

Ypsilanti Senior Center  
Newsletter  
December 2018 and January  
2019 Edition  
“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](http://www.ypsiseniorcenter.org)  
Facebook.com/ypsiseniorcenter/  
**Senior Center Hours:**  
Monday, Wednesday, and Friday: 9AM-  
2PM  
Tuesday, Thursday: 10AM-2PM  
Saturday: 10AM-12PM (office closed)

## ***Happy Holidays and New Year!!***

**Ypsilanti Senior Center is closed Monday, December 24, 2018 through Friday, January 4, 2019 for holiday break and Monday, January 21, 2019.**

**From the Director’s Desk  
- Monica Prince**

The staff of the Senior Center would like to wish everyone Happy Holidays and a wish for a fabulous new year.

At this time of year we ask that everyone fill out a new membership form. The Ypsilanti Senior Center does not have a membership fee. The form is attached and only takes a few minutes. It is important for us to have everyone turn in a membership form. Our interns will be working on our database in January to keep it accurate. We need this information to get statistics for writing grants to bring in money to run our programs. We also need the information for your safety if anything happens while you are at the center. Please fill it out and bring it to the center as soon as you can.

After a much needed break, we will be back January 1, 2019. We hope to have many exciting new things in the new year. Stay tuned to the upcoming newsletters to see more. One thing I can say is we received a grant to buy new tables and some chairs with arms. Hopefully they will be arriving in the beginning of the new year.

Save the date: December 4 from 2-4pm. We will celebrate our 57th anniversary at the senior center. We are planning an open house that day. Let me know if you would like to help with the event.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:30</b> Exercise w/ Mark <b>10:30</b> Acupuncture <b>11:45</b> Lunch <b>12:30</b> Euchre	<b>9:00</b> Line Dance <b>10:30</b> Weaving <b>11:45</b> Lunch <b>12:30</b> Knitting	<b>9:00</b> Exercise w/ Mark <b>10:30</b> Writers Group <b>10:45</b> Gentle Fitness <b>11:45</b> Lunch <b>12:30</b> Bingo <b>12:30</b> Art	<b>11:45</b> Lunch <b>1-2:30</b> Yoga	<b>9:30</b> Exercise w/ Mark <b>10:45</b> Gentle Fitness <b>10am-2pm</b> Massage (by appointment) <b>1-2:30</b> Yoga	<b>10am-12pm</b> Quilting

### Health and Wellness Sessions

**Exercise with Mark: Mondays, Wednesdays, and Fridays at 9:30AM.** This fun and engaging class will assist individuals to improve balance, strength, flexibility, and cognitive capabilities through various exercises. Arrive early to secure a space! **NO CLASSES** are scheduled during holiday break (See first page). Mark will have class on **Martin Luther King Day, Monday, January 21, 2019.**

**Line Dance: WCC classes have concluded. Sessions will resume Tuesday, January 15, 2019.**

**Yoga Classes:** WCC classes have concluded. **NO CLASSES** are scheduled during holiday break and will resume

**Gentle Fitness:** Consider participating in a low-impact workout session easier on body and joints held on **Wednesdays and Fridays at 10:45AM. NO CLASSES** are scheduled during holiday break.

*Take advantage of the additional services offered here at the senior center for a small fee. **Please note, these services will not be available during holiday break.***

**Acupuncture with Ron. Scheduled from 10:30AM – 12:30PM.** Please be advised that in order to receive the maximum benefit from treatment, it is recommended to arrive no later than 11:45AM. The fee is \$15/session.

**Norwegian Massage with Sissel Bridges.** Schedule an appointment 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

**Visiting Foot Nurse, Robbi Duda,** will be at the center on **Tuesdays, December 11, 2018** and **January 8, 2019.** Please call to schedule your appointment at 734-741-8586.

### **Other Community Exercise Programs Available**

#### **Cardio Drumming**

*Ypsilanti Free Methodist Church  
1800 Packard, Road  
Ypsilanti, MI 48197  
\$2.00 **with** Ball and Sticks  
\$1.00 **without** Ball and Sticks*

#### **Free Yoga and Zumba**

*(inside Briarwood Mall in front of JCPenny's)  
9AM-10AM - Both Classes  
Yoga - Tuesdays  
Zumba - Thursdays*

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### **Out to Eat Bunch**

Meet the group at the Marriott Hotel, located 1275 S. Huron Street, Ypsilanti, MI 48117 at **11:30AM on Friday, December 14, 2018.** As a gentle reminder, please sign-up at the center. **Please mark calendar, "Out to Eat Brunch" is not scheduled for January 2019.**

#### **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.** We are asking for your assistance to ensure that your name is placed on reservation sheet.

If you are interested in participating in the lunch program, please see the receptionist to complete appropriate documents. Individuals 60 years and older is a donation fee of \$3 and 60 years and under is \$5.50. Should you have any questions, please do not hesitate to ask.

### **Holiday Potluck**

**Tuesday, December 18, 2018 @ 11:45AM**

**"Bring a Gift"**

It's our annual Holiday "*Gift Exchange*" Potluck. Bring a gift to exchange of no more than five dollars (\$5) and a delicious dish. The center will provide the ham. Please

ensure you sign up for this occasion. Gifts are to be wrapped and labeled "male" or "female" and placed under the Christmas tree upon arrival.

This is a wonderful time for members of the center to get together, sing Christmas songs, and enjoy the company of others during this holiday season. Come join us.

**"Chinese" New Year Potluck  
Tuesday, January 15, 2019 @ 11:45AM**

We decided to do something different to start the year! Chinese New Year is the most important holiday in China. It is also a time to bring family together for feasting. Join us in learning more how China celebrates in welcoming the New Year. The center will provide a chinese dish.

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**Educational Workshop Presentations for January 2019 will be  
announced at a later date. Will keep you posted.**

**"We Care CONNECT Memory Cafe"  
Tuesday, December 11, 2018  
2PM - 4PM**

The memory café is a safe and judgment free environment that provides as a respite from the constant emotional turmoil brought on by dementia. This opportunity is provided to caregivers and persons living with memory loss to engage in social conversation, creative and entertaining activities, and **develop friendships for mutual support.**

This month, "**We Care Connect Memory Café,**" is scheduled to have caregivers decide on our NEW logo, listen to Christmas songs, make cookies, and hear a special guest share her story on living with memory loss.

If you know someone who may benefit from this social opportunity, please pass along to encourage participation. The center is **CLOSED** for this specialized program. The cafe is open to anyone, without referral or assessment, in the early to moderate stage of the (Alzheimer's) disease, caregivers and care partners, or persons concerned about cognitive decline. Individuals with a history of disruption and/or aggressive behavior is not appropriate for the group.

Light refreshments will be served and resources available related to dementia care.

Should you have any questions regarding the memory cafe, please feel free to contact the center at 734.483.5014.

Gentle reminder, **“We Care CONNECT Memory Cafe”** meets every second Tuesday of the month. The next scheduled social group is:

**Tuesday, January 8, 2018  
2PM - 4PM**

## **Thank You!!!**

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!

## **Retired Seniors Volunteer Program (RSVP)**

RSVP has been active in Washtenaw County since 1973. Catholic Social Services of Washtenaw County has sponsored the program since 1989. In Washtenaw County close to 300 senior volunteers serve approximately 50,000 hours annually, through 40 local nonprofits. This is the equivalent of investing \$1,207,000 (based on the Independent Sector rated value of a volunteer hour) into the community.

This program helps adults age 55+ contribute their talents and experience to serve local nonprofits. RSVP considers the skills and interests of each volunteer along with the needs of the partner organizations to match up the volunteer.

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## **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.

### **Our Staff:**

Monica Prince -- Director

Shonda Gibbs -- Administrative Assistant

Lenora Miller -- Kitchen Aid

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Happy Birthday to all born in December!

★HAPPY★  
BIRTHDAY!