



City of Ypsilanti

Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

November 2015

Regular Daily Schedule

Monday

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

Tuesday

10:45 Line Dancing
11:45 Lunch
12:30 Knitting and Crocheting Group

Wednesday

9:00 Exercise w/ Mark
10:30 Writers Group
10:45 Gentle Fitness
11:45 Lunch
12:30 Bingo
12:30 Art

Thursday

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



Thanksgiving Dinner with the Jaycees November 14, 2016, 5:00 pm

Dinner this year will be on Saturday, November 14 at 5 pm. They always put on a fabulous spread. Sign up at the center by November 7. Include your name and how many people will be included in your party. They want to make sure they have enough food for everyone. Enjoy!

On Nov 10, 2015, Timothy Barlow will present information on how to choose an insurance plan.

The Ypsilanti Community Schools Resale Shop is now located in Chapell School directly across the park from us. They would like to invite us to a special open house on **Thursday, November 12, from 10:30 – 11:30**. They want to show us around and provide some treats. Let's take advantage of this opportunity to get to know a facility that benefits our schools.

Art Programs

Tuesday, 10:30 – 11:30 am

Nancy will demonstrate how to emboss. We will use this technique and others to make holiday cards.

Tuesdays 12:30 – 2:00 pm

If you knit or crochet or would like to learn, join the group. It's a great time to learn a new skill or get some holiday presents finished.

Wednesday, 10:30 – 11:45 a.m.

The writers group meets. The November schedule starts with the topic, "Sharing from our Imagination – Triggers"

Wednesday, 12:30 a.m. – 2:00 p.m.

We have a small group of artists that are working on individual projects and mediums. If you would rather experiment with a particular medium or work on improving one that you have already started, there is space for you.

Thursday, 10:30 a.m. – 11:30 a.m.

Come join the fun in weaving class now on Thursday.

The center will be closed November 26 and 27 to celebrate Thanksgiving.

Happy Thanksgiving



CPR Class

Dan and Mary Velikan have offered to teach a CPR class on Thursday, November 19, at 10:30. The class will last about an hour. Please sign up at the center so we know how many will participate.

Potluck

We will not have a potluck in November. In December plan for our holiday potluck and gift exchange on Dec 15 and an Anniversary reception on Dec. 4. More information will be in the December newsletter.



Out to Eat Bunch, Friday, Nov., 20, 2015, 11:30 a.m.

The group will meet at Cracker Barrel on the service drive in Belleville on November 20 at 11:30. Sign up at the center and arrange your own ride.



A nurse from Heartland will be here to administer blood pressure checks on Friday, November 20, 2015.



Tuesday, November 24, 2015

During lunch a group of EMU Dietetic students will present information about eating healthily during the holidays. Contact Nancy if you would like to have lunch with us that day. Last year students from this class gave a presentation and they were very informative and fun.

Exercise Classes

The Washtenaw Community Classes Start the week of September 14. Each class will have the registration forms to fill out on the first day. No need to preregister. Each class will meet for 10 weeks.

Fitness for seniors: Monday and Friday 9:30 – 10:30 and Wednesday 9:00 – 10:30

Line Dance: Tuesdays 1:00 – 2:00

Yoga: Thursday and/or Friday 1:00 – 2:30

Gentle Fitness on Wednesday and Friday from 10:45 – 11:30 is offered by the YMCA continuously throughout the year.

Line dancing has started back up on Tuesdays from 10:45-11:45.





From the Director

The holidays begin! We all get very busy with family and friends. Make sure you save some time for yourself to relax so you can enjoy the time with your families.

Our jewelry sale is Saturday, December 5, 2015. We can use help with setting up on Friday evening and with the sale and clean up on Saturday. There will be sign-up sheets. We are also trying to advertise the sale more. There will be flyers available at the center. Pass them out to your friends and put one up in a store or office that you frequent. The success of this sale brings in much needed money for the center operations.

monica Prince

Happy Birthday



November and December Birthdays

Alexander Munro	Nov 1
Shakira Haynes	Nov 3
Jerard Williams	Nov 5
Vera Britton, Sally Lunn	Nov 6
Claudia Robinson	Nov 12
Denny Burr	Nov 13
Phyllis Shobey	Nov 18
Bessie Cook, Travis Erby	Nov 22
Alice Gilbert, Susan Scott	Nov 24
P. DeLois Wilson	Nov 25
Frederick McCuiston	Nov 27
Brenda Griffin	Nov 30
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
Noel Johnson	Dec 18
Corky Pitts	Dec 21
Patricia Yates	Dec 23
Kathleen Scott	Dec 24
Voichita Gabor, Thomas Sutherland	Dec 26
Roger Marshall	Dec 28
Georgina LeHuray	Dec 30

**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

John Kearns – Senior Aid

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 5, 2015, 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 from Norwegian Massage will now handle her own appointments. She will be here on limited Fridays. Call her to make an appointment 734-340-3766.

*The spectacular colors of autumn
Trees losing their leaves;
Red, yellow, orange
Winter is not far behind.*

*Splish, splash, go my feet
Into the puddle, and out
With wet socks and shoes.*