



City of Ypsilanti Senior Center News

July 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

Quote of the Month:

"When you arise in the morning, think of what a precious privilege it is to be alive;
to breathe; to think; to enjoy; to love." – Marcus Aurelius

It's Summertime!

There is so much to do, time to relax, take a vacation, spend quality time with family and friends or whatever you deem is beneficiary in maximizing quality of life. With this in mind, the Ypsilanti Senior Center is excited to announce upcoming events, including the launching of "We Care" Memory Café in September 2018! Monica will share more details regarding this NEW program for caregivers and person with Alzheimer's disease or related dementia. We are excited!!!

**The Ypsilanti Senior Center will be closed on Wednesday,
July 4th.**

**YOU ARE INVITED TO THE FIRST ANNUAL ART EXHIBIT
OF THE YPSILANTI SENIOR CENTER MEMBERS**

Wednesday, July 25, 2018 7 – 8:30 pm

Come and meet the artists and enjoy light refreshments

There will be works that our members have done during our art classes and in their own studios. Some art work will be for sale. If you would like to display your work, let Monica know by July 11th.

Educational Presentation
Monday, July 9th, 2018 at 10:45AM

Oakstreet Health is returning with a delicious smoothie demonstration. Come join us and/or invite someone to learn more on the benefits and recipes to enjoy during these hot summer months!

Out to Eat Bunch

Meet the group at Los Amigos Fiesta at 4855 Washtenaw in Ypsilanti at 11:45 on Friday July 27. As a gentle reminder, please sign-up at the center to ensure an accurate count is provided at restaurant.



It's BEACH DAY - "Make Your Own Salad,"
Tuesday, July 17, 2018 @ 11:45AM

Come on out with your colorful summer attire and let's have a BALL! Which additional salad items or salad will you bring? The center will provide the lettuce, cucumbers, cheese, and dressing. **Please sign up on or before Friday, July 13, 2018.**

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.



Enjoy laughter while working on improving balance, strength, flexibility, conditioning and cognitive capabilities. Exercise balls and weights are utilized. Join **Mark and the group on Mondays, and Fridays at 9:30AM and 9AM on Wednesdays.**

Line Dance: Get ready to have fun, sweat, improve balance and memory. Spaces are available. **Tuesdays at 9AM**

Yoga: Commencing Thursday and Friday, at 1PM-2:30PM. **Classes are FULL.**



NEW DAY and TIME!! 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, June 12, 2018.** Call **734-741-8586** to schedule a appointment.

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+)

July 2018 Events

The Ypsilanti Fourth of July Parade will be held on Wednesday, July 4th at 11AM. Michigan's Oldest Parade continues its tradition in 2018. Starting at the corner of Oakwood and Cross, the parade will flow down into Historic Depot Town where the parade will then end at Rice Street.

Thursday Evenings Depot Town Cruise Nights, Ypsilanti June 7, 2018 - August 31, 2018 5pm to 8:30pm Call museum to see if cancelled due to weather

Ypsilanti's Historic Depot Town is filled with classic cars from the first Thursday evening in June to the last Thursday evening in August. They start gathering before the street is closed at 5 PM and enjoy summer evenings filled with music from the 50s and 60s until darkness takes over. Owners and spectators talk about cars, have ice cream cones at Ollie's Cafe, eat a Mexican dinner at Maize, or feast on a burger and beer at the Sidetrack or Aubree's. Children participate in hula hoop and other contests.

"Willow Run," a World Premiere by Jeff Duncan (June 14 – September 1, 2018)

During WWII the Willow Run Bomber Plant located near Ypsilanti, Michigan was the largest factory under one roof in the world. *Willow Run* follows the journey of four of those women who migrated from all over America to find new lives at the plant. Along the way they overcome a multitude of challenges, learn to endure new sorrows, overcome deep-seated prejudices and forge new friendships. Winner of the 2017 Edgerton Foundation New Play Award.

Ticket Information

Regular performances are 8:00 pm Thursday through Saturday, 3:00 pm Wednesday and Saturday, 2:00 pm Sunday. Special discounts are available for the first week of previews and for students, seniors, teachers, veterans/military personnel and groups. Prices range from \$22-\$46. Tickets can be purchased for groups of 12 or more starting Monday, June 26 at 10:00 am. Tickets are available at the box office, by phone (734) 433-7673 or online at www.purplerosetheatre.org. The Purple Rose Theatre is located at 137 Park Street, Chelsea, Michigan 48118.

The Thrift Store

Looking to donate or seeking a particular item for the home, car, or work? Look no more. Visit the Thrift store, located 14 S. Washington St, Ypsilanti on Mondays, Wednesdays, Thursdays, and Fridays from 10AM-3:45PM or Tuesdays from 12PM – 6PM. You can drop off donations at the shop during regular hours including Saturdays from 10 AM to 1 PM in the loading zone right in front of the shop. Free parking is across the street.

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¢.
- **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 that is easier on the 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.
- **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 craftsman. There is always enough experience to help through problems.
- **Blood Pressure Check:** Senior nursing care services will come on the third Friday of every month to check your blood pressure. They will be here July 20 from 10-11:30.



From the Director

Summer is flying by. Put August 4th on your calendar. That will be our Corn Roast. Later in the month there will be flyers that will need to go up in businesses and passed out to friends and family members. We will also need help on the day of the corn roast. Sign up to help and come and enjoy the meal.

The quilts are on display at the center. The "Going to Pieces Gang" has out done themselves again this year. There are 3 gorgeous quilts that will be raffled off at the Ypsifest on August 26th. Tickets will be available for purchase later in July.

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

Judy Singh – 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 July!