



City of Ypsilanti Senior Center News May 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

May Potluck

Join us Tuesday May 16 at 11:45 for our monthly potluck. This month we will have a baked potato bar. The center will provide baked potatoes, sliced ham and cheese. Sign up to bring other toppings, side dishes, desserts or contribute to the main course. During lunch we will have a presentation about amplified phone service.

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 May 16th at 12:00 Noon 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!**

Exercise classes

WCC classes will begin the first week of May and run for 10 weeks. Marks exercise – M, F 9:30 – 10:30 and W 9:00 – 10:30
Line dance starts Tuesday May 9 from 9:30 – 10:30
Yoga: Th, F 1:00 – 2:30 The class is full. There is a waitlist.
Gentle Fitness runs year round. W, F 10:45 – 11:30



Out to Eat Bunch –Friday

Meet the group at 11:30 on Friday May 26 at Denny's at 2033 Rawsonville Rd in Belleville. There will be a sign-up sheet at the center.

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.

Ypsilanti Proud

Ypsilanti Proud (formerly YpsiPride) will take place on Saturday May 20 9am – 2pm. We will work at the center until about noon and then go to Prospect Park for a picnic. Register at:

<http://business.a2ychamber.org/events/details/a2y-chamber-event-ypsilanti-proud-2017-9552>

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. If you're interested in coming there is a registration form at the center.

Art Classes

Tuesdays Weaving we still have a loom available.

Special class Tuesday May 9 at 12:30 Mary Kay Stevanus, owner of Flipside Studios will teach a class on color pencils. Join Flipside Art Studio to explore Soft Core colored pencils that can be used for optical and physical blending, which allow you to create a wide variety of effects. The results are similar to glazing techniques in oil painting. We will achieve this effect by applying multiple layers of colors to simple sketches. Artist quality, rich color, superior blending, shading and more with Prismacolor pencils.

Wed mornings join the writers group as they commit their thoughts to paper. Wed afternoons come to the art group. We will explore the medium of polymer clay.

The foot nurse will be at the center on Tuesday **May23**. 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 had to change his schedule. He will now be at the center on Tuesdays starting May 9 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.

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:

The Jewelry Sale is coming up on June 3. DeLois Wilson is taking charge of the sale. There will be sign-up sheets at the center to help mark the jewelry, set up, help during the sale and help with the bake sale. Please sign up to help so this is a very successful fundraiser.

I received a call this week from Growing Hope asking if we would be interested in having their Mobile Farm Cart come to the center during the summer. I thought it would be a fabulous idea. You will be able to shop for your fresh fruits and vegetable right in our parking lot. Stay tuned for more information about the Mobile farm cart.

Monica

April Birthdays



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



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