



City of Ypsilanti

# Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

March 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



## Tax time

Catholic Social Services is sending volunteers to assist seniors with their taxes. Our appointments for March fill quickly. Another date has been added for, Thursday, April 9, 2015 from 9am – noon. Sign up at the center to reserve your spot.



## St. Patricks' Day Potluck, Tuesday, March 17, 2015. 11:45 a.m.

Join us to share an Irish meal. The center will provide the main course. Sign up to bring a side dish, dessert or contribute to the main course. After our meal, a representative from Walgreen's will speak on a health related subject.

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

### Art Classes

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

### Tuesdays 12:30 – 2:00 pm

Knitting and Crocheting group will continue to meet. Both experienced and novice needle workers are welcome.

### Wednesday, 10:30 – 11:45 a.m.

On March 4, 2015, the writing group will start off with the topic, "Fortunately/Unfortunately".

On March 11, 2015, we will read and discuss poets and writers.

March 25, 2015, we will use personification, (an idea is represented as a person), in our writings. You are welcome to join us or sit in and listen.

### Wednesday, 12:30 a.m. – 2:00 p.m.

This month we will continue with exercises in design. Art is for everyone. Join us.



### Mini-spa Day on Tuesday March 17, 2015

“Where the Heart Lives” is sponsoring a \$10 manicure at the center from 10-2. Get your nails done before the potluck. This may become a monthly event if there is enough interest.

### Saturday, March 21st 2015, 9am – 2pm Washtenaw County Consortium on Aging: *Caregiver Fair*

Drop in to get information from agencies and companies from around the county. There will also be talks on varied topics throughout the day and flyers will be available soon at the center. *Kensington Court Hotel, 610 Hilton Blvd. Ann Arbor, MI 48108.*



### Out to Eat Bunch

**Friday, March 27, 2015  
11:30 a.m.**

Join the gang at the Big Sky Diner, 1340 Ecorse Rd, Ypsilanti, on Friday, March 27 at 11:30. Sign up at the center.

**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 Thursdays at 11:00. 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, March 5, 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.



## From the Director

We have a group of students from EMU that are organizing a fundraiser for Saturday March 28, 2015. Mark the date and plan to attend with your families and friends. The Carnival will be an event for all ages with food, games, and music.

The kitchen remodel is coming closer. We will need to close down for a few days when they are working on the plumbing and electricity. There are no firm dates right now but it looks like it will be the first week of April. We will have notices up as soon as the dates are confirmed.

Tea Party: The past two years we have enjoyed a tea party in June. We would like to have one this year but we need someone to step up and help organize the party. If we could get a committee of a few people it would be an easy task to put it together. Please let me know if you are willing to help out with this event.

***Monica Prince***



## March and April Birthdays

James Green	Mar 1
Jerry Peer, Florence Peterson	Mar 3
Randi Weingrad	Mar 4
Doris Walker	Mar 8
Shonda Gibbs, Lee Kou	Mar 9
Barbara Bell, Earnest Bell, Prinest Burton, Martha Dailey	Mar 12
Milton Anderson	Mar 13
Joanne Waller	Mar 14
Bob Frumkin	Mar 20
Margaret Best, Anita Cowger	Mar 21
Minnie Johnson	Mar 23
Christine Tooson, Kathy Williams	Mar 24
Rick Ranger	Mar 25
Judy Evers	Mar 26
June Guthrie	April 3
Eloise Johnson	April 9
Sylvia Bethea, Sherene Kokelaar, Joann Ray, Mary Bevier	April 10
Sally Silvenoinen	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
Alice Pear	April 23
Susan Baskett, Kathy Duke, Joan Mason	April 27
Mark Harris	April 28
Sylvia Jones	April 29

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**

**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.**



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