



# City of Ypsilanti Senior Center News

June 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](http://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:

“Every year should teach you something valuable; whether you get the lesson is up to you.” Oprah Winfrey

## Thank you for the Memories

Well, it is sad to announce that Brenda Shephard has decided to move on to new beginnings in life. We have appreciated her contributions here at the Ypsilanti Senior Center to greetings members daily, ensuring everyone signed in for lunch, and provided great ideas in maintaining the décor of the center. Brenda, you will be missed! The following is a message from Brenda:

“It is time for me to move forward. Leaving is not easy, but necessary. My thanks to the staff, members, and volunteers who helped make this work experience a rewarding one.” Love, Brenda

**Potluck**

Everyone Brings Something to the Table.

**“Ice Cream Social”, Tuesday, June 12, 2018 @ 11:45AM**

Bill’s Hot Dog will be providing the main dish for this potluck! **Please sign up on or before Friday, June 8, 2018.** Senior Nursing Care Services will be providing blood pressure checks and Regency at Canton will be providing the ice cream with brief presentations on services offered. **Love to see you there!**

## Educational Presentation

**Monday, June 18<sup>th</sup>, 2018 at 10:45AM**

The American Cancer Society's mission is to save lives, celebrate lives, and lead the fight for a world without cancer right here in Washtenaw County. The American Cancer Society provides resources for cancer patients, cancer survivors, and their caregivers. Join us to learn how you can benefit from the American Cancer Society's programs/services and how you can help the American Cancer Society achieve its mission!

## Out to Eat Bunch

Meet the group at Red Lobsters, located 2420 Carpenter Road, Ypsilanti, MI 48108 @ **11:30AM on Friday, June 22, 2018**. As a gentle reminder, please sign-up at the center to ensure an accurate count is provided at restaurant.

## **Gentle Reminder: Do not forget to sign up for lunch.**

Please sign up for a meal for the upcoming week. **Meals are ordered every Thursday morning by 11AM.** After this time, we are unable to place additional orders. We are asking for your assistance to ensuring your name is placed on sign-up sheet(s).

## **The Thift Store**

Looking to donate or seeking a particular item for the home, car, or work? Look no more. Visit the Thift 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.



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.

## **Gentle Reminder**

**Jewelry Sale, Saturday,  
June 2, 2018  
9AM -3PM**

## 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.**
- **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.

## Suggested film to See

**"Live Life Well" showing Friday, June 22nd through June 28<sup>th</sup> at the State Theatre**

Lives Well Lived celebrates the incredible wit, wisdom and experiences of adults aged 75 to 100 years old. Through their intimate memories and inspiring personal histories encompassing over 3000 years of experience, forty people share their secrets and insights to living a meaningful life. These individuals open the vault on their journey into old age through family histories, personal triumph and tragedies, loves and losses - seeing the best and worst of humanity along the way. Their stories will make you laugh, perhaps cry, but mostly inspire you.

This is a REALLY GREAT FILM! Monica and I attended a fundraiser event that featured this documentary. If you are interested in hearing and seeing these special individuals, you are welcomed to gather a group and car pool. The parking lot of the Ypsilanti Senior Center is an option if residing in the area. I am definitely returning and taking someone with me! Please note, at the time of composing this newsletter, the State Theatre was contacted to verify showing, but times were not yet available. You can call 734-668-8397 or visit website at [www.statetheatrea2.org](http://www.statetheatrea2.org).



## From the Director

We are excited to announce that we have received a grant from the Bach Foundation! With these funds we will be able to launch "We Care Memory Café." Shonda and I are now able to add additional hours to begin planning new program. The café focuses on providing individuals diagnosed with Alzheimer's disease or related dementia, their caregivers, and families in a safe, supportive, and engaging atmosphere. Appropriate activities will be incorporated including movies, art projects, and music. The café will launch September 2018. During the summer months will focus more on marketing, coordinating, and organizing the monthly program.

Additionally, an opportunity will be provided to our members to utilize TV and computer to facetime families, long distance. Times will be provided at a later date.

# Happy Birthday to all born in June!

## 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](mailto: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**

**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!