



City of Ypsilanti

Senior Center News

Ypsilanti Senior/Community Center (734) 483-5014

May 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



Consumer Education

Monday May 9 at 10:45 The Michigan Department of Attorney General will present a workshop on “phone, mail and e-scams”. Learn the telltale signs of scams found through phone calls, mail, email and texts. Learn to minimize your risk of being scammed.



Low Income Medicare Information Monday, May 23, 2016, 10:45

Find out about how Medicare savings and Extra Help programs may help you save. You’ll get a better understanding of how these programs work and how you can apply for them.

Art Programs Tuesday, May 10 10:30 – 11:30 am

Sophie Lester a new volunteer will teach a craft class on making tissue paper sun catchers. 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 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 do some experiments with landscape painting. On May 25 Sophie will lead the group to paint urban landscapes.

Thursday, 10:30 a.m. – 11:30 a.m.

Come join the fun in weaving class now on Thursday.



**May 17, 2016
11:00 – 2:00
Potluck and Games**

The center will provide chicken salad and croissants. Please sign up to bring a side dish, dessert or contribute to the main course. The games begin at 11 and will start up again after we eat. Prizes will be awarded.



**Out to Eat Bunch
Friday, May, 27, 2016 at 11:30**

The gang is meeting at Bob Evans at 2411 Carpenter Rd. Sign up at the center and as always arrange your own ride.

Exercise Classes

WCC exercise classes begin the week of May 2.

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.



**Jewelry Sale
Saturday, June 4, 2016, 9:00-4:00**

You can help out by donating your used jewelry in May. Even broken or missed matched pieces are helpful. Sign up at the center to help with setup on Friday, June 3, 2016 at 7pm or to work during the sale on Saturday.

The center will be closed on May 3, 2016 for Election Day.

The center will be closed on Monday, May 30, 2016 in observance of Memorial Day.



From the Director

May brings the opening of Rutherford Pool. Representatives will be at the center on Saturday, May 7, 2016 from 2-4 for passes and sign-up for the classes. That is a sure sign that summer is around the corner!

We will also host the Pittsfield opera on Saturday, 21, 2016. Attached is a flyer that will have times and information about the performance. They presented a program a couple of years ago and it was very enjoyable. Put it on your calendars.

monica Prince



May and June Birthdays

Catherine Sekerke	May 1
Angela Jacobsen	May 6
Theresa Williams	May 11
Bonnie Parker, John Roberts	May 12
Caitlin Simpson	May 25
Monica Prince, Sam Pye Sandy Tweedyn	May 26
Virginia Basler, David Bates, Theresa Moore	May 27
Jenoatha Green, Debbie Vinson	May 28
Sue Hamilton	May 29
Enid Leibinger	May 31
Janis Beard	June 8
P. DeLois Wilson	June 10
Joyce Troy	June 11
Margarette Reed, Angie Rich	June 12
Paula Strenski, Eddie Stroud	June 13
Kenneth Wright, Patricia Yates	June 17
Linda Tackett, Janice Tuckett	June 18

Georgene Adkins, Virginia Brown, Willie Brown	June 19
Ezell Agnew, Linda F. Johnson, Sylvia Jones	June 20
David Rocha,	June 23
Barbara Cornish, Anita Cowger	June 25
Karen Sterzik	June 27
Gladys Swopes	June 28

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, May 17, 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.