

Ypsilanti Senior Center Newsletter

August 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

If you have not seen the baby pictures, Hazel Evangeline was born July 15. She was 9lbs8oz and was 21 in. Baby, mom, dad and surrogate are all doing well. Grandparents are all elated but were sad to leave the family. Thanks for all the well wishes.

Over 60 Week - 8/19 - 8/23

We are going to host a showing of the movie “If your not in the obit, eat breakfast” This is a delightful look at people that are over 90. The documentary will be shown on Monday August 19 at 10:45. After the movie we will enjoy a free lunch as part of a promotion of the lunch program. Make sure you sign up yourself and a friend by Wednesday August 14 to get in on this great deal.

The senior cafe will be marketing free lunches to any one who brings a new person to the center during the week of August 19 - August 23, 2019 . Free lunch will be available to the current member and the new person who registers for the program.

We have three beautiful quilts to raffle off this year. I am hoping to get the tickets in the mail next week. The raffle will take place at the Ypsifest on August 25.

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

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 resumed 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 Mondays 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 \$20/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, August 13, 2019.** Please call to schedule your appointment at 734-741-8586.

My Fit Myeia – Wellness Stretch Class

Every Tuesday Heaven will be teaching wellness stretch from 10:30 – 11:30 AM. Donations are welcome.

This class includes a 30-minute wellness and stretch class using basic movements that add to the longevity of your muscles and life. A class will include wellness discussion topics, followed by a warmup stretch cooldown and meditation.

If you are in need of in-depth wellness coaching, then please consider Individual coaching every Tuesday from 11:30 – 2.00 P.M. These prices are \$5.00 for 15 minutes, \$10.00 for 30 minutes, \$15.00 for 45 minutes, and \$20.00 for 55 minutes. Individual coaching requires appointments. Please call 734-444-7215 or email Myeiabuisness7@gmail.com

The center will be closed Tuesday August 6 for elections.

BRING YOU FAMILY AND FRIENDS

CORN ROAST SATURDAY AUGUST 10, 4:00 - 6:00

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

**Tuesday, August 13,
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 to music
- Make a memory box or share the one you made last month
- Help make a collected “My Favorite Things” collage
- “Getting to know you” a time to meet new people

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 – Picnic Fare

Tuesday, August 20, 2019 @ 11:45 AM

Main Dish: Garden Salad!!

This month our potluck theme revolves around picnic items! Bring any picnic dish. Picnics are a fun way to get together and celebrate anything and everything.

Examples can include fruit salad, cookies, sandwiches, and more!

Carmo Ribeiro from “Seniors Helping Seniors” will talk about laughter.



Please sign up in the multipurpose room or call the center to be placed on the list.

“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, August 23, 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

First Fridays Ypsilanti – August 2019

“First Fridays Ypsilanti is a self-guided monthly art walk hosted throughout downtown Ypsilanti at multiple venues! Each month, the participating venues offer free art activities involving local artists, musicians, and/or tastings. “

Ypsilanti, MI 48197

Dates: August 2, 2019

Location: Downtown Ypsilanti

Time 5:00 PM to 11:00 PM

Thunder Over Michigan Air Show

“The Thunder over Michigan Air Show, considered one of America's leading air shows, will be held on August 3rd & 4th, 2019. Held every summer at Willow Run Airport near Detroit, the show features world-class entertainment, unique static displays, and fun for the whole family.”

801 Willow Run Airport, Ypsilanti, MI 48198

(734) 483-4030

Presented By: Yankee Air Museum

Dates: August 3, 2019 – August 4, 2019

Location: Willow Run Airport

Time: 9:00 AM to 5:00 PM

Quilting Sensation: Jenny Doan

“Prepare to be inspired by quilting sensation, Jenny Doan, and her amazing traveling trunk show! This immersive 2-hour experience is bursting at the seams with inspiration, quilting tips and tricks, and some wonderful surprises!”

494 College Pl, Ypsilanti, MI 48197

Ypsi-Fest

“This annual festival features crafts, local artisans, food, family friendly activities, live music, classic car show, rubber ducky race and more!”

Come and volunteer at our booth and sell raffle tickets

<p style="text-align: center;">(734) 487-2282</p> <p style="text-align: center;">Dates: August 16, 2019 – August 17, 2019</p> <p style="text-align: center;">Location: Pease Auditorium</p> <p style="text-align: center;">Time: 10:00 AM to 2:00 PM</p>	<p style="text-align: center;">E Cross St., Ypsilanti, MI 49197</p> <p style="text-align: center;">Dates: August 23, 2019 – August 25, 2019</p> <p style="text-align: center;">Location: Riverside Park</p>
<p style="text-align: center;">Parkridge Summer Fest</p> <p style="text-align: center;">“An all-ages event features free entertainment, food, and giveaways, including performances by local musicians and activities for youth, like face painting and tie-dying. There will be at least 20 merchant vendors selling food, artwork, crafts, and other goods, and around 60 nonprofit vendors sharing information about their organizations.”</p> <p style="text-align: center;">791 Harriet St, Ypsilanti, MI 48197</p> <p style="text-align: center;">(734) 482-7700</p> <p style="text-align: center;">Dates: August 24, 2019</p> <p style="text-align: center;">Location: Parkridge Park</p> <p style="text-align: center;">Time: 11:00 AM to 6:00 PM</p>	<p style="text-align: center;">DIYPSI Art Fair</p> <p style="text-align: center;">“DIYpsi (dip-see) is a curated indie art fair that takes place each summer and winter in Ypsilanti, Michigan. Vendors represent some of the finest handmade goods on a local, regional and national level.</p> <p style="text-align: center;">Each show also includes a variety of hand crafted food + drink and during our summer festival, an eclectic mix of live music.”</p> <p style="text-align: center;">720 Norris St., Ypsilanti, MI 48198</p> <p style="text-align: center;">Dates: August 24, 2019 – August 25, 2019</p> <p style="text-align: center;">Location: Arbor Brewing Company – Corner Brewery</p> <p style="text-align: center;">Time: Saturday 11am – 8pm / Sunday 12 – 6pm</p> <p style="text-align: center;">Price: \$1</p>

TGTPG needs YOU!!!

The "Goin' to Pieces Gang" needs new members as we have lost many for various reasons. We make the quilts as a fundraiser for the Senior Center, and with so few, are having a hard time getting the quilts done and paying for the quilting. We meet on Saturdays from 10 AM to 12 PM noon. New members would be welcomed and appreciated. Be willing to sew, so having a machine would be helpful, although not required. We work on the Center quilts and projects for ourselves. The best part is the sharing of project information. Come join us!

Support our Troops!!

Shortly, there will be a box here in the Center with a list of suggested items needed to send to our troops. The next big packing party will be in early November in order for them to receive the boxes in time for Christmas. All products must be new and the food must not be expired. The VVA chapter 310 feedback is that the men & ladies of our Armed Services are so thankful that people at home are thinking of them.

Thank You!!!

We want to take the time to say thank you to ALL OUR members for the continued 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
Nancy Tomczak -- Administrative Assistant
Mimi Crout -- Kitchen Assistant
Evan Luo -- Summer intern EMU

Happy Birthday to all born in AUGUST!

**★ HAPPY ★
BIRTHDAY!**