

Ypsilanti Senior Center Newsletter

November 2018

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

1015 N. Congress, Ypsilanti, MI 48198
(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)

Ypsilanti Senior/Community Center

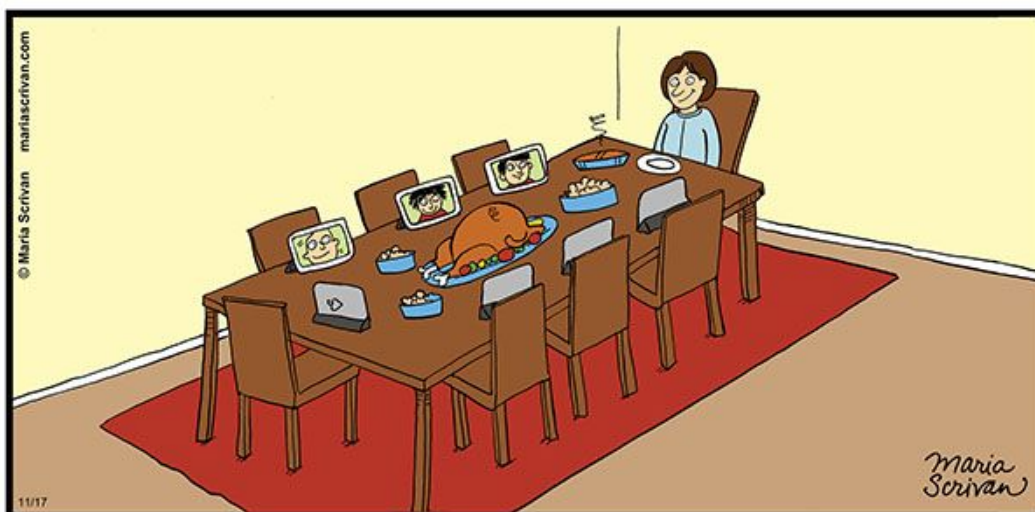
Senior Center is Closed on Tuesday, November 6th, Monday, November 12, 2018, and Thursday, November 22 and Friday, November 23, 2018

From the Director’s Desk - Monica Prince

The Holidays are fast approaching. Are you cooking a turkey for Thanksgiving? Do you have a large gathering or a small intimate group or are you by yourself? Make it whatever you want it to be. If family are far away, arrange to facetime them or connect with them in some way. What about grabbing a friend and ordering some turkey sandwiches and watching a holiday movie. You can be thankful for what you have.

December 1 is our next jewelry sale. We have a lot of new/used jewelry that needs to be sorted and priced. We will have a sign-up sheet out with dates and times that help will be needed. Sorting will take place Tuesday Nov. 20 and 27 from 10-2. We have some bags of tangled necklaces. Detangling can be done at any time. If you have some free time, just ask me and I can set out a bag for you to work on.

Save the date: December 4 from 2-4pm. We will celebrate our 57th anniversary at the senior center. We are planning an open house that day. Let me know if you would like to help with the event.



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 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

Health and Wellness Sessions

Join **Mark and the group on Mondays and Fridays at 9:30AM and Wednesdays, classes are 9AM.** 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: Here is another opportunity for individuals to include physical activity into your weekly schedule. No experience is required. ALL are welcomed. **Spaces are available.**

Gentle Fitness: Consider participating in a low-impact workout session easier on body and joints held on **Wednesdays and Fridays at 10:45AM. On Friday, November 16, 2018,** Tabitha Mullens from United Health Care will be visiting to distribute information on health and wellness AND provide a significant amount of FREE products for participants to enhance gentle exercise routines. **Please mark this date to ensure you are in attendance.**

Take advantage of the additional services offered here at the senior center for a small fee with great results by these awesome certified individuals:

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, bi-weekly**. 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 20, 2018**. Please call to schedule your appointment at **734-741-8586**.

Other Community Exercise Programs Available

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

Additional Activities at the Ypsilanti Senior Center

Writers Group. This is an opportunity for writers of **ALL** skill levels to explore different writing genres, build confidence, collaborate with others and promote a passion for creative writing. Writing assignments are according to a topic selected by participants. Come and meet with the group each **Wednesday from 10:30AM-11:30AM**.

Bingo: Come join this lively group each Wednesday at 12:30PM. Bingo is a great game! Each card is \$1 and .25¢ for additional cards. Maybe, you'll get lucky!

Euchre: The group welcomes new participants and meets **Mondays at 12:30PM**. The cost is ONLY 50¢.

Art for Everyone: Wednesday at 12:30. Join us to see what beautiful art you can make.

Knitting and Crocheting: This group is growing beyond leaps and bounds! Anyone who wants to knit or crochet or learn how should come on **Tuesdays from 12:30 to 2:00**. All are welcome, from newbies to experienced craftspersons.

Out to Eat Bunch

Meet the group at Pizza Hut, located 2160 Rawsonville Road, Belleville, MI 48111 at **11:30AM on Friday, November 16, 2018**. As a gentle reminder, please sign-up at the center to ensure an accurate count is provided at restaurant.

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

Potluck

Tuesday, November 13, 2018 @ 11:45AM

“Share Your Favorite Thanksgiving Memory”

For many of us, the meaning of Thanksgiving usually includes feasting, four-day weekends, football games, floats, family reunions, or a forerunner to Christmas festivities. Over the centuries, families added their customs to the Thanksgiving celebration, preserving that which they held most precious.

This year, the Ypsilanti Senior Center would like to provide an opportunity for individuals to share stories of their favorite thanksgiving memory with others. You never know who may need to hear a kind and/or comforting words during the holiday.

Please bring a dish for distribution, a warm smile (and/or hugs), and memories to share. As a gentle reminder, sign up on sheet will be provided in the large room. The center will provide the main dish of **honey baked ham**. Additionally, MeridianCare will be presenting.

Educational Presentations at Ypsilanti Senior Center

“At Home Pharmacy”

Wednesday, November 7, 2018 at 11:45AM

Join us in welcoming Nathan Mair, president of At Home Pharmacy to introduce a new way for you to save time, money, and enhance or sustain healthier you. Our personal at-home delivery and other services go beyond the normal pharmacy and focus on best serving you at no extra cost.

AtHome provides FREE Delivery and Comprehensive Medication Reviews (CMR) at your home in Southeast Michigan and Ann Arbor area.

If interested in this “Lunch and Lunch” and would like to enjoy lunch provided at the center, please reserve reservation by calling or signing up at the receptionist desk.

**Emergency (ER) Presentation and Survey Administration
Wednesday, November 21, 2018 at 11:45AM**

Join Dr. Anthony Po-yu Hsu, MD, specializing in Emergency Medicine, and team from St. Joseph Mercy of Ann Arbor will be providing a presentation on ACCESS Study that is being conducted at the ER. There will also be a short survey about the study.

If interested in this “Lunch and Lunch” and would like to enjoy lunch provided at the center, please reserve reservation by calling or signing up at the receptionist desk.

**“We Care Connect Memory Cafe”
Tuesday, November 13, 2018
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,”** is excited to have **Miriam Vincent from Miriam Vincent, LLC and Jewish Family Services** to listen and gain insight on how to better serve caregivers and persons living with memory loss.

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, and/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 and resources available related to dementia care.

We are excited to announce that **“We Care Connect Memory Cafe,”** is acknowledged as the eighth registered memory cafe in Michigan through KalendarKards Memory Support Systems at www.memorycafedirectory.org.

Should you have any questions regarding the memory cafe, please feel free to contact the center at 734.483.5014.

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!

Retired Seniors Volunteer Program (RSVP)

RSVP has been active in Washtenaw County since 1973. Catholic Social Services of Washtenaw County has sponsored the program since 1989. In Washtenaw County close to 300 senior volunteers serve approximately 50,000 hours annually, through 40 local nonprofits. This is the equivalent of investing \$1,207,000 (based on the Independent Sector rated value of a volunteer hour) into the community.

This program helps adults age 55+ contribute their talents and experience to serve local nonprofits. RSVP considers the skills and interests of each volunteer along with the needs of the partner organizations to match up the volunteer.

City of Ypsilanti Senior/Community Center in Recreation Park

Our Mission: To provide opportunity for positive, safe, structured recreational, educational and networking activities targeted towards Seniors and the community that supports them.

Our Staff:

Monica Prince -- Director

Shonda Gibbs -- Administrative Assistant

Lenora Miller -- Kitchen Aid

Happy Birthday to all born in November!



HAPPY BIRTHDAY!