL** of our Senior Volunteers. Our Senior Volunteers make a difference and enrich other peoples lives. They help to improve our community, take pride in giving of themselves, brighten other peoples lives and make our world a better place. Their smiles lift other peoples spirits as they put their caring attitudes into action.

April is National Volunteer Month. This year we will be honoring all seniors enrolled in the Chesterfield Senior Center Volunteer Program (April 1, 2015 - March 31, 2016) with a Volunteer Celebration to be announced at a later date.



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 04-03-17 from 11 AM-12 Noon.

HENRY FORD HEALTH SYSTEM

will offer **FREE** Blood Pressure checks on 04-03-17 at 12:00 PM. Protect your health with regular mini check ups!!



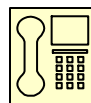
THE VILLAGE OF EAST HARBOR

will offer **FREE** Blood Pressure checks on 04-17-17 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 "State of Wonder" by Ann Patchett on Monday April 10, 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 April 2017

- April 3rd **Chesterfield Senior Group Meeting.**
- April 10th **Mystery of Fitness Drawing** at 10 AM. This is a competition to stay fit! Everyone who exercises in the Body Awareness, Chair Yoga, Senior Aerobics & Fitness Toning & Music have the opportunity to stay strong, relieve stress, and be healthy! When you check in on the Mystery of Fitness sheet you can earn points to be in our semi-annual drawing.
- I ♥
Book Club
- April 10th **Chesterfield Senior Center Book Club** will be discussing "State of Wonder" by Ann Patchett at 1 PM.
- April 12th 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.
- April 14th Chesterfield Senior Center **CLOSED** to observe Good Friday.
- April 17th **Chesterfield Senior Group Meeting & Birthday Dessert Buffet.**
- April 27th Chesterfield Senior Center **CLOSED** to install LED Lighting. **NOTE:** Chesterfield Senior Center Office open. Use front entrance of building.
- April 28th Chesterfield Senior Center **CLOSED** to install LED Lighting. **NOTE:** Chesterfield Senior Center Office open. Use front entrance of building.
- April 28th **Detroit Symphony Orchestra Coffee Classics & lunch** at Andiamo Detroit Riverfront. **Cost \$65. SOLD OUT.**
- May 1st **Chesterfield Senior Group Meeting at 11:30 AM.**
- May 8th **Chesterfield Senior Center Book Club** will be discussing "Beach Town" by Mary Kay Andrews at 1 PM.
- May 10th 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+. You **MUST** set up an appointment at the Senior Center Office.
- May 10th **I Love a Piano at Meadowbrook Theatre**, is a celebration of Irving Berlin and the journey of a piano in American lives. Lunch at Lelli's, deluxe motorcoach transportation, and the driver's tip. **Cost \$61. Deadline to register & pay is 04-17-17.**
- May 15th **Celebrate Tillie Day. The memories begin at 11:30 AM.**
- June 14th **SAVE the DATE.** More info to follow.
- June 16th **Detroit Tigers vs. Tampa Bay Rays** Section #113. **Cost \$47** per person transportation & driver's tip. **Deadline 04-17-17. NO REFUNDS.**
- July 14th **Detroit Tigers vs. Toronto Blue Jays** Section #112-114 **Cost \$47** per person transportation & driver's tip. **Deadline 04-17-17. NO REFUNDS.**
- August 11th **Detroit Tigers vs. Minnesota Twins**, Section #113. **Cost \$47** per person transportation & driver's tip. **Deadline 04-17-17. NO REFUNDS.**

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.

All Credit Card purchases ADD 3% CONVENIENCE FEE to the trip total.

- 05-01-2017 **Myrtle Beach** (7 days/6 nights) 6 Breakfasts, 1 lunch, 3 dinners. **Cost \$1265. SOLD OUT.**
- 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)), 1 Dinner, 1 Breakfast, Soo Locks, OPTIONAL Bridge Walk, Explore & Shop Mackinaw City. **Cost \$ 239.**
- 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.
- 12-08-2017 **Washington DC a Capitol Holiday!** (4 days/ 3 nights), 3 dinners, Gatsby Inn, Union Street Public House, Mount Vernon, Smithsonian, National Shrine of the Immaculate Conception, Tony & Joes Seafood Place, Arlington National Cemetary. White House Tour based on security levels. **Cost \$745.**

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