



City of Ypsilanti Senior Center News August 2018

“ 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
9:00 Line Dance
10:30 Weaving
11:45 Lunch
12:30 Knitting

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

**It’s State Primary Election Day! The Ypsilanti Senior Center
will be closed on Tuesday, August 7th, 2018**



From the Director’s Desk – *Monica Prince*

Happy August!

Corn Roast this Saturday. Sign up to help if you can. Tell you friends, bring your families. It is always a fun event and the corn is sooo good.

I just had a meeting with an instructor of dietitians at EMU. The past few years students have come to the center to give presentations about dietary issues. It was always fun and educational but few people took advantage of it. This year they would like to put on a bigger and better program for us. It will be held on November 27th at Rackham building at EMU. They have a state of the art demo kitchen. There will be food demos, samples and giveaways. Look for more information to come. There will be limited space so make sure you sign up when it comes out.

Shonda, Ericka (EMU work study student) and I have been working hard to start our new “We Care Connect Memory Café.” If you know of any persons with dementia and their care givers that would benefit from a fun social time, let them know about our program. Anyone interested in seeing what we have to offer can come to our open house on August 14. There is more information further in the newsletter.

We still need help at the Heritage Festival, August 24-26. We will have a booth to sell quilt raffle tickets. This is one of our major fundraisers, so consider helping us out by volunteering for a two hour shift.



Fitness After 50 - It's Never Too Late to Start
There are many reasons why regular exercise and physical activity are important to everyone, including older adults. Regular physical activity and exercise can produce long-term health benefits and that is one reason health experts recommend that older adults be active every day to maintain their health. Even moderate exercise can improve the health of people who are frail or have diseases that accompany aging.

Washtenaw Community Classes

Join Mark and the group on **Mondays, Wednesdays, and Fridays at 9:30AM** to improve balance, strength, flexibility, and cognitive capabilities.

Line Dance: There will be no line dance until **September 11, 2018**.

Yoga: After **August 3, 2018**, Yoga classes are paid sessions during summer months. Should you have any questions regarding schedule, please speak with Liz or Monica.



Other fitness classes

Gentle Fitness: Haven't worked out in a while, have limited mobility, or would like to incorporate some physical activity to stay healthy and mobile? Consider participating in a low-impact workout session easier on body and joints held on **Wednesdays and Fridays at 10:45AM**. It's a great way to get the heart-pumping without worrying about injuries.



Drop In Water Exercise – Rutherford Pool (June 18 – September 3, 2018)

On **Monday, Wednesday, Friday 12-1PM**
Tues/Thurs 5PM-6PM, class takes place in chest deep water to include stretching, cardio, and resistance. \$4/adults (18-54), \$3/seniors (55+)

NEW DAY and TIME!! What a response on the benefits acupuncture is having on returning clients. Acupuncturist, Ron Hough will be at the center on **Mondays from 10:30AM – 12:30PM**. The fee is \$15/session.

Schedule a Norwegian Massage with Sissel Bridges at **734-340-3766** on **Fridays, bi-weekly**. The affordable fee is:

- 11 Minutes for \$12
- 30 Minutes for \$24
- 45 Minutes for \$36
- 60 Minutes for \$48

The foot nurse, Robbi Duda, will be at the center on **Tuesday, August 21, 2018**. Call **734-741-8586** to schedule an appointment.



Blood Pressure Check: Senior Nursing Care services will come on the **third Friday of each month** to check your blood pressure.

Educational Presentations and Events at the Center

Saturday, August 4, 2018 at 4PM -6PM

"Corn Roast"

It's that time of year again! Our annual community fundraiser event featuring music, socialization, and fun! See flyer in foyer for additional information.

Tuesday, August 11, 2018 at 2PM-4PM

"We Care Connect Memory Café" Open House

The Ypsilanti Senior Center is excited to announce and request your presence to attend the **"We Care Connect" Memory Café Open House on Tuesday, August 14, 2018 @ 2PM**. The "We Care Connect Memory Cafe" is a new monthly program free to persons living with memory loss, their caregivers, and individuals with Mild Cognitive Decline (MCI) to engage in social conversation, creative and entertaining activities, and develop friendships for mutual support while minimizing the mental and physical stress that Alzheimer's disease or related dementia brings to daily interactions, tasks, and responsibilities. The primary goal is to reduce isolation, increase focus on remaining strengths and abilities for the person living with dementia, and enjoy the pleasantries of life outside of the home. For more information regarding the Open House and/or volunteer opportunities with the program see Monica or Shonda or pick up a flyer at receptionist desk.

Monday, August 13, 2018 at 10:45AM

"Circles"

Looking for a meaningful way to give back to our community?

*Circles is a relationship-based program designed to break the cycle of poverty **permanently**. It matches low-income people with two middle-income partners. These new friends (Allies) help broaden their social network, giving access to people and resources they might never have if they only relate to their neighbors in poverty.*

[Two Ways to Learn More About Circles:](#)

Meet & Greet: Thursday, August 2nd from 7:00-8:00pm

Learn about the many meaningful ways you can volunteer with Circles and hear first-hand the impact our program has on our families & Allies

Poverty Simulation: Saturday, August 11th from 9:00am-noon

Experiential workshop that sensitizes participants to the realities of living in poverty. This is a crucial training for those interested in being an Ally. Participants **Must** RSVP to register for Simulation: Call 734-340-9042

Both events will be held at St. Luke's Church, 4205 Washtenaw Ave, Ann Arbor

For more information, contact Suzanne at suzanne@friendsindeedmi.org or Call 734-340-9042



Tuesday, August 21, 2018 @ 11:45AM

Did you know that August is National Romance Awareness and Peach Month!?

To honor this month of romance awareness, let's have a picnic!! The center will provide "Fruit Kabobs" and various sparkling cider to serve in wine real glasses! Invite family, friends, and do not forget to sign up on or before Friday, August 10, 2018.

During Potluck, our guest presenters are from Center for Independent Living. They will be speaking about the services they offer, a transportation grant they have, employment opportunities and Medicare and Medicaid assistance.

Out to Eat Bunch

Meet the group at Denny's Restaurant @ 2033 Rawsonville Road, Belleville, MI 48111 at **11:45AM on Friday August 24, 2018**. As a gentle reminder, please sign-up at the center to ensure an accurate count is provided at restaurant.

Gentle Reminder Lunch Participants: Do not forget to sign up for lunch.

To ensure YOU are not missed. It is important to sign up for a meal. **Meals are ordered every Thursday morning by 11AM for upcoming week.** After this time, we are unable to place additional orders. We are asking for your assistance to ensure that your name is placed on reservation sheet. For regular lunch participants, as a suggestion, review lunch menu for entire month and sign up accordingly for each day you would like to have a meal, this way you do not have to worry about the hassle to sign up weekly.

Additional Activities at the Ypsilanti Senior Center

Do you need some extra activities or positive social engagement to include in your day? Come visit and/or participant in additional activities the center has to offer:

- **Writers Group.** This is an opportunity for writers of **ALL** skill levels to explore different writing genres, build confidence, collaborate with others and promote a passion for creative writing. Writing assignments are according to a topic selected by participants. Interested? All are welcomed. Come and meet with the group each **Wednesday from 10:30AM-11:30AM**.
- **Bingo:** Come join this lively group each Wednesday at 12:30PM. Bingo is a great game! Each card is \$1 and .25¢ for additional cards. Maybe, you'll get lucky!

- **Euchre:** Looking to learn a new card game or are experienced playing Euchre? The group welcomes new participants and meets **Mondays at 12:30PM**. The cost is ONLY 50¢.
- **Weaving:** Do you enjoy knitting, crocheting, felting, or braiding with yarns or threads? Weaving classes are offered on **Tuesdays at 10:30AM**.
- **Art for Everyone: Wednesday at 12:30.** This month we will get our work ready for showing.
- **Knitting and Crocheting:** Anyone who wants to knit or crochet with some friends should come on **Tuesdays from 12:30 to 2:00**. All are welcome, from newbies to experienced craftspersons.

Events Happening in Ypsilanti

Thursday, August 2, 2018 Depot Town Cruise Night- There will be music from the 50s and 60s. Enjoy Ollies Café ice cream, Maize Mexican dinner and Beer at Sidetrack or Aubree's. Children can participate in hula hoop contest.

Sundays in the Garden 6PM -8PM is free to ALL AGES - Sundays in the Garden concert series is presented by Cultivate Coffee & Tap House, located 307 N River Street, Ypsilanti, MI, a non-profit coffee and tap house obsessed with having excellent coffee and beer, creating an amazing space for events and groups and their investment in committing to ending hunger. All profits, tips and donations go toward hunger relief through local and global programs including: Food Gatherers, Growing Hope, Ypsilanti Meals On Wheels and Food 4 Farmers. **Sundays In The Garden 2018 lineup:**

- Sunday, August 5 - Sophiyah E/Frankie P
- Sunday, August 12 - Planet D Nonet
- Sunday, August 19 - Abigail Stauffer/Kate Peterson
- Sunday, August 26 - Groove Studio Showcase

These concert series cultivates a weekly way of giving back to the community. Portion of sales from the featured brewery will go to a community non-profit organization. The selected organization is called We the People Growers Association.

On Saturdays, We the People Growers Association (WTPGA) have an official Helping Hands Day from **10am till 2pm**. WTPGA's contribution centers on growing chemical free vegetables making them affordable and accessible in the community. Come join us at any time during these hours; since we are harvesting lots of organically grown veggies...bring a bag and we will make sure you do not leave empty handed! The garden is located on the property of **Grace Fellowship Church House of Solutions** located on **1301 South Harris Rd, Ypsilanti MI 48198**. For additional information, please contact owner, Melvin Parsons at 734-757-5067.

Saturday, August 4, 2018 Annual Willow Run Victory Cruise Show Cruise- Theme Night and Showcase winners receive prizes, theme night winners get free car show entry. **Family Fun all day!!**

Saturday, August 18, 2018 Riverside Park 10-3PM free outdoor exhibition of fire apparatus showcasing rigs dating from early 1920s right up to today. Several trucks will be in operation drafting water from the Huron River.

Friday through Sunday, August 24 - 26, 2018 (Ypsifest or Heritage Festival) Yearly festival of heritage, arts, entertainment, enjoy live music, various forms of entertainment, beer tent, food service, "Your Generation and Ring of Steel Performing) , children's entertainment area.

Saturday and Sunday, August 25 – 26, 2018 Thunder Over Michigan Air Show 9AM- 5PM Wayne County Airport Authority U.S air Force "Thunderbirds" presents Americas leading Warbird show in America. Willow Run Airport near Detroit, world class entertainment , unique static displays fun for the whole day , celebrates 20th anniversary.

Saturday, August 25, 2018 Fido Walk American Cancer Society Bark for Life - Farm at St Joe's on campus St Joesph Mercy Ann Arbor. Unique day filled with fun things to do with your dog. Start off with a fun walk. The Farm at St. Joes as you partake in the after party with food, canine activities such as agility, live chasing, contests, games, doggies dashes and more. Register online at relayforlife.org/barkgreaterannarbormi

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 – Director

Shonda Gibbs – Administrative Assistant
Zandra Martin – Receptionist
Lenora Miller – 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.

Please 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!

Happy Birthday to all born in August!