

Chesterfield Senior Center Press

MAY 2017

Volume 17 Issue 05

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 1st & 15th **MMR**

Chesterfield Senior Group

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

May 1st, June 5th, June 19th at 11:30 AM

Senior Book Club

Monday 05-08-17 1 PM

Tuesday

Chair Yoga

MMR

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

NO CLASS 05-02-17

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.

Fitness, Toning & Music 10:30 AM

Mexican Train Dominoes 12:30 PM

HOPE NOT HANDCUFFS

Addiction is a disease and treatment is possible.

Hope Not Handcuffs is a collaborative effort of **ALL** Macomb County Police Departments, EMS, Families Against Narcotics (FAN), Macomb County Office of Substance Abuse, CARE of Southeastern Michigan and other organizations united to help persons addicted to opiates.

ALL Police Departments will help **ANYONE** seeking opiate addiction treatment **WITHOUT** arresting them.

The person will immediately get into a Treatment Program. Trained Volunteers help with compassionate support and assistance with any paperwork.

For more information visit www.familiesagainstnarcotics.org



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 05-01-17 from 11 AM-12 Noon.

HENRY FORD HEALTH SYSTEM

will offer **FREE** Blood Pressure checks on 05-01 & 06-05 at 11:00 AM. Protect your health with regular mini check ups!!



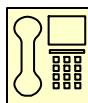
THE VILLAGE OF EAST HARBOR

will offer **FREE** Blood Pressure checks on 06-19-17 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 "Beach Town" by May Kay Andrews on Monday May 08, 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!**



- 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. SOLD OUT.**
- May 15th **Celebrate Tillie Day.** Come celebrate Tillie as she approaches her Triple Digit Birthday. The memories begin 11:30 AM. **COST \$1** to reserve your seat. \$1 will be returned to you. **Ticket deadline is 05-01-17. ADMISSION by TICKET ONLY.** A Chesterfield Senior Group Meeting **WILL NOT** be held on 05-15-17.
- May 29th Chesterfield Senior Center will be **CLOSED** to observe Memorial Day.
- June 5th **Chesterfield Senior Group Meeting at 11:30 AM.**
- June 7th **CHICK TRIP** "Why Do Fools Fall in Love?" at Meadowbrook Theatre. Enjoy round trip deluxe motorcoach transportation, lunch at Loccino, main floor seating at Meadowbrook Theatre & Driver's Tip. **COST \$46.** No transportation expenses thanks to SMART. **SOLD OUT.**
- June 12th **Chesterfield Senior Center Book Club** will be discussing "Under the Wide and Starry Sky" by Nancy Horan at 1 PM. 
- June 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 at the Senior Center Office.
- June 14th **Bill Haley's Comets at Bavarian Inn.** Round trip deluxe motorcoach transportation to Frankenmuth, MI, lunch at Bavarian Inn, performance by Bill Haley's Comets, Castle Shops, Bronner's & Driver's Tip. **COST \$86. Deadline is 05-31-17.**
- June 16th **Detroit Tigers vs. Tampa Bay Rays** Section #113. **Cost \$47** per person transportation & driver's tip. **SOLD OUT.**
- July 14th **Detroit Tigers vs. Toronto Blue Jays** Section #112-114 **Cost \$47** per person transportation & driver's tip. **SOLD OUT.**
- August 10th **SAVE the DATE.** More info to follow.



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.**

- 05-28-2017 **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 **Lancaster Country Christmas** (4 days/ 3 nights), 3 breakfasts, 3 dinners, National Christmas Center, Kitchen Kettle Village, "Miracle of Christmas" and "Home for the Holidays" performances, Hershey Chocolate Making Tour Ride, Hershey Sweet Lights, a Holiday Drive Through Spectacular. **Cost \$735.**
- 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 Cemetery. White House Tour based on security levels. **Cost \$745.**

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

"You can be gorgeous at thirty, charming at forty and irresistible for the rest of your life."
Coco Chanel