



City of Ypsilanti Senior Center News April 2017

Ypsilanti Senior/Community Center
1015 N Congress, Ypsilanti, MI 48198
(734) 483-5014 Fax: (734) 480-0380
Website: www.ypsiseniorcenter.org

Senior Center Hours:

Monday, Wednesday, and Friday 9AM- 2PM
Tuesday, Thursday 10AM – 2PM
Saturday 10AM-12PM

Regular Daily Schedule

Monday

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

Tuesday

9:20 Line Dance
10:30 Weaving
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

April Potluck

Join us Tuesday April 11 for a spring celebration. Come at 10:30 to dye an easter egg. The potluck will start at 11:45. The center will provide ham for the main course. Sign up to bring a side dish, dessert or contribute to the main course. After lunch Patty Dallas will lead us in a sing-a-long. It's bound to be a fun-filled day.

Be Healed by Compassion

"The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being."

Tenzin Gyatso, the 14th Dalai Lama



Out to Eat Bunch –Friday

Join the gang at Ruby Tuesdays at 45660 Michigan Ave on Friday April 28 at 11:30. The restaurant is on the corner of Michigan Ave. and Belleville Rd. Sign up at the center so they know you're coming.

April brings a break in the WCC classes. They will begin again in May. There will be no line dance this month. Mark's class will be M,W,F from 9:30 – 10:30. Yoga is on a limited pay as you go class. The Gentle Fitness class is not a WCC and will continue as normal. W, F from 10:45 -11:30

Art Classes

Weaving: We are well on our way with 2 of the looms. We still have a table loom that can be utilized. Join us.

Writers: This is a group that shares the love of writing. If you are interested in attending contact a member to see what topic they are presently working on.

Art: This group loves to experiment with different art forms. This month will be dedicated to jewelry making.

Free Tax Assistance is now available at the Township Center located 2025 Clark Road, Ypsilanti 48198. Please call and schedule an appointment Monday through Friday from 9AM-2PM at 734.544.3838.

Lunch and Learn

One of today's all-too silent health crises is caregiver depression. Caregiving does not cause depression, nor will everyone who provides care experience the negative feelings that go with depression. But in an effort to provide the best possible care for a family member or friend, caregivers often sacrifice their own physical and emotional needs placing strain even upon the most capable person. The resulting feelings of anger, anxiety, sadness, isolation, exhaustion—and then guilt for having these feelings—can exact a heavy toll.

Join us, *"Breaking Free from the Prison of Depression"* **Monday, April 24, 2017 at 12PM** to receive information, support, and resources in moving towards associated with the responsibility of caregiving.



Nutritious, delicious hot meals are served weekdays at 11:45AM. Suggested cost share for seniors age 60 and up: \$3:00. Call to reserve lunch at least one day in advance.



Inclement weather is bound to come to Michigan at some point. If the Ypsilanti Community Schools are closed because of the weather, the senior center will be closed. If there is any question check TV or radio school closing lists.

Music

Join us on Tuesday April 25 at noon to be entertained by Erik Moore and his guitar. He lives in the neighborhood and played for us a couple of years ago. If you would like to have lunch let Brenda know by Wednesday April 19.

Health Services

Dr. Claudia Drossel at Eastern Michigan University is recruiting adults with memory problems and their caregivers for a study. Taking a walk is good for most people. The purpose of this study is to develop a new walking program for:

- people (aged 65 and older) who have difficulty remembering, thinking, and problem solving,
- and their spouses, children, or friends.

If you would like more information, please email Dr. Claudia Drossel at cdrossel@emich.edu and/or call (734) 487-0134 during business hours: Monday through Friday, between 10:00 a.m. and 6:00. p.m.

Dr Drossel from EMU will give a presentation on keeping a healthy brain on Monday April 10 at 10:30.

The foot nurse will be at the center on Tuesday **April 11**. Call Robbi Duda at 734-741-8586 to make an appointment.

Norwegian Massage is available on Fridays **bi-weekly**. Contact Sissel Bridges at 734-340-3766 to make an appointment.

Ron Hough is at the center for acupuncture on Mondays from noon – 2pm. He will not be here April 10. His fee is \$15/ session. This is drop in but it is best to come in between noon and 1pm to start the process.

UPDATE: Ypsilanti Senior Center Participant Survey

In moving forward in the strategic planning to increase programming, a focus group will be formed to allow an opportunity for members to discuss feedback and/or recommendations from survey responses.

If interested in joining this group, please complete Focus Group Participation form located in Multipurpose Room (large area) and return to Shonda **on or before Friday, April 7, 2017. If dates provided on sheet are not convenient, please let us know.**



From the Director

From the director:

Many of you have asked about the newspaper article, that was published last fall, about the financial state of the center. The city had allotted \$10,000 to go to the recreation centers. When the city millage did not pass in August, the city had to make some cuts and this was one of them. We knew that we would just need to work harder with fundraisers to make up that deficit. Just yesterday I received a letter from the Washtenaw County Parks and Recreation Department. They have made a commitment to financially support the center will \$10,000 each year for three years. Thanks to all the people who helped make this possible. With everyone's help and support, we can continue to serve the older population of the area.

Monica

April Birthdays



June	Guthrie	4/3
Mary	Bevier	4/10
Leila	Blackwell	4/10
Brenda	Bonner	4/10
Joyce	Dayhart	4/11
Sally	Silvenionen	4/12
Jarrold	Herman	4/17
Peter	Di Lorenzi	4/19
Laxmi	Averneni	4/21
Rita	Cruttebdeb	4/22
Barbara	Dagostino	4/22
Gracie	Mauil	4/27
Lois	Harrison	4/28
Joyce	Jordan	4/29

City of Ypsilanti
Senior/Community

Center
in Recreation Park

Phone: 483-5014

Fax: 480-0380

seniorcenter@umich.edu

web :

yphiseniorcenter.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 – Administrative Assistant

Brenda Wade-Shepard – Senior Aid

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Saturday (quilting) 10:00 am – 12:00 noon



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