



City of Ypsilanti Senior Center News

February 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

January Potluck

Tuesday, February 7 at 11:45 the center will provide sloppy joes. Sign up to bring a side dish, dessert or contribute to the main dish. During the meal we will have a conversation with a tax preparer. "Have questions about your taxes? Ask a Tax preparer!" Janis L. Detlefs, Enrolled Agent with HR Block would be happy to answer your tax questions. If you are interested please prepare your questions ahead of time and Monica will send them to Jan so she can prepare her answers. If this looks familiar, it is. This is the January potluck that was cancelled due to bad weather.

Music

On **Tuesday, February 28** Laurel Federbush will perform the harp during lunchtime. She will begin playing at noon. Lauren was well received when she was here in 2014. If you would like to have lunch please sign up with Brenda **on or before February 23rd**.



Out to Eat Bunch –Friday February 24, 2017 at 11:30am

The gang will meet at Steak and Shake at 4120 Ellsworth Rd. If interested, please sign up at the center and as gentle reminder, personal transportation must be arranged.

WCC classes "**Exercise with Mark**" will occur at **9AM on Wednesdays**, in addition to regular Monday and Friday 9:30AM schedule.

Line Dance is now scheduled on Tuesdays at 9:20 – 10:20. **Please note on calendar.**

Yoga: Thursday and Friday - 1:00 – 2:30 **Classes are now full.** If interested and would like to be placed on the waitlist, please see staff.

Art Classes

Weaving- Learn to weave on a loom. Two floor looms and one table loom are available. We are right now warping one of the floor looms. The other looms are ready to go.

Writers Group is growing. Ask a member about the topic of the week.

Art Group This month we will concentrate on developing drawing skills through various exercises.

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.

Volunteer Opportunity. We are looking for individuals interested in volunteering a few hours per week to assist with the Nutrition Program and other responsibilities of the center. See Shonda for further details.

Lunch and Learn

Join Shonda Gibbs **Tuesday, February 21, 2017 at 12PM** to learn more about **Depression and Treatment Tips**. Shonda is a Social Worker and has traveled throughout the community educating seniors on topics, including depression, anxiety, and Alzheimer's Disease. Shonda enjoys equipping individuals and families with knowledge and the necessary tools for a better quality of LIFE. Come out and INVEST IN LEARNING.

Additionally, Rachel Egberman will also present some information about her classes that she has been presenting "Head to Toe Balance." You will be able to sign up at that time if you are interested.

If you would like lunch that day please sign up with Brenda by Feb 16.

The center is closed on Monday February 20 to observe President's Day



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.

Health Services

Healthy Heart Program

It is always good to check your blood pressure! **The YMCA will be at the Senior Center at 10:30am on Friday, February 17th** providing information on disease prevention and Healthy Hearts blood pressure monitoring programs. Representative will be available to take blood pressure, provide information on the **FREE** blood pressure program AND provide participants with their own blood pressure monitoring device.

Additionally, class/membership scholarship opportunities will be presented and any questions regarding disease prevention and hypertension, will be answered. For more information, **please contact James Highsmith at (734) 661-8007.**

The foot nurse will be at the center on **Tuesdays, February 21, March 14, and April 11.** Call Robbie at 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. It is best to come between noon and 1 pm to begin the procedure.

Sissel Bridges from Norwegian Massage will now schedule her own appointments. **She will be available at the Senior Center on limited Fridays.** Call to make an appointment at 734-340-3766.

Ypsilanti Senior Center Participant Survey

The Ypsilanti Senior Center is embarking on a strategic plan to increase programs and services for members of the center. We are requesting members and non-members to complete the attached survey and return to the center and place in drop box or email to Shonda Gibbs at ypsilantiseniors@sbcglobal.net **on or before Friday, February 17th.** Additionally, a Focus Group will be utilized in moving forward with this endeavor. If interested, please see Monica or Shonda.



From the Director

You may be seeing some new things going on at the center. Thanks to a grant from the McCalla Foundation we added some new tables and room dividers. We will be able to have two or three workshops or events going on at the same time because of them.

We have put together a survey to find out what things we should add to our schedule. Shonda and I want to offer activities that are of interest. This fall some EMU interns were looking for a subject for a workshop. We brainstormed and came up with a few things. Then they started asking around and someone suggested information on sleep. Thanks to a member's suggestion it was a huge success. We would have never thought of it. Please fill out the survey and let us know your preferences.

Monica



February Birthdays

First	Last	Birth Month	Birth Date
Terrence	Jackson	2	1
Karen	Ranger	2	3
Karen	Bower	2	4
John	Chamberlain	2	4
Joann	Groh	2	4
Margaret	Roberts	2	6
Mitzi	Stanton	2	6
Luanne	Carp	2	8
Miriam	Brown	2	9
Gregory	Sipp	2	10
Luanna	Slay	2	10
Nancy	Zavrel	2	10
Marilyn	Funk	2	11
Carrie	Gardner	2	11
Geneva	Kirk	2	12

First	Last	Birth Month	Birth Date
James	Randolph	2	12
Barbara	Dagostino	2	13
Nancy	Buckeye	2	15
Juanita	Burgen	2	15
Lois	Graham	2	15
Valerie	Howells	2	20
Paul	Miles	2	21
Susan	Scott	2	21
Martha	Gladieux	2	22
Janet	Chamberlain	2	23
Carolyn	Weins	2	23
Mary	Ranger	2	25
Nicholas	Beltsos	2	26

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 – Administrative Assistant

Brenda Wade-Shepard – Senior Aid

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