



City of Ypsilanti

# Senior Center News

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

September 2016

## Regular Daily Schedule

### Monday

9:30 Exercise w/Mark  
10:45 Line dance  
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  
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



### Luau Potluck

**Tuesday, September 13, 2016, 11:45**

We are having a Luau. Bring out your favorite Mumu, Hawaiian shirt or grass skirt. We will have music and lots of fun. The center will provide chicken kabobs. Sign up to bring a Luau themed dish, rice, and poi, veggies, anything with pineapple or coconut, or contribute to the main dish. We will do a themed craft at 10:30 in the small art room.



### Music

**Tuesday, September 20, 11:45**

Danny Paul will be performing for us. He specializes in Ole Opry/country Music. This is part of the Anna Botsford Bach Grant we received to bring music into the center. Let Nancy know by Sept. 13, if you would like to sign up for lunch.

## Art Classes

Tuesdays - 12:30 – 2:00

Join the knitting group with your project. If you need advice or instruction, this is the place to be.

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

Explore the love of art. This month the theme will be design exercises



**Flu Shot Clinic and Health Fair  
Tuesday, September 27, 9:00 – noon.**

Come get your flu shot from the Michigan Visiting Nurses. Medicare is accepted (bring your card with you) and most insurances. We will post the insurances when we get them. There will also be many health related businesses present to provide information and freebies associated with their companies.



**Out to Eat Bunch – Friday, September 23, 11:30**

The bunch is meeting at 11:30 at Leo’s Coney Island, 1342 Anna J. Steep Dr., Ypsilanti. Sign up at the center and as usual arrange your own ride.



**Lunch and Learn  
Monday, September 26, 10:45**

Ann Lawrence will present “The Love, Lure, and Lore of The Clothesline”. Ann is a collector of everything about clotheslines. She will display some of her collection, talk about the history of washday and the resurgence of solar drying. She was here a few years ago and had a very delightful presentation which brought back many nostalgic memories. Let Nancy know by Sept. 21 if you would like to have lunch.

**Exercise Classes**

The WCC classes start the week of September 12.

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

Line dance: Mondays (new day) 9:45 – 10:45

Yoga: Thursday and Friday 1:00 – 2:30

Gentle Fitness is on Wednesday and Friday 10:45 – 11:30. The YMCA is still trying to fill the instructor position. Doris Walker is leading the group in the meantime.

**Center is closed Monday September 5**

*Happy Labor  
Day!!*





## From the Director

I can't believe that summer is drawing to a close. We will continue our Music Lunch and the Lunch N' Learn once a month presented by the Anna Botsford Bach Foundation. Check out the information in the newsletter.

We need to plan our Anniversary Party. This December will be the 55<sup>th</sup> anniversary of the Senior Center. We need input. On Monday September 19, at 10:45 I would like to have a meeting to talk about what you want to do for the party and how we can accomplish it. Please come and give your input.

Haab's Restaurant has offered to do a fundraiser for us. On Sunday, September 25<sup>th</sup> they will donate a portion of their sales to us. Make a date and join us there for lunch or dinner.

*Monica Prince*



## September Birthdays

Cora Hubbard	9-4
Dan Velikan	9-5
Edna Massey	9-10
John Kearns	9-17
Satella Smith Sewell	9-18
Madeline Balogh	9-21
Sue Booker	9-21
Carolyn Maguire	9-21
Ethel Pacheco	9-26

**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**

**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, September 20, 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.