



City of Ypsilanti

Senior Center News

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

October 2016

Regular Daily Schedule

Monday

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

Tuesday

11:45 Lunch

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



Potluck and Karaoke with Van Loggins, Tuesday October 18, 2016 11:45

The center will provide Lasagna. Please sign up to bring a side dish, dessert or contribute to the main course. We have music during and after lunch. Big Van says, “Of my Daddy’s records.’ Come be the star that you are. Be prepared to dance and sing your lunch away. Come and have fun.”



Music Tuesday, Oct. 4, 2016 at noon

Neil Woodward will entertain us during lunch. “Neil Woodward is Michigan’s Troubadour. For over thirty years he has shared folk music’s warmth and wisdom with Great Lake audiences.” Neil performed for us last summer. He was very well received.

Art Classes

Tuesdays - 10:30 – 11:45

I am attempting to revive the weaving class. We recently received a donation of weaving equipment and I would like to put it to use. Let me know if you are interested in learning to weave or if you have some knowledge about weaving and would like to help me warp the looms.

Doris has canceled the knitting group at this time. They met on Tuesday afternoons.

Wednesdays - 10:30 – 11:45

The writer’s group is a gathering of people that enjoy writing. They have weekly topics that they work on.

Wednesdays - 12:30 – 2:00

Monica will present an exploration of composition. Sophie will be here on Oct 5 and 19. She will present Telestration. Join her to see what that is.





Out to Eat Bunch –Friday Oct. 28 at 11:30

The gang will meet at Los Amigos, 2851 E Michigan Ave, Ypsilanti. There will be a sign- up sheet at the center.

Lunch and Learn

Quality Interaction, Tuesday, Oct 25 at 11:45

One of the biggest issues for family and friends of a person with dementia is knowing how to continue to interact with their loved one as his/her cognitive abilities decline. We will explore ways to set people up for success, not failure. We will help you understand what is happening to the person with dementia and offer suggestions for making your visits more meaningful.

A representative from Hope Dementia Ministries will present this topic. Sign up at the front desk for lunch.



Diabetes Path to Better Health

Starting on November 3 the Area Agency on Aging 1-B will offer a six week workshop on living with Diabetes. For more information on the workshop and how to register, see the flier attached to the newsletter.

55^{Year} Anniversary Party Planning

Monday, October 10, 2016 at 1:00, we will meet to plan our party. Come with ideas or just come to see how you can help organize our anniversary. If you can't make that time, but want to help, let me know.

Exercise Classes

Mark's exercise: Monday and Friday 9:30 – 10:30; Wednesday 9:00 10:30

Line dance: Tuesday 9:45 – 10:45

Yoga: Thursday and Friday 1:00 – 2:30 (This class is currently closed).

Gentle Fitness is on Wednesday and Friday 10:45 – 11:30. Doris Walker is leading the group in the meantime.

NEW SERIES HEAD TO TOE

BALANCING: *skills for managing stress, pain, anxiety and depression*

Thursdays, November 3rd, 10th and 17th from 10:30 to 11:30

Each week we will explore a different scientifically proven technique for managing stress, pain and emotions that can easily be used at home.

Week 1: Learn how HeartMath can help you identify what's draining your internal battery and how you can easily plug up those energy leaks and build your resilience.

Week 2: Experience the Emotional Freedom Technique and learn how you can tap away pain, anxiety, anger, frustration and what ails you.

Week 3: How to balance the brain anywhere with exercises shown to balance the right and left hemispheres and minimize the effects of stress.

Presented by: Rachel Egherman, licensed Massage Therapist in Michigan, Certified HeartMath mentor/coach

Rachel has been practicing massage therapy since 1992 and is passionate about sharing techniques that have been shown to improve the quality of our daily lives. She is the co-owner of Head to Toe Therapies located on the West Side of Ann Arbor where she sees clients Sundays through Wednesdays. She has lived in Ypsilanti since 1995 when she moved here from Chicago.

Cost: \$15 per class or \$30 for all three classes

To register contact Rachel at Head to Toe Therapies 734-665-3202 or email at tellrachel123@gmail.com

Space is limited to 10 people



From the Director

You will see new faces at the center. Cheri Smith is an intern from WCC. Dannille Riley and Amanda Hynes are OT interns from EMU. They will all be helping out and possibly giving some presentations throughout the semester.

Shonda Gibbs has joined us as an administrative assistant. Shonda started out with the center as an intern when she was doing her undergraduate courses. She then continued to volunteer and was on our board for a time. She brings with her a social work background and much experience in management and grant writing. As I write this I had notification that EMU is offering us a work study student this semester. I am hoping that the student will be helping to plan events like the anniversary party and take care of some much needed computer work.

Monica Prince



October Birthdays

Barbara Miller	10/1
Sandra Ellinger	10/8
Martha Petelka	10/8
Carolyn Arnold	10/11
Barbara Marsh	10/13
Angela Rich	10/19
Christine Warren	10/20
Bonnie Mauch	10/25

**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
Shonda Gibbs – Assistant
John Kearns – Senior Aid
Brenda Wade-Shepard – 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, October 18, 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.