



City of Ypsilanti Senior Center News December 2017 and January 2018

“ If it’s happening, it’s happening here at the Ypsilanti Senior Center”

Ypsilanti Senior/Community Center

1015 N Congress, Ypsilanti, MI 48198

(734) 483-5014 Fax: (734) 480-0380

Website: www.ypsiseniorcenter.org

Visit us on Facebook!

Senior Center Hours:

Monday, Wednesday, and Friday 9AM- 2PM

Tuesday, Thursday 10AM – 2PM

Saturday 10AM-12PM (office closed)

Regular Daily Schedule

Monday

9:30 Exercise w/Mark

11:45 Lunch

12:30 Euchre

Tuesday

9:00 Acupuncture

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



It is hard to believe how fast this year has gone by! We have now entered into a time of thanksgiving, shopping, food, and family gatherings. With this in mind, please mark your calendars for upcoming dates for December 2017 and January 2018:

Thursday, December 21, 2017 at 11:45AM, it’s our Holiday “Gift Exchange” Potluck. Bring a gift to exchange of no more than five dollars (\$5) and a delicious dish. The center will provide the ham. Please ensure you sign up for this occasion. Gifts are to be wrapped and labeled “male” or “female.”

Friday, December 22, 2017 the center will be open until 12PM. Lunch will **NOT** be served; cater is closed for the holidays.

Monday, December 25, 2017 through Friday, January 6, 2018, the facility is closed and will reopen on **Monday, January 8, 2018** and also **closed Monday, January 15, 2018** for Martin Luther King, Jr. day.

Tuesday, January 16, 2018. Senior Center Anniversary Potluck at 11:45AM The Ypsilanti Senior Center will celebrate 56 years in serving members and the community, with special recognition to individuals who have gracefully reached a **YOUNG** age of 90 years plus! Please come out and

Monday, January 22, 2018 at 10:30AM - Senior Safety Presentation

Senior Citizens are often vulnerable and targeted by con artists who attempt to defraud others by presenting a fraudulent offer and pretending that it is legitimate. Join Darlene Gallant in this informative session to learn safety tips and be readily prepared in identifying various scams against older adults.

Educational Workshop

“Healthy Breakfast, Dinner, and Snack Ideas for One or Two People” on **Monday, December 11, 2017 at 11AM.**

Eastern Michigan University Dietetics Students are delighted to come visit our center to share a variety of healthy breakfast, dinner, and snack ideas for one or two people. Join us to hear about various selections of healthy breakfast, dinner and snack ideas for one or two people!



You are responsible for signing yourself up for lunch.

To all current and new lunch participants, to ensure an accurate count for meals are ordered in a timely manner, please sign up on the days you would like a meal for the upcoming week. **Meals are ordered every Thursday morning by 11AM.** After this time, we are unable to place additional orders. We are asking for your assistance to ensuring your name is placed on sign-up sheet(s).

Additionally, please see Brenda to sign up for meals for the week of **January 8, 2018.** **All orders must be in on or before Thursday, December 22, 2017.**

Out to Eat Bunch Schedule

Join the group for some fun and social engagement @ **11:30AM on Friday, December 15, 2017** at the Marriott, located 1275 S. Huron St., Ypsilanti, MI 48197 and **Friday, January 26, 2018,** at The Boomer, located 305 E. Michigan Ave., Ypsilanti, MI 48198. As a gentle reminder, please ensure that you sign-up at the center.

Exercise classes

WCC classes resume beginning **Monday, January 8, 2018.**

Exercise with Mark. Monday and Fridays at 9:30AM. Wednesday sessions starting at 9AM will commence **January 17, 2018 until March 21, 2018.**

Line Dancing. Tuesdays at 9:20AM, beginning **January 16, 2018 until March 20, 2018.**

Yoga. There is a paid Yoga (\$10) scheduled on **Thursday, January 11, 2018** at 1PM. Regular sessions begins **Thursday and Friday, January 18, 2018 through March 23, 2018.**

Art Classes

“Art washes from the soul the dust of everyday life.” — Pablo Picasso

The Wednesday Art Group is somewhat self-directed with individual and group instruction. We explore many aspects of art and art techniques.

Health and Wellness

The foot nurse, Robbi Duda, will be at the center on **Tuesday, January 16, 2018** Call **734-741-8586** to schedule an appointment.

Schedule your Norwegian Massage with Sissel Bridges at **734-340-3766** on **Fridays, bi-weekly.** The affordable fee is:

- **11 Minutes for \$15**
- **30 Minutes for \$22**
- **60 Minutes for \$44**

Acupuncturist, Ron Hough will be at the center on **Tuesdays from 9am – 11am.** The fee is \$15/session and spaces are limited. It is recommended to come in between 9am and 10am to begin the process.



Our featured member of the month is DeLois Wilson

DeLois has been part of the Ypsilanti Community for fifty-three years. She appreciates Ypsilanti's geographic location and enjoys the diversity, culture, people, and close proximity to the colleges.

DeLois has been an Ypsilanti Community Center participant since 1998. She takes care of her health by attending Exercise with Mark, Yoga, and attends many of the educational and senior related presentations offered at the center.

DeLois began her career as a Unit Clerk, and was promoted to Unit Coordinator for Inpatient Surgery Units, before retiring after thirty years of employment at St. Joseph Mercy Hospital. After retirement, she became employed with the Ypsilanti Senior Center for six years before "officially" retiring. She was certified as a ServeSafe food handler for the nutrition program at the center.

DeLois remains involved through various opportunities here at the center as an active Board Member, fundraiser coordinator, and rental coverage, among other areas of volunteerism.

DeLois is active in the extended community in the following ways: As a Community Health Advisor for the Cancer Support Community of Greater Ann Arbor. As an Ypsilanti Parks and Recreations Commissioner which was established when she adopted the park located in her neighborhood. In this role, DeLois ensures the park is well maintained, by keeping the grounds manicured and has implemented new playground equipment and organized the painting of playground structures by EMU students. Beginning as Chairperson, DeLois is currently an Elections Official; who ensures the event goes smoothly when voters place their ballots. She tells us that she loves being involved in the election process. Also at one time, was a baked goods vendor at the farmers market located at the Freight House in Depot Town. The Farmer's Market was relocated to downtown Ypsilanti where she resumed her involvement. DeLois exemplifies and embodies what it means to be a community roll model to all!

DeLois enjoys cooking, reading, socializing, and travel. In her spare time, DeLois coordinates and organizes group travel for fifty or more passengers. Venturing to places such as Niagara Falls, and Toronto, Canada. She also organizes day trips to nearby locations of interest.

DeLois finds happiness in her family. She has three grown sons, and seventeen grandchildren. She is a wonderful, caring person, who has helped those in need. When asked what great person she had in her life, DeLois responds that her High School principal, Mr. Normal C. Cephus, in Alabama was like a father to her. She looked up to him, as he offered her caring advice and cared about her wellbeing.

DeLois's advice to everyone: "follow the golden rule, 'do unto others as you would have them do unto you' (Matthew 7:12)."

Darlene Gallant

Additional Activities at the Ypsilanti Senior Center

"People who join together in an activity have a common bond that unites them, resulting in better communication, closer friendships, and increased self-confidence." (Hastings, Complete Handbook of Activities and Recreational Programs for Nursing Homes, 1981).

Do you need some extra activities or positive social engagement to include in your day? Come visit and/or participant in additional activities the center has to offer:



Writers Group. This is an opportunity for writers of **ALL** skill levels to explore different writing genres, build confidence, collaborate with others and promote a passion for creative writing. Writing assignments are according to a topic selected by participants. Interested? All are welcomed. Come and meet with the group each **Wednesday from 10:30AM-11:30AM.**



Bingo: Come join this lively group each Wednesday at 12:30PM. Bingo, despite what many say, is a great game! Each card is \$1 and .50¢ for additional cards. Maybe, you'll get lucky!

Euchre: Looking to learn a new card game or are experienced playing Euchre? The group welcomes new participants and meets **Mondays at 12:30PM.** The cost is ONLY 50¢.

We want to take the time to say thank you to ALL OUR members for the continue support and choosing the Ypsilanti Senior Center as a place of choice for recreational, educational, and physical activities. YOU ARE APPRECIATED!

Happy Birthday to ALL who were born in December and January!

Holiday and Caregiver Stress Tips

Being a caregiver can be a stressful and often exhausting task. The holidays can also add stress because of the social demands. Taking care of yourself is one of the most important things you can do to help yourself stay healthy. *Psychology Today*, and *The Mayo Clinic*, offer some advice below to help you relieve stress regardless of your personal situation.

1. Take Calm Down Breaks

Find a quiet place and either sit or lie down for five minutes. Close your eyes and focus on your breathing. Breathe deeply through your nose, hold it for about five seconds, and release the air slowly from your mouth. Repeat three or four times.

2. Replace Negative Self-Talk with Positive Self-Talk

Negative self-talk such as “I burned dinner, I’m a terrible cook,” is an example of negative self-talk. Negative self-talk can lead to future health issues. Replace the negative thoughts with positive ones, for example “the dinner burned, next time I will set the timer for 10 minutes earlier.” Our brains tend to believe what we tell them. If we replace our negative thoughts with positive ones, we will feel happier and less stressed.

3. Exercise

One of the most important things that you can do is take time to exercise. Exercise can relieve stress and provide endorphins. Endorphins are natural chemicals that make us feel good, and are released with physical activity. Take a ten-minute brisk walk, or put some music on and dance for ten minutes. Make it something you enjoy doing. Make it part of your daily routine.

4. Eat Well Balanced Nutritious Meals

It may be tempting to use fast or frozen foods when you are busy, but they can be unhealthy and make you feel awful. Choose a variety of vegetables and unprocessed meats for your meals. Eat an apple instead of chips, or a chocolate bar at snack time. You will feel healthier, and it can also benefit your budget.

5. Get Seven to Nine Hours of Sleep

Often many of us will skimp on sleep when we are busy. Our body’s need sleep to keep us healthy, give us energy, and also help us to concentrate. Plan ahead, by setting a reasonable bedtime and stick to it. Then set your alarm for at least seven hours from your bedtime. Keep it a routine, and you’ll stay healthier.

6. Take Time for Yourself.

Plan at least a half an hour per day to do something just for you. Read a good book, or take a bubble bath. Do something you enjoy. Also at least once a week go to coffee or lunch with a friend, or go and get a massage or a pedicure. Do something that will make you happy.



From the Director

Happy Holidays. We have a number of activities planned for December to celebrate the season. Then we will be closed for 2 weeks. The staff will need a break to spend time with their families. Also during that time the floors at the center will be stripped and waxed.

Make sure you read the Holiday Stress tips in the newsletter to help ensure a peaceful and happy holiday.

On Tuesday December 5, 2017 we need to get a large mailing out. We can use your help putting labels and stamps on postcards between 10:00AM and 2:00PM. Please give us a little of your time.

John E. Lawrence will perform on Sunday December 10 from 4-6 pm. at the center. This will be a winter fundraiser for the center. There is an attached flyer with more information. Get your tickets soon.

Monica

**City of Ypsilanti
Senior/Community
Center**
in Recreation Park

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 – Director

Shonda Gibbs – Administrative Assistant

Brenda Shephard – Receptionist

Vielka “Vicky” Norment – Kitchen 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 11:45am.
Suggested cost share for seniors age 60 and up: \$3.00.

Please call to reserve lunch at least one day in advance.

