



City of Ypsilanti

# Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

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

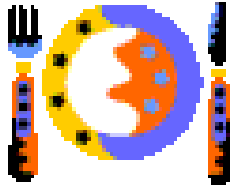
### Saturday

10:00-noon – Quilting

## Haircuts

**Tuesday, September 3,  
10:00 a.m.-2:00 p.m.**

Alex Mendez will be at the center to offer free hair cuts to our members and their grandchildren from the ages of 6 – 10. He will be here from 10-2. There will be a sign up sheet at the center to make an appointment.



**Out to Eat Bunch, Friday,  
September 13, 2013, 5:00 p.m.**

The Out to Eat Bunch will meet on Friday, September 13, 2013, 5:00 p.m. at L. George's, 43711 Michigan Ave, Canton 48188. Sign up at the center and as always arrange your own ride.

**Potluck, Tuesday September  
17, 2013, 11:45 a.m.**

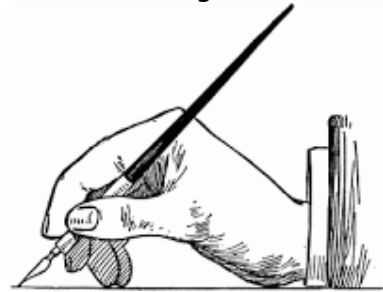
The center will provide Harvest Vegetables and Chicken on Pasta. Sign up to bring a side dish, dessert or contribute to the main course.

**The center will be closed Friday, August 31, through Monday, September 2, 2013 for the observance of Labor Day. We will reopen, Tuesday, September 3, 2013.**

## September Art Programs

**Wednesdays, 12:30 am**

Starting Wednesday September 11 the Writers Group will be back to meeting weekly at 10:30 at the center. "We are continuing writing about senses, not census. Join us as we describe in words what we know and see. Join us or we will be writing about YOU."



**Tuesdays, 10:30 – 11:30  
pm**

Art for the ages will be meeting on Tuesdays from 10:30 – 11:30. In September we will explore print making. This will include nature printing, stamps and stencils. All supplies will be provided. No experience is necessary.

**Wednesdays, 12:30 – 2:00  
pm**

Art for Everyone meets on Wednesdays from 12:30 - 2:00. This month we will experiment with 2 styles of painting. On Sept 4 and 11 we will play with an oriental brushwork. On Sept. 18 and 30 we will try a style of painting that is used by the Australian Aboriginal artists. Both styles center on nature with very different effects.

**YOU ARE INVITED!  
UNITED MEMORIAL  
GARDENS  
PEACE OF MIND SEMINAR**

**Topics of Discussion:**

- 1. THE IMPORTANCE OF ADVANCED DIRECTIVES**
- 2. WEALTH RETENTION**
- 3. IMPORTANCE OF HAVING A WILL**
- 4. IMPORTANCE OF HAVING A LIVING WILL**

**WHEN: TUESDAY, SEPTEMBER 10<sup>TH</sup>**  
**WHERE: YPSILANTI SENIOR CITIZENS CTR**  
**TIME: 12:00 NOON**

**WCC CLASSES start the week of  
September 9**



**Washtenaw  
Community  
College**

**Exercise for Seniors**

Monday, Friday 9:30-10:30 a.m.

Wednesday 9:00-10:30 a.m.

**Line Dance**

Monday 10:30-11:30 a.m.

**Yoga**

Thursday and Friday 1:00-2:30 a.m.



**Gentle Fitness Class**

The YMCA Gentle Fitness class will continue on  
Wednesday and Friday, 10:45-11:45 a.m.

**Flu Shot Clinic and Health Fair  
Tuesday September 24, 9am-  
noon**



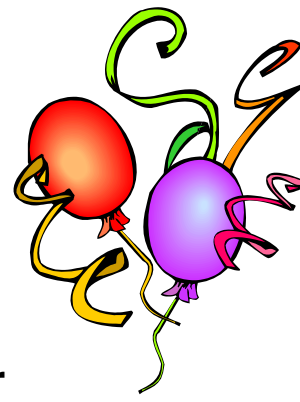
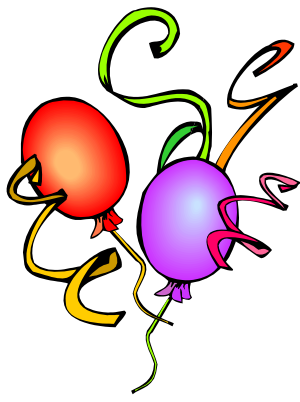
*Michigan Visiting nurses will be at the center to administer flu shots to anyone on Tuesday Sept 24, 9am – noon. Bring your Medicare part B card or other health insurance. There will be a listing of accepted insurances at the center in Sept. During the clinic there will be representatives from health related companies set up to let you know what services they have to offer. They always have great gifts to offer also*

**The Arts**



Are you interested in doing watercolor painting? A group is meeting on Tuesdays from 12:30 – 2:00 p.m. in the large room. The lighting is great and the views are worth painting. It is a great opportunity to get motivated to work on our paintings and to learn new techniques and ideas from others. Bring your own paper, paints, and brushes including a container for water. It is not necessary to have expensive paints or brushes. Bring what you can afford and are comfortable using. Also, consider natural materials such as leaves, sea salt, sponges, and such to add texture to your paintings. Enjoying what you are doing is the goal, not perfection!

Tuesday afternoons from 12:30 the knitter/crochet group continues to meet. Join us if you want to learn how to knit or crochet or need help with a project. This group makes items that are for sale at the center.



### From the Director

It seems like ages ago, but the corn roast was enjoyed by all who attended. We served about 110 meals and made about \$500 after expenses. A special thanks to Brookside Farms for the corn, Dos Hermanos for the pulled pork, Walmart for the bottled water and Sam’s club for a gift certificate. Thanks also to all the volunteers including the Kiwanians that made the event possible.

The quilt raffle was a huge success. We made \$3000.00 this year. The first place quilt went to Connie Zatsick of Ann Arbor. Second place quilt went to Laura Roth. Congratulations to the winners. Thanks to everyone who bought tickets, sold tickets, helped with the mailing and at the Heritage Festival.

***Monica Prince***

### September Birthdays



////////////////////////////////////	<b>Cora Hubbard</b> ,////////////////////////////////////	<b>Sep 04</b>
	<b>Edna Massey</b>	<b>Sep 10</b>
	<b>Jane Munro</b>	<b>Sep 12</b>
	<b>LaRita Freeman</b>	<b>Sep 16</b>
	<b>Sandra Glencer</b>	<b>Sep 16</b>
	<b>Carolyn Maguire</b>	<b>Sep 21</b>

**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**

***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.**



The foot nurse will be at the center on **Thursday, September 12, 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.