



City of Ypsilanti

Senior Center News

Ypsilanti Senior & Community Center (734) 483-5014

April 2015

Regular Daily Schedule

Monday

9:30 Exercise w/Mark
10:30 Line Dancing
11:45 Lunch
12:30 Euchre
12:00 Acupuncture

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

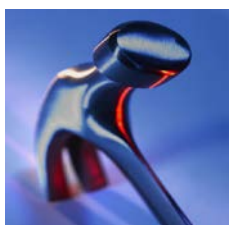
Friday

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

Saturday

10:00-noon – Quilting

Pardon Our Dust



We finally have a date for the kitchen remodeling to begin. We will be closed April 13 through 15 while the plumbers and electricians do their jobs. We will reopen Thursday April 16. The construction will continue the rest of that week and the next. By the end of April we will have a new kitchen. We will plan a kitchen shower in May to help restock the kitchen and do a grand tour.

Potluck

We will not have a potluck in April due to the kitchen remodel. See you in May!

A huge thank you to the students from EMUs Social Work 350 class. They put on a successful carnival to raise funds for the center. They raised over \$400 for us.



April Art Programs

Art Classes

We are continuing with work on the weaving looms. There is room for more weavers.

Tuesday

10:30am-11:30am

Weaving on April 21 and 28. Learn how to warp a loom and weave simple patterns.

Tuesday

12:30pm-2:00pm

Knitting and Crochet group. Bring your own project to work on or come for instructions.

Wednesday

10:30am-11:45am

Writer's group: Spring is in the air. The writing group will be journaling in April. Observing new life and awakenings in spring time.

Wednesday

12:30pm-2:00pm

Art group: Design starters. We will continue our exploration of design.

Exercise Classes



WCC classes are over for the semester. They will resume May 5.

April Classes Will be:

Exercise with Mark will be Monday, Wednesday, Friday from 9:30am-10:30am.

Yoga will be a drop in paid class (\$10/class) from 1:00pm-2:30pm on the following dates:
April 9,10,23,24,30 and May 1.

Maureen's Gentle Fitness class is sponsored by the YMCA and continues on Wednesday and Fridays 10:45-11:45.

Jewelry Sale

Will be held on June 6. Now is the time to go through your jewelry and donate unwanted items to the center.



Out to Eat Bunch

Friday, April 24, 2015
11:30 a.m.

The gang will meet at Antonio's Coney Island at 2896 Washtenaw Ave, Ypsilanti on Friday April 24 at 11:30. Sign up at the center and as always arrange you own ride.

If the Ypsilanti Community Schools close because of the weather, the center will also close. All the local TV and radio stations carry the school closings. You can also find closing information at <http://www.ycschools.us/>



Heart Health

The YMCA is providing blood pressure checks on Wednesday at 10:00. They will also have nutrition seminars once a month for those signed up for the program. Stop by on Thursday mornings to get more information.

Computer Classes

Every Tuesday from 10:30-2:00, Natalie Burns has volunteered at the center for the past few months. She is offering one on one instruction with your laptop or the center's computers. If you are interested in updating your computer skills or learning a new program, she is here to help. Don't miss out on this free opportunity to connect with family and friends.



The foot nurse will be at the center on **Thursday, April 9, from 10-2**. Please call Robbi Duda (734) 741-8586 to make an appointment.

Ronald Hough is at the center on Mondays from noon to 2 pm to administer acupuncture. His fees are very reasonable. This is a drop in. Best to come between noon and 1 pm to begin the procedure.

Sissel Bridges offers Norwegian Massage at a very reasonable price every Friday at the center from 9-2. Call the center to make an appointment.

Nursing Students Health Clinic

Thursday April 16 and April 30 WCC nursing students will hold a clinic from 10am-2pm at the center.

-They will provide a free lunch. Sign up at the center to reserve your spot

-The April 16th clinic will focus on weight management and fitness, we will have healthy, light refreshments and we will be giving out pedometers to all participants.

-The April 30th clinic will focus on: cardiovascular health, the students will be doing BP screening. We have BP “wallet cards” for all participants; we will also have information related to cholesterol, stroke, and other disease related to cardiovascular health. Come and get information to help you achieve a healthier life!



From the Director

I recently went to a lecture at EMU where I learned about a couple of great websites. I have bookmarked these sites on the center computers for your convenience.

www.inthefaceofpain.com This is a site that addresses pain and how to deal with it. I have requested 10 copies of their handbooks which will be available at the center.

www.aarp.org/health/brain-health/brain_games/ This site has several games that will keep your brain sharp. They are challenging and fun.

The Senior Center Directors of Washtenaw County have decided to have a Washtenaw County Senior Olympics in 2016. Each center will host one or more events at their center. Everyone will be able to participate in any of the events. It is now in the planning stage. Mark and I are talking about a par course in the park. If you would like to help with the planning and execution of this event or have ideas for others let Mark or I know. Start training today!

Monica Prince



March and April Birthdays

June Guthrie	April 3
Eloise Johnson	April 9
Sylvia Bethea, Mary Bevier, Sherene Kokelaar, Joann Ray	April 10
Joyce Dahart	April 11
Sally Silvennoinen	April 12
Liz Brauer	April 13
Dwight Johnston	April 14

Dennis DeRossett	April 19
Jeanette Deramus, Miron Pael	April 20
Pearlie Arnold	April 21
Rita Crittenden, Ruth Hatcher	April 22
Alicia Pear	April 23
Susan Baskett, Kathy Duke, Joan Mason	April 27
Mark Harris	April 28
Slyvia Jones	April 29
Betty Sears	May 1
Evonne Johnson, Virginia Metty	May 2
Jesse Hurston	May 6
Vivian Odez Harris, Janis Williams	May 11
Kaye Ridenour	May 12
George Wackus	May 18
Verseda Stuart	May 22
Marge Showmaker	May 25
Monica Prince, Joyce Troy	May 26
Virginia Basler	May 27
Herbert Greaves, Jenny VanderMeulen	May 28
Joann Groh	May 29
Tam Le, Othelia Pryor	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**

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
 Center will be closed Friday April 3rd. in observance of Good Friday.



**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.**

