



City of Ypsilanti

Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

May 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

Study on Older Adults and Mobility.

May 22 from 9am- 4:30pm

Everyone over 65 is eligible to participate in this study about older adults and mobility, whether you have experienced challenges in getting where you want and need to go as you've gotten older or are still getting around like you did when you were younger. You can schedule a 90-minute interview May 22 at Ypsilanti Senior Center, or choose a time and location more convenient for you. All participants receive a \$10 Kroger gift card as thanks for their time and for sharing their experiences. For more information or to schedule an interview sign up at the center or, contact Annie at harmonac@umich.edu or 734-707-7404.



Out to Eat Bunch

The gang will meet at 5pm on Friday May 16 at L. George's at 43711 Michigan Ave, Canton. Sign up at the center and arrange your own ride.

May Art Programs Tuesdays, 10:30 – 11:30 am

Tuesday morning art class will only be able to meet on May 13 from 10:30-11:30 with weaving.

Tuesdays, 12:30 – 2:00 pm

The knit/crochet group will meet on every Tuesday except May 6. They are taking on a project to supply lap robes to Heartland Hospice Facility. Please join them and help out.

Wednesdays, 10:30 – 11:30 am

The writers group will work on themes each week. Ask any member and they will be happy to fill you in.

Wednesdays, 12:30 – 2:00 pm

A fine art group meets. We have been working on mosaics and will continue in May until we finish our projects. We will tour the library exhibit on May 21 in the morning and then have a discussion about it during our afternoon meeting.



America's Greatest Generation

The Ypsilanti district library is offering us a tour and activities surrounding this exhibit. On Wednesday May 21 the People's Express will pick us up at 10:30 and take us to the library. We will view the exhibit and be back at the center by 12:30. Sign up at the center to make this trip with us.

This national touring exhibit explores the life arc of America's Greatest Generation -- their lives from birth to old age, told in their own words. Born in the 1910s and '20s, this generation was shaped by their experiences during the Great Depression and World War II, creating both the Baby Boom and the postwar economic surge. Features include personal anecdotes and photomural text panels, a variety of household objects and toys, military and home front items from World War II, clothing, books, baby boom artifacts, and travel and tourism items. The exhibit boasts five audio-visual components.

This exhibition has been made possible through NEH on the Road, a special initiative of the National Endowment for the Humanities. It is brought to you by Mid-America Arts Alliance. Our *Lives, Our Stories: America's Greatest Generation* was organized by the Minnesota History Center/Minnesota Historical Society, St. Paul, MN,

Exercise Classes

Mark's exercise class Monday, Wed, and Friday from 9:30 – 10:30

Liz's yoga class on Thurs and Friday from 1:00-2:30 will be played for by a grant from Ann Arbor Area Community Foundation. The WCC classes will start up again on May 10.

Dee's Line dance will continue as usual on Mondays from 10:30-11:30

As always the gentle fitness class with Maureen is on Wed. and Fri. at 10:30 is brought to us by the YMCA.



Potluck and I Remember Music Tuesday, May 20, 2014, 11:45 am

Join us for a fun afternoon. The center will provide vegetable lasagna. Sign up to bring a side dish, dessert or contribute to the main course. Bring your old records, cassettes or cd's to play during and after lunch. We will see how many tunes we remember and what were we doing when we first heard the songs.

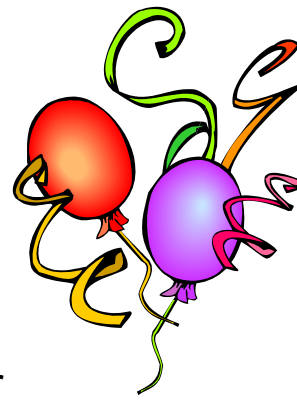
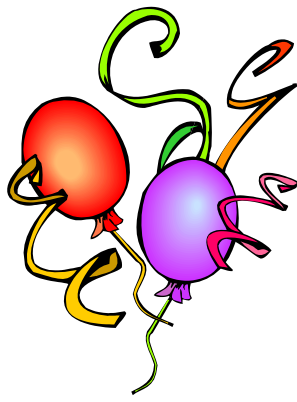
The center will be closed Tuesday May 6 due to the elections.

The center will be closed Monday May 26 in observance of Memorial Day.



Hold the date: Friday June 20, 1:00-2:30 pm

We will hold our second annual Tea Party. We had a delightful time last year with tea and treats, hats, music and the rose garden. This event is free but we will always accept donations to help cover our costs.



From the Director

May is going to be zooming through. I am going to be gone a few days over Memorial Day to visit some of my family in Seattle. I'm hoping for nice weather to get into the mountains.

June 7 is the neighborhood garage sale and our jewelry sale. Clean out your jewelry and bring in pieces you are no longer using to the center. They will be priced and sold at the sale. Doris Walker is in charge of the sale. She has been sorting and pricing on Tuesday mornings and always welcomes help. There will be a sign up sheet at the center to help at the sale.

Attached to the newsletter is a volunteer form that I ask you to think about. This is your center and the two part time staff members can not do it all. If you can help out in any way, please fill out the form and bring it in. I would love to have a database of volunteers that I can call on for projects. Everyone has their special gifts. If you are handy with tools, computers, special events, kitchen help or cleaning, we can use your help. Please share them with us.

We had a request to start a TOPS group at the center. This is a very popular weight loss support group. You can find more about it at www.tops.org. If you are interested in joining this group please let me know by the second week of March. Then we will work out scheduling.

Monica Prince

May Birthdays



//////////////////////////////////// Betty Seats ////////////////////////////////////	May 1
Evonne Johnson	May 2
Jesse Hurston	May 6
Vivian Harris, Janis Williams	May 11
Kaye Ridenou	May 12
Paul Wackus	May 18
Versedra Stuart	May 22
Marge Shoemaker	May 25
Monica Prince	May 26
Virginia Basler	May 27
Herbert Greaves, Jenny Vander Meulen	May 28
Joann Groh	May 29
Tam Le	May 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

Nancy Tomczak – Assistant

Deborah Finley – Senior Aide

SENIOR CENTER HOURS

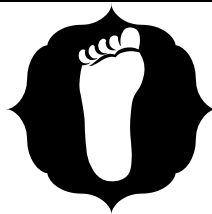
Monday, Wednesday, Friday 9:00 am – 2:00 pm

Tuesday, Thursday 10:00 am – 2:00 pm

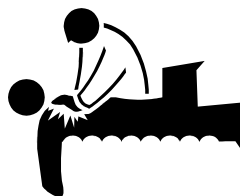
Saturday (quilting) 10:00 am – 12:00 noon



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, May 15, 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.