



Chelsea Guardian

is a proud member of the
Chelsea Area Chamber of Commerce

February 13, 2026

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Chelsea Guardian

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Hamilton
Publishing

A fun opportunity to interact with local businesses, non-profits, crafters, and artisans in an accessible location

18th Annual Chelsea EXPO

Saturday, March 7
10:00 am - 2:00 pm
512 Washington Street

- A family-friendly community event
- Free Admission! All Ages Welcome!
- Free, no stress, door-to-door transportation available*
- Goods for sale by local businesses
- Door Prizes
- Best Ever Bake Sale
- Lunch and Snacks Available
- KID Zone
- CHO Performance 11:15 - 12:00

Thank you, 2026 Chelsea EXPO Sponsors
Culver's, Chelsea School District, Linden Square Senior Care
KID Zone: CAFR (Chelsea Area Friends for Recreation), Chelsea District Library, CERC (Community Education and Recreation Collaborative)

*Chelsea Senior Center alongside WAVE is offering no cost shuttle rides to and from Chelsea EXPO. Call 734-475-9494 by Friday, March 6 to book your ride. Space is limited, SO BE SURE TO RESERVE AHEAD OF TIME.



Chelsea Senior Center
Building community
Creating connections
Enriching lives

For more information:
(734) 475-9242
Connected@chelseaseniors.org

Alchemy Collective Changes Healing Hands



By Aimee Bingham
anbingham@gmail.com

with the Chelsea Area Chamber on July 17th 2024. The original healing space idea began nearly one year prior in

a different location in Chelsea, under a different name. The Alchemy Holistic Collective was the brainchild of Nicole and Brandon Leffler. It is located 105 East Middle Street across from Breathe Yoga and Chelsea Consignment. The website explains that, "through a combination of ancient wisdom and modern techniques we have created a space... where individuals can experience transformative healing support for your nervous system." Recently, Nicole and Brandon passed the healing torch to Bryana Clover. I had the opportunity to learn more about Bryana and her journey to Alchemy.

In November 2025, Bryana Clover walked into Alchemy Holistic Collective looking for a space to offer her Reiki healing. She'd recently moved to Chelsea after commuting 1.5 hours each way to a school that was a good fit for her Neurodivergent son. Bryana is a Reiki Sensei. She's an 8th generation in the Usui Lineage. I had to research what the Usui lineage meant. According to the iarp.org, **continued on page 5**

Three Hours That Matter: Volunteers Find Connection and Purpose at Chelsea Senior Center's "Ease the Day" Program



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On a cold, snowy morning at the Chelsea Senior Center, the coffee is already brewing. Name tags are neatly lined up on a table near the door. Soft chatter fills the room as staff and volunteers prepare for another day with the "Friends" **continued on page 3**

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ALI Michigan announces its Spring 2026 Classes



ALI Michigan announces its Spring 2026 Classes

ALI Michigan (Adult Learners Institute of Chelsea, Michigan), an affiliate of the 5 Healthy Towns Foundation, supports life-long learning by offering online and in-person enrichment classes for adults in central southern

Michigan. Looking forward to digging out of your winter burrow? ALI Michigan is ready with an exciting array of Spring 2026 classes, which run from February to the end of May. Subjects include gardening, cooking, history, musical theater, genealogy, tech **continued on page 5**



SOUNDS & SIGHTS
ON THURSDAY NIGHTS

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SOUNDS & SIGHTS 2026 AUDITIONS

MUSICIANS
STREET PERFORMERS
JUGGLERS * MAGICIANS
DANCE TROUPES
AND MORE



SOUNDS & SIGHTS 2026 AUDITIONS



Ballet Chelsea's Whimsical New Production of Alice in Wonderland

Ballet Chelsea announces its upcoming spring production, Alice in Wonderland, a brand-new ballet filled with fun, imagination, and theatrical charm.

Featuring original choreography, new costumes, and newly designed sets, Alice in Wonderland invites audiences to follow Alice on a magical journey through Wonderland, where she encounters beloved characters including the Mad Hatter, the Queen of Hearts, and the Cheshire Cat.

Set to music by Pyotr Ilyich Tchaikovsky and arranged by Carl

Davis, the production will feature Ballet Chelsea's Performance Company, bringing the iconic world of Wonderland to life through music and movement.

Dates & Details:
Performances May 2 & 3, 2026

Mad Hatter's Tea:
May 3, 2026

Location: Chelsea High School Auditorium

Tickets go on sale:
March 2, 2026

For updates, visit Ballet Chelsea's website <https://balletchelsea.org/tickets/> or follow Ballet Chelsea on social media, <https://www.facebook.com/balletchelsea>

[balletchelsea](https://balletchelsea.org), https://www.instagram.com/ballet_chelsea/

As a 501(c)(3) nonprofit, Ballet Chelsea's mission extends beyond the stage, aiming to shape resilient individuals through exceptional training and performance artistry, while giving back to the community through the transformative power of arts education and outreach.

Contact Information:

D&B Strategic Marketing
doris@dandbmarketing.com
Ballet Chelsea
jean@balletchelsea.org

Cade Ahlstrom of Chelsea Named to University of Alabama Fall 2025 Deans List



A total of 15,388 students enrolled during Fall Semester 2025 at The University of Alabama were named to the dean's list with an academic record of 3.5 (or above) or the president's list with an academic record of 4.0 (all A's)

Cade Ahlstrom was named to The University of Alabama Deans List for Fall Semester 2025.

A total of 15,388 students enrolled during Fall Semester 2025 at The University of Alabama were named to the dean's list with an academic record of 3.5 (or above) or the president's list with an academic re-

cord of 4.0 (all A's). These driven students are making waves across UA's more than 70 undergraduate programs and 12 colleges and schools.

The UA dean's and president's lists recognize full-time undergraduate students. The lists do not apply to graduate students or undergraduate students who take less

than a full course load.

For more information visit news.ua.edu.

The University of Alabama, part of The University of Alabama System, is the state's flagship university. UA shapes a better world through its teaching, research and service. With a global reputation for excellence, UA provides a forward-thinking environment and over 200 degree programs on a beautiful, student-centered campus. A leader in cutting-edge research, UA advances discovery, creative inquiry and knowledge through more than 30 research centers. As the state's largest higher education institution, UA drives economic growth in Alabama and beyond.



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Sounds/Sights Thursdays 6:30 to 8pm
Like our Facebook page for updates.

First Mondays!

7pm at the Depot
Members - Free
Non-members \$10

March 2 - An Evening with Loren D. Estleman

Loren D. Estleman is the master of the noir PI novel and recipient of the Private Eye Writers of America's Lifetime Achievement Award. Estleman graduated from Dexter High, lives in Whitmore Lake, and uses a 1923 typewriter.

Serendipity Books is collecting pre-orders of Estleman's latest book, "Man One." The pre-ordered books will be available at the event for personalization and signing. Serendipity Books is generously offering a 10% discount for CAHS event preorders, placed via the website - www.serendipity-books.com - in person, or by calling the store at 734-475-7148.

Preorders must be received by 2/13/2026.

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Three Hours That Matter: Volunteers Find Connection and Purpose at Chelsea Senior Center's "Ease the Day" Program

▶ continued from page 1 of Ease the Day, the center's caregiver respite program. It is just after Martin Luther King Jr. Day, and the day's theme is "peace." Before the first participant arrives, volunteers Linda Smith and Scott Ramsay are already in place, greeting one another and checking in with program manager Emily Nagaonkar. Emily shares updates from families, and there is quiet understanding, evidence of how deeply everyone involved cares about the people who come through these doors.

For Linda, this sense of purpose has been part of her life for decades. A nurse for 50 years, with experience in extended care and hospice, Linda retired in 2012 to care for her husband. After he passed away, she searched for a meaningful way to give back. She was already volunteering with Meals on Wheels at the senior center when she heard about the new Ease the Day program launching in 2023. She didn't hesitate. "I heard the buzz and wanted to be part of it," she said. She has been volunteering since the very beginning and now comes in every Tuesday and Wednesday morning.

Scott's path was different but just as personal. He learned about Ease the Day through family members who had volunteered after hearing about it from a neighbor. Like many volunteers, he was drawn in by word of mouth. "People who are involved can't help but talk about it," he said. "They see the impact, and they're having fun." When Scott heard the program needed more volunteers, he signed up. "Three hours a week is such a small commitment," he said. "And I enjoy the relationships, the laughter, and the smiles."

As the Friends arrive, Linda and Scott help them settle in. Scott leaves, returning with tea for one participant, then catches the eye of another across the room. "I know you!" he calls out, grinning to a Friend who has been attending Ease the Day almost as long as the program has been open. She laughs merrily in return. Scott continues to greet each Friend, often with a hug or a squeeze of a shoulder, as people are getting settled: "How ya doin', Slim?" "How's it goin', Kid?" Each greeting is met with a smile.

Ease the Day offers respite for family caregivers supporting loved ones who need constant care. Having a break from that responsibility allows caregivers to tend to their well-being, ultimately helping them better navigate providing care for others. The joy, engagement, and connections that their loved ones experience at the adult day program give caregivers peace of mind and comfort. In the past year, the program has provided more than 6,500 hours of respite for caregivers. Volunteers are central to making that possible.

On this particular morning, the group is smaller than usual because of the weather. However, the room is full of conversation, warmth, and bright decorations. Activities for the day are written on a dry-erase board by the door.

The morning begins with introductions, cookies, and hot drinks. The group then reflects on Dr. King's legacy, reading excerpts from his speeches and watching his "I Have a Dream" address. Friends and volunteers share memories and thoughts.

An art project follows the video. Following the theme of the day, Friends are creating doves of peace from magazine clip-

pings. Scissors, glue sticks, and stacks of magazines are spread across the tables. Volunteers and Friends work side by side, flipping pages, pointing out images that create a sense of peace, and helping with careful cutting. Encouragement flows: "That's beautiful." "I love that one." When the collages are finished, each Friend signs their name before setting the project aside to take home.

As the craft finishes up, Friends and volunteers move next door for Movin' and Groovin', a seated exercise class provided by Ballet Chelsea and open to all seniors. Volunteers join in alongside Friends and other participants, smiling and enjoying light exercise set to fun music.

Ease the Day is woven into the broader life of the senior center. The group might attend a jam session or sit in with the ukulele group, listen to a lecture, or head outside to the intergenerational garden during nicer weather. Volunteers help guide Friends from one activity to another, but they also take part themselves.

Over time, volunteers form close bonds not only with Friends, but with one another. They also learn to navigate the bittersweet reality that Friends may eventually leave the program as their needs change. "I remind myself that we are in the moment of a person's life right now," Linda explained. "This is just one season of their life."

The Ease the Day program operates Tuesdays, Wednesdays, and Thursdays from 9:30 to 2:00, offering a thoughtful mix of socializing, education, movement, creativity, and music. Under the leadership of Emily Nagaonkar and Sam Angus, each day is carefully planned, but the vol-

unteers help to bring the plans to life.

For caregivers, the program offers peace of mind and time for self-care, to run errands, or participate in other Chelsea Senior Center activities. For Friends, it offers friendship, stimulation, and joy. And for volunteers, it offers something equally powerful: connection, purpose, and the chance to make a difference in just a few hours a week. One caregiver expressed deep gratitude for "all of the wonderful volunteers that have made my mom's days so much brighter." The daughter-in-law of another Friend shared her mother-in-law "has been able to have time to herself while her husband is with his friends," giving her time to take care of errands, household tasks, and "recharge her batteries" so she can continue providing the care and attention he needs at home. As Scott reflected, "It is rewarding to hear from families and know that you have eased the stress of caring for a loved one."

Community members interested in joining the Ease the Day volunteer team can commit to a three-hour shift in the morning or afternoon, once a week or more as their schedule allows. Background experience or training is not needed to get involved. Scott explains, "If you have a kind heart and you enjoy helping others, you can do this!" Those who step through the doors often discover that what begins as volunteering quickly becomes a place to belong, to laugh, and to share in meaningful moments that matter.

For more information about volunteering with Ease the Day, contact the Chelsea Senior Center at 734-475-9242 or Connected@chelseaseniors.org.

American 1 Credit Union Announces 2026 Scholarships and Educational Grants Availability

American 1 Credit Union is excited to announce the opening of applications on Monday, February 9, for its 2026 Scholarships and Educational Grant, the Board of Directors Educational Grant for students in Jackson, Hillsdale, Lenawee, Calhoun, and Washtenaw counties. These programs provide valuable financial assistance to high school seniors and individuals pursuing their educational goals.

Since 2004, the scholarship program has been proudly funded through American 1's Skip-a-Pay program. This initiative allows credit union members to skip one month's loan payment for a \$25 fee, with a portion of the fee directly supporting the scholarship fund. In 2026, 10 high school seniors will be awarded \$1,000 scholarships to support their academic endeavors.

In addition to the scholarships, American 1 is proud to offer the Board of Directors Educational Grant. This grant is available to individuals at any life stage who are pursuing a degree from an accredited college or university or are enrolled in a trade school program.

One recipient will receive \$2,500 annually, renewable for up to four years, for a total of \$10,000.

"At American 1 Credit Union, we view education as a foundation for long-term community strength,"

said Kelly Grygiel, Vice President of Communications. "Through our scholarships and the Board of Directors Educational Grant, we're proud to offer support to students who are working hard to build their futures. Their determination motivates us to continue this important work."

Both scholarship and grant applications are due Monday, April 6, 2026. Scholarships are available to high school seniors, while the grant is available to community members pursuing higher education or trades. Applicants of both the scholarships and grant will have the opportunity to explore internships with American 1 Credit Union. For more information and an application, visit www.american1cu.org/scholarships.

About American 1 Credit Union

Established in 1950, American 1 Credit Union proudly serves over 67,000 members with the support of more than 280 employees and 16 branch locations across Jackson, Lenawee, Hillsdale, Washtenaw, and Calhoun counties. Now in its 76th year, American 1 Credit Union remains committed to creating financial wellness through personal, everyday banking in the communities it serves. For more information, visit American1CU.org.

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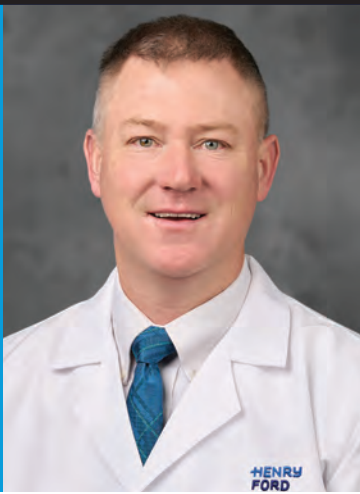
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Mission Statement:
Hard work, good work and creating
and fostering great relationships are
the keys to community success.





SPONSORED CONTENT

Everything you need to know about osteoarthritis

Dr. Andrew Moore, Orthopedic Surgeon at Henry Ford Medical Center – Chelsea

Osteoarthritis, also referred to as degenerative joint disease, affects more than 32.5 million Americans, according to the Centers for Disease Control & Prevention (CDC). Osteoarthritis occurs when the cartilage in your joints gets worn down, which is why it's most common in older people.

It's similar to a car tire. When you use the tires in your car over a long period of time, the tire wears out and that's how it is with the cartilage on the end of your bones.

What are the risk factors for osteoarthritis?

Age is a risk factor. The most common age group we see it in is 60- to 70-year-olds, but it can occur in people as young as 40. There may be a genetic predisposition to getting osteoarthritis if your family members have it. However, the genetic mechanisms are unknown.

Obesity is also a major risk factor for osteoarthritis. Being overweight puts more pressure on the joints and causes cartilage to wear down. Osteoarthritis is more common in women than men, though it's not known exactly why. Also, overusing a joint— especially while engaging in high-impact activities on the job or when playing a sport – can be a risk factor for developing osteoarthritis.

Is there anything you can do to prevent osteoarthritis in the first place?

While nothing is a guarantee, maintaining a healthy weight and exercising regularly (low-impact exercise is best) can help preserve your joints.

What are the symptoms of osteoarthritis?

Symptoms generally begin mildly and become more severe over time. Pain, joint stiffness, tenderness and limited range of motion are common symptoms. You might also hear a cracking (also called crepitus) when you move your joints.

As the arthritis progresses, you may get bone spurs or changes in knee alignment. If you think you have osteoarthritis, your doctor will refer you to an orthopedic specialist who can diagnose it with a physical exam and radiographs.

How is osteoarthritis treated?

Treatment falls into two categories: nonoperative and operative. We always try nonoperative treatment first. This consists of taking over-the-counter anti-inflammatory medications as long as you don't have stomach or kidney problems.

We also recommend physical therapy. While it doesn't replace the cartilage, this helps ease symptoms by strengthening and stretching the muscles. Knee braces and assistive devices such as canes and walkers are also treatment options, which help take pressure off the joints. If needed, weight loss is also an important nonoperative treatment.

Injections are another common nonoperative treatment. On average, anti-inflammatory cortisone injections last two to three months while viscosupplementation (shots that lubricate the joints) can last up to six months. The effectiveness of injections vary from person to person. Lubricating shots are less effective for people who have more severe arthritis – and they're not recommended for people who have bone-on-bone arthritis.

Joint replacement surgery is the operative option, which is where the cartilage is replaced with implants made up of metal and plastic. Depending on where your arthritis is, you may be a candidate for a partial replacement, which generally leads to a faster recovery, less pain and an implant that feels more natural.

In some cases, robotic surgeries can be performed, which helps to pinpoint implant positioning and sizing. Joint replacements – whether partial or full – can last around 20 to 30 years and can be life-changing.

We're here to help keep Chelsea moving.

WE ARE HENRY

Experienced orthopedic care you can count on.

We're proud to expand orthopedic services at Henry Ford Medical Center – Chelsea, bringing expert, compassionate treatment to the community. From joint pain and sports injuries to chronic mobility concerns, our orthopedic specialists are here with advanced care, personalized plans, and a commitment to helping Chelsea stay active and well.

Learn more and request an appointment at henryford.com/chelsea

HENRY FORD HEALTH

Alchemy Collective Changes Healing Hands

► continued from page 1 History of Reiki, Mikao Usui founded his first Reiki clinic in Tokyo 1922. He taught several masters so his system would not be forgotten. It was taught and expanded upon, and finally brought to the West. Bryana has brought this particular style to Chelsea. Bryana Clover is also a breathwork facilitator in training and the owner and founder of two other businesses (Bryana Clover LLC and Clover Joy LLC). Bryana explains that her work in combination with parenting a neurodivergent child, informs everything she does, "from how I approach healing to how I design spaces that are truly affirming for all kinds of bodies and nervous systems." She further explains that Alchemy is where all of that meets—where modern tools and ancient practices come

together to support healing on every level. At the end of the day, I want ALCHEMY to be a place where people feel safe enough to slow down, get curious, and reconnect to what their body is asking for. Healing doesn't need to be dramatic or performative...it just needs to be true."

I wanted to know if there was anything Bryana wanted the community to know: "Just that you don't need to 'know what you need' in order to come in. So many people feel like they need to already understand every modality before they reach out... but part of what we do here is help you figure out what's right for you. We offer intro sessions and consultations for a reason. Whether you're feeling burnt out, curious, or just want to try something different, this space is for you."

And if you're someone who has felt left out of wellness spaces in the past...especially as a neurodivergent person, a person of color, or someone navigating chronic stress—I want you to know: we see you. You belong here." Bryana is offering several specials on neurofeedback and Reiki during February and March. 50% off neurofeedback using Use code WINTERTUNEUP for Intro and Tune-Ups

- Use code WINTERWELCOME for 6-Session Packages
- Use code WINTERREIKI to book discounted Reiki sessions.

To stay updated on offerings and specials sign up for the newsletter here <https://www.alchemyholisticcollective.com/newsletter> To book a session <https://www.alchemyholisticcollective.com/>.

ALI Michigan announces its Spring 2026 Classes

► continued from page 1 nology, and travel. Look for ALI's Spring 2026 mini catalog in your mailbox or at various sites in the 5 Healthy towns area, and come visit us at the Chelsea Expo on March 7.

Kick-starting the Spring term, John Deikis will take us along with him on The Road to Batopilas: Exploring Mexico's Copper Canyon by Motorcycle. You will not only visit this stunning network of canyons, but also meet the indigenous Tarahumara people, who have maintained

their cultural identity despite outside influences. This In-Person class will be held on Monday, February 23 at the Chelsea Senior Center.

Next you can try Bicycle Touring in Southeast Asia on Tuesday, February 24 with Willy Hunter and Rebecca Houtsuma, who went on two slow-paced trips through Thailand, Cambodia, and Laos. You'll learn about the daily lives of the people, the industries, agriculture, schools, and tourist sites of these countries. This In-Person class will be held

at the Chelsea State Bank (Downtown Office).

Online registration is available through ALI Michigan's website, www.alimichigan.org. There you will find complete class information, and can register and make payments for classes. For further information, email info@alimichigan.org, or write to ALI Michigan, PO Box 134, Chelsea, MI 48118.



CHELSEA SOFTBALL YOUTH SKILLS CLINIC 2026

The 6-week clinic has been developed to teach and hone good basic softball skills to include throwing, fielding, base-running and pitching for grades 3rd through 8th, in a fun, safe and competitive environment. The clinic will be taught by both the Varsity and JV coaching staff, current players as well as several of our past stars.

We encourage parents to ask questions and be involved with catching their daughter if they are comfortable in doing so.

We are extremely excited about the future of the Chelsea softball program and look forward to seeing the young ladies that will soon be a part of it.

January 4, 11, 18, & 25
February 1 & 8

5:00 PM - 6:00 PM

Chelsea High School Gym

\$75 - Checks payable to Chelsea Athletic Boosters - pay at 1st session.

Email
chsbulldogsoftball@gmail.com

<https://forms.gle/yKZxR1aKPKyok552A>

All 3rd - 8th graders are invited

Chelsea Senior Center is Hiring!



Chelsea Senior Center
Building community,
Creating connections,
Enriching lives

48118.

The deadline for submission is February 20, 2026.

For a full job description, please check our website at www.ChelseaSeniors.org.

Chelsea Senior Center (CSC) is a 501c3 nonprofit organization located at 512 Washington Street in Chelsea, Michigan. Contact CSC at connected@chelseaseniors.org or (734) 475-9242. Chelsea Senior Center: Building community, creating connections, and enriching lives.

CSC is hiring a bookkeeper. The ideal candidate will have excellent customer service skills, be able to relay complex information in easy-to-understand terms, and have extensive bookkeeping experience working for a 501c3 nonprofit organization.

The position requires 25 hours per

week with the possibility of additional hours based on skill set. Salary is commensurate with skills and experience.

Interested candidates should send a resume & cover letter to Jennifer Smith, Executive Director, at jsmith@ChelseaSeniors.org or mail to Chelsea Senior Center, 512 Washington Street, Chelsea, MI

Do you have the ability to relay complex information in easy-to-understand terms?
Do you have bookkeeping experience?

WE ARE HIRING

Chelsea Senior Center is seeking a **bookkeeper**.

Find a complete job description at www.chelseaseniors.org.

February Events

MyFitRx® Savings
Feb. 1-28
Receive up to 25% off any MyFitRx pathway.

Valentine's Gift Card Special (CHE/DEX)
Feb. 1-14
Purchase a gift card that will be placed in a small gift bag with chocolates.

Intro to Rowing (DEX)
Mondays, Feb. 2-March 9 | 10:00am-10:30am and 10:30am-11:00am | \$125 Members, \$140 Non-Members
Join a beginner-friendly class to learn the basics of rowing and improve your form. This class is also open to seasoned rowers who are looking to refine their technique. No class Feb. 23.

Beginner Pickleball (DEX)
Tuesdays and Thursdays, Feb. 3-12 | 10:00am-11:00am | \$60 Members, \$64 Non-Members
Join a beginner-friendly class and learn how to improve your pickleball form.

National Wear Red Day (CHE/DEX)
Friday, Feb. 6
Members who wear red will be entered to win one of two center gift cards.

Swim and Gym (DEX)
Sundays, Feb. 8 and Feb. 22 | 12:30pm-2:15pm

Grief Release Yoga (CHE)
Monday, Feb. 9 | 6:00pm-7:00pm | FREE
This special yoga class will include gentle poses in a meditative environment. Whether you are carrying past or recent grief, you are welcome to attend. Feel free to bring a small photo or token of remembrance to place near your mat.

Valentine's Day: Bring a Buddy (CHE/DEX)
Saturday, Feb. 14 | FREE
Standard guest policies apply. Members must accompany their buddy.

Family Swim (CHE)
Sunday, Feb. 15 | 12:30pm-2:15pm
Parents must accompany their children in this class.

Heart Month Open House (CHE/DEX)
Tuesday, Feb. 17, 10:00am-12:00pm and 4:00pm-6:00pm (CHE) | Wednesday, Feb. 18, 10:00am-12:00pm and 4:00pm-6:00pm (DEX)
Attend our Heart Month Open House. Take advantage of our \$25 membership offer with 25% off MyFitRx.

Heart Health Lecture (CHE/DEX)
Tuesday, Feb. 17, 10:30am-11:30am (CHE) | Wednesday, Feb. 18, 5:00pm-6:00pm (DEX)
Join us for an empowering educational session led by Dr. Dori Tamagne. Learn how exercise supports heart health and overall wellness at every stage of life. Gain practical knowledge designed to help you move toward a healthier you.

Pelvic Floor Health (CHE)
Tuesdays, Feb. 17-March 10 | 1:00pm | \$84 Members, \$92 Non-Members
Join fitness specialist Lis Cordeiro for an informational workshop on pelvic floor health. Gain helpful insights into dealing with symptoms, preventing challenges, and better understanding your body to help you take control of your pelvic health.

Healthy Bones Osteo Pilates (CHE)
Thursdays, Feb. 19-March 19 | 9:30am-10:45am and 10:45am-12:00pm | FREE for Members, \$95 Non-Members
Support your bones in this gentle yet effective Pilates class that is designed specifically for individuals with osteopenia and osteoporosis.

Athletic Performance Workshop (CHE)
Mondays, Feb. 23-March 16 | 6:00pm
\$84 Members, \$92 Non-Members
Discover your athletic potential with fitness specialist Omar Elreedi in this dynamic workshop designed for teens ages 12-17 and their parents.

Aqua Board (DEX)
Mondays, Feb. 23-March 16 | 4:00pm-5:00pm

Circuit Aqua Board
Tuesdays, Feb. 24-March 17 | 11:45am-12:45pm
\$104 Members, \$112 Non-Members
Join a swim class that emphasizes strength, balance, and mobility.

Tai Chi Form (DEX)
Mondays, Feb. 23-March 23 | 5:30pm-7:00pm
Discover the gentle, flowing practice of Tai Chi in a class designed for all levels. Through slow, intentional movements, you'll build balance and mobility while learning traditional Tai Chi forms step by step. This class is offered in two five-week sessions. Registration is required.

Dance Cardio Event (DEX)
Friday, Feb. 27 | 6:00pm-7:30pm
Get ready to kick up your heels for a high-energy dance cardio event benefiting the American Heart Association. Our instructors will lead you through an unforgettable evening of music, movement, and community spirit. Donate \$15 to receive a free T-shirt, with proceeds going to the AHA. Registration is required.

COMING SOON:
Game On (DEX)
Wednesdays, March 4-April 15 | 4:15pm-5:00pm

Grief Release Yoga
Monday, March 9
This special yoga class will include gentle poses in a meditative environment. Whether you are carrying past or recent grief, you are welcome to attend. Feel free to bring a small photo or token of remembrance to place near your mat.

St. Patrick's Day Indoor Triathlon
Sunday, March 15 | 9:00am

Pelvic Floor Health
Tuesdays, March 24-April 14
Join fitness specialist Lis Cordeiro for an informational workshop on pelvic floor health. Gain helpful insights into dealing with symptoms, preventing challenges, and better understanding your body to help you take control of your pelvic health.

For more information, please visit the Member Service Desk, or call 734-214-0220 (CHE), 734-580-2500 (DEX).



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YOUTH & FAMILY SERVICES: ELIZABETH SPRING-NICHOLS AND ALYSSA NEWSOME

CHELSEA BULLDOGS SPORTS

CHS BULLDOGS COLLEGE SIGNINGS



Chelsea District Library Welcomes Piano & Song man of 5 million YT views this Sunday, February 22d @ 2pm-3pm!



Details: A Free Family-Friendly Music Event!
Sunday, February 22d @ 2pm--3pm
Matthew Ball - The Boogie Woogie Kid
Piano & Song man of 5 million YT views!
Performing
From Gershwin to The Beatles, Pianist/Singer Matthew Ball brings a music smile to listeners with a fresh boogie-woogie piano twist to Classic American Songs we all know & love from yesteryear, movies,

and pop culture!
With songs like:
From Gershwin to The Beatles, Matthew Ball aka The Boogie Woogie Kid performs favorites like, In the Mood, Georgia, All My Lovin, Can't Help Fallin in Love with You, New York New York, It Had to be You, Isn't She Lovely, Dream a Little Dream of Me, Don't Get Around Much Anymore, When the Saints Go Marchin' In, Take Good Care of My Baby, Just a Closer Walk, In my Life,

Moonglow, What a Wonderful World, On the Sunny Side of the Street, Amazing Grace, Bumble boogie, and more!

REVIEWS:

"An absolutely wonderful concert, tremendous virtuosity combined with crowd-pleasing repertoire, our audience loved every minute."
-NARDIN PARK CONCERT SERIES

"A number of piano players have performed here but this guy is something we haven't seen in a long time... I was just blown away!"
-BAY CITY STATE THEATER

Chelsea District Library
221 S Main St, Chelsea, MI 48118
Phone: 734-475-8732 for more info/to register



Chelsea Police Department Weekly Summary

Incident #: 26-334

Date: January 26, 2026

Location: 1600 block of S. Main Street

Time: 9:58 pm

INFORMATION: While on routine patrol an officer was dispatched to the 1600 block of S. Main Street for a damage to property complaint. Upon arrival the officer made contact with the complainant who stated that at approximately 9:32 pm a female subject had entered the location and

purchased some items, while they were pumping gas into their vehicle. The female subject was identified as a 19-year-old Detroit woman. The officer reviewed available surveillance images, and they showed the female subject running to the vehicle, leaving the rear driver's door ajar and abruptly

speeding off with the gas pump handle still in the gas tank of the vehicle. A search of the area failed to locate the vehicle in question along with the gas pump handle that had been forcibly detached from the pump. The case was turned over to the investigator's office for additional follow-up.

Incident #: 26-330

Date: January 26, 2026

Location: 1100 block of S. Main Street

Time: 1:54 pm

INFORMATION: While on routine patrol an officer was dispatched to the 1100 block of S. Main Street for the report of a suspicious item that had been received at a donation drop-off location. Upon arrival the officer met with the complainant who stated that they had recently

discovered what appeared to be a human skull, wrapped in a shirt. The officer took possession of the item and noted that there were no visible damage or uncharacteristic holes in the item. The skull was taken and secured as evidence and transported to the Chelsea Police Department.

The Chelsea Police Department consulted with the medical examiner's office by phone and the skull was then turned over to them so that further analysis could be done. The case remains open pending further investigation to determine the circumstances and origin of the item.



On January 26th, the Chelsea Police Department responded to a call from our local Goodwill store about the discovery of a possible human skull within donated clothing. The skull was collected and transported it to the Washtenaw County Medical Examiner's office. After examining the skull, the Medical Examiner's office believes that the skull is human and has been sent it to the Anthropology Department at

the University of Michigan for further examination, which could take up to 90 days. The Chelsea Police Department is working with our law enforcement partners to identify the person who dropped off the skull. They are described as a white female, in their late forties to early fifties, brown shoulder length hair. They were last seen wearing black pants, a black coat and sunglasses. A second person was observed

as the driver to a dark gray four door SUV that the two left in and is described as a white female in her late forties to early fifties with shoulder length brown hair. Anyone with information is asked to contact Ofc. T. Gilbreath at (734) 475-9122 ext. 107 or email him at tgilbreath@chelseapd.org.
Kevin Kazyak
Chief of Police
Chelsea Police Department

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