



City of Ypsilanti

# Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

February 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

## What is RSVP and Why Should You Become a Member?

Monday, February 10, 2014,  
11:30 am

A representative from the Retired Senior Volunteer Program (RVSP) will provide information about the program. Learn how to enrich your life by giving your skills to good causes. Those that already volunteer at the center will learn why they should become a member of this program. Refreshments will be provided by Heartland.

## Tax Assistance

Catholic Social Services will again send volunteers to the center to help seniors with their taxes. They will be here on Thursdays, February 20, March 13, and March 27, from 9:00 – Noon. Call the center to schedule an appointment.

## WHAT DO BOSTON AND THE YPSILANTI SENIOR CENTER HAVE IN COMMON?



*The Out to Eat Bunch is taking a break due to the Michigan weather.*

## February Art Programs Tuesdays, 10:30 – 11:30 am

The Tuesday morning group will continue with weaving. Because of the bad weather in January we did not get much done. Join us on Tuesdays. We can weave at the floor looms and warp the table loom.

## Tuesdays, 12:30 – 2:00 pm

The knitting and crochet group will continue to meet. If you have a project that you are working on, bring it along. There is always someone that can help out if you have questions. Several members are very experienced and willing to teach the beginner.

## Wednesdays, 12:30 – 2:00 pm

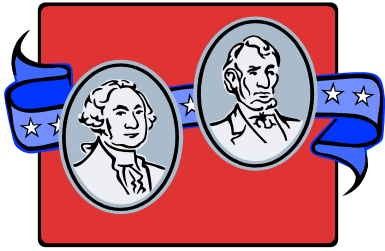
We had a tutorial from Carolyn Weins last week on painting with pastels. Thanks Carolyn for sharing your knowledge with us. I thought we could experiment with oil pastels this month. This is not a medium that I am very experienced with but we will learn together.

## Wednesdays, 10:30 – 11:30 am

The Writers group meets to share their work and offer advice when requested. Together they explore different aspects of writing. Everyone is welcome.

## Holiday Closing

The center will be closed February 17, 2014 to celebrate Presidents Day.



The month of February is Black History



**WHAT DO BOSTON AND THE YPSILANTI SENIOR CENTER HAVE IN COMMON?**

### NO EXCUSE FOR ELDER ABUSE

If you suspect any kind of abuse of an elder call the statewide 24-hour hotline:  
**1-855-444-3911**

Elder abuse is any form of mistreatment that results in harm or loss to an older person. It is generally divided into the following categories:

- Physical Abuse
- Sexual Abuse
- Domestic Violence
- Psychological Abuse
- Financial Abuse
- Neglect
- Self-Neglect

Elder abuse can occur anywhere – in the home, in nursing homes, or other institutions. It affects seniors across all socioeconomic groups, cultures and races. Based on available information, women and “older” elders are more likely to be victimized.

## WCC Classes

WCC classes will start up again the week of **January 20<sup>th</sup>**.

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

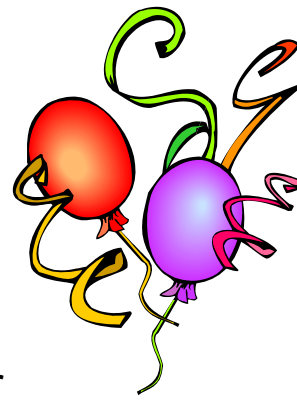
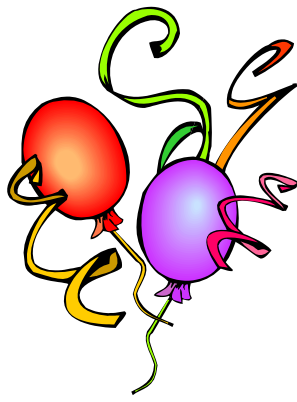
The gentle fitness class is presented by the Y and will continue on Wed. and Friday from 10:45 – 11:30.

**Potluck and Going Away Party For DeLois,  
Tuesday, February 25, 2014, 11:30 – 2:00 pm**

Come bid farewell to DeLois. The center will provide a pasta main course. Everyone is asked to sign up to bring a side dish or dessert, or contribute financially to the main course. This will also be a going away party for DeLois since she will retire at the end of the month. “Seven Come Eleven” has offered to entertain us after our meal.



**WHAT DO BOSTON AND THE YPSILANTI SENIOR CENTER HAVE IN COMMON?**



**From the Director**

January 14, 2014 we celebrated the center's 53<sup>rd</sup> anniversary with a lunch from Bavarian Inn of Frankenmuth. We had a lot of fun with the accordion playing. There were many shared memories from years past. We recognized the longest active member of the center, **Doris Moxley** and the oldest active member, **Gladys Swopes**. Thanks to everyone that made it such a success.

This is the last month DeLois will be working at the center. She has decided to take a much deserved retirement. I am so sad to lose her. Come and join us to say goodbye on February 25, 2014 with food and entertainment. There is more information under the potluck notice.

***Monica Prince***

**February Birthdays**



..... Gregory Sipp .....	<b>February 10</b>
<b>Gladys Swope</b>	<b>February 18</b>
<b>Shirley Holquist</b>	<b>February 20</b>
<b>Diane Schick</b>	<b>February 21</b>
<b>David Rocha</b>	<b>February 22</b>
<b>Linda Randolph</b>	<b>February 25</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**

**SENIOR CENTER HOURS**

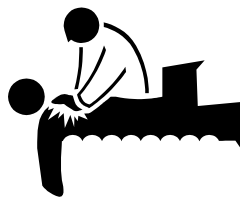
Monday, Wednesday, Friday 9:00 am – 2:00 pm  
Tuesday, Thursday 10:00 am – 2:00 pm  
Saturday (quilting) 10:00 am – 12:00 noon



**Nutritious, delicious** 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, February 13, 2014 from 10-2**. Please call Robbi Duda (734) 741-8586 to make an appointment.



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