

# Chesterfield Senior Center Press

## JANUARY & FEBRUARY 2019 Volume 19 Issues 01 & 02

[www.chesterfieldtwp.org](http://www.chesterfieldtwp.org)

Click on Government tab and choose Senior Center



Chesterfield Senior Center is located at 47275 Sugarbush, Chesterfield, MI 48047. Phone: **586-949-0400, option 7**

Chesterfield Senior Center is open Monday through Friday from 8:00 AM until 4:30 PM.

Office Staff: Carol Rose - Director Amanda Smith - Administrative Assistant

**\*\*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-9:30 AM Featuring Body Recall chair exercises.

##### Aerobics & Strength Training

10 AM

January 5th & 28th **MMR**

February 3rd & 25th **MMR**

##### Chesterfield Senior Group

11:30 AM An informational meeting addressing fun topics & refreshments.

January 5th & 28th

February 3rd & 25th

##### Senior Book Club

1 PM February 11th

1 PM March 11th

Come join the lively discussion.

**NOTE:** NO Book Club in January.

#### Tuesday

##### Chair Yoga **MMR**

8:45-9:45 AM \$4 per class, per student.

Walk Ins are WELCOME.

##### Aerobics & Strength Training

10 AM Chair & Weight exercises.

##### Crafts

11 AM-Crafts & sharing patterns.

##### Quilting Mahjong

11:30 AM 12:30 PM

##### Bridge & Poker & Casual Woodcarving

1 PM

### DAILY PROGRAMS

#### Wednesday

##### Body Awareness

9-9:30 AM Featuring Body Recall chair exercises.

##### Fitness, Toning & Music

10 AM

#### Thursday

##### Chair Yoga **MMR**

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

##### Aerobics & Strength Training

10 AM Chair & Weight exercises.

##### Cards

12 Noon Variety Games

12:30 PM-Euchre

1:00 PM-Pinocle

#### Friday

##### Body Awareness

9-9:30 AM-Featuring Body Recall chair exercises.

##### Fitness, Toning & Music

10 AM

##### Mexican Train Dominoes

12:30 PM

##### Six Pocket Billiards (Pool)

1 PM

### 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 honor of a loved one. Help us to fulfill the dream of a Senior Recreation Addition!

Remember to support our fundraisers.

### 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 and 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.

For more information, call Reception 586-469-5185 or Hotline 888-783-8190 or visit them online at [lakeshorelegallaid.org](http://lakeshorelegallaid.org) OR [michiganlegalhelp.org](http://michiganlegalhelp.org).



The **Chesterfield Senior Center Office** is open Monday through Friday from 8 AM until 12 PM. After 12 PM please call 586-949-0400, option 7 to set up an appointment. Thank You.



All seniors that participate in programs or trips at Chesterfield Senior Center must complete a registration card available in the Senior Center Office. If you have moved or changed your phone number you must notify the senior center office. **Seniors are required to check in on the attendance roster each time they enter the building.**

Chesterfield Senior Center's goal is to become **SCENT FREE**. Due to the sensitivity of persons with allergies and asthma we ask you to refrain from wearing perfume, cologne or after shave in the Senior Center or on the Senior Center Bus Trips. Let's try to make the air in the building and on the motor coaches cleaner to breathe for everyone!



**A SPECIAL Thank You to EVERYONE** who donated non-perishable food, toys, hats, mittens, gloves and socks for needy persons in our community. The Chesterfield Goodfellows distributed these items throughout Chesterfield Township. **YOU** brightened the life of someone with your generosity



### HOPE NOT HANDCUFFS

**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](http://www.familiesagainstnarcotics.org)

**Happy New Year** to all. May you be blessed with good health and happiness. 2018 saw a lot of changes here in the Chesterfield Senior Center. The most visible change is our smiling new face, Amanda! We look forward to 2019 and the exciting new things it will bring!



As a reminder, the first 3 rows on each side of any motor coach are reserved for persons with special needs.







By participating in Chesterfield Senior Center Programming you authorize the use of any photos, both audio and video portions of tapes/films, in which you or your dependents appear.

There is a new recycling bin placed by the main Senior Center entrance. This bin is for **recyclable materials only**. Examples include: empty water bottles, scrap paper, newspaper, etc. Styrofoam is NOT recyclable.

**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!**



- January 1st** Chesterfield Senior Center **CLOSED** for the New Year .
- January 2nd** Chesterfield Senior Center **OPEN** for the New Year of **2019**. 2019 Newsletters & Flyers will be available today.
- January 7th** **Chesterfield Senior Group Meeting** at 11:30 AM.
- January 21st** Chesterfield Senior Center **CLOSED** to observe Martin Luther King Jr. Day. 
- January 28th** **Chesterfield Senior Group Meeting & Birthday Celebration** at 11:30 AM.
- February 4th** **Chesterfield Senior Group Meeting** at 11:30 AM
- February 11th** **Chesterfield Senior Center Book Club** will be discussing "Fahrenheit 451" by Ray Bradbury. Come join the lively discussion at 1 PM.
- February 13th** **Annual Valentine Party**. Enjoy a delicious meal, door prizes and entertainment. **Cost: \$15 per person**. 8 seats per table. **Tickets go on sale Monday, January 7, 2019. Ticket Payment Deadline is 01-28-19.** 
- February 18th** Chesterfield Senior Center **CLOSED** to observe **President's Day**. 
- February 25th** **Chesterfield Senior Group Meeting & Birthday Celebration** at 11:30 AM.
- March 4th** **Chesterfield Senior Group Meeting** at 11:30 AM with a **Corned Beef Sandwich LUNCH**. **Cost: \$7 per person** **Tickets go on sale Monday, February 5, 2018. Ticket Payment Deadline is 02-19-18.** 
- March 11th** **Chesterfield Senior Center Book Club** will be discussing "A Gentleman in Moscow" by Amor Towles. Come join the lively discussion at 1 PM.
- March 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.
- March 18th** **Chesterfield Senior Group Meeting & Birthday Celebration** at 11:30 AM.
- March 22nd** **Disney on Ice: Mickey's Search Party** Back by popular demand...CSC is sending you to Little Caesars Arena for Disney on Ice. Get your tickets soon, as this is sure to be another sell-out event! Dress in layers as this is an ice arena. **Cost: \$16 per person, including your ticket and driver's tip. NO transportation costs thanks to SMART!** **Tickets go on sale Monday, January 7, 2019. Ticket Payment deadline is 02-25-2019.**

## Overnight Trips

**NOTE:** All Overnight Trips include round trip deluxe motor coach transportation, coffee and snacks departure day, drinks and snacks on the return trip home, and are fully escorted. Prices shown are based on double occupancy. **A \$20 check or credit card 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.**

## 2019 Overnight Trips

- 03-26-19 FireKeepers Casino & Gun Lake Casino** (2 days/1 night) At Gun Lake Casino you will receive \$10 of Slot Play and a \$10 Food Voucher. Overnight accommodations are at FireKeepers Casino Hotel with \$40 of Free Play and a voucher of \$10 for food, beverages or gift shop. **Cost \$145.**
- 04-25-19 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 and a fabulous biblical display. **Cost \$315.**
- 04-26-19 Chicago Weekender & A Chorus Line at the Ruth Page Center for the Arts** (2 days/1 night) at Hampton Inn and Suites downtown Chicago), 1 Breakfast, 1 Dinner at Lou Malnati's Pizzeria, ticket to "A Chorus Line," the winner of nine Tony Awards and Pulitzer Prize, guided tour of Chicago, Harold Washington Library featuring the "Above & Beyond Exhibit". **Cost \$350.**
- 05-29-19 Niagara Falls Getaway** (2days/1night) at the Sheraton on the Falls within walking distance to the Casino Niagara, shops and restaurants. Stops at the Whirlpool and Floral Clock, White Oaks Mall, Duty Free shopping, Falls Viewing Area, and optional Fallsview Casino. Proof of Citizenship required. **Cost \$219.**
- 06-06-19 Mackinac Island Lilac Festival** ( 3 days/ 2 nights at the Lake View Hotel on Mackinac Island's Main Street), 2 Continental Breakfasts, 1 Lunch, and 1 Dinner, Shepler's Ferry to Mackinac Island, Mackinac Island Lilac Festival, Mackinac Island horse drawn Carriage Tour of the island, admission to the Grand Hotel's grounds and Lunch at the Grand Hotel Buffet. **Cost \$575.**

**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.**



The Macomb County Health Department is implementing a plan to encourage older adults to experience an active lifestyle. The Community Health Improvement Plan includes a Survey. This survey takes just a few moments to complete.

The Completed Statistical Surveys will indicate how adults are being active, what barriers they are experiencing, and their interest in educational opportunities.

You may request and fill out a survey at Chesterfield Senior Center and we will submit the completed surveys to Macomb County.