



City of Ypsilanti Senior Center News June 2017

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

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

June Potluck

Join us **Tuesday June 13th at 11:45AM** for our summer salad potluck. The center will provide a green lettuce salad and dressing. Sign up to bring side salads, desserts or contribute to the main course.

Dementia Basics: This session will provide participants basic understanding of what dementia is as well as examine common characteristics of aging that are **not** dementia related. We will look more closely at the most common forms of dementia, including Alzheimer's Disease. Bring your questions and get some answers!



Out to Eat Bunch –Friday

Meet the group at **11:30AM on Friday June 23th** at Applebee's at 3819 Carpenter Rd, Ypsilanti. There will be a sign-up sheet at the center.

Exercise classes

All exercise classes continue at their regular times through the month of June.



Can't hear on the phone? Find out how you can qualify for a **FREE Amplified Caption Phone!** Nothing to pay... EVER! Jamie Barber, Title IV ADA Specialist with ClearCaptions (FCC Certified) will be onsite at the Ypsilanti Senior Community Center on **June 11th at 11AM** for an informational presentation. He will explain how you can qualify for this federally funded service at **NO COST** to you. This fun event will include a **RAFFLE** and **REFRESHMENTS!** Feel free to view the ClearCaptions demo phone and ask Jamie any questions you may have. If you or someone you know have any type of hearing loss, you don't want to miss this event!

Warm Weather Safety

Please join us at **11:00AM on Monday, June 5, 2017** for a free snack and learn about Heartland, the skilled nursing (SNF) industry, and a brief tutorial on the do's and don't's for summer safety.

Lunch and Learn

“Breaking Free from the Prison of Depression - Journey to a Healthier You”

Monday, June 19, 2017 at 11:45AM

Depression can affect every aspect of life, holding a person “**hostage.**” This confined mental, emotional, and physical condition prevents the ability to enjoy meaningful moments, relationships, and opportunities. This monthly support group provides a safe environment for individuals to focus on strengths, interests, and capabilities to “**break out**” and pursue the positive benefits to **LIVE** a healthier life. While on this journey, one must recognize and accept the possibility **there is a capacity available to learn, grow, and change.**

“Quote of the Month”

“Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm, wrinkles the soul.” – Samuel Ullman

Summer Fun

Again this year we have been invited to the Metro Parks Senior Day Activities on **Friday August 4.** They will provide a bus to and from Huron Metro Park. The day will include a nature walk, yoga in the park, music, lunch and snacks. All is free. They have given us 25 spots on the bus. **Reservations to secure a spot are available.** If you’re interested in coming there is a registration form at the center. Sign up as soon as you can to ensure a place on the bus.

Volunteers Needed – Rental Coverage

It is that time of year again, graduations, open houses, baby showers, birthday parties, etc. Our calendar is filling up for June, July, and August 2017 rentals, and we LOVE IT!! The Ypsilanti Senior Center is seeking committed volunteers to assist in rental coverage. The requirements are minimal to include opening and closing at scheduled times. For further details and/or wish to contribute a small portion of your time to help us, serve others in the community, please see, Shonda.

Art Classes

Do you desire to learn a new hobby, observe a class and/or include some leisure activity in your weekly schedule? Come out and visit us either on Tuesdays for **Weaving** with a loom, Wednesdays for the **Writers Group** as they commit their thoughts to paper, and/or **Art Group.** The summer is a perfect time to explore watercolor. Bring in a photo of something you would like to paint!

Health and Wellness

Common foot disorders among the elderly include diabetic ulcers, ingrown nails, fungus, arthritis and corns and calluses. When aging adults can no longer take care of their own feet and toenails, there are steps you can take to mitigate foot problems. The foot nurse will be at the center on **Tuesday, June 20th.** Call **Robbi Duda at 734-741-8586** to schedule an appointment.

Did you know massage for the elderly have various physical and mental benefits which results in the improvement of health and general well-being? The National Certification Board for Therapeutic Massage and Bodywork promotes massage as a treatment for the management and prevention of age-related diseases. Well a service is provided here at the Ypsilanti Senior Center! Norwegian Massage is available on **Fridays, bi-weekly.** If interested, contact **Sissel Bridges at 734-340-3766** to schedule an appointment. She would love to hear from you.

Ron Hough had to change his schedule. He will now be at the center on **Tuesdays starting May 9th from 9am – noon.** His fee is \$15/ session. This is drop in but it is best to come in between noon and 1pm to start the process.



From the Director

From the director:

June 3 is the NPNA garage sale. The center will have a jewelry sale, bake sale and Carla's taco Cart will be in our parking lot. These are fundraisers for the center. There will be sign-up sheets at the center to help out at the sales. We need help Friday June 2 from 7-9pm to set up the jewelry sale. Help will be needed during the sale from 8:30-5. Please sign up for a 2 hour shift.

We are fortunate to have a number of interesting speakers presenting at the center. I would like to remind everyone be considerate of the speaker and the audience. Please leave the room if you need to answer your phone and keep conversations to a minimum.

I have not gotten conformation yet but we are still hoping to have the Growing Hope Mobile Market coming to the center. Watch for flyers at the center.

Monica

June Birthdays



Sharon	Eberle	6	4
Carole	Beach	6	8
Shelley	Williams	6	10
P. DeLois	Wilson	6	10
Clara	Green	6	12
Margarette	Reed	6	12
Peggy	Williams	6	12
Peggy	Williams	6	12
Donelda	Stokes	6	13
Kenneth	Wright	6	17
Linda	Tackett	6	18

Georgene	Adkins	6	19
Virigina	Brown	6	19
Willie	Brown	6	19
Ezell	Agnew	6	20
Linda F.	Johnson	6	20
Linda	Johnson	6	20
Sylvia	Jones	6	20
Robin	Purifoy	6	22
David	Rocha	6	23
Barbara	Cornish	6	25

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 – Senior Center Director

Shonda Gibbs – Administrative Assistant

Brenda Wade-Shepard – Receptionist

George Titek – 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. **Call
to reserve lunch at least one day in advance.**

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!