



City of Ypsilanti

Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

July 2013

Regular Daily Schedule

Monday

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

Tuesday

10:30 Zumba
11:45 Lunch
12:30 Knitting and Crocheting Group

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)
Art 12:30-2:00
1:00 - 2:30 Yoga

Saturday

10:00-noon – Quilting

Tuesday, July 9, 2013 Library for the Blind

Lea Williams will give a presentation on the services provided by the Library for the Blind. Losing vision does not have to mean giving up your way of life. While vision **loss** does have an effect on nearly every daily activity, the Independent Living Program can help you meet the challenges that seem insurmountable. The Independent Living Program serves individuals over the age of 55 who have experienced significant vision loss or are legally blind. Simple adaptations in the home, combined with training can help one to achieve or regain a level of independence within the home and community.



Out to Eat Bunch

(Taking a break for July and will meet again in August)

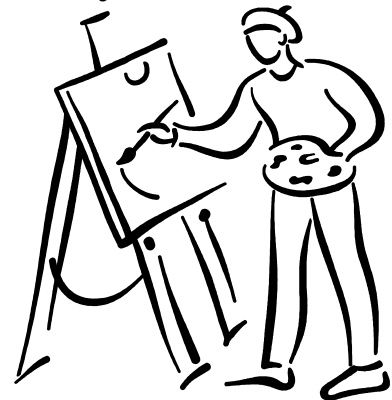
The center will be closed on Thursday, July 4 and Friday July 5 to celebrate Independence Day.



July Art

Wednesdays, 12:30 am – 2:00 p.m.

Art for everyone will continue on Wednesdays. We will carry on with still life painting using acrylics. All supplies are provided and no experience is necessary. Our art classes are supported by a grant from the Ann Arbor Area Community Foundation.



Fridays, 12:30 – 2:00 pm
Art for the Ages

July 12 and 19, learn how to make paper. I will be inviting families from the neighborhood to join us. We will turn scrap paper into beautiful handmade paper sheets that can be used to make cards or used in a collage. No experience is necessary and all supplies are supplied.



Drama Classes are on Thursdays from 10:00 – 11:00 a.m.

The Drama Momma will return for four weeks from *July 11 through August 1*. *“Walk Your Life: A Biographical Journey”* is an exercise that will help you tell your story. Everyone has a story to be told. No experience is necessary. The drama class is supported by a grant from the Ann Arbor Area Community Foundation.

Electromagnetic Field Therapy Supercharge your Life?

Discover how PEMF therapy has been life changing for hundreds of our patients in conquering chronic and acute health conditions.

Free Presentation by Dr. Eric LaMey at the Ypsilanti Senior Center, *July 16, 2013, noon*.

Learn more at: www.DrLaMey.com

The foot nurse will be at the center on **Thursday, July 11, 2013 from 10-2**. Please call Robbie at (734) 741-8586 to make an appointment.



Sissel Bridges is available for the Norwegian Massage every Friday. Call the center to arrange an appointment. The fees are as follows: \$11 for 15 minutes, \$22 for 30 minutes, and \$44 for one hour.

***Tea Party in the Rose Garden
Friday, July 26, 2013, Ypsilanti
Senior Center
1-2:30 p.m.***



Please join us for Tea and Treats! Music provided by William Hayes

Floppy hats and gloves are optional

Please register by July 19, 2013, 483-5014

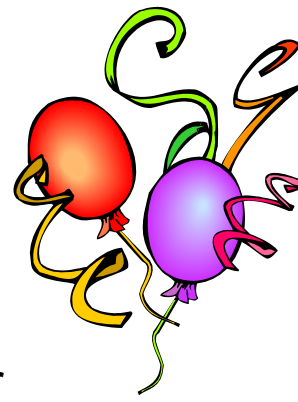
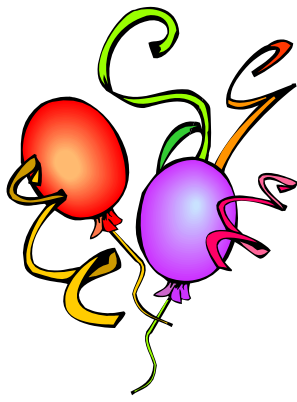
Writers Group

The writers group will meet twice a month on Wednesdays throughout the summer. Join them July 10 and July 24 from 10:30 – 11:30.

Hair Cuts



Alejandro Flores Mendez (Alex) is a cosmetologist new to Ypsilanti. He would like to offer free hair cuts on the first Tuesday of each month at the center to our members and their grandchildren (ages 6 to 10). Alex will be here July 2, 2013, 10-2 pm. There will be a sign up sheet at the center for appointments.



From the Director

The quilters that meet on Saturday mornings have completed two beautiful quilts to be raffled at the Heritage Festival. We have raffle tickets ready. They are \$2.00 each or three for \$5.00. DeLois or I can get them for you. Buy them yourself and/or sell them to neighbors and friends.

Start setting aside time to help at the Ypsilanti Heritage Festival. We will have a sign up sheet to reserve your spot. This year it is August 16, 17, and 18. We can always use help to make this fundraiser a success.

Save the date. We will have our annual Corn Roast on Saturday, August 3, 2013, 4:30 – 6:30 pm. There will be more information forthcoming. This is always a time to relax with friends and eat some great corn.

Monica Prince

Senior Brigade – A Michigan Seniors Initiative

Protect Yourself, Protect your Future

Friday, July 19, 2013, noon, Ypsilanti Senior Center

Contact us: miseniorbrigade@gmail.com

Recognize common scams initiated over the phone or by mail/email

Reduce unwanted phone calls and junk mail

Report a problem or scam

July Birthdays

..... Beverly Williams,	July 02
Luanna Slay	July 04
Jane Nye, Bernice Homel	July 05
Richarde W. Donelan	July 06
Deborah Finley	July 07
Marla Gousseff	July 08
Alfred Brendtke II	July 09
Sandra K. Knaup	July 10
Caitlin Simpson	July 11
Dave Larrouy, Cornella Chapman	July 14
Vicki E. Ross	July 15
Wayne Morsefield, Mitzi Stanton	July 16
Hava Jean Delgado	July 17
Phyliss Bond, Frank Diaz	July 19
Linda Hines, Joanne Bates	July 20
Doris Moxley	July 23
Mary L. Elliot	July 24
Diane Briggman	July 25
Rebecca Dunkle	July 27
Denise McKeown	July 30
Larry H. Grover	July 31

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
Kevin Howard – 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 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.**



Ypsilanti Public School Foundation

Resale Shop

1076 Ecorse Road
Ypsilanti, MI 48198
(734)714-1829

Located in the back of the old George/Forest Elementary



Support our Scholarship & Education Programs

Support our students * Support our teachers * Support our community
YPSF is a registered 501(c)(4) non-profit corporation in the state of Michigan.

Website: www.ypsd.org/district/foundation/resaleshop/

Facebook: www.facebook.com/YPSResale

Email: ResaleShop@ypsd.org

Hours: Thursday, Friday & Saturday 10am - 5pm
We accept your tax-deductable donations any time
during business hours.

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*ELECTRONICS * VIDEO GAMES * MOVIES * COMPUTER PARTS*
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*HARDWARE * ARTS & CRAFT SUPPLIES* NICK NACKS*

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