



City of Ypsilanti

# Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

July 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

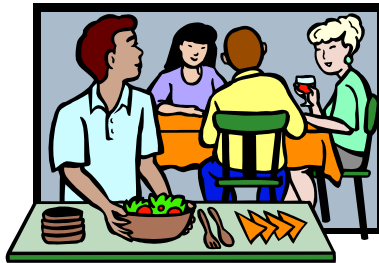
10:00 Drama  
11:45 Lunch  
1:00 – 2:30 Yoga

### 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



## Pot Luck Tuesday, July 8, 2014 11:45 a.m.

Join us for a summer indoor picnic. Hot dogs are coming from Bill's drive in. Sign up to bring picnic style sides (potato salad, chips, baked beans, watermelon, and desserts or financially contribute to the main course. When you sign up tell what you are bringing and whether you want plain or chili dogs and how many. We will need an accurate count by July 3<sup>rd</sup>.

## Out to Eat Bunch Friday, July 18, 2014 11:30 a.m.



The group is going to The Red Olive on Friday July 18 at 11:30 am. It is located at 250 N Canton Center Rd. (at Cherry Hill Rd) in Canton. Sign up at the center and as always arrange your own ride.

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

On July 1, 8, and 12 we will work on warping the looms. There are two looms that we would like to warp over the summer to prepare for fall weaving.

**Art for the Ages** - These classes are for all ages and family friendly. There is no cost but donations for supplies are always welcome. There will be a sign up sheet at the center so we can plan for supplies. To sign up either stop by or call 483-5014

On July 15 let's make paper. Learn to make beautiful paper from scrap paper that have lying around the house. Bring paper divided by color and torn in 1" pieces to add to our supplies. All other supplies will be provided.

July 29 we are making greeting cards. You can use the paste paper and handmade paper to make cards. There will be stamps, markers and other art supplies to personalize your projects.

Tuesday afternoons the knitting/crochet group will take a little summer break. It will return late August.

**July Art Programs**  
**Wednesday, 10:30 – 11:30 a.m.**



Writer's -- Remember your best friend from school? Your first job? The neighborhood you grew up in? We have had fun sharing these memories and more. Write or tell yours; we would love to hear it any Wednesday at 10:30 right at our own center.

Frances Spackey



**Wednesday, 12:30 a.m. – 2:00 p.m.**

**Art for Everyone**

What is junk Art? Merriam Webster defines it as "three-dimensional art made from discarded material." Let's experiment this month.



**Exercise Classes**

The classes that are sponsored by WCC Emeritus will continue this summer thanks to a grant we received from Ann Arbor Area Community Foundation. Schedules will be set according to the availability of the instructor. There may be some dates that the classes will not be held so the instructors can take vacation. The instructors will keep you informed about their schedules.

The Gentle fitness class is sponsored by the YMCA and will continue during the summer on Wednesday and Friday as usual.

# GET WELL!

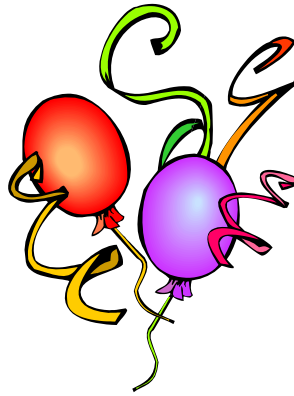
**Health Systems**  
**Tuesday, July 22, 2014, 11:30 a.m.**

Laura Solomon from Health Systems will speak on **overall wellness and ways to manage back & neck pain.** Health Systems is a multi-disciplinary clinic offering Medical Doctors, Physical Therapy, Massage Therapy, Pain Management Specialists and Chiropractic Care.

They will provide lunch. Sign up at the center for the talk and free lunch.

**The center is closed Friday, July 4, 2014, in observance of Independence Day.**





## From the Director

Thanks to everyone that made our jewelry sale a success. We raised \$633.00 at the jewelry and bake sale in June.

We are in the midst of the summer now. Check out all of activities for July in the newsletter.

There are things to put on your calendar for August 2014. August 2, 2014 from 4:30 – 6:30 is our annual corn roast. There will be more information in the Aug newsletter.

We will also have our quilt raffle in August at the Ypsilanti Heritage Festival which is Aug. 15-17, 2014. The quilters are busy working on the quilt now. As soon as it is done we will hang it in the main room until the festival. Stop by, see it, and buy your raffle tickets. This could be your year to win the quilt.

***Monica Prince***

## July Birthdays



Luanna Slay	July 4
Marla Gousseff	July 8
Mitzi Stanton, Wayne Morsefield	July 16
Camille Mrozowski	July 23
Denise McKeown	July 30

**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**

**Nancy Tomczak – Assistant**

**Cheryl Roberts – 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**

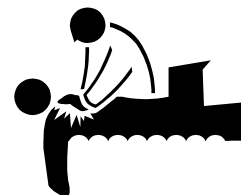
**erved weekdays at noon.**

**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 **Thursday, July 10, 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 Friday at the center from 9:00 – 2:00 pm. Call to make an appointment.