

# Chesterfield Senior Center Press

SEPTEMBER & OCTOBER 2017

Volume 17



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

## 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 11h & 25th **MMR**

#### Chesterfield Senior Group

11:30 AM An informational meeting followed by bingo and cards. September 11th & 25th

No October meetings

#### Senior Book Club

Monday 09-18-17 & 10-23-17 at 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

#### Chair Yoga

**MMR**

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

#### 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

### October 2nd until

### October 20th

Chesterfield Senior Center is **CLOSED** for Building Renovations.

All Chesterfield Senior Center Programming will **RESUME** on **Monday October 23, 2017.**

Thank you for your patience and understanding as we strive to make the Chesterfield Senior Center Building updated for YOU!

To **LOCATE** the Chesterfield Senior Center Staff please park in **FRONT** of the main building and go to the **CLERK'S DEPARTMENT** at the **FRONT COUNTER.**

## 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)

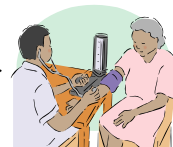
## ASK THE OFFICER



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!!



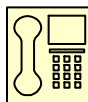
## THE VILLAGE OF EAST HARBOR

will offer **FREE** Blood Pressure checks on 09-25-17 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 & "INDIGO DOVES" by Marie Masters on 10-23-17 at 1 PM.



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.

## 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

## September & October 2017



- September 4th Chesterfield Senior Center will be **CLOSED** to observe **Labor Day**.
- September 7th **Chair Yoga Class on Tuesday & 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. **A donation fee of \$4 per class, per person is collected at each class.**
- September 11th **Chesterfield Senior Group Meeting** at 11:30 AM.
- 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. **SOLD OUT.**
- September 20th **"Johnny Manhattan" at Meadow Brook Theatre.** Trip includes deluxe motorcoach transportation, lunch at Alfocchino'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 2nd Chesterfield Senior Center **CLOSED.** ALL Programming **CANCELLED** until October 23rd.
- October 2nd until October 20th** Chesterfield Senior Center **CLOSED** for Building Renovations. To **LOCATE** the Chesterfield Senior Center Staff please park in **FRONT** of the the main building and go to the **CLERK'S DEPARTMENT** at the **FRONT COUNTER.** All Chesterfield Senior Center Programming will **RESUME** on **Monday October 23, 2017.** Thank you for your patience and understanding as we strive to make the Chesterfield Senior Center Building updated for **YOU!**
- October 4th The St John Providence, Mobile Mammography Screening Center with its Tomosynthesis (3D Mammography) Tomosynthesis (Tomo) will be here at the township office building. Tomo is one of the most powerful diagnostic tools for the early detection of breast cancer. All mammography images interpreted by board certified radiologists. **ALL** Medical Insurance, Medicare & Medicaid accepted. Financial aid is available upon request. **ALL WOMEN of ALL AGE GROUPS** are welcome to this screening. **Note:** A physician referral is NOT required. Schedule your appointment with Chesterfield Senior Center at **586-949-0400 then Press 7.** **Deadline to register is 09-25-17.** The St. John Providence Mobile Screening Unit will be parked in the Rear South Parking Lot. Trip Parking Lot where the tour bus parks!
- October 18th **"Shear Madness" at Meadow Brook Theatre.** This unique comedy whodunit takes place today in the "Shear Madness" hair salon. lunch at Mitchell's Fish Market, First Floor Theatre, Ticket and Driver's Tip. **Cost \$55.** No transportation expenses thanks to SMART. **Deadline is 09-11-17.**
- October 23rd** Chesterfield Senior Center **OPEN** for all scheduled programming.
- October 23rd **Chesterfield Senior Center Book Club** will be discussing "INDIGO DOVES" by Marie Masters. Come join the lively discussion at 1 PM.
- October 25th **Autumn Tastefest.** Enjoy the GREAT tastes of local eateries! Enjoy the **GREAT** tastes of local eateries! Just show your **TICKET** to each vendor and enjoy a delicious variety of tastes. **Only 140** tickets are available. **ADMISSION BY TICKET ONLY. Cost \$15. Tickets sales begin 09-11-17.** **All proceeds support the Chesterfield Senior Center Recreation Addition.**



## 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.**

- 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 **Ohio Country Christmas** (2days/1night) 1 breakfast, 1 Lunch Buffet, 1 Dinner, Big Tree Christmas Plantation with hot chocolate, popcorn, wagon ride to the Christmas Tree fields, tree seedling to take home, Historic Golden Lamb restaurant with historical stories and Christmas Carolers, Christmas Ranch, a magical place with lights, shops and elves, Kings Mill General Store, LaComedia Dinner Theatre & Santa Claus sightings! **Cost \$259.**
- 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.**
- 02-18-2018 **Winter Casino Trip** (2days/1night), Blue Chip Casino, Michigan City, Indiana, \$17 food voucher, Four Winds Casino, New Buffalo, overnight lodging, \$25 slot credit, \$10 food credit, Firekeepers Casino, Battle Creek, \$20 Slot credit, \$5 food Credit **Cost \$179**
- 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., **Cost \$3250.**

**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.\***