



City of Ypsilanti Senior Center News

October 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 Acupuncture
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



From the Director's Desk – *Monica Prince*

The senior center cannot survive without volunteers. Most nonprofit agencies are the same. It is also a benefit for the volunteer. Studies show that seniors that volunteer have a 66% decrease in feeling of isolation and 70% had fewer symptoms of depression. It also helps to promote an active lifestyle which reduces health issues.

There are many ways of volunteering. Everyone has talents that can be used in various venues. If you would like to volunteer at the center Shonda or I could walk you through the myriad of opportunities at the center. There are also many other organizations that can use your help.

There is a need at the Ypsilanti Thrift Shop for volunteers (see page 4). RSVP is a national program that can help you find the perfect spot for you. There is a description of RSVP on the last page. Ask us about how to sign up for the program.

Welcome New Interns from Eastern Michigan University

We want to welcome back returning interns Jacqueline Whitus (Occupational Therapist Studies) and Erica Davis (Field of Social Work). Ladies, thank you for choosing the Ypsilanti Senior Center as your field placements. It is our commitment for students to gain knowledge and exposure to the operational structure of the organization, program development, and most of all member and community engagement.



Washtenaw Community Classes

Join Mark and the group on Mondays and Fridays at 9:30AM and Wednesdays, classes are 9AM, to improve balance, strength, flexibility, and cognitive capabilities.

Line Dance: Classes continue on Tuesday from 9:00 – 10:00AM. Spaces are available.

Yoga: Classes are full. If interested to be placed on a wait list, please see Staff.

Other fitness classes

Gentle Fitness: Consider participating in a low-impact workout session easier on 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



Acupuncture with Ron. Sessions resumes on **Monday, October 1, 2018 with normal schedule 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 **Thursday, October 4, 2018**. **Please call to schedule your appointment at 734-741-8586**.

New Resources

My Community Dental Centers (MCDC) Services individuals who are working, retired, or recently graduated student without dental benefits. *MCDC is located at 111 N Huron St. Ypsilanti, 48197 Phone is 734-480-4250*

Discount Alerts - Take advantage!!

- AMC Theatres seniors 60 plus receive up to 30% off admission on Tuesday for Senior Day!
- Great Clips (all locations) offers a \$1-\$3 discount off a regular adult priced haircut.
- Applebee's located on 3819 Carpenter Rd offers a 10-15% off discount.
- Walgreens offers a 20% discount off all your eligible purchases on the first Tuesday of every Month!

Krogers On-line Shopping

SHOP FOR GROCERIES FROM YOUR COUCH!! Kroger now offers grocery delivery services. You can shop at Kroger from any device; schedule a delivery for an hour or whenever you need them; straight to your doorstep. Log on to Kroger.com and create an account today!

Free Food

Would you like to have access to **FREE** food and produce? Well, it's available. Fresh produce and other goodies will be delivered every first Wednesday of the Month at the Ypsilanti Senior Center, unless a holiday falls on this day. Items are available, first come first serve. Make sure you come in and grab some!

Educational Presentations and Events at the Center

“We Care Connect Memory Café”

Art – Friends – Laughter – Joy – Music – FUN!!!

Tuesday, October 9, 2018 at 2PM-4PM

It is exciting to announce that the first memory café held Tuesday, September, 11, 2018 was awesome! Caregivers, individuals living with memory loss, staff, and other community supporters joined the group to learn more about benefits and expectations of the new program. While enjoying refreshments, introductions commenced, stories and memories were shared as laughter filled the room releasing the development of new friendships and support, members will offer one to another.

The focus of this social time is to provide a stress free setting for individuals to relax and not center around the attention of the deficit (memory loss), but concentrate on the abilities remaining of the “whole” individual affected by dementia or mild cognitive decline. This month, “We Care Connect Memory Café,” will have live music entertainment with Betsey Beckerman.

The memory café is a safe and **judgment free** environment that provides as a respite from the constant emotional turmoil brought on by dementia to engage in social conversation, creative and entertaining activities, and develop friendships for **mutual support**, “Café Style.” See flyer at the end of newsletter. **Share the word for others to receive support and/or resources to living with dementia.**



Tuesday, October 30, 2018 @ 11:45AM

“It’s Halloween – Costume Day”

Let’s be **CREATIVE!!** Join us at our Halloween Celebration Potluck on **Tuesday, October 30st**. All lunch dishes should be Halloween themed (i.e., “deviled eggs, Angel Food cake, etc.”) Your dish can be an everyday dish as long as you name it with a Halloween name. The center will provide the main dish of chicken fingers. Let’s have fun, bring your favorite joke to share with everyone. **Dress up in your desirable attire ready to pose for photos.**

Out to Eat Bunch

Meet the group at Harvest Moon, located 5484 W. Michigan Ave., Ypsilanti, MI 48197 at **11:30AM on Friday, October 26, 2018**. As a gentle reminder, please sign-up at the center to ensure an accurate count is provided at restaurant.

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¢**.
- **Art for Everyone: Wednesday at 12:30.** Join us to see what beautiful art you can make.
- **Knitting and Crocheting:** This group is growing beyond leaps and bounds! Anyone who wants to knit or crochet or learn how should come on **Tuesdays from 12:30 to 2:00**. All are welcome, from newbies to experienced craftspersons.

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.

VOLUNTEERS WANTED - The Ypsilanti Thrift Shop

14 S. Washington St., Ypsilanti, Mi. 48197

Call (734) 483-1226 or stop in

Our thrift shop is more than just bargains. It is a non-profit resale shop, and we donate all our profits to local charities. We have been so busy this year that we need to increase our volunteer staff. You have to commit to working just 3^{1/2} hours a month, and we will train you in the shop. It's fun and it helps the community. **If you'd like to volunteer, contact Jenean at the number above or just stop in to the shop during regular hours to fill out an application: M W Th & F 10:00 AM to 3:45 PM, Tuesday Noon to 8:00 PM and Sat. 10:00 AM to 1:00 PM.**

The particular responsibilities include but not limited to, tidying up sales floor, help sort and place donations in the shop, work at the counter or in the marking room. The Ypsilanti Thrift Shop would love for you to consider volunteering.

Thank You!!!

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!

RSVP

RSVP has been active in Washtenaw County since 1973. Catholic Social Services of Washtenaw County has sponsored the program since 1989. In Washtenaw County close to 300 senior volunteers serve approximately 50,000 hours annually, through 40 local nonprofits. This is the equivalent of investing \$1,207,000 (based on the Independent Sector rated value of a volunteer hour) into the community.

This program helps adults age 55+ contribute their talents and experience to serve local nonprofits. RSVP considers the skills and interests of each volunteer along with the needs of the partner organizations to match up the volunteer.

**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

Lenora Miller – 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.

Happy Birthday to all born in October!