



City of Ypsilanti Senior Center News September 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

**The Ypsilanti Senior Center will be closed on Monday,
September 3, 2018**



From the Director's Desk – *Monica Prince*

CONGRATULATION Quilt Winners

The first place quilt blocks were made by a 91 year old mother of one of the quilters and then put together by the "Going to Pieces Gang". The beautiful quilt was won by Tina Phillips. The second place quilt was made by Barb Bell and won by Connie Howard. Several members of the quilters group put together the third place quilt. It was won by Joanne Hee. All three were very excited to receive the phone call that they won.

On Wednesday September 5 from 9:30 – 1:00 the League of Women's Voters will be at the center to help anyone that needs help registering to vote or putting in an application to receive an absentee ballot. They will be able to answer any questions about the voting process.

Wanted: Dish towels. The kitchen dish towels have disappeared over the summer. We would welcome some new or gently used ones. Please drop them off to Lenora in the kitchen.



Fitness After 50 - It's Never Too Late to Start
There are many reasons why regular exercise and physical activity are important to everyone, including older adults. Regular physical activity and exercise can produce long-term health benefits and that is one reason health experts recommend that older adults be active every day to maintain their health. Even moderate exercise can improve the health of people who are frail or have diseases that accompany aging.

Washtenaw Community Classes

Join Mark and the group on Mondays and Fridays at 9:30AM and starting Wednesdays, September 15, 2018 classes are 9AM, to improve balance, strength, flexibility, and cognitive capabilities.

Line Dance: Classes commences, Tuesday, September 11, 2018. Spaces are available

Yoga: Classes commences, Thursday, September 13, 2018 at 1PM. Sessions are closed.



Other fitness classes

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 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.



Important Update

There will be **NO acupuncture** with Ron throughout the month of September 2018. Sessions will resume 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 the days and upcoming months:

- Thursday, October 4, 2018
- Tuesday, November 20, 2018
- Tuesday, December 11, 2018

Please call to schedule your appointments accordingly at 734-741-8586.

Educational Presentations and Events at the Center

"We Care Connect Memory Café"

Tuesday, September 11, 2018 at 2PM-4PM

It is TIME! We are excited for the first session of "We Care Connect Memory Café." If you OR know someone experiencing or living with memory loss, come out and see if this will be a good social activity to incorporate in a monthly schedule.

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." Art – Friends – Laughter – Joy – Music – FUN!!! **See flyer at the end of newsletter.**

Flu Shot Clinic/Health Fair

Tuesday, September 18, 2018

9AM-12PM

Flu Shot Clinic/Health fair is open to the public with numerous vendors available to provide health related information for older adults with lots of freebies. Insurance card must be presented to clinic staff at the time of service. Individuals that are not covered by insurance that Michigan Visiting Care (MVC) of U of M Health System accepts, may pay for the flu shot in the amount of \$30.00 by cash, check, or credit card.

If interested in being a vendor, spaces are still available. To secure, please call the center for further details.

Legacy Law Center

Tuesday, September 18, 2018

1PM-2PM

Do you have a Will or Trust, Financial and Healthcare Powers of Attorney? Do you have a loved one who is facing the devastating cost of nursing home care? Have you lost someone recently and are responsible for handing their estate? The Legacy Law Center can help to ensure you have a plan in place that works for you and/or a loved one. Bring your questions and join Attorney Terry Bertram to learn and discuss Long-Term Care Planning for you and your family.



Tuesday, September 25, 2018 @ 11:45AM
"Five Ingredients or Less"

Let's keep it simple, Let's keep it fun! What dish can you create with five ingredients or less? Surprise guests with simple and somewhat healthy servings by showing how many ingredients to use in YOUR dish. **The center will provide Rotisserie Chicken.** Do not forget to sign up!

Additionally, the presenter for this month during our potluck is Community Stroke Consultants, a 501c (3) non-profit agency organized to provide Brain Stroke Prevention Education to at risk populations since 2014. The motto of the organization is "To Save One Life" with a mission to provide the latest medically approved stroke based information to our community.

Out to Eat Bunch

Meet the group at Bob Evans @ 46080 Michigan Ave., Canton, MI 48188 at **11:30AM on Friday, September 28, 2018.** As a gentle reminder, please sign-up at the center to ensure an accurate count is provided at restaurant.

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.

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.** This month we will get our work ready for showing.

- **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.

Time to Hit the Town!!

Sept 2 2018- Sundays in the Garden Sundays in the Garden 6PM -8PM is free to ALL AGES - Sundays in the Garden concert series is presented by Cultivate Coffee & Tap House, located **307 N River Street, Ypsilanti, MI**, a non-profit coffee and tap house obsessed with having excellent coffee and beer, creating an amazing space for events and groups and their investment in committing to ending hunger. All profits, tips and donations go toward hunger relief through local and global programs including: Food Gatherers, Growing Hope, Ypsilanti Meals On Wheels and Food 4 Farmers. These concert series cultivates a weekly way of giving back to the community.

Sept 4 2018- EMUSIC Fest 3pm-10pm is the first **FREE** music festival hosted on Eastern Michigan University's campus. Come and kickback on the grass, welcome the start of a new school year with performances by local artist, and taste delicious dishes from local vendors. The festival welcomes all ages and is open to the public. Support your local community and discover what makes Eagles soar! Donations are welcomed to keep this festival thriving for years to come. This event will take place at Big Bob's Lakehouse.

Sept 7 2018- Art Exhibit 2pm-5pm - The Ypsilanti Historical Museum will feature local two or three dimensional artists work. Stop by to view and purchase pieces. For more info on this event call (734) 482-4990 for more information.

Wiard's Orchard and Country Fair- FUN for the whole family! Wiard's Orchard has fresh cider, donuts, apple, pumpkin picking, a country store, corn maze, Old West wagon rides, mini golf, giant inflates, petting farm, giant slides, and much more. The fair takes place from **11am-6pm** on the following dates:

- Sept 8th-9th
- Sept 15th-16th
- Sept 22nd-23rd
- Sept 29th-30th

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 September!

City of Ypsilanti
Senior/Community
Center

MEET THE STAFF:

Monica Prince – Director

Shonda Gibbs – Administrative Assistant

Zandra Martin – Receptionist

Lenora Miller – Kitchen Aid

SENIOR CENTER HOURS

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.**