



City of Ypsilanti

Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

September 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



Financial Planning Workshop

Tuesday, September 9, 2014, 12 noon

Presentation by Kyle Chatfield



Potluck Tuesday, September 16, 2014 at 11:45am

The center will provide Sloppy Joes and Costco will bring a cake for dessert. Sign up at the center to bring a side dish or contribute to the main course. Costco will have a display about their membership.



Out to Eat Bunch Friday, September 19, 2014 11:30 a.m.

The out to eat bunch will meet at the Big Sky Diner. 1340 Ecorse Rd in Ypsilanti. Sign up at the center and arrange your own ride.

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

Art Classes

Let's warp those looms! On September 2nd, 9th, 16th and 30th join us to learn how to weave on a floor or table loom.

Tuesdays, 12:30 – 2:00 pm

Whether you have never picked up knitting needles or you're a pro, this group is for you. Get advice or bring your latest project and join the group.

Wednesday, 10:30 – 11:30 a.m.

We inspire poetry, memoirs, essays, novelists, comedy, and all kinds of expression through writing. Join Us.

Wednesday, 12:30 a.m. – 2:00 p.m.

Let's take advantage of the bounty of nature. Collect flowers, grass, leaves, and anything from nature to print onto canvas. We will experiment with printing and painting techniques.

Labor Day is early this year. We will be closed on September 1 to celebrate the holiday.

STOP!

Keeping Safe Workshop Wednesday, September 17, 2014, 11:30am

Dawn Vogel will be here speaking on Elder Abuse. The workshop will touch on subjects such as understanding elder abuse, warning signs, recognizing financial exploitation, telephone scams and sweepstakes, identity and medical theft, contractor/home fraud, family member/caregiver/in-home helper, protective factors-reducing the risk, planning for unexpected life events, what to do if you suspect elder abuse, what every person can do to help, and community resources.



Flu Shot Clinic and Health Fair Tuesday, September 23, 2014, 9am – Noon

The visiting nurses will be here to administer flu shots, be sure to bring your Medicare Part B insurance cards, several other forms of insurance accepted as well. Lots of local organizations will be here giving out information and freebies. Mark your calendars!

Additionally, the American Red Cross will give a presentation at 10:30 a.m. during the health fair on disaster preparedness. It will include how to make a kit to be ready for any emergency.

Quilt Raffle

Great Success! We made over \$2700! Thanks for everyone's hard work.

Congrats to the winners Cassandra Agnew and Mary Justice both from Ypsilanti.

Exercise Classes

The exercise classes sponsored by WCC Emeritus will begin September 8, 2014

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



Labor Day is early this year. We will be closed on September 1 to celebrate the holiday.



From the Director

The fall schedule begins in September. The exercise classes will be in full swing and it's time to think about getting your flu shot here at the health clinic scheduled for September 23, 2014.

In the near future, we will have solar panels installed on the south side of our building. A benefactor offered to pay for the project. It will be a great energy savings for us. You will probably never notice they are there. But I will notice our electric bill shrinking.

The remodeling of the kitchen should start sometime this fall. I know I have been saying this for a while but it should be happening soon. I will keep everyone notified of any changes made to our schedule. It should not affect us too much.

Monica Prince

September and October Birthdays



*****Cora Hubbard*****	Sept 4
Edna Massey	Sept 10
Jane Munro	Sept 12
Alna Delores Washington	Sept 13
Sandra Glencer, LaRita Freeman	Sept 16
Barbara Miller	Oct 1
Mary Udoji	Oct 10
Billy Guthrie	Oct 18
Irene Owens	Oct 21
Leilani O'Brien	Oct 26
Judy Jones	Oct 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

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 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, September 11, 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.