

Chesterfield Senior Center Press

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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 5th & 19th **MMR**

Chesterfield Senior Group

An informational meeting followed by bingo and cards. Please join us on June 5th, June 19th, July 10th & July 24th at 11:30 AM

Senior Book Club

Monday 06-12-17 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 & Casual Woodcarving

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

Billiards

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

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 06-05-17 from 11-11:30 AM.

HENRY FORD HEALTH SYSTEM

will offer **FREE** Blood Pressure checks on 06-05-17 at 11:00-11:30 AM. Protect your health with regular mini check ups!!



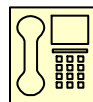
THE VILLAGE OF EAST HARBOR

will offer **FREE** Blood Pressure checks on 06-19-17 11:00-11:30 AM. Protect your health with regular mini check ups!!



SENIOR BOOK CLUB

Chesterfield Senior Center Book Club will be discussing "Under the Wide and Starry Sky" by Nancy Horan on Monday June 12, 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!**



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 7th **Billiards!** Today we are starting a weekly Billiards Game program every **Wednesday at 1 PM.** These friendly casual games are open to ladies & men who just enjoy Billiards. Our Billiards table has a new felt surface and Aramith Billiards balls. We hope to see YOU soon!

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 16th **Detroit Tigers vs. Tampa Bay Rays** Section #113. **Cost \$47** per person transportation & driver's tip. **SOLD OUT.**

July 4th Chesterfield Senior Center will be **CLOSED** to observe Independence Day.



July 10th **Chesterfield Senior Group Meeting at 11:30 AM.**

July 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.

July 12th **Palazzo di Bocce** Enjoy playing Bocce in America's first indoor palace of Bocce. This low impact sport has been popular for centuries and is GREAT fun! A buffet luncheon & driver's tip is included. No transportation expenses thanks to SMART. **Cost \$27. Deadline to register is 06-26-17.**



July 14th **Detroit Tigers vs. Toronto Blue Jays** Section #112-114 Lower Baseline Box Seats. **Cost \$47** per person includes deluxe motor coach transportation & driver's tip. No transportation expenses thanks to SMART. **SOLD OUT.**



July 17th **Chesterfield Senior Center Book Club** will be discussing "Mrs. Lincoln's Rival" by Jennifer Chiaverini at 1 PM.

August 10th **Tony Orlando at Caesars Windsor!** Enjoy round trip deluxe motorcoach transportation, 5 hours of gaming and a performance by Tony Orlando! **Cost \$25** includes the driver's tip. **Deadline to register & pay is 07-27-17.**



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.

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), 2 Breakfast, 2 Dinners, Chateau Chantal, Village at Grand Traverse Commons, Mil & Honey, Old Mission Peninsula, Bowers Harbor Vineyards, Boathouse on the West Bay, Chateau de Leelanau. **Cost \$569**

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. *****