



City of Ypsilanti Senior Center News May 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
10:30–12:30Acupuncture
11:45 Lunch
12:30 Euchre

Tuesday

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

Life Steps

Our entire life is made up of choices; what we decide, the action we take, the attitude we display. All represent the steps of life.

Sometimes we take two steps forward and one-step back.

Some of us take baby steps

Some of us take giant steps. But the secret is not to let that one step back turn into a failure.

Learn from backward steps

And keep on stepping forward in this dance Called Life! Catherine Pulsifer

Upcoming Events and/or Workshops

On **Monday, May 7, 2018 at 10:45AM** meet Debbie Kuiawa from UnitedHealthCare Community Plan to learn about Medicare Supplements, Dental/Vision/Hearing, and Prescription Drug Plans with so much more.

On **Monday, May 14, 2018 at 10:45AM**, come welcome Justine Bykowski from State Attorney General's office to learn more about home repairs (or scams) and how to avoid or report scams.

On **Tuesday, May 22, 2018 at 6:30PM-9:30PM**, **YpsiFest (Heritage Festival) Committee** will be hosting a Town Hall Meeting. The public is invited to hear details of weekend festivities for August 2018, an opportunity to give input, and volunteer. Great things are happening in Ypsilanti!!

Center is closed for Memorial Day, Monday, May 28, 2018

Mark YOUR CALENDAR, Jewelry Sale at the Ypsilanti Senior Center on **Saturday, June 2, 2018 at 9AM-4PM**, If you are interested in volunteering for Friday night set up on June 1, 2018 or day of event, please contact Delois Wilson at 734.732.1801(cell) or 734.483.4874 (home) for more information or sign up at the center.

Potluck

Everyone Brings Something to the Table.

"Mom's Favorite Dish"

Tuesday, May 15, 2018

At 11:45AM

What better way to celebrate the month of May, but by celebrating mothers everywhere! Mother's Day is Sunday, May 13, 2018. We decided to continue this national holiday by bringing in a favorite dish to pay tribute to your mom. The center will be providing Lasagna. Please ensure you place name on sign-up sheet.

Out to Eat Bunch

Meet the group at Aubree's located 39 E. Cross, Ypsilanti, MI 48198 @ **11:30AM on Friday, May 18, 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 Thrift 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 with others. Exercise balls and weights will be utilized. Join **Mark and the group on Mondays, Wednesdays, and Fridays at 9:30AM.**

WCC Spring/Summer exercise classes commences Monday, May 7, 2018, **in which time Wednesday class resumes at 9AM on May 9, 2018.**

Line Dance: Get ready to have fun, sweat pouring, balance improved, and memory enhanced. **Commencing Tuesday, May 8, 2018, Line Dance will start at 9AM to 10AM.** Mark your calendar as spaces are available.

Yoga: Commencing Thursday and Friday, May 10 and 11, 2018, **Yoga will start 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.** 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, May 22, 2018.** Call **734-741-8586** to schedule a appointment.

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 participate 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 .50¢ 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:** In May the art class will continue work with polymer clay on **Wednesday April 11 and 25 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.

Springtime Activities for Older Adults

According to the National Institute of Health, taking time to partake in fun springtime activities can help to not only **improve cognitive function** but **emotional well-being as well**. **Warmer days are here**. **Take the time to savor** some springtime activities that are good for the soul:

1. **Choose a local park or nature trail for walks.** Many landmarks, local parks and even nature trails are great! Research ahead of time to find out what outdoor nature destination is a good choice.
2. **Eat outdoors at a fancy restaurant.** Good company, food and a fancy ambiance are all a recipe for success. Satisfy your palate and take time for some quality bonding with family and/or friends.
3. **Enjoy tourist attractions.** Whether it's local landmarks, historical sites or sporting events, tourist attractions are good for the mind and for combating cabin fever.
4. **Go on a picnic.** Pack a delicious lunch with a comfortable blanket and enjoy the outdoors.
5. **Go see a show.** Whether a local theatre production or a fancy opera get dressed up and have a fun evening watching a show. This adds not only a little fun but also some culture.
6. **Partake in spring cleaning.** When light from outside shines through the windows, clutter and dust are suddenly visible. It's always healthy to do a little spring cleaning to create a comfortable ambiance. You might even want to put up a spring wreath and other fresh decorations.
7. **Plant an herb garden.** A modest herb garden provides not only gardening fun, but also healthy and tasty ingredients for your favorite dishes.
8. **Visit a farmers market.** There's nothing like fresh fruits, vegetables and local arts and crafts to inspire older adults to get out into the fresh walk through the local farmers market.



From the Director



Happy May! The newsletter is packed full of spring time hints. Get out and move.

May 19 is Ypsi Proud Day. Sign up on www.ypsiproud.com to help clean up our yard and plant flowers. Lucy Brown will lead the day.

I'm hoping to gather some volunteers to repaint the outside of the building in May. Let me know if you're interested in helping out.

I am working on opening a beginner's yoga class in the next month. The instructor is working out her schedule right now. If it can be arranged it will be on Thursday mornings. There will be notices up as soon as arrangements are final.

You may have noticed the new TV's in the building. The one in the small meeting room was given to us by Meijer. The large one in the main room was purchased with a grant from the McCalla Foundation. They will be utilized for classes, provided entertainment and provide a means to face time family members. If you are experienced with facetime or skype, I would like to talk with you. I would like help setting up the procedures to start this program. Thanks

Monica

Wanted

Used jewelry

The jewelry sale needs more used jewelry. Go through your dressers; ask neighbors or family members to look through theirs. Bring it in by May18 so it can be priced and ready for our sale on June 2. Also sign up to help.

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 Wade-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
Office not opened



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 May!