



City of Ypsilanti Senior Center News

September 2017

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

Highlights from Heritage Festival 2017 by Shonda Gibbs

Sunshine, music, "buggy rides," (to and from vehicle), NEW ADDED attractions/activities, and tent location to hang out with staff and members were highlights of my experience at Heritage Festival 2017!

Additionally, seeing and engaging with family and friends as they pass by, talking with attendees of the event and hearing the positive feedback received were also highpoints.

The atmosphere was filled with children laughing, playing, (crying as well), good music from various bands, and the peaceful moments just walking around visiting vendors was AWESOME!!

I can go on and on to include tables with umbrellas throughout the grounds for individuals and families to rest, enjoy their food, and/or just to converse.

The only regret, my daughter and I could not enjoy the helicopter ride and/or the hot air balloon...lines were to long! With that being said, there is always 2018 and we will be ready!

Mark Your Calendar

The center is closed Tuesday, **September 4, 2017** for Labor Day.

Upcoming events throughout the City of Ypsilanti and Ann Arbor.

"Dancing in the Streets" (Ann Arbor – Sept 3rd)

Dancing in the Streets is an annual free festival in downtown Ann Arbor. It offers a chance to sample lots of different music and dance traditions. Multiple stages offer visitors a chance to try many different styles of dancing, as well as enjoy mini-concerts and entertain their children with special activities.

"Thunder Over Michigan" (Ypsilanti – Sept. 2- 4th)

Enjoy the flying performances in the air or under a massive airplane wing. See endless displays and interactive exhibits along the ramp. Tickets are good for ONE DAY ONLY, Saturday, Sunday or Monday (your choice at purchase) The General Admission ticket does not include air show parking; those tickets must be purchased separately. **Kids 15 & under get in free!**

"Honey Bee's First Friday" Celebration (Ypsilanti, Sept 1st)

This month's first Fridays celebrates the Honey Bee. From 6 to 9 p.m. stop by the Block Party on Washington St. for vendors, live art, music, and tastings!

"Quote of the Month"

"The key to successful aging is to pay as little attention to it as possible. ~Judith Regan

September Potluck

Let's have a fall picnic. Join us **Tuesday, September 19th at 11:45AM** for **Hot Dogs and Ice Cream**. The hot dogs will be provided by the center and ice cream sundaes are provided by Dawn. Sign up to bring side dishes, desserts or contribute to the main course.

Out to Eat Bunch

Meet the group at **11:30AM on Friday, September 22th** Ruby Tuesday, 45660 Michigan Ave, Canton, MI. There will be a sign-up sheet at the center.

Lunch and Learn

Open to the public! Join Judy Petterle-Saylor from **Hope Dementia Ministry LLC** on **Tuesday, September 26, 2017 at 11:45AM or 7PM-8PM** to Quality Interaction – Making the Most of Your Time Together.

Often people do not know how to interact with a person who has dementia. This session will help you become more comfortable with what is happening to the person and how to maintain connection with them. Socialization is very important and can be enjoyable for all involved, Learn how to connect and share quality time with specific activities for all stage of the disease.

Volunteerism

Monica and Shonda have been working with a volunteer consultant this summer. She is helping us learn how to better use and track all the great volunteers we have. When applying for grants, it is important to let the foundation know how many volunteer hours go into the running of the center. In the next months we will start new programs that will lead to more funding. Thanks to all you volunteers, who set up chairs, water plants and so much more.

Exercise classes

All the WCC classes will start again week of **September 11th Yoga, Exercise with Mark, and Line Dancing.**

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 and/or **Wednesday's Art Group**. In art we will focus on exercises to help us loosen up our creativity.

The **Writers Group** will resume, **Wednesday, September 6 at 10:30**. Let's share our summer writings or read a writing that you enjoy. Bring in your topic idea and we will plan our schedule.

Health and Wellness

Schedule your monthly health and wellness appointments!

The foot nurse will be at the center on **Monday, September 12th**. Call **Robbi Duda at 734-741-8586** to schedule an appointment.

There are benefits to having a massage including reducing the discomfort of arthritis and other muscle related pain, increase joint mobility, and improve balance and flexibility. Schedule your **Norwegian Massage with Sissel Bridges at 734-340-3766 on Fridays, bi-weekly.**

Ron Hough will be at the center on **Tuesdays from 9am – 11am**. The fee is \$15/session. This is a drop in but it is best to come in between 9am and 10am to begin the process. Spaces are limited.

Other Information

Do you need ID? The "Washtenaw ID," is a government-issued, photo ID card available to all county residents. Washtenaw County ID cards are issued by the County Clerk office in Downtown Ann Arbor (200 N. Main Street, Ann Arbor) **Monday through Friday 8:30-4pm**. The ID costs \$25, but financial and technical assistance is available. Please call 734-340-5898 for more information.



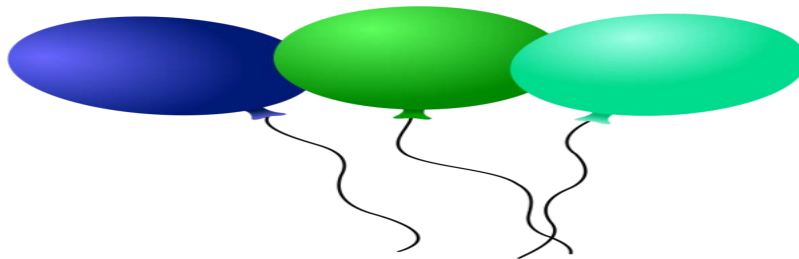
Thanks to everyone that made the Heritage Festival a success. Since I was at my daughter's wedding in Tacoma, Washington, thanks to all who stepped up and took over my normal job. Now you all know why I am sooo... tired after the Heritage Festival. With everyone's help at the festival and sending in the tickets you were sent, we made nearly \$3000 on the quilt raffle. Many thanks, to the quilters, for once again providing us with the gorgeous quilts to raffle off.

Starting after Labor Day, you will see a new person around the center. Darlene will intern from WCC. Make sure you get to know her and make her feel at home.

Looking forward to our flu shot clinic and health fair on Thursday October 26 from 9 am – noon. Mark your calendars.

Monica

**Happy Birthday
To all who were born in September!**



Congratulations to Quilt Raffle Ticketholders:

First Place: Dee Washington of Ypsilanti (our very own piano playing Dee)

Second Place: Gary Cawood (vendor from the Heritage Festival)

Third Place: Sue Niewing (vendor from the Heritage Festival)

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!



Get your fresh fruits and vegetables.

The Growing Hope mobile market will be in the senior center parking lot every Friday through October from 10:30 –noon.