

# Ypsilanti Senior Center FEBRUARY 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**

February is Black History Month, "an annual celebration of achievements of African Americans and a time for recognizing the central role of Blacks in US history." Thanks to DeLois Wilson there is an information page later in the newsletter.

In March you will receive a postcard in the mail from the US census. Don't throw it away. There is a special code for your household on it. We will have times at the center in March and April for you to fill out the census online. We will have computers set up and helpers to assist you in filling it out. It is very easy. We have a sample of the questions at the center. No one will be coming to your door and never give out your personal information to anyone.

With the newsletter there is a short survey. The Ypsilanti Senior Center board is doing some long term planning. We would like to see how you think we're doing; what you like or dislike. We would also like to quote you in our brochures and advertising materials. Please take a few minutes to fill it out and return it to the center. Be as brief or wordy as you would like. We appreciate your time and interest in our programming.

We will be starting a new phase with our partnership with Generations United soon. If you have an interest in working with the team of seniors and young people, please let me know. Exciting things are happening.

The center board has formed a fundraising committee. We would love for you to consider helping us raise money to keep the center going and expand our activities. We are meeting monthly at this time. There is no restriction on the amount of time you can put in. We can use people that want to help out at fundraisers, those that can write grants, those that like to talk to potential donors and those that have good ideas. Let me know how you can help.

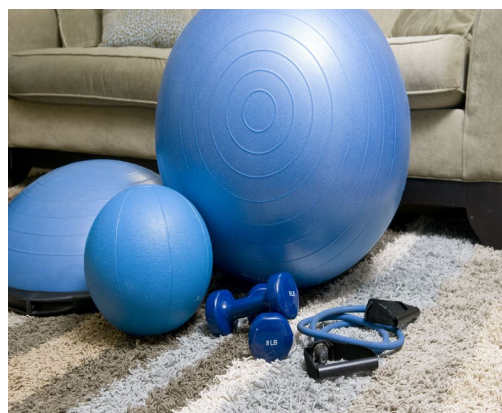
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<b>9:30</b> Exercise w/ Mark	<b>9:00</b> Line Dance	<b>9:00</b> Exercise w/ Mark	<b>11:45</b> Lunch	<b>9:30</b> Exercise w/ Mark	<b>10am-12pm</b> Quilting
<b>10:30</b> Acupuncture	<b>10:30</b> Weaving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

**WCC classes are back in session.** Soon you will see some new exercise equipment thanks to the McCalla Foundation.

**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.*

## ***ON GOING ACTIVITIES***

**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, February 11th, 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** The writers group is taking a hiatus until spring. There will be some exciting new workshops then. EMU Ypsiwrites will talk about how to write your story. The Black and Brown Theatre will conduct a series of workshops on writing and performing your story. There will be more in later newsletters.

### **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. We have some new art supplies thanks to a grant from the McCalla Foundation

**The center will be closed Monday February 17  
in observance of Presidents' Day**

**OUT AND ABOUT TOWN**

## LOOKING FOR A BITE TO EAT

There are several new restaurants in the area to check out if your looking for something new. Go grab something to eat and enjoy trying them out.

Bobcat Bonnie's 200 W. Washington Ypsilanti

Spoonfuls Great Soul Food 2111 Rawsonville Rd. Belleville

Dos Fuentes 1960 Whittaker Rd. Ypsilanti

Anna's House 445 E. Eisenhower Parkway Ann Arbor

Dixboro House ..... Opening Spring of 2020  
5400 Plymouth Rd. Ann Arbor

## STORY POINT SALINE

Cupid to Go Dine and Dash  
6230 S.State St. Saline, MI

February 11th. 2020 from 4:00-5:30pm  
RSVP at 734-944-6600

Their Cupid to Go event invites you to take home a gourmet meal celebrating Valentines Day. After a quick tour of their beautiful community you'll walk out with a bottle of wine and a chef prepared 5-star meal for two. Call to reserve your spot.

**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 59 years and under the cost is \$5.50. Should you have any questions, please do not hesitate to ask.

**“We Care CONNECT Memory Cafe”**

## “It’s More than a Cup of Coffee”

**Tuesday  
FEBRUARY 11TH.  
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.**



In **February**, we will paint tiles, a representative Area Agency on Aging 1B will be here to tell us about what they have to offer, 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

*Thought for the month: “Blessed are they who see beautiful things in humble places where other people see nothing.” Camille Pissaro*

## “POTLUCK”

## **TUESDAY FEBRUARY 18TH. 2020**

This month our POTLUCK will center around comfort food. We will provide Shepards Pie 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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## **STANDING GUARD: Protect What You've Worked For**

**MONDAY FEBRUARY 24TH. AT 10:45**

Come hear Angie Leash from Edward Jones Investments discuss how to protect what you've worked so hard for. This presentation discusses active ways to address key risks you may encounter and strategies to help prepare for the unexpected.

## **ART TILES**

**Tuesday February 25th. 10:30 -12:00**

Come create your own masterpiece using ceramic tiles and sharpies. We will start with a ceramic tile as the base and add color and pattern using sharpies. This is a fun and quick project with no skill needed. Join in the FUN !!!! Please remember to sign up for this activity AND AS ALWAYS STAY FOR LUNCH !!! Just remember to sign up !!!!

## **“ OUT TO EAT BUNCH”**

**Friday February 28th.**

Join the “Bunch” at Red Robin located at 3797 Carpenter Rd. Ypsilanti.

They gather around 11:30. Please sign up at the center. All are welcome  
!!!

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

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To aLL celebrating  
a  
FEBRUARY BIRTHDAY ...

★ HAPPY ★  
BIRTHDAY!

February birthstone is Amethyst. The flower is violet.