

Ypsilanti Senior Center

November 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**

The **Census** is coming in 2020. A postcard with a special code number will come in the mail by April 1, 2020. You will be directed to a website to fill out your information. Don't throw away that postcard. It is important that everyone is counted. Michigan is allocated about \$1800 of Federal funding per person per year that is counted in the state. In April we will have a completion day at the center. I am hoping to get students with laptops to help anyone that needs to fill in their information for the census. The Area Agency on Aging is Making a video about possible scams that may be coming from the census. When it is completed we will show it at the center and give a link to watch it online.

Snow Birds: Make sure you fill out the information for your Michigan address.

Mark your calendars: December 7 is our Jewelry sale. Help us out by setting up on Friday or working on Saturday. We will have flyers out soon. Pass them out to your friends and post them where you can. Come and shop the beautiful selection that were donated.

We are all caregivers. Whether it is a spouse, a neighbor, a child or a friend we all care for others. In the new year we will host a few workshops for caregivers. It will be a way to make sure everyone is taken care of including the caregiver. I am hoping it will also strengthen our community. More to come.

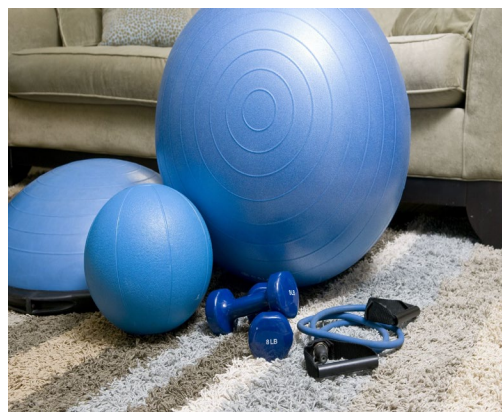
The center is planning to have a **Holiday craft show** on November 16th. from 11- 4. If you want to show and sell your art and craft items see Monica before November 8. If we do not have enough crafters signing up we will need to cancel the event. Stay tuned.

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

WCC classes have started for the fall.

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 November 12th, 2019**. Please call Robbi to schedule your appointment at 734-741-8586.

WEDNESDAY ART

Susan Watrous and Sophie LeFevre are our artists in residence. They trade off every other Wednesday from 12:30 - 2:00 to offer their expertise in art. Right now Susan is instructing in drawing and Sophie painting. There is a lot of laughter coming from the room. So come and join them.

Weaving is scheduled for Tuesdays from 10:30 - 11:30. It's been very quiet here lately. I would like to see projects started on all of our looms. Join us.

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 6:00 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, and/or work at the counter. The Ypsilanti Thrift Shop would love for you to consider volunteering.

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

**Tuesday
November 12, 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:

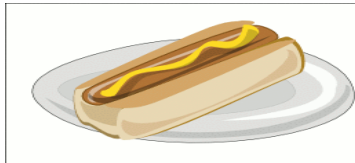
- “Getting to know you” a time to meet new people
- Let’s reminisce about our school days
- Make a beautiful coaster

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 Café**” 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 ” TUESDAY, NOVEMBER 19TH. @ 11:45

This month our potluck theme revolves around bringing items that go with Hot Dogs and Macaroni and Cheese. We will provide the Hot Dogs and Macaroni and Cheese. Please bring any additional dish you would like as a side dish or dessert.



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

“Out to Eat Bunch”

“Bob Evans” 2411 Carpenter Rd. Ypsilanti

Friday November 22nd.

The out to eat Bunch will meet on Friday November 22nd. at Bob Evans. Please sign up at the center. They generally gather at 11:30.

LUNCH PROGRAM SIGN UP

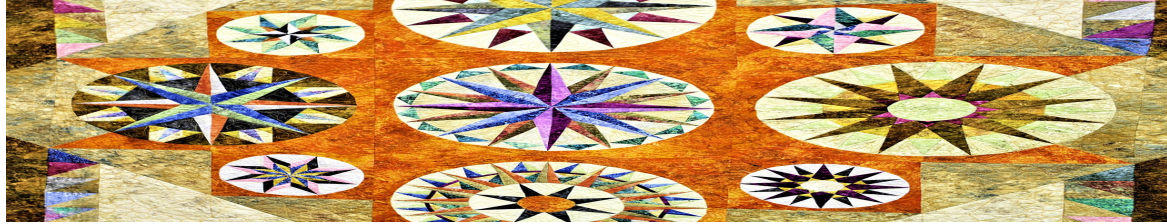
“REMINDER ... REMINDER “ To ensure YOU are not missed, it is important to sign up for a meal. We are no longer ordering any extra meals. If you are going to be out of town please plan ahead so we can have lunch for you when you return. **Meals are ordered every Thursday morning by 11AM for the upcoming week. You need to sign up by this time to guarantee you will have a meal. Please call to sign up if you have not signed up in person. We are now being charged for meals that are ordered and not eaten.** We are asking for your assistance to ENSURE THE CONTINUATION OF THE LUNCH PROGRAM.

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.

TGTPG needs YOU!!!

The “Goin to Pieces Gang” needs new members as we have lost many for various reasons. We make the quilt’s 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 . 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!!

There is 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.

Calling all artists/crafters. We are planning a fall Art/Craft show November 16th. from 10:00-3:00. We are looking for artists and crafters. The cost for a 6' is \$25.00. Please see Monica or Nancy for more information and application.

The Center will be closed on November 11 to observe
Veterans Day.

The Center will also be closed November 28 and 29 for
Thanksgiving Holiday.

Happy Turkey Day

Fun Things to do around Ypsilanti

ALL HALLOWS ILLUMINATION OF FROG ISLAND PARK

- 699 Rice St, Ypsilanti, MI 48197
- Presented By: **The Eyrie**
- Dates: November 1, 2019
- Location: Frog Island Park
- Time: 7:00 PM to 9:00 PM

Meet at the Frog Island amphitheater to light the park up with hundreds (or maybe even thousands!) of jack o'lanterns, for a festive gathering of all the wonderful Ypsilanti neighborhoods. Costumes are encouraged!

FIRST FRIDAYS YPSILANTI - NOVEMBER 2019

- Dates: November 1, 2019
- Location: Downtown Ypsilanti
- Time: 5:00 PM to 11:00 PM
- Price: Free

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.

More events can be found at Ypsireal.com/events

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
Jacqueline McGaughy -- Kitchen Assistant
Molly Adams -- Volunteer Kitchen Assistant
Roger Ropert - Fall intern WCC

Happy Birthday to all born in November !!!
Birthstone is Topaz and Citrine, flower is Chrysanthemum.

★ HAPPY ★
BIRTHDAY!