



City of Ypsilanti

Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

October 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



Potluck Tuesday, October 14, 2014 at 11:45am

The center will provide vegetable lasagna. Please sign up to bring a side dish, drinks, dessert, or contribute towards the main course.

After our meal Catholic Social Services will send a representative to discuss the changes in Medicare. There will be an opportunity to talk about your specific questions and sign up for a meeting with them on **Thursday October 23 from 9-12:30.**



Finance Workshop. Tuesday, October 21, 12:30.

Kyle Chatfield will present another discussion on finance. If you would like to learn more about saving and investing join us for an informational workshop. Topics included will be understanding your investment options, how to compare and how to shop, understanding risk tolerance, and how to protect your money from loss. There will also be a Q&A session and an opportunity to let us know what else you would like to learn

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

Art Classes

October 21, Margaret Best will instruct us on making boxes that we can sell at the jewelry sale. We have supplies. Feel free to bring sturdy paper if you have it. It needs to be about the weight of greeting cards.

Other Tuesdays we will continue to weave.

Tuesdays 12:30 – 2:00 pm

Whether you have never picked up knitting needles or you are a pro, this group is for you. There are experienced people who can help you start up if needed. Or just come with the project you are working on for some company.

Wednesday, 10:30 – 11:45 a.m.

Our writers' group, now named, "**From the Heart**" is celebrating one and a half years of fun, fellowship and improved writing skills.

Visitors are always welcome. Come and listen; you may be inspired to share your story.

Topics for October are: a modern day Dick and Jane story and a children's book you remember. Did your parents read it to you; did it change you in any way? Call if staying for lunch.

Wednesday, 12:30 a.m. – 2:00 p.m.

This month we will focus on water colors. I will demonstrate how to mount watercolor paper and look at what are the best brushes and tools to work with.



Out to Eat Bunch
Friday, October 24, 2014
11:30 a.m.

Join the group at Pizza Hut at 2160 Rawsonville Rd. in Belleville. Sign up at the center and arrange your own ride.



Ron Hough, L.Ac. will be in the small room every Monday from noon to 2 to administer acupuncture. An attached flyer gives more information about the services.

Acupuncture is the use of small needles to help the body find balance and wellness. It is used to help with many different conditions, and some people get treatments just to boost energy, calm their minds, strengthen immunity, or just relax. Whatever your concerns are, you are welcome to come and ask your questions.

Ron Hough, L.Ac., trained for five and a half years at Five Branches University, in Santa Cruz, California, with a short semester spent in China exploring hospitals and clinics. He has a wide variety of experience and training, and strives for painless needling technique. Having grown up in Northern Michigan, he has recently returned home, and looks forward to providing affordable healthcare to the people in his community.

Exercise Classes

Mark's Exercise:
Monday and Friday 9:30-10:30am
Wednesday 9-10:30am



Line Dance Monday 10:30-11:30am



Yoga Thursday and Friday 1-2:30pm



The Gentle Fitness sponsored by YMCA
Wednesday and Friday 10:45-11:30am





From the Director

Due to illness of the show organizer, the craft circus will be cancelled this year. Hopefully we will be back in the swing next November. So sad.

We're plowing into the autumn season. You will see some new faces around the center. We have a student intern from EMU department of Occupational Therapy. She will be helping out with activities and possibly presenting information to help enhance your life. There also will be a group of students from EMU social work department that have offered to help out with computer, phone or tablet questions. Let me know and I will put you in touch with them. They will then meet you at the center at a convenient time.

Enjoy the fall colors.

Monica Prince

September and October Birthdays

***** Barbara Miller *****	Oct 1
Delores McMullen, Dorothy Morsfield	Oct 3
Arlillian Bennett	Oct 5
Emily Brown, Shirley Collins, Elisabeth Mihut, Mary Udoji	Oct 10
Phyllis Graham	Oct 12
Paulette Dozier	Oct 14
Bill Guthrie	Oct 18
Debbie Zeh	Oct 20
Irene Owens	Oct 21
Kathy Burns	Oct 22
Diane Downer, Maureen Harding	Oct 24
Leilani O'Brien	Oct 26
Glenda Windels	Oct 30
Ina Bodnar, Judy Jones, Karen Ranger	Oct 31
Alexander Munro	Nov 1
Shakira Hayes	Nov 3
Jerard Williams	Nov 5
Vera Britton, Sally Lunn	Nov 6
Claudia Robinson	Nov 12
Danny Burr	Nov 13
William Beach	Nov 16
Maey Morton	Nov 17
Phyllis Shobey	Nov 18
Bessie Cook, Travis Erby	Nov 22
Marjorie Watkins	Nov 23

Alice Gilbert	Nov 24
P. DeLois Wilson	Nov 25
Frederick McCuiston	Nov 27

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 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, October 2, 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.