



City of Ypsilanti

# Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

June 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

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

## Potluck

**Tuesday, June 11, 2013, 11:45 a.m.**

The center will provide sandwiches. Sign up to bring a side dish, dessert, or to contribute to the main course.

After the potluck, a representative from Governor Snyder's office will provide information on **"What Services the State can Provide for Seniors."**



## Brunch and Munch!

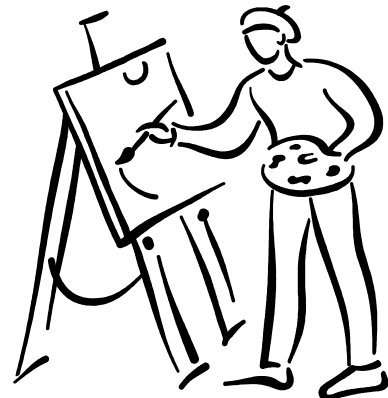
**Thursday, June 13, 2013, 10:30 to 11:30 am.**

A free demonstration and tasting cooking workshop about how to add more flavor without the salt into your daily cooking! Led by staff from Growing Hope, SNAP-Ed Program Assistant, Liz Drabik, and Adult Education Specialist, Germaine Smith.

## June Art

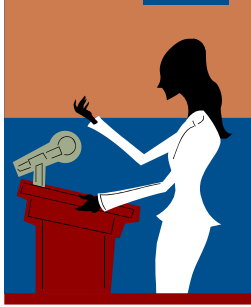
**Wednesdays, 12:30 am – 2:00 p.m.**

Art for everyone will continue on Wednesdays. We will carry on with still life painting using acrylics. Don't be intimidated to join us. All supplies are provided and no experience is necessary.



**Fridays, 12:30 – 2:00 pm**

**The Thursday art class is moving for the summer.** On June 7, 14, and 22 we will play with felting. I will demonstrate wet felt and needle felting. I will have samples posted at the center to show what is possible. All supplies will be provided. No experience is necessary. Come and experiment. **There will be no classes on June 27 and 28 due to a scheduling conflict.**



**RSD Insurance Agency**  
**Friday, June 21, 2013, 11:30 am**

Connie Rupert and Mary Thomas will inform you about the different options you have when it comes to seniors' life insurance. Because so many seniors have not reviewed their life insurance policy in several years; oftentimes, there are changes to be made. Connie and Mary will provide residents with free life insurance policy reviews to ensure your policy is still in force, you have coverage that is adequate, and ensure your specified beneficiary does not need updating. They will also answer any questions you or your loved ones may have about life insurance. This educational discussion is extended to all residents. Loved ones, family members, and friends are also encouraged to attend.



**Out to Eat Bunch**  
**Friday, June 21, 2013, 5:00 pm**

The gang will meet at Red Olive, 150 N. Canton Center Rd., Canton, MI. Sign up at the center and as always arrange your own transportation.

The foot nurse will be at the center on **Thursday, June 6, 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.

**Jewelry Sale – Sat., June 1,  
 2013, 9:00 am – 4:00 pm**



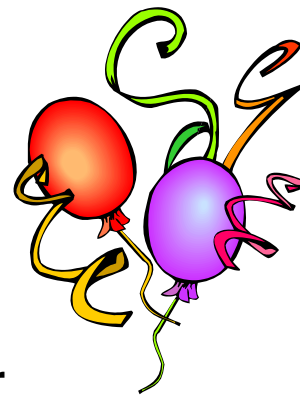
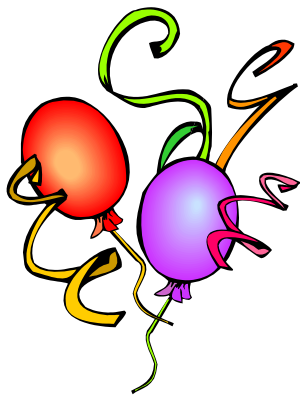
The center can use help during the sale. Set up will be Friday, May 31, at 7:00 pm. We can also use help from 8:30 am – 4:30 pm for the sale. DeLois can use help with the bake sale. Let her know if you can bring baked goods or help during the sale.

Please put the word out: We have jewelry, purses, and baked goods for sale. There will also be a taco/hotdog cart outside the center and all proceeds will be donated to the center.



**Writers Group**

It has been such an interesting few months. We would love to have you experience it with us. The group has shared stories based on a picture or on a childhood experience. We have had fun writing limericks and experienced the possibility of writing eulogies. Exploring samples of humor and what makes it work was fun. There are family adventures we want to pass on. everyone has a story. Please tell us yours. We will meet June 12 and 26, July 10, 24 and Aug. 7, 28.



## **From the Director**

I received notification last week that our grant proposal we submitted to the Ann Arbor Area Community Foundation and Anna Botsford Bach Fund for seniors was approved. The grant focuses on our arts program. It will help pay for my services and add some programming for everyone. I am looking forward to adding a drama class in July. It will also give us some money for much needed art supplies. As part of the proposal we will culminate the programs in late August and early December with an artist reception and presentation. I look forward to the explosion of creativity at the center.

***Monica Prince***

### **Senior Brigade – A Michigan Seniors Initiative**

#### **Protect Yourself, Protect your Future**

Tuesday, June 18, 3013, 11:45 am, Ypsilanti Senior Center

Contact us: [miseniorbrigade@gmail.com](mailto: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



***No Excuse for ELDER ABUSE***

***1-855-444-3911, [www.ncea.aoa.gov](http://www.ncea.aoa.gov)***

#### 5 Things that Anyone Can Do to Prevent Elder Abuse

1. Learn the signs of elder abuse and neglect.
2. Call or visit an elderly loved one and ask how he or she is doing.
3. Provide a respite/break for a caregiver.
4. Ask your bank manager to train tellers on how to detect elder financial abuse.
5. Ask your doctor to ask you and all other senior patients about possible family violence in their lives.

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

**Phone: 483-5014**

**Fax: 480-0380**

[seniorcenter@umich.edu](mailto:seniorcenter@umich.edu)

web : [yphiseniorcenter.org](http://yphiseniorcenter.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.***

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