



City of Ypsilanti

# Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

March 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  
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, March 15, 2016**  
**11:45**

The center will provide roast chicken and bean soup. We have a couple of agencies that will speak on the services they offer.

**Community Forum**  
**Wednesday, March 2, 2016**  
**9:30 – 11:00 am**

The Area Agency on Aging 1-B is holding a Community Forum at the Pittsfield Senior Center. It is located at 701 West Ellsworth Rd., in Ann Arbor. They will discuss the aging services provided in the area. They also want opinions on how funding should be prioritized.



## Tax Time

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

## 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.**

We have been working on our drawing skills the past few months. This month we will work on color mixing using acrylic paint.

**Thursday, 10:30 a.m. – 11:30 a.m.**  
Come join the fun in weaving class now on Thursday.



"It's a Crime"

### Identity Theft Information

Monday, March 7, 2016

10:45 am

Protect yourself from identity theft. A representative from the Attorney General's office will bring helpful hints and information to keep you safe.



### Out to Eat Bunch

Friday, March 25, 2016, 11:30

The gang will meet at Pizza Hut, 2160 Rawsonville Rd., in Belleville. 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

Fitness for seniors: Monday and Friday 9:30-10:30 am and Wednesdays 9:00-10:30 am.

**Starting March 30, 2016 the Wednesday class will begin at 9:30 until May.**

Line Dance: Tuesdays 9:45-10:45 am. Dee is back this semester. **The last class will meet on March 22, 2016 and will resume in May.**

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 Tuesday, March 8 due to Election Day.



The center will be closed on Friday, March 25, 2016 in observance of Good Friday.



## From the Director

We recently had a couple of new doors put in to replace the ones that were not working. Having a new sliding door off the patio will enable us to use the patio more often when the weather warms. Nancy could immediately feel the difference with the new front door. No more drafts coming through. The doors and some computer and phone wiring has been provided by a grant from the Hellen McCalla Foundation.

Last month we attached a volunteer letter to the newsletter. We have not received any back. The center needs volunteers to stay afloat. Please consider helping the senior center with your time and talents. If you do not have the volunteer form, ask for a copy. Thanks

It was sad news when we heard that Maureen Harding passed away on February 22. She has been our Gentle Fitness instructor from the YMCA for the past few years. She will be greatly missed.

*Monica Prince*



### March Birthdays

<b>James Green</b>	<b>Mar 1</b>
<b>Jerry Peer, Florence Wms Peterson</b>	<b>Mar 3</b>
<b>Patricia J. Leedham, Preditha Olden, Randi Weingrad</b>	<b>Mar 4</b>
<b>Doris Walker</b>	<b>Mar 8</b>
<b>Shonda Gibbs, Lee Kou</b>	<b>Mar 9</b>
<b>Barbara Bell, Prinest Burton, Martha Dalley, Kenneth Wright</b>	<b>Mar 12</b>
<b>Milton Anderson</b>	<b>Mar 13</b>
<b>Charles and Joanne Waller</b>	<b>Mar 14</b>
<b>Bob Frumkin</b>	<b>Mar 20</b>
<b>Margaret Best, Anita Cower</b>	<b>Mar 21</b>
<b>Christine Tooson, Kathy Williams</b>	<b>Mar 24</b>
<b>Minnie Johnson</b>	<b>Mar 23</b>
<b>Rick Ranger</b>	<b>Mar 25</b>
<b>Judy Evers</b>	<b>Mar 26</b>

**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**

**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 **March 3, 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.

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.