



# City of Ypsilanti Senior Center News

March 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

### March Potluck

Top of the Morning to you!  
**Tuesday March 14** wear your green and celebrate St Patrick's Day with us. We will have corned beef. Sign up to bring a side dish, dessert or contribute to the main course. Lunch will start at 11:45.

"May your thoughts be as glad as the shamrocks  
May your heart be as light as a song  
May each day bring you bright  
Happy hours that stay with you all the year long."

~Irish Blessing



### Music

**Tuesday March 21**, Patty Dallas will perform her banjo and lead a sing-a-long at noon. Sign up to join us for lunch.



### Out to Eat Bunch –Friday

Friday March 24 at 11:30 meet at Los Amigos, 2851 E Michigan Ave. Ypsilanti. Sign up at the center and arrange your own ride.

The WCC Exercise classes will continue through the first week of April.

See the daily schedule for times. The Yoga class is the only exercise class that is closed and has a wait list.



### Art Classes

**Weaving:** We have the loom warped. We now have 3 looms that are ready to weave.

**Writers:** This group meets to share their love of writing. Ask one of the members what topics they are working on.

**Art:** The group is going to continue on drawing for the first weeks of March. **On March 22**, Greg Sipp will share his work in mosaic. We will then follow on March 29 with experimenting with paper mosaics.

**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

Are you feeling alone, isolated, and/or no one to talk to? You are not by yourself. Join Shonda Gibbs on **Monday, Monday 27, 2017 at 12PM** to engage in a new series, **“Breaking Free from the Prison of Depression.”** Learn more about underlying symptoms and strategic approaches in finding new meaning and purpose in life.



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.



### **Mark your calendar**

Jewelry sale Saturday June 3. Start going through your jewelry box. We take good used jewelry and broken or lonely earrings. DeLois Wilson will set up times to price soon. Let Monica, Shonda or DeLois if you're interested in helping out.

### Health Services

#### **Healthy Heart Program**

It is always good to check your blood pressure!

For more information, **please contact James Highsmith at (734) 661-8007.**

The foot nurse will be at the center on Tuesday **March 14.** 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. His fee is \$15/ session. This is drop in but it is best to come in between noon and 1pm to start the process.

#### **Ypsilanti Senior Center Participant Survey**

Thank you to everyone for taking the time to complete and return your “Ypsilanti Senior Center Participant Surveys.” In moving forward in the strategic planning to increase programming, a focus group will be formed to allow an opportunity for members to discuss provide feedback and/or recommendations on the survey responses.

If interested in joining this focus group, please complete Focus Group Participation form located in Multipurpose Room (large area) and return to Shonda. If dates and times, listed, are not convenient, let us know.

#### **Volunteer Needed**

The Center is always in need of volunteers in order to keep our staff costs down. We can use whatever skills you have. Some of our members are signed up with RSVP Retired and Senior Volunteer Program. Talk with Monica or Shonda



## From the Director

From the director:

We have not had much of a winter this year. That is at least until now. Hopefully we will smoothly go into spring.

We have had several new members enroll at the center in the past few months. We are also reviewing the surveys to get a better picture of activities to look into. Shonda and I will be working on some added programs to better serve our members.

*Monica*

## February Birthdays



Maria	Greggio	3	1
Florence	Peterson	3	3
Carl	Levin	3	4
David	Palmer	3	4
Randi	Weingrad	3	4
Janiel	Williams	3	4
Doris	Walker	3	8
Christine	Warren	3	8
Vernita	Gilkey	3	9
Lee	Kou	3	9
Dave	Larrouy	3	9
Dawn	Benette	3	12
Kathleen	Campbell	3	12
Charles	Delano	3	12
Janice	Anschuetz	3	13

Joanne	Waller	3	14
Rebekah	Warren	3	14
Voichita	Gabor	3	20
Margaret	Best	3	21
Minnie	Johnson	3	23
Dwight	Johnston	3	23
Anna	Channey	3	24
Christine	Tooson	3	24
Judith	Williston	3	24
Carol	Evans	3	25
Ram	Rashava	3	25
Gillermina	Felix	3	26
Kathryn	Martin	3	29
Margaret	Getty	3	31

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**

**Shonda Gibbs – Administrative Assistant**

**Brenda Wade-Shepard – Senior Aid**

## SENIOR CENTER HOURS

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



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