

Ypsilanti Senior Center Newsletter

June 2019

“If it’s happening, it’s happening here
at the Ypsilanti Senior Center”

Ypsilanti Senior/Community Center

1015 N. Congress, Ypsilanti, MI 48197

(734) 483-5014 Fax: (734) 480-0380

Website: www.ypsiseniorcenter.org

Facebook.com/ypsiseniorcenter/

Senior Center Hours:

Monday, Wednesday, and Friday:

9AM-2PM

Tuesday, Thursday: 10AM-2PM

Saturday: 10AM-12PM (office closed)

Our Mission: “Creating great experiences for older adults in a welcoming environment that encourages learning, active engagement, fitness, and healthy living.”

From the Director’s Desk

- Monica Prince

OLLI will be back on Monday June 24 at 10:45 a.m.

Laughter is Good Medicine -- Mindful Laughter

Terry Clark - Jones MS - Senior Extension Educator

Terry Clark - Jones has been a Senior Extension Educator with Michigan State University for over 35 years. Her areas of specialty are housing, financial management, and social emotional education. Terry received an MS in Family Science from EMU. She is a Certified Family Life Educator and has been a MSHDA and NCHCEC (HUD) Certified Housing Counselor since 2001.

Hanna Hotchkiss BS - Program Instructor

Hanna Hotchkiss has been a Program Instructor with Michigan State University for three years. Her area of expertise is in social emotional health. Hanna received her BS Degree from MSU.

Speaker’s Synopsis: “Laughter is Good Medicine” is about the importance of humor in a person’s life to help maintain good Health. As a result of attending this lecture participants will:

- Learn physical, mental and social benefits of laughter
- Experience laughing for the health benefits
- Learn ways to include laughter in your life

This program is part of a series on mindful practices as a way to manage stress in a constructive way. Sign up with the receptionist if you would like to have lunch on that day.

New Caterer

Our lunch program will be getting a new caterer. Elite Catering will start delivering on June 17. We should be getting the new menu soon and it will be available at the center. The Valley Catering menu is attached and is good until Friday June 14. I participated in a taste testing with the new caterer and it was fabulous food. Sign up to try them out.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Exercise w/ Mark	9:00 Line Dance	9:00 Exercise w/ Mark	11:45 Lunch 1-2:30 Yoga	9:30 Exercise w/ Mark	10am-12pm Quilting
10:30 Acupuncture	10:30 Weaving	10:30 Writers Group		10:45 Gentle Fitness	
11:45 Lunch	11:45 Lunch	10:45 Gentle Fitness		10am-2pm Massage (by appointment)	
12:30 Euchre	12:30 Knitting	11:45 Lunch		1-2:30 Yoga	
		12:30 Bingo			
		12:30 Art			

Exercise with Mark: This fun and engaging class will assist individuals to improve balance, strength, flexibility, and cognitive capabilities through various exercises. Arrive early to secure a space!

Line Dance with Dee. Get Moving and have fun!



Yoga Classes: Regular schedule has resume for returning participants.

Gentle Fitness: This low-impact workout session is designed on body and joints held on **Wednesdays and Fridays at 10:45AM.**

Take advantage of the additional services offered here at the senior center for a small fee. There is no harm in investing in health and wellness!

Acupuncture with Ron. Scheduled from **10:30AM – 12:30PM.** Please be advised that in order to receive the maximum benefit from treatment, it is recommended to arrive no later than 11:45AM. The fee is \$15/session.

Norwegian Massage with Sissel Bridges. Schedule an appointment 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

Visiting Foot Nurse, Robbi Duda, will be at the center on **Tuesday, June 18, 2019.** Please call to schedule your appointment at 734-741-8586.

Other Community Exercise Programs Available in the Area

Cardio Drumming

Ypsilanti Free Methodist Church
1800 Packard, Road
Ypsilanti, MI 48197
\$2.00 **with** Ball and Sticks
\$1.00 **without** Ball and Sticks

Free Yoga and Zumba

(inside Briarwood Mall in front of JCPenny's)
9AM-10AM - Both Classes
Yoga - Tuesdays
Zumba - Thursdays

Ypsilanti Senior Center and Community Updates



Caregiver Support Group - Gilbert House

**203 S. Huron Street,
Ypsilanti, MI 48197**

**Wednesday, June 5, 2019
@ 3PM - 4:30PM**

Whether you are caring for your parents, a spouse, or another loved one, finding the time to meet with other caregivers is

often a valuable investment of your time. Meeting with others who understand the journey of living with memory loss is often enlightening and offers the opportunity to relieve stress. Support is available within the community.

Join Debbie and Shonda at Gilbert House on the 1st Wednesday of each month for support and resources related to living with Alzheimer's Disease. We would love to see you.

“Caregiving is a constant learning experience” - Vivian Frazier

**“We Care CONNECT
Memory Cafe”
“It’s More than a Cup
of Coffee”**

**Tuesday, June 11,
2019
2PM - 4PM**



The memory café is a safe and judgment free environment that provides as a respite from the constant emotional turmoil brought on by dementia. This opportunity is provided to caregivers and persons living with memory loss to engage in social conversation, creative and entertaining activities, and **develop friendships for mutual support.**

This month, **“We Care CONNECT Memory Café,”** has a full schedule in welcoming the following:

- Sing-a-long with Betsy
- Make a memory box
- Help create a group story
- Have fun

If you know someone who may benefit from this social opportunity, please pass along to encourage participation. The center is **CLOSED** for this specialized program. The cafe is open to anyone, without referral or assessment, in the early to moderate stage of the (Alzheimer’s) disease, caregivers and care partners, or persons concerned about cognitive decline. Individuals with a history of disruption and/or aggressive behavior is not appropriate for the group.

Light refreshments will be served. As a gentle reminder, **“We Care CONNECT Memory Cafe”** meets **every second Tuesday of the month.** Should you have any questions regarding the cafe, please feel free to contact the center at 734-483-5014.

Potluck – Childhood Favorites and Desserts

Tuesday, June 18, 2019 @ 11:45 AM

Main Dish: Bill's Hot Dogs!!



This month our potluck theme is childhood favorites and desserts! Bring your favorite childhood dish. Examples include cookies, mac and cheese, finger foods, and more. Come enjoy some delicious food, mingle, and have fun! A generous donor will provide Bill's Hot Dogs for everyone and the Regency Center in Canton will provide an ice cream sundae bar.

Please sign up in the multipurpose room or call the center to be placed on the list and so we know how many hot dogs to order.

We are having 2 speakers at this month's potluck.

Kiven Lewis from Bankers Life will talk about understanding Medicare:

"Understanding Medicare is easier said than done. Bombarded with letters and calls from insurance companies, you only have the 140-page Medicare & You Handbook full of terms you may have never heard before to help you navigate this important decision. Come and learn about the ins-and-outs of Medicare and which plan makes the most sense for you."

Carmo Ribeiro from Seniors Helping Seniors will explain the organization and give a presentation on the importance of laughing.

"Out to Eat Bunch"

We are a lively group here at the center! If your interested in getting out and meeting new people **join the group at Bob Evans**, located on 2411 Carpenter Rd, Ann Arbor, MI 48108 at **11:30AM on Friday, June 28, 2019**. As a gentle reminder, please sign-up at the center.

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 the upcoming week.** We are asking for your assistance to ensure that your name is placed on the reservation sheet.

If you are interested in participating in the lunch program, please see the receptionist to complete appropriate documents. Individuals 60 years and older there is a donation fee of \$3 (**not mandatory**) and 60 years and under is \$5.50. Should you have any questions, please do not hesitate to ask.

Fun Things to do around Ypsilanti

Taste of Ann Arbor 2019 Sunday, June 2nd, 11:00 AM – 5:00 PM

Location: “Ann Arbor’s favorite restaurants will be set up on the two blocks of Main Street between William and Washington”.

Cost: \$1 ticket for each food sample

Description: “This annual community event takes place on Main Street in the heart of downtown Ann Arbor and features local restaurants offering visitors bite-sized (and some not-so-bite-sized) tastes of what they do best. Tickets for food samples can be purchased at the event for \$1.00 each.”

<https://mainstreetannarbor.org/taste-of-ann-arbor>

River Sounds in the Key of A2 Saturday, June 8, 6:30 PM-9:30 PM

Location: Concordia University Ann Arbor, 4090 Geddes Road, Ann Arbor, MI 48105

Cost: Free Register on Link

Description: FREE admission but register on the link, features the Ann Arbor Symphony Orchestra and Concordia in a family-friendly, outdoor environment. “The program features a mix of classical and pop music along with audience favorites including selections from Leonard Bernstein’s West Side Story and Andrew Lloyd Webber’s The Phantom of the Opera. Concert-goers are encouraged to bring blankets and lawn chairs for open seating on the grass.”

<https://www.eventbrite.com/e/river-sounds-in-the-key-of-a2-tickets-60312713951?aff=ebdssbdestsearch>

Canton's 28th Annual Liberty Fest

Thursday – Saturday, June 13, 14, 15 are from 1:00 – 10:00 PM, 15th from 10:00 AM-11:00 PM

Location: Canton Heritage Park, 1150 S. Canton Center Road, Canton, MI 48188.

Cost: Admission is free but costs money for carnival rides and vendors (food, art, etc)

Description: 3-consecutive days of carnival rides (\$), dozens of different kinds of vendors (food [details on specific food vendors per day located on page], art/craft, religion, advertisements), live entertainment, outdoor environment, Grand Finale fireworks on the last day at night, parking fills up quickly so arrive early. FREE ENTRY (but bring money if you want to buy souvenirs).

<https://www.cantonlibertyfest.com/924/Canton-Liberty-Fest>

GrieveWell 3rd Annual Kite Festival Saturday, June 15, 1:00 – 4:00 PM

Location: Pioneer High School, Ann Arbor – Front Lawn

Cost: Free

Description: “Attended by more than 400 community members last year, the festival will once again feature professional kite fliers entertaining the crowd with large kites dancing through the sky to music, families building and decorating kites, food vendors, and games and activities for children and adults.

With support from our sponsors, GrieveWell is proud to offer this free community event to share the joy of the outdoors and whimsy of kites, while honoring the memory of loved ones”.

<https://grievewell.com/2019/04/29/kite-festival-june-15-2019/>

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!!!

Our Staff:

Monica Prince -- Director
Shonda Gibbs -- Administrative Assistant
Lenora Miller -- Kitchen Aid
Shirley Cao -- Summer intern WCC
Evan Luo -- Summer intern EMU

Town Hall Meeting
State Budget Process

State Representative Ronnie Peterson
And Special Guest

Democratic Vice Chair of Appropriations
State Representative Jon Hoadley

Join us for a discussion on what the state budget process looks like and how it works.

Tuesday June 4; 6:30 - 8pm

Ypsilanti Senior Center

Happy Birthday to all born in JUNE !

★ **HAPPY** ★
BIRTHDAY!