



# City of Ypsilanti Senior Center News

March 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  
9:20 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

## Upcoming Events and/or Workshops

### UnitedHealth Care

**Monday, March 19, 2018 @ 10:30AM-12PM**

Get more benefits than you’re currently getting from Original Medicare with a UnitedHealthcare Dual Complete® (HMO SNP) plan. It combines your doctor, hospital and prescription drug coverage into one plan for a \$0 plan premium.

### OakStreet Health

**Wednesday, March 21, 2018 @ 11:45AM**

Representatives from Oak Street Health are returning. The focus is to provide the highest quality of health care tailored to the needs of older adults with Medicare. Come join us and learn more of the services they are offering.

### Blue Sage Health Consulting

**Monday, March 26, 2018 @ 10:45AM**

**What is CBD? How does it work? What are the health benefits?** How can CBD help me. In this class, you will learn answers and much more! We will touch on the Endocannabinoid System and how CBD can help activate your body's own natural healing system to alleviate chronic issues. We will have a presentation, followed by a question and answer session with our expert CBD consultant, Julie Barron. We are excited to share with you this incredibly safe, non-pharmaceutical alternative! CBD 101 is featuring Blue Sage Health Consulting. Blue Sage Health’s mission is to educate and empower you to achieve your highest quality of life with the use of this plant-based cannabidiol (CBD).

We RECEIVED positive feedback from a member of the Ypsilanti Senior Center utilizing treatment, over several months, with a love one and recommended to bring Blue Sage back!

**Please Mark Your Calendar: The Ypsilanti Senior Center is closed Good Friday, March 30th.**

**March Potluck**  
**“Heritage Celebration Day”**  
**Tuesday, March, 13, 2018**  
**At 11:45AM**

Bring a dish that celebrates your heritage. Be creative, have fun, and share the reason why dish was selected. The center will provide the main dish of GREEK Meatballs. I am looking forward to learning the traditions and/or legacy of others.

**Out to Eat Bunch**

Meet the group at Big Boy located 2800 Washtenaw, Ypsilanti, MI 48197 @ **11:30AM on Friday, March 23, 2018**. As a gentle reminder, please sign-up at the center to ensure an accurate count is provided at restaurant.



**You are responsible for signing yourself up for lunch.**

To all current and new lunch participants, to ensure an accurate count for meals are ordered in a timely manner, please sign up on the days you would like 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).

**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, March 13, 2018**. Call **734-741-8586** to schedule an appointment.

## Additional Activities at the Ypsilanti Senior Center

*"People who join together in an activity have a common bond that unites them, resulting in better communication, closer friendships, and increased self-confidence."* (Hastings, Complete Handbook of Activities and Recreational Programs for Nursing Homes, 1981).

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, despite what many say, is a great game! Each card is \$1 and .50¢ for additional cards. Maybe, you'll get lucky!



**Eurche:** Looking to learn a new card game or are experienced playing Eurche? The group welcomes new participants and meets **Mondays at 12:30PM.** The cost is ONLY 50¢.

**Facility Rental Volunteer Training – THANK YOU!** Monica and I would like to take this opportunity to all who attended the recent Facility Rental Volunteer Training Session, Thursday, February 22, 2018. If you were unable to attend, please see Shonda or Monica to receive handout on the responsibilities **to opening and closing center.**

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. **Humor** lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

### **60th High School Reunion**

He was a widower and she a widow. They had known each other for a number of years being high school classmates and having attended class reunions in the past without fail.

This 60th anniversary of their class, the widower and the widow made a foursome with two other singles. They had a wonderful evening, their spirits high with the widower throwing admiring glances across the table and the widow smiling coyly back at him.

Finally, he picked up courage and blurted out, "Will you marry me?"

After about six seconds of careful consideration, she answered, "Yes ... yes I will!"

The evening ended on a happy note for the widower. But the next morning he was troubled. Did she say yes? Or did she say no? He couldn't remember. Try as he would, he just could not recall. He went over the conversation of the previous evening, but his mind was blank. He remembered asking the question but for the life of him he could not recall her response. So with fear and trepidation, he picked up the phone and called her.

First, he explained that he couldn't remember as well as he used to. Then he reviewed the past evening. As he gained a little more courage he then inquired of her, "When I asked if you would marry me, did you say yes or did you say no?"

"Why you silly man, I said Yes. Yes I will! ... And I meant it with all my heart."

The widower was delighted. He felt his heart skip a beat.

Then she continued, "And I am so glad you called because I couldn't remember who asked me!"

### **Community Events/Resources**

- **AARP Income Tax Preparation, Wednesday, March 14<sup>th</sup> 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 21<sup>st</sup>- March 28<sup>th</sup> @ 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



## To all born in March!



### From the Director

My Grandson Henry Russell was born Feb 17. I was thrilled to be with the new mom and dad and to be one of the first to hold the baby. All are doing well.

I want to thank Haab's restaurant for holding a fundraiser for us in February. Unfortunately it was a very snowy day. But they still contributed over \$150 towards our budget.

We have a group of EMU students that are working on some fundraisers for us. One is a Bingo night on March 14. There will be more information soon.

Spring is on its way. Take some time out to spring clean out your jewelry drawer. We took all the jewelry that we have been collecting over the years and put it in an auction. We want to start with new (vintage) jewelry. The next jewelry sale is June 2. We would love to get started soon on pricing it. Pass on the word that we need more jewelry for our sale.

*Monica*

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!

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.***