



City of Ypsilanti

# Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

June 2012

## Regular Daily Schedule

### Monday

9:30 Exercise w/Mark  
10:30 Line Dancing  
11:45 Lunch  
12:30 Euchre/Bridge

### Tuesday

10:30 Art  
11:45 Lunch

### Wednesday

9:00 Exercise w/ Mark  
10:45 Gentle Movemnt  
11:45 Lunch  
12:30 Bingo  
12:30 Art

### Thursday

11:45 Lunch  
1:00 – 2:30 Yoga

### Friday

9:30 Exercise w/Mark  
10:45 Gentle Movemnt  
10am -2pm Massage  
(Make appt)  
1:00 - 2:30 Yoga

### Saturday

10:00-noon – Quilting

Check our website at  
[ypsiseniorcenter.org](http://ypsiseniorcenter.org)  
and ask to be on our  
email list!

## Very special thanks Bank of Ann Arbor and all of our friends and supporters!

We were delighted to hear that we have been awarded \$1000 for our "Chair-ity" drive in the Bank of Ann Arbor Project Help program! The program lets local non-profits propose special projects that are then voted on by the community.



We will be able to buy almost 50 new chairs with this gift. With gifts from other friends and supporters, we are well on our way to replacing all of our chairs with the new, comfortable and sturdy chairs!

Special thanks to the Normal Park Neighborhood Association, who wrote a generous check to help us buy hanging racks for the chairs – they are easy and safe to move!

**Congratulations to Sue Seger who won the rocking chair in our drawing, and Adrienne Meyer who won the gift basket!**

## Cooking returns!

Monday June 11 at 10:45.

Back by popular demand, our friend and cooking expert Andrea Linn will demonstrate a cooking technique and have delicious samples.



Free and open to all, come see what's cooking with Andrea!



## Quilt Raffle 2012

Our Saturday quilters group has once again made beautiful quilts that will be raffled off at the Heritage Festival in August. The quilts are finished! Raffle tickets will be available next week.



## From the Director

Tuesday art class has been suspended for a couple of months. A special thank you to Sally Silvenionnen for taking over the Wednesday art class. She will be leaving to meet her husband in Finland soon. There will be no class the last few weeks in June. I am hoping to pick things up in July.

Thank you for all the support, well wishes and good thoughts during this difficult time for my family. Thanks also to all those that have stepped forward to fill in for me when I can't be at the center.

*--Monica Prince*



## Drivers' class

An agency contacted the Center offering a mature driver's class. The class would run for 2 days, for 3 hours each day. They need to have a commitment of 5 people to offer the course. There will be a sign up sheet at the center. Check with your insurance company -- some offer discounts for taking this class, which can be a good refresher for any age.



## June Birthdays

Carole Beache	June 8
Shelley A Williams	June 10
Mary Beth Troxell	June 11
Donelda R Stokes	June 13
Wanda Medici	June 19
Georgene Adkins	June 20
Linda K Johnson	June 20
Margaret J Roberts	June 23

*Don't see your June birthday listed here?  
Be sure to update your membership form  
for 2012!*

### Focus on your health: Immunizations

Tuesday June 19 - 12:15 pm

A local Walgreens pharmacist will be giving a presentation about common immunizations (vaccines) that are recommended for senior health. Information about flu, pneumonia, shingles, and whooping cough will be provided and any questions you may have will be answered.

### Support local businesses!

We are happy to see so many new restaurants and businesses coming to Ypsilanti, and we hope everyone will patronize them. The Wolverine Grill downtown on Michigan Avenue (just across from the public library) is open again under new management. The new Red Rock Downtown Barbecue opened across the street at 207 West Michigan Ave, very tasty food. B-24's coffee shops is on the same block, and MIX new and used is a retail store at the corner of Washington, with a great mix of new and used clothing and household goods. Definitely worth going downtown!

# Michigan Health and Wellness 4 x 4 plan announced at the Senior Center!



Michigan public health officials met at the Senior Center on Monday, June 4 to announce a new five-year plan to combat obesity in Michigan. The plan is part of Gov. Rick Snyder's charge to the Michigan Dept. of Community Health to reduce and prevent obesity in the state.

As reported in AnnArbor.com, choosing the Center as the location to make this statewide announcement was not an accident. They wanted to showcase the support of Washtenaw County Public Health to engage the community, with improvements to Recreation Park through the community garden, a walking path and new basketball hoops. The Senior Center's extensive exercise, fitness and nutrition programs were also emphasized, and it was a beautiful venue to make this important announcement. The Health and Wellness 4 x 4 plan focuses on four healthful behaviors (a healthful diet, regular exercise, annual physicals, and no tobacco use) and four health measures to watch: body mass index, blood pressure, cholesterol and blood sugar.

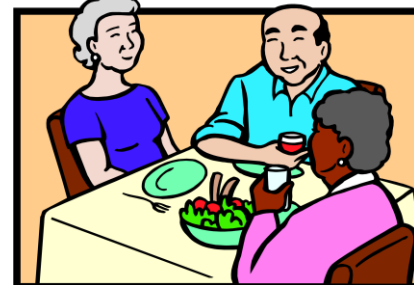
## Out to Eat Bunch



### ***Harvest Moon Cafe***

5854 West Michigan Ave, Ypsilanti  
Friday June 15 at 5 pm

Join the gang for supper out once a month. All are welcome, please sign up at the Center – you are responsible for your own ride to the restaurant.



### **Salad Potluck**

**Tuesday June 19, 11:30**

**The center will provide the fixings for a salad. Sign up to bring sides, breads, desserts or contribute to the main dish. All are welcome!**

**City of Ypsilanti  
Senior/Community Center**  
in Recreation Park

**Phone: 483-5014**  
**Fax : 480-0380**  
[seniorcenter@umich.edu](mailto:seniorcenter@umich.edu)  
web : [ypsiseniorcenter.org](http://ypsiseniorcenter.org)

***Home of the  
Ypsilanti Senior Center***

***Our Mission:  
To provide opportunity for  
positive, safe, structured  
recreational, educational  
and networking activities  
targeted towards Seniors  
and the community that  
supports them.***

### **MEET THE STAFF:**

**Monica Prince – Senior Center Director**  
**DeLois Wilson – Receptionist**  
**Deborah Finley – Senior Aide**

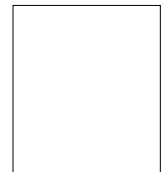
### **SENIOR CENTER HOURS**

Monday and Friday	9:30 am – 2:00 pm
Tuesday - Thursday	10:00 am – 2:00 pm
Saturday (quilting)	10:00 am – 12:00 noon



**Nutritious, delicious hot meals served weekdays at noon.**  
**Suggested cost share for seniors age 60 and up: \$3.00**  
***Call to reserve lunch at least one day in advance.***

**SENIOR/COMMUNITY CENTER**  
**1015 N CONGRESS**  
**YPSILANTI, MI 48197**  
**[www.ypsiseniorcenter.org](http://www.ypsiseniorcenter.org)**



Rent the Center for parties, meetings and other events – just \$40 an hour