



City of Ypsilanti

Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

Dec. 2013/Jan. 2014

Regular Daily Schedule

Monday

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

Tuesday

10:30 Art/Craft
11:45 Lunch
12:30 Knitting and
Crocheting Group
12:30 Water Color

Wednesday

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

Thursday

10:00 Drama
11:45 Lunch
1:00 – 2:30 Yoga

Friday

9:30 Exercise w/Mark
10:45 Gentle Fitness
10am -2pm Massage
(By appointment)
1:00 - 2:30 Yoga

Saturday

10:00-noon – Quilting

Peripheral Neuropathy Presentation, December 3, 2013, 12:00 noon

Do you have pain, prickling, sharp electrical shocks, numbness, cramping or trouble sleeping due to hand or feet discomfort? This free seminar will explore the causes of peripheral neuropathy, the common symptoms, and treatment options. Peripheral neuropathy is a medical condition in which the nerves in the hands and feet are damaged and stop working properly. Over 20 million Americans, most of them seniors, suffer from this nerve damage. The most common cause of peripheral neuropathy is diabetes. Steve Stanley, NBO Medical Representative, former NBO medical patient, former educator, entrepreneur and Michigan high school tennis coach of the year will present information. Fresh fruits, veggies, and bottled water will be offered. Please join us.

A Musical Treat December, 6, 2013, 12:30pm

The group "7 come 11" will perform for us. Join us to listen to some lively music and old time favorites.

Jewelry Sale December 7, 2013

There is still time to bring in your used jewelry or purses. A sign up sheet is at the center for volunteers to help out at the sale. Help is needed on Friday evening from 7-9 pm to set up and also on Saturday, from 9:30 – 4:00 pm. Help make this sale a success!

Dec/Jan Art Programs Tuesdays, 10:30 – 11:30 am

We will continue to work on the looms and would love to have more join us. There are two floor looms and one table loom to work on. We can experiment with different weave structures. There is no experience necessary. **We will not meet on January 14, 2014 due to the anniversary party.**

Tuesdays, 12:30 – 2:00 pm

The knitting and crochet group will continue to meet. All experience is welcome. Knit and chat or come for help on a project.

Wednesdays, 12:30 – 2:00 pm

In December we will work with collage and in January we will try out pastels. I am hoping to have pastel artists come in and show us some techniques. Then we will experiment. "Creativity is about play and a kind of willingness to go with your intuition. It is crucial to an artist. If you know where you are going and what you are going to do, why do it?" Frank Gehry

The out to eat bunch is taking a break for the winter months; however, call someone up and get together for dinner on your own.

Attn seniors 65 and older:

Do you need help for **yourselves** at Christmas? We have limited availability for sponsors, so if you are interested please call the DHS Holiday giving program by **December 9, 2013** and ask for Katie or Mary @ 734 481-2014.

Walgreens on Medicare December 10, 2013, 10:00 a.m.

A pharmacist from Walgreens will give information on what Medicare Parts A, B, C, and D are and will also review Medicare Part D plans and options. He will talk about what to look out for when choosing plans and can do Medicare medication reviews if the participant has their medication lists. We can also update the seniors on the most recent changes to Medicare laws regarding medication coverage.



Holiday Party and Gift Exchange Friday, December 20, 2013, 11:00 – 2:00 pm

Come and join us. The center will provide the meal of ham and side dishes. Bring desserts if you like. Sign up at the center so we know how many to plan. For the gift exchange, bring a new wrapped present that costs no more than \$5. Mark on the tag of the present whether it is for a man, woman, or either.

Holiday Closing

The center will be closed from December 21, 2013 through January 5, 2014. Have an enjoyable holiday.

The center will also be closed on January 20, 2014 to observe MLK Day.



Anniversary Party

January 14, 2013, 10:30 – 2:00 pm

We will celebrate our 53rd anniversary with a chicken luncheon and entertainment. Tickets are \$25 and need to be **purchased by December 18, 2013**. We need a minimum of 25 reservations to hold the event. You can get tickets from Monica or DeLois.

Potluck

January 28, 2014, 11:45 am

We will have a Chinese New Year theme. The center will provide Sweet and Sour Meatballs and Rice. Sign up to bring a side dish, dessert, or donate towards the main course. After the meal Bob Field will give a presentation on Estate Planning.

Research Study

Some EMU grad students are working a research study which focuses on motor skill, cognitive functioning, and physical fitness. They are conducting the research on **January 13 and 27, 2014** at the center. There will be **\$20** compensation if you participate. There is more information at the center where you can sign up.

WCC Classes

WCC classes will start up again the week of **January 20th**.

Exercise with Mark: M, F 9:30 – 10:30; W 9-10:30

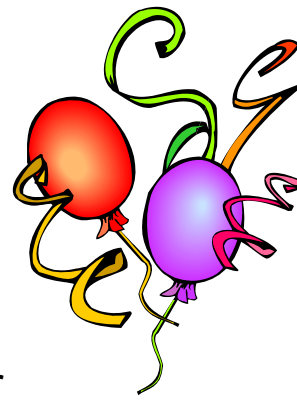
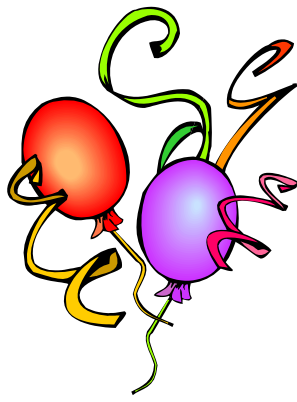
Line Dance: M 10:30 – 11:30

Yoga: Th, F 1:00 – 2:30

The gentle fitness class is presented by the Y and will continue on Wed. and Friday from 10:45 – 11:30.

Tax Assistance

Catholic Social Services is sending three assistants on three different days. They will be here Thursdays, 9-12 noon on **February 20, March 13, and March 27, 2014**. In January we will have a sign up sheet to make an appointment.



From the Director

The holiday season is upon us. It can be a stressful time with so many things going on. I am going to make point of enjoying my family and get some time for myself. I came across a quote that I think I am going to remember as I start the New Year:

To make 2014 (or any other) your year, keep it simple:

- Count your blessings first
- Whatever you did last year; Do it better
- Go step by step; One day at a time
- Create/make your own opportunities.
- Believe in your abilities at all times,
- Quitting is not an option. Keep Going.

Finish what you started" Pablo

Monica Prince

December/January Birthdays



////// Miriam Brown,//////	Dec 3
Roger Brown	Dec 6
Patricia Yates	Dec 23
Elise Herman	Jan 2
Maria Greggio	Jan 4
Linda Burns	Jan 10
Betty Mitchell	Jan 13
Kathleen Roach	Jan 14
Elnora Sipp	Jan 23
Marcella Trautman	Jan 25
Charlene Woods	Jan 29

City of Ypsilanti
Senior/Community
Center
in Recreation Park

Phone: 483-5014
Fax: 480-0380

seniorcenter@umich.edu
web : 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, Wednesday, Friday 9:00 am – 2:00 pm
Tuesday, Thursday 10:00 am – 2:00 pm
Saturday (quilting) 10:00 am – 12:00 noon



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



The foot nurse will be at the center on **Thursdays, December 5, 2013, and January 9, 2014 from 10-2.** Please call Roberta Duda (734) 741-8586 to make an appointment.



Sissel Bridges offers Norwegian massages at very reasonable prices on Fridays at the center from 9:00 – 2:00 pm. Call to make an appointment.