



City of Ypsilanti

# Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

November 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

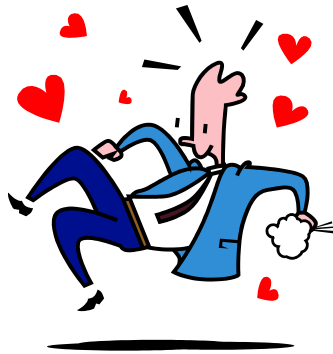
10:00 Drama  
11:45 Lunch  
1:00 – 2:30 Yoga

### Friday

9:30 Exercise w/Mark  
10:45 Gentle Fitness  
10am -2pm Massage  
(By appointment)  
1:00 - 2:30 Yoga

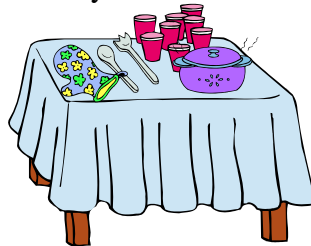
### Saturday

10:00-noon – Quilting



## Falls Prevention Workshop, Thursday, November 13, 2014, 10:00 am

Join Jennifer on Thursday, November 13 at 10am for a Falls Prevention workshop. Whether you have fallen recently or want to learn strategies to prevent future falls, this class is for you. Topics to include information on: the importance of exercise, home modifications, and rise strategies that you can use if you have fallen.



## Potluck Tuesday, November 18, 2014 at 11:45am

Our potluck will feature beef ravioli on Tuesday November 18 at 11:45. Sign up at the center to bring a side dish, dessert, or contribute to the main course. We will be entertained by Deloris Washington on the piano.

## October Art Programs Tuesday, 10:30 – 11:30 am

### Art Classes

The weaving looms will be active on most Tuesday mornings from 10:30-11:30.

On Tuesday November 25, Nancy Tomczak will instruct us on making Holiday cards. We will provide materials. Bring any special paper or stamps that you would like to use.

## Tuesdays 12:30 – 2:00 pm

Tuesday afternoon is for knitting and crocheting. Bring a project you are working on or bring the desire to learn a new skill.

## Wednesday, 10:30 – 11:45 a.m.

### From the Heart Writing Group

November topics include, “Everything Chocolate,” Money,” and we will continue with “A Children’s Book That Will Make a Difference.” Visitors are always welcome and we hope to inspire frustrated and latent writers and add community to those who enjoy writing.

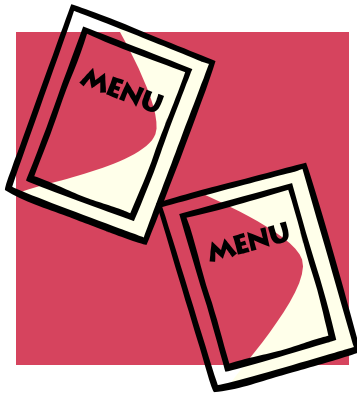
## Wednesday, 12:30 a.m. – 2:00 p.m.

The group will continue working with watercolors. In October we experimented with different techniques. We will continue exploring the world of painting with watercolor.



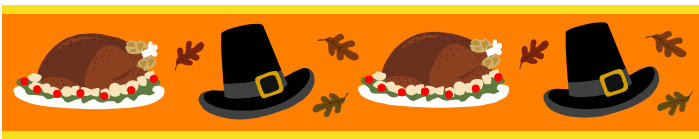
**Thursday, November 20, 2014, 10:00 until Noon**

June Brown has agreed to teach us how to make roses out of one dollar bills. They are beautiful and a great gift for the holidays. Sign up at the center. Because she will need to pick up the supplies, we will need an accurate count of participants. There will be a cost of \$5.50 for each kit to make a rose.

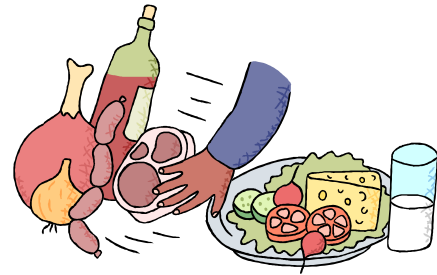


**Out to Eat Bunch**  
**Friday, November 21, 2014**  
**11:30 a.m.**

Join the gang Friday November 21 at 11:30 at Cuppy's Best Soulful Café at 1451 Ecorse Rd. Ypsilanti. Sign up at the center and arrange your own ride.



The Jaycee's are again planning a Thanksgiving dinner for seniors and their families on Saturday November 22. There will be a sign-up sheet at the center so an accurate count can be provided to prepare the meal. They always serve a nice meal with lots of food and great company.



**November/December Nutrition Programs!**  
**Tuesdays, 11:45-12:15**

Eastern Michigan University dietetics students will present short talks addressing the health needs of the senior population. Each presentation will be 20-30 minutes during lunch:

**November 11th:** Healthy Eating~ Basic Nutrition for the Senior Crowd

**November 25th:** Healthy Eating on a Budget

**December 2nd:** Quick, Easy Meal and Snack Ideas.

**December 9th:** Enhancing Flavors without Salt.

**The center will be closed Tuesday, November 4, 2014 due to the elections.**





## From the Director

We normally have a craft show in November. Due to illness the organizer had to cancel this year. Because we had the date, November 8, 2014, reserved on the calendar, we decided to hold a different fundraiser. “*Seven Come Eleven*” agreed to perform for us again. They will play from 7-9pm. There will be a sloppy joe meal served for a very reasonable cost. The meal will be served from 6:30-8pm. We will also have a 50/50 raffle to round out the evening. Great music, good food, and gambling; what more can you ask for on a Saturday night. See the flyer attached to the newsletter.

The jewelry sale will be Saturday December 6. Mark your calendars. We will need volunteers to help set up the sale, help on the day of the sale and take down. Look for a sign-up sheet soon.

***Monica Prince***



## November and December Birthdays

*****Shakira Haynes*****	Nov 3
Jerard Williams	Nov 5
Sally Lunn, Vera Britton	Nov 6
Claudia Robinson	Nov 12
Denny Burr	Nov 13
William Beach	Nov 16
Mary Martin	Nov 17
Armstead Shobey, Phyllis Shobey	Nov 18
Bessy Cook, Travis Erby	Nov 22
Marjorie Watkins	Nov 23
Susan Sweet Scott, Alice Gilbert	Nov 24
P. DeLois Wilson	Nov 25
Frederick McCuiston	Nov 27
Pam Brown, Beverly Reed	Dec 1
Lillian Bray	Dec 2
Miriam Brown	Dec 3
Roger Brown	Dec 6
Deanne Lewis	Dec 10
Lora Durham	Dec 11
Ena Headlam	Dec 14
Wayne Bourdage	Dec 16
Caky Pitts	Dec 21

Patricia Yates	Dec 23
Kathleen Scott	Dec 24
Voichita Gabor	Dec 26
Georgina Le Huray	Dec 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](http://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 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, November 6, 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.