

# Ypsilanti Senior Center

**DECEMBER/JANUARY  
2019-2020**

“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](http://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 Ypsilanti Senior Center is opening a new chapter. We were notified that we were accepted as a 501(c)3 by the IRS. This will hopefully open us up to new grants and funding. This December we are celebrating our 58th anniversary. Come and celebrate with us on Sunday December 15 from 3-6pm. We have a group of students from the Community Music School of Ann Arbor that will perform at the festivities. Part of the performance will be a Baroque Ensemble.

The Area Agency on Aging 1-B is concerned that many Snowbirds, people who stay at an out of state residence (typically in southern states) during the winter months, will be improperly counted as a southern resident for the 2020 Census count. If this happens, Michigan will not receive the approximately \$1,800 in annual federal funding allocated to states for each resident. I am asking for your help in educating older adults about how to be properly counted in the Census – both for Snowbirds and other seniors when the Census begins in March 2020. <https://www.youtube.com/watch?v=Fbr44YHQ5gc> We can show the video on our tv. Just ask me to set it up.

**Happy Holidays.** May it be a time of fun with family and friends. Make sure you take time for yourself to relax. Nothing is as important as your wellbeing.

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

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

**WCC classes start the week of January 13.**

**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 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, December 10th. 2019 and Tuesday, January 14th. 2020.** Please call Robbi to schedule your appointment at 734-741-8586.

**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.

**Knitting and crocheting group** meets Tuesday afternoons from 12:30 - 2pm. Everyone is welcome.

**Writers Group** Whether you write a lot or would like to start, this is a group for you. Ask any of the writers for a list of topics that are scheduled. Next year we will have a group from EMU giving workshops in writing techniques.

#### **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.

The Center will be closed starting Saturday December 21st.- Sunday January 5th. 2020. We will reopen on Monday January 6th.

# Happy Holiday's

**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<sup>1/2</sup> 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.

### **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.

### **“Out to Eat Bunch”**

**Friday December 20th. 2019**

Red Lobster 2420 Carpenter Rd. Ypsilanti

**Friday January 24th. 2020**

Applebee's 3819 Carpenter Rd. Ypsilanti.

Please sign up at the center. They generally gather at 11:30

### **“We Care CONNECT Memory Cafe”**

## “It’s More than a Cup of Coffee”

**Tuesday  
DECEMBER 10TH. 2019  
&  
Tuesday  
JANUARY 14TH.  
2020  
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.**

Our **December** cafe will be a holiday celebration. We'll sing, eat and talk about our holiday memories.

In **January**, we will paint tiles, talk about school day reminiscence, and get to know each other better.

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

## “HOLIDAY CELEBRATION”

## **TUESDAY DECEMBER 17TH. 2019**

This month our POTLUCK will have a Holiday Theme. We are asking everyone interested in joining the festivity to **PLEASE SIGN UP TO PARTICIPATE** by Tuesday December 10. We will order the lunch from the Food Program. **YOU NEED TO SIGN UP TO HAVE LUNCH THAT DAY.** The menu is Baked Chicken, Red Bliss potatoes, Broccoli, bread, fruit compote and pasta salad. We will have our annual gift exchange. To participate in the gift exchange please bring a gift valued at up to \$5.00. Please label the gift as Man, Woman or Either. Art and Hope Crisostomo will lead us in a Holiday Sing-a-Long. For dessert we are having a cookie/dessert bar exchange, we will provide "to go" containers. Bring your favorite dessert to share and you will go home with a variety in exchange !!!

**IN ORDER TO HAVE LUNCH YOU HAVE TO SIGN UP IN ADVANCE  
.....AS STATED THE LUNCH IS FROM THE FOOD PROGRAM. WE  
WILL NOT BE ABLE TO ACCOMMODATE YOU OTHERWISE !!!!**

## **“POTLUCK” TUESDAY JANUARY 21ST. 2020**

This month our POTLUCK will center around comfort food. We will provide Lasagna as the main dish. Please sign up in advance and bring a dish to share. Come gather with your friends and chase the chill away !!!

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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  
Leslie Moon - Receptionist  
Jacqueline McGaughy -- Kitchen Assistant

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

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Happy Birthday to all born in December and January.

★ HAPPY ★  
BIRTHDAY!

December Birthstones are Zircon, Tanzanite and Turquoise.  
January Birthstone is Garnet.

