



City of Ypsilanti

Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

February 2016

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

Wednesday

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

Thursday

11:45 Lunch
1:00 – 2:30 Yoga
10:30 - Weaving

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, Friday, 9, 2016 11:45

Come early 10:00 – 11:30 to color (see art schedule.) The center will provide cabbage rolls. Please sign up to bring side dishes, dessert, or to contribute to the main course. We will finish off the afternoon with a round of the game “Senior Moments.”

A speaker will give us information on an important program that may be of benefit for us. The Interfaith Volunteer Caregiver Program has provided support to the older adults in the Washtenaw community since 1989. Volunteers visit 2-4 hours per week to provide respite for caregivers of homebound older adults.

Social Security Express

On each of the computers there is an icon for the social security website. Clicking on the icon will get you directly to the site. Through your account you can: get SS statements, change you address, change a direct deposit, print benefit verification letter, get 1099 tax form apply for benefits and much more. If you need help working on the site, let me know. If I can't help I will find someone that can.

Art Programs

Tuesday, 10:30 – 11:30 am

Coloring

“5 ways Adult Coloring is good for your Emotional Health”

Augusta Statz stated that adult coloring:

- 1) Relieves Stress
- 2) Improves Mood
- 3) Boosts Creativity
- 4) Gives you a chance to relax
- 5) Allows you to focus

Tuesdays 12:30 – 2:00 pm

If you knit or crochet or would like to learn, join the group. Bring a project you are working on.

Wednesday, 10:30 – 11:45 a.m.

The writers group meets. They have lots of fun in the small room. Ask one of the members what they are working on.

Wednesday, 12:30 a.m. – 2:00 p.m.

Art Group meets. We will continue to improve our drawing skills. This month we will focus on the face.

Thursday, 10:30 a.m. – 11:30 a.m.

Come join the fun in weaving class now on Thursday.

**Monday, February 22 and Tuesday February 23 at
10:45
Ageless Grace**

M.J. O'Brien will offer demonstrations of a new exercise program. Ageless Grace is an Anti-Aging, Any-Age Fitness Program for Body and Brain, based on the science of Neuroplasticity, Movement, Mindfulness, and Music. Each of the 21 simple "tools" work the core organs and systems of the body, activate the five areas of the brain, create and restore neural pathways and address the 21 primary factors that cause physical and cognitive decline. Performing tools in a chair increases stability and range of motion while lively music creates a playful environment. Let's change the model of aging and keep functionally youthfully. Contact them at www.agelessgrace.com



Tax Time

Catholic Social Services will once again provide volunteers to help with tax preparation. They will be here Thursdays, 9:00 – noon, on **February 25, March 10, March 24 and April 7**. Talk to Nancy to schedule an appointment.



**Out to Eat Bunch
Friday, February 26, 2016, 11:30**

The Out to Eat Bunch is going to the Bomber on Friday February 26 at 11:30. The Bomber is at 306 E Michigan Ave in Ypsilanti. Sign up at the center and arrange your own ride.

Information Center

Over the holiday break, we added some new shelves in the computer room. There are files of information; anything from Area Agency on Aging to theater activities. We do not have duplicates so please read on the premises or copy the information. Please take advantage of the vast information that is sent to us.

Exercise Classes

The Washtenaw Community Classes start the week of January 19th. Each class will have the registration form 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 am and Wednesdays 9:00-10:30 am.

Line Dance: Tuesdays 9:45-10:45 am. Dee is back this semester.

Yoga: Thursdays and/or Fridays 1:00-2:30 pm.

Gentle Fitness is on Wednesdays and Fridays from 10:45-11:30 and is offered by the YMCA continuously throughout the year.



Snow Days – It is that time of year. If the Ypsilanti Community School District is closed the center will be closed. Watch the news, listen to a local radio station, or check the internet.

The center will be closed on Monday, February 15, 2016 to observe President's Day.



Happy Valentine's Day!





From the Director

Don't forget to turn in your membership form. We don't have a membership fee but we need to know who is using the center.

A couple of years ago, we sent out a volunteer letter to get more of you helping out at the center. I received four letters back. We run the center on a very limited budget (Nancy and I are both part time employees.) In order to survive we need help. So please fill out the form that is attached and bring it in. The volunteer opportunities on the letter are not all inclusive. If you would like to help with something that is not on the list please put that down. Thanks for all your support.

Send in your 2016 membership forms. We will be purging the membership list this month. It is very helpful to have up to date information for all who use the center. It is used in case of emergency and it helps us to gain statistics to receive funding. Thanks for your help.

Monica Prince

Matter of Balance

Do you limit your activities or stay home because you worry you will fall? Take the award-winning 8-week workshop at a location close to home!

You Will Learn:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Who Should Attend?

- If you are concerned about balance or falling
- If you are interested in improving your balance, flexibility, and strength
- If you have fallen in the past
- If you have restricted activities because of falling concerns

Held at Ypsilanti Senior Center, **Thursdays, January 14, 2016 through March 3, 2016** from 10-12pm
For more information or to register please call: 800-852-7795

February and March Birthdays



Dean Hund	Feb 1
Mary Ranger	Feb 3
K. Michele Booker, Kathryn Green	Feb 4
Kurt Rinker, Robert St. Peter	Feb 6
Juanita Butler	Feb 8
Willie Brown	Feb 9
Gregory Sipp, Marilyn Yenkel	Feb 10
Marilyn Funk	Feb 11
Alice Peer, James Randolph	Feb 12
Nancy Buckeye	Feb 15
Shirley Holquist	Feb 20
Gladys McLilley, Diane Schick	Feb 21
David Gilbert	Feb 22
Ruby Washington	Feb 23
Linda Randolph	Feb 25
Armstead Shobey	Feb 28
James Green	Mar 1
Jerry Peer, Florence Wms Peterson	Mar 3
Patricia J. Leedham, Preditha Olden, Randi Weingrad	Mar 4
Doris Walker	Mar 8
Shonda Gibbs, Lee Kou	Mar 9
Barbara Bell, Prinest Burton, Martha Dalley, Kenneth Wright	Mar 12
Milton Anderson	Mar 13
Charles and Joanne Waller	Mar 14
Bob Frumkin	Mar 20
Margaret Best, Anita Cower	Mar 21
Christine Tooson, Kathy Williams	Mar 24
Minnie Johnson	Mar 23
Rick Ranger	Mar 25
Judy Evers	Mar 26

**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 **February 4, 2016 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.