



City of Ypsilanti

Senior Center News

Ypsilanti Senior/Community Center
1015 N Congress (734) 483-5014

June 2016

Regular Daily Schedule

Monday

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

Tuesday

9:45 Line dance
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
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



Jewelry Sale, Bake Sale, Hot Dog Lunch

Saturday, June 4 from 9:00 – 3:00

These sales will take place in conjunction with the Normal Park Neighborhood Garage sale. We can use help with each sale. There is a sign-up sheet at the center. Pass the word about the sales. We have lots of different jewelry.



Home Repair Scams

Monday, June 6 at 10:45 am

Are you planning some home repairs this summer? You might want to hear the presentation from the Michigan Attorney General's office. Learn the telltale signs of home repair scams. Recognize unscrupulous contractor red flags. Learn to navigate the home repair projects process

Art Programs

Tuesday June 21, 10:30 – 11:30 am

Sophie Lester a new volunteer will teach a craft class on mason jar decorations. Sophie will be coming once a month to do a craft class.

Tuesdays 12:30 – 2:00 pm

The knitters and crochets meet. Bring your project and join the fun.

Wednesday, 10:30 – 11:45 a.m.

The writers group meets. If you have a love of writing this group is for you. Ask one of the group members for the theme of the week.

Wednesday, 12:30 a.m. – 2:00 p.m.

The art group meets. This is your chance to learn to play with paints. We will experiment with expressionism. Sophie will be here on June 8 to lead the group.



Join us on **Tuesday, June 14 at 11:45** to celebrate **Gladys Swopes' 100th birthday**. The center will provide the main course and cake. Please sign up to bring a side dish or contribute to the main course. There will be special guests joining us to congratulate Gladys on her longevity.



“Should I Stay or Should I Go?”

In July we are having a series of talks about how to decide if moving is best for you; how to go about doing it; how to choose where to go and what you need to do to your house if you decide to stay. The workshops will be on Monday mornings. More will come in the July newsletter.



Out to Eat Bunch
Friday, June, 24 2016 at 11:30

The gang is meeting at Aubree's Pizzeria and Grill in Depot Town 39 E. Cross St., Ypsilanti. Sign up at the center and as always arrange your own ride.

Exercise Classes

Fitness with Mark: Monday and Friday 9:30 – 10:30; Wednesday 9:00 – 10:30

Line dance: Tuesday 9:45 – 10:45 Class starts on May 10 because of elections on May 3

Yoga: Thursday and Friday 1:00 – 2:30

Gentle fitness: Wednesday and Friday 10:45 – 11:30. This class is sponsored by the YMCA and runs all year.



Summer Fun Days, August 5, 2016

The Hudson Mills Metropark has invited us to participate in their Summer Fun Days. On August 5 they will send a bus to pick up participants at 8:50am and return at 4pm. There is no charge for the event. On the day of the event, participants may experience a short guided nature walk, a look at some pond critters, and yoga along the Huron River. Snacks and a lunch are included along with a refillable water bottle and a t-shirt. They have 20 spots available on the bus. There will be a sign-up sheet at the center.



From the Director

We are approaching the end of our fiscal year. If you haven't sent in your donation please do so soon. Thank you to all who have financially supported the center. The center is supported by grants and donations. Every dollar helps.

There will be a few fund raisers coming up this summer. John E Lawrence Trio will perform for us on July 10 from 5-7. Watch for ticket information coming soon.

The corn roast will be August 6. Also, more information coming in the upcoming month.

Our Saturday quilters are madly finishing up the quilt for the quilt raffle. We will send out raffle tickets as soon as it is finished. The raffle will take place at the Heritage Festival August 28.

We have a volunteer that is working on our data base. Hopefully soon the birthdays will all be accurate. Thanks for your patience.

monica Prince



June Birthdays

LaTanya Edwards	June 1
Carole Beach	June 8
William Shelly	June 10
James Chance, Mary Beth Troxell	June 11
Margarette Reed	June 12
Donelda Stokes	June 13
Naomi Woods	June 17
Gladys Swope, Nancy Wheeler	June 18
Virginia Abos, DeLoisteen Brown, Carl Steiner	June 19
Georgene Adkins, Linda Johnson	June 20

Barb Cornish	June 25
Bennett Stark	June 27

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:

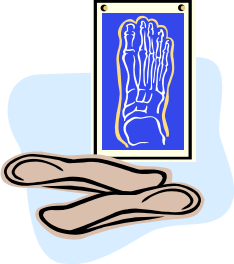
**Monica Prince – Senior Center Director
 Nancy Tomczak – Assistant
 John Kearns – Senior Aid**

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 **Tuesday, June 14, 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. Starting in April the fee per session will be \$15.00. This is a drop in. Best to come between noon and 1 pm to begin the procedure. Ron will **not** be here on Monday, June 6; however, he **will** be here on Thursday, June 2, 2016.

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.