

# Chesterfield Senior Center Press

January 2012

www.chesterfieldtwp.org

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Click on Services menu and choose Senior Center



Chesterfield Senior Center is located at 47275 Sugarbush, Chesterfield, MI 48047. Phone: (586)-949-0400 ext. 1138

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 Senior Services (586) 469-6313

\*\*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, 10:15AM on the 30th

10 AM on the 9th & 23rd **MMR**

#### Chesterfield Senior Group

12:30 PM- An informational meeting followed by bingo and cards.

January 9th & 23rd

#### Senior Book Club

1 PM on Monday 02-13-12

### Tuesday

#### Chair Yoga

**MMR**

8:45-9:45 AM Cost \$24 for 6 classes. New session begins 02-14-12.

#### Aerobics & Strength Training

10 AM

#### Craft Club

11 AM-Crafts & sharing patterns.

#### Quilting

11:30 AM

#### Mahjong

12:30 PM

#### Bridge & Poker

1 PM

#### Wood Carving

1 PM-Casual style, open to all.

### Wednesday

#### Body Awareness

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

#### Zumba Gold

10:30 AM

Cost \$24 for 6 one hour classes.

New session begins 02-01-12.

## DAILY PROGRAMS



### Thursday

#### Aerobics & Strength Training

10 AM-11 AM  
11 AM-12 Noon Practice Dance  
Cards

12:30 PM-Euchre

1:00 PM-Pinochle

### Friday

#### Body Awareness

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

#### PATH Support Group

10:30 AM on 01-20-12

#### Mexican Train Dominoes

12:30 PM

1 PM on 01-20-12

## MACOMB COUNTY

### COUNCIL ON AGING NEWS

The Macomb County Council on Aging has been a strong voice for all seniors of Macomb County since the early 1980's.

Through their efforts the Macomb County Department of Senior Services was formed. This vital department serves more than 28% of the Macomb County population that are age 60 and older.

The Macomb County Council on Aging will hold its next meeting on Tuesday March 13, 2012. The meeting will begin at 1 PM with the presentation "Operation Lifesaver" Doug Kass, Volunteer Presenter for the OLI will educate us about railroad safety awareness. All seniors citizens are invited to join the Macomb County Council on Aging. For more information please contact Sara at 586-350-5040.

## 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. Our donation account is growing! A donation was received in memory of Angie Poma.

### Chesterfield Senior Group News

Chesterfield Senior Group meets twice a month at 12:30 PM in the Chesterfield Senior Center. Stop by and check out what is happening with this unique program! Enjoy jokes, poetry, bingo, cards, special events, birthday celebrations, fellowship & fun on January 9th & 23rd.



On February 10th we will be hosting- "The Law & You"

Don't miss the opportunity to attend a live session of the 42-II District Court and become familiar with the judicial system for our area.

The 42-II District Court of Macomb County is presided by the Honorable William Hackel III, Chief Judge. Court will begin at 9 AM.

Seniors are asked to bring their own brown bag lunch.

Chesterfield Senior Center will provide a **FREE** ticket for a beverage and dessert.

This is YOUR chance to become more aware of court and how it operates! **The deadline to receive a FREE beverage & dessert ticket is 02-06-12.**

## ASK THE OFFICER



Walk in appointments with a Chesterfield Police officer are available each month to review your law enforcement questions. Join us on 01-09-12 from 11 AM-12 Noon.

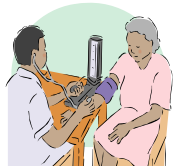
### HENRY FORD HEALTH SYSTEM

will offer **FREE** Blood Pressure checks on 01-09-12 from 11 AM-12:30 PM.

Protect your health with regular mini check ups!!

### THE VILLAGE OF EAST HARBOR

will offer **FREE** Blood Pressure checks on 01-23-12 from 11 AM-12:30 PM. Protect your health with regular mini check ups!!



### SENIOR BOOK CLUB

Chesterfield Senior Center Book Club will be discussing "Song of the Lark" by Willa Cather on Monday February 13th 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 1 PM. After 1 PM and on Tuesdays please call 586-949-0400 ext. 1138 to set up an appointment. Thank you for your cooperation in this matter.

### 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



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

## January 2012



- January 2nd Chesterfield Senior Center **CLOSED** to celebrate New Year's Day.
- January 9th Chesterfield Township Police Department will have an officer available to answer your questions regarding law enforcement issues from 11 AM-12 PM.
- January 9th Henry Ford Health Systems will offer **FREE** Blood Pressure checks from 11 AM until 12:30 PM in the Computer Room.
- January 9th Chesterfield Senior Group meeting at 12:30 PM.
- January 16th Chesterfield Senior Center **CLOSED** to observe Martin Luther King Jr. Day.
- January 20th **PATH Support Group** at 10:30 AM. All seniors that have completed the six week PATH workshop are invited to attend.
- January 23rd The Village of East Harbor will offer **FREE** Blood Pressure checks from 11 AM until 12:30 PM in the Computer Room.
- January 23rd Chesterfield Senior Group meeting & Birthday Celebration at 12:30 PM.
- January 27th **Bianco Tours Overnight Trip Travel Show**. Get an arm chair tour of our 2012 scheduled overnight trips listed below. Please stop by the Senior Center office and pick up your **FREE raffle ticket for this event before 01-20-12**.
- February 6th Chesterfield Senior Group meeting at 12:30 PM.
- February 8th **Valentine Party!** This party includes a 2 meat buffet luncheon and entertainment by The K Tones & Delights. A GREAT time will be had by all! **Cost \$20 per person. Deadline to purchase a ticket is 01-27-12**
- February 10th **"The Law & You"** Don't miss the opportunity to attend a live session of the 42-II District Court and become familiar with the judicial system for our area. The 42-II District Court of Macomb County is presided by the Honorable William Hackel III, Chief Judge. Court will begin at 9 AM. Seniors are asked to bring their own brown bag lunch. Chesterfield Senior Center will provide a **FREE** ticket for a beverage and dessert. This is YOUR chance to become more aware of court and how it operates! **The deadline to receive a FREE beverage & dessert ticket is 02-06-12.**
- February 13th Chesterfield Senior Center Book Club will be discussing "Song of the Lark" by Willa Cather. Come join the lively discussion at 1 PM.
- February 17th **Palazzo di Bocce** trip. Enjoy playing Bocce in America's first indoor palace of Bocce. This low impact sport has been popular for centuries and is GREAT fun! **Cost \$26** per person includes buffet luncheon of chicken picata, 2 salads, 2 pastas, bread, dessert, coffee, tea or soda, indoor Bocce and the driver's tip. No transportation expenses thanks to SMART. **Deadline to register & pay is 02-06-12.**
- February 20th Chesterfield Senior Center **CLOSED** to observe President's Day.
- February 27th Chesterfield Senior Group meeting & Birthday Celebration at 12:30 PM.
- March 5th Chesterfield Senior Group meeting at 12:30 PM.
- March 12th Chesterfield Senior Center Book Club will be discussing "Sarah's Key" by Tatiana de Rosney. Come join the lively discussion at 1 PM.
- March 19th Chesterfield Senior Group meeting & Birthday Celebration at 12:30 PM.
- March 23rd **Living Stations of the Cross**. A theatrical presentation of Our Lord's passion in the context of the traditional Catholic Stations of the Cross written by Pope John Paul II. Performed at the Cathedral of the Most Blessed Sacrament in Detroit. Lunch at the Traffic Jam & Snug following the presentation. **Cost \$62** includes the driver's tip. **Deadline to register & pay is 02-22-12.**



### 2012 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** will hold your registration until 30 days prior to the trips listed below.
- April 15th **Chesapeake Bay, Virginia Beach, Norfolk & Richmond**. 6 days, 5 nights, 6 breakfasts, 3 dinners, Chesapeake Bay area, Virginia Beach Aquarium, Boardwalk, Dolphin cruise, "Liberty Call" performance, Norfolk Botanical Gardens & Naval Station, MacArthur Center, Richmond & Tamarack. **Cost \$925** per person.
- May 9th **Holland & Saugatuck A Western Michigan Paradise** 2 days, 1 night, 1 continental breakfast, 1 lunch, 1 dinner. Saugatuck Dune Ride, Saugatuck, Tulip Time Parade in Holland, Dutch Marktplaats & Veldheer Tulip Gardens. **Cost \$315** per person.
- June 18th **Gamblemania** 2 days, 1 night at the Turtle Creek Casino Hotel, Little River Casino \$20 gaming package & \$5 food coupon, TurtleCreek Casino, two \$15 coin packages, Soaring Eagle Casino \$20 point play & \$5 food voucher. **Cost \$139** per person.
- September 18th **Lancaster Pennsylvania**. 4 days, 3 nights at the Fulton Steamboat Inn, Lancaster, PA, 3 dinners, The Amish Experience Theater featuring "Jacob's Choice", tour of Country Homestead & Farmland, Kitchen Kettle Village, Hershey's Chocolate World, Sight & Sound Theater featuring "Jonah", Hershey Farm Restaurant and gift shop. **Cost \$659** per person.
- October 7th **Odawa Casino & Cross in the Woods**. 2 days, 1 night at the Odawa Hotel in Petoskey. Odawa Casino receive \$25 slot play and \$5 food voucher on 10-07-12, \$15 slot play and \$5 food voucher on 10-08-12. Visit Cross in the Woods, Indian River, MI **Cost \$129** per person.

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