



City of Ypsilanti Senior Center News

February 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

9:20 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

Happy 2018 and welcome back to ALL!!!

We have been graced to have another opportunity to grow, learn, and experience new things in LIFE. It’s a new year. Why not seize the chance to become better, do something you have never done, and take a leap of FAITH to maximize time given.

In January 2018, The Ypsilanti Senior Center honored four (4) special individuals in reaching the ripe age of ninety (90) years PLUS! I have forty-five (45) years to go (laugh out loud)!! I tend to diligently correct the way I think and continuously learn as much as I possibly can. It’s a new year. We are ALL too YOUNG to waste an opportunity to write a book, start a business, volunteer more, learn a new skill, travel; the sky is the limits. **Don’t settle and become comfortable.** It’s a new year, so maximize!!

– Admin. Assistant, Shonda D. Gibbs

Humor is GOOD! A Romantic Story

A married couple had been out shopping for most of the day. Suddenly the wife realized that her husband had "disappeared". Somewhat irate she called her husband's mobile and demanded, 'Where are you?'

Husband: 'Darling, do you remember that little jewelry shop where you saw that beautiful diamond necklace and totally fell in love with it but I didn't have the money at that time and I said "Darling it'll be yours one day.'"

Wife: tremulously, 'Yes, I do remember that my love.'

Husband: 'Well I'm in the Pub next to that shop.'

- Shay Foley

Please Mark Your Calendar: The Ypsilanti Senior Center is closed President’s Day, Monday, February 19th.

Health Educational Workshops

Heartland

(Flu and Fall Prevention)

Monday, February 5, 2018 @ 10:30AM

With a flu epidemic on the rise among children and older adults, join a representative from Heartland in a presentation on preventative tips from the potential deadly virus with a special talk on fall prevention.

Meridiancare

(Health Care Insurance)

Monday, February 26, 2018 @ 10:30AM

Come and meet Community Outreach Representative, Rebecca Skinner from MeridianCare. This service organization provides government-based health plans (Medicare, Medicaid, and the Health Insurance Marketplace) in three different states (Michigan, Illinois, and Ohio). It is one of the fastest growing health plans in the country.

February Potluck

Valentine and Mardi Gras Day

Tuesday, February, 13, 2018

At 11:45AM

Alright everyone, it's that time to show the one you love how much you care and/OR break out with the beads and masks- it's Mardi Gras!! There will be masks at the center to decorate. Brenda will be available to help out in the small room from 10am – lunch. Please ensure you sign up to bring a side. **The center will provide the main dish of baked potatoes WITH ALL THE TRIMMINGS.**

Out to Eat Bunch

Meet the group at Cracker Barrel, located 45525 N. Interstate 94 Service Dr., Belleville, MI 48111 @ **11:30AM on Friday, February 23, 2018.** As a gentle reminder, please ensure that you sign-up at the center.

Facility Rental Training

To ALL current and new volunteers who assist in rental coverage, a meeting is scheduled on **Monday, February 22, 2018 at 6:30PM** to review protocols, procedures, and receive feedback regarding rental coverage experience. If unable to attend, please inform Monica or Shonda.

Exercise classes

Exercise with Mark: Monday and Fridays are 9:30AM and Wednesdays at 9AM until **Wednesday, March 21, 2018 when classes resume to 9:30AM.**

Line Dancing: The health benefits of dancing for seniors range from improving physical health, creating social connections, and increasing a sense of well-being. Join Dee and the gang in getting the body moving on **Tuesdays at 9:20AM until March 20, 2018.**

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 **Art Group.**

Health and Wellness

Schedule your 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

Acupuncturist, Ron Hough will be at the center on **Tuesdays from 9am – 11am.** The fee is \$15/session. It is recommended to come in between 9am and 10am to begin process.

The foot nurse, Robbi Duda, will be at the center on **Tuesday, February 13, 2018.** Call **734-741-8586** to schedule an appointment.



Our member feature for the month of February is Ms. Margaret Best. Margaret has been living in Ypsilanti since 1978, and currently resides in the same home she purchased in 1984. She enjoys living in Ypsilanti for its friendly people, parks, and mature trees. She also appreciates that the houses have their own character, she says “they don’t look like those found in housing developments.” Margaret attracts a variety of birds to her yard; and especially enjoys receiving visits from the Yellow Shafted Flicker; a showy bird from the woodpecker family.

Margaret first started coming to the Ypsilanti Senior Center as part of the quilting group on Saturdays. After retiring from teaching in 2009, she became an active member who regularly attends the Writers Group, which began in 2012. Margaret explains that she has always been a writer, who especially enjoys the diversity of individuals participating in the group; and adds that being involved in the writers

group gives her a reason to think and remember to put her thoughts on paper. Although, she shares her writing with the group, Margaret envisions her journals as part of her legacy. Margaret frequently participates in a variety of activities at the center including: the art group, potlucks, and attends speaker and educational presentations.

Due to a prolonged illness Margaret takes great care in her health and strength recovery, by maintaining a disciplined approach to exercises created through physical therapy three times per day. She explains that she loves to travel, and believes because of the exercises her strength is returning; and that a trip might be in her near future. Margaret started traveling in her early twenties and has ventured to places such as Ireland, England, Italy, Spain, Scandinavia, Alaska, and to Yellowstone National Park. She recommends entering Yellowstone from the east through Cody as it has some very beautiful scenery. It is a popular route and advises it is best to secure reservations well in advance.

Margaret has had many important people in her life, one of which was her stepmother. She lost her mother as a child, and her father had met her stepmother eight years later. She explains her stepmother was very good for her father, but was also very good for her. Her stepmother had intervened on Margaret’s behalf for her father to permit Margaret to go to College. Her stepmother had also taken care of her father, allowing Margaret to pursue her career. Other great persons in her life have been her Aunt Emily - Margaret’s kindred soul, also Fay Kleinman, an artist who was a very dear friend. Mary Lou Webster, is another kindred soul who Margaret had admired very much. Margaret is a friendly and nice person, and I know that her friends are tremendously lucky to have her.

Margaret’s proudest accomplishment has been as a high school English and Journalism teacher. She especially enjoyed teaching the children who were juniors, or in the 11th grade.

The things that make Margaret happy are: a love of completing projects, being with friends, and is a nature lover who has a keen interest in birds, and she likes to live frugally.

Margaret’s advice to everyone is: “perfectionists don’t enjoy life, good enough is good enough, and you don’t need to be a celebrity – besides their lives are not private.” – Darlene Gallant

Community Events/Resources

Here are few scheduled events occurring in City of Ypsilanti you may want to consider participating in:

- **Begin Researching Family Tree, Sunday, February 4th @ 2PM at Ypsilanti District Library - Whittaker.**
 - Learn how to gather and organize information, locate public records, and find online resources. Co-Sponsored by Ypsilanti Historical Society & Genealogical Society of Washtenaw County.
- **AARP Income Tax Preparation, Wednesdays, February 14th, 28th, and March 14th at Ypsilanti District Library**
 - Michigan Ave. Receive free tax preparation! This service is for people with low to moderate incomes, with special attention to those 60 and older. Must bring social security card.
 - Walk-ins: 9:30AM-12:30PM
 - Appointments: 12:30PM-3:30PM - Call 734.482.4110 ext. 1385
- **Chronic Pain Self-Management (Ages 55+), Wednesdays, February 21st- March 28th @ 10AM at Ypsilanti District Library Whittaker.**
 - Learn techniques and skills for managing chronic pain in this six-week workshop. Caregivers are also encouraged to participate.
 - Facilitated by the Area Agency on Aging 1-B.
 - Register: 734.482.4110 ext. 1377
- **Go Red Soiree: Saturday, February 10th at 7PM-10PM Doors open @6:30PM**



To all born in February!



From the Director

February always seems to be a month full of activities in spite of being a short month. I will be on the west coast for part of the month to meet my new grandson and help my daughter. I can't wait.

I would like to start a volunteer group to help out with minor maintenance jobs around the center. If you have some knowledge of any aspect of home repair and would like to help the center out, please consider signing up. I will have a sign-up sheet available.

Shonda and I are looking at the needs of family members or friends who are caring for people that have health or cognitive problems. If you are in this situation or know of anyone let us know about your experience. Let us know if you have any ideas on how a center can help out. We can't make any promises, we are just in a dreaming stage.

Monica

Monday February 21 Dr. Hashimoto will be available from 10am to noon to talk to everyone about her study and answer any questions you may have.

Eastern Michigan University Aphasia Research Lab WORKING MEMORY STUDY INTERESTED?

PURPOSE OF STUDY: The Eastern Michigan University Aphasia Research Lab is now enrolling individuals, ages 18 years to 80 years, to examine the relationship between working memory abilities and vocabulary learning.

Description: On the first day, you will be asked to listen to number or made up words that are presented by the computer. On the second day, you will be asked to learn new names for novel objects.

Time Required: You will be asked to participate in two separate sessions in one week. The time spent in the sessions will range from 20-30 minutes. Sessions will take place either on Eastern Michigan University campus or within your home, whichever is preferable to you.

COMPENSATION: Each participant will receive a \$10 for his/her time.

CALL OR EMAIL

Naomi Hashimoto, PhD, CCC--SLP
Speech--Language Pathology Program
EMU Aphasia Research Lab
734--487--2772
nhashimo@emich.edu

**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

Brenda Shephard – Receptionist

Zandra Martin – 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!