

# Chesterfield Senior Center Press

AUGUST 2017

Volume 17 Issue 08

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 7th & 21st **MMR**

#### Chesterfield Senior Group

11:30 AM An informational meeting followed by bingo and cards.

August 7th & 21st

September 11th & 25th

#### Senior Book Club

Monday 09-18-17 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 & 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

#### 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



### Chesterfield Township Police Department

#### Citizen's Police Academy



September 6th thru November 15th. Designed to provide residents (age 18+) & business owners with a hands on learning environment in the law enforcement profession. Participants can not have any felony convictions or have any misdemeanor or convictions within the last four years. All applicants will be subject to a background investigation and will need to sign a liability waiver.

**Applications due August 11th.**

**For information contact Officer DePape at (586) 949-4734**

**Applications available at the Information Table in the Township Offices Lobby.**

Selected Applicants will be notified in writing by the Chief of Police and will be contacted to set up an appointment to be fingerprinted.



## 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 09-11-17 from 11-11:30 AM.

## HENRY FORD HEALTH SYSTEM

will offer FREE Blood Pressure checks on 09-11-17 at 11:00-11:30 AM. Protect your health with regular mini check ups!!



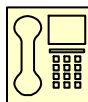
## THE VILLAGE OF EAST HARBOR

will offer FREE Blood Pressure checks on 08-21-17 11:00-11:30 AM. Protect your health with regular mini check ups!!



## SENIOR BOOK CLUB

Chesterfield Senior Center Book Club will be discussing "The Signature of All Things" by Elizabeth Gilbert on 09-18-17 at 1 PM. Book Club does not meet in August.



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

## August 2017

August 7th **Chesterfield Senior Group Meeting** at 11:30 AM.

August 9th Do you have questions about **Legal Matters**? A 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.

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 08-04-17.**



August 21st **Chesterfield Senior Group Meeting & Birthday Celebration** at 11:30 AM.

August 21st **Solar Eclipse Viewing Party at BRANDENBURG PARK** Come join our Friends from the Library to see the Great American Eclipse of 2017! A spectacular total eclipse of the sun will grace the daytime skies of the continental United States with an 80% maximum for **Metro Detroit at 2:27 p.m.** Visit Pavilion A to get a free pair of Eclipse Glasses for safe viewing. Check out the activities to learn more about eclipses and read the StoryWalk of "Someone is Eating the Sun" while you are there. Recommended for all ages. Onsite parking \$5 or Annual Pass.



September 4th Chesterfield Senior Center will be **CLOSED** to observe **Labor Day**.



September 7th **Chair Yoga Class on Thursdays too!** Yoga is the art of connecting mind with body through movement, meditation and breathing. Those who practice yoga regularly can achieve an increased sense of self-awareness, mindfulness and the physical ability to better accomplish daily activities. Yoga can offer new ways of seeing the world and experiencing the self. Refresh your life with our **Chair Yoga** program! Come learn the benefits of Yoga without having to get down on the floor! Yoga is a great way to apply the techniques of Relaxation, Stretching and Meditation. Improve your muscle tone, relieve anxiety and stress. Classes meets on Tuesdays & Thursdays at 8:45 AM. **Thursday** classes are offered for **5 weekly sessions at \$20 per person. On Tuesdays a donation is \$4 per class, per person.**



September 13th 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.

September 13th **OUR VOLUNTEERS ARE DYNAMITE.** 21st Annual Volunteer Luncheon. Senior volunteers with **30 hours or more** will receive a complimentary luncheon ticket. Each volunteer is allowed to purchase one guest ticket. Volunteer Celebration tickets be purchased at the senior center office for \$12 per person. The volunteer luncheon ticket **deadline is 08-14-17.**



September 20th **"Johnny Manhattan" at Meadow Brook Theatre.** Trip includes deluxe motorcoach transportation, lunch at Alfoccino's, First Floor Theatre Ticket and Driver's Tip. **Cost \$49.** No transportation expenses thanks to SMART. **SOLD OUT.**



September 25th **Chesterfield Senior Group Meeting & Birthday Celebration** at 11:30 AM.

October 4th **SAVE THE DATE. More information to follow.**

October 18th **"Shear Madness" at Meadow Brook Theatre.** This unique comedy whodunit takes place today in the "Shear Madness" hair salon. During the performance, a murder is committed. The audience gets to spot the clues, question the suspects, and solve the mystery. The trip includes deluxe motorcoach transportation, lunch at Mitchell's Fish Market, First Floor Theatre, Ticket and Driver's Tip. **Cost \$55.** No transportation expenses thanks to SMART. **Deadline to register and pay is 09-11-17.**



## 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.**

09-03-2017 **Mackinac Bridge Walk** (2 days/ 1 night), 1 Dinner, 1 Breakfast, Soo Locks, Bridge Walk, Explore & Shop Mackinaw City. **Cost \$ 239. SOLD OUT.**

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.**

10-26-2017 **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.**

11-13-2017 **Lancaster Country Christmas** (4 days/ 3 nights), 3 breakfasts, 3 dinners, National Christmas Center, Kitchen Kettle Village, "Miracle of Christmas", "Home for the Holidays" performances, Hershey Chocolate Making Tour Ride, Hershey Sweet Lights, a Holiday Drive Through Spectacular and MORE! **Cost \$735.**

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 Cemetary, White House Tour based on security levels. **Cost \$745.**

03-04-2018 **Clearwater Beach Florida** (15 days/14 nights) Brand New Hotel with ALL Water View Rooms of the Intracoastal & Gulf of Mexico, Private Balcony, Beach Front Heated Pool, Fitness Center, Restaurant, Mini Refrigerator, Coffee Maker, Hair Dryer, Iron & Ironing Board, 24 hour Treats Shop, 14 Breakfasts, 1 Brunch, 2 Lunches and 5 Dinners, Clearwater Jolley Trolley, Sunsets at Pier 60, Ed Fletcher's Early Bird Dinner Theater, Florida Aquarium, Wild Dolphin Cruise, John's Pass Village & Boardwalk Seminole Hard Rock Casino (optional trip), Tigers Spring Training at Publix Field at Joker Marchant Stadium, Starlight Majesty Luncheon Cruise, Jolley Trolley, Sunsets at Pier 60, Ed Fletcher's Early Bird Dinner Theater, Florida Aquarium, Wild Dolphin Cruise, John's Pass Village & Board Walk, Seminole Hard Rock Casino (optional trip) **Cost \$3348.**

**NOTE:** Purchase all trips & events ASAP to avoid any disappointments. Seating for events is done by order of office sign up records.

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