

Ypsilanti Senior Center Newsletter

April 2019

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

Ypsilanti Senior/Community 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)

Our Mission: “Creating great experiences for older adults in a welcoming environment that encourages learning, active engagement, fitness, and healthy living.”

Senior Center is Closed on Friday, April 19, 2019 (Good Friday)

**From the Director’s Desk
- Monica Prince**

Our second OLLI lecture last month had to be cancelled. It has been rescheduled for Monday April 1 at 10:45. The description of the lecture follows. I hope you can join us. The lectures are most enjoyable and packed with exciting material.

THE VALUE OF BROAD PERSPECTIVES AND FREE SPEECH: A PANEL DISCUSSION – 4/1/19

OLLI members are dedicated to learning, but in our complex world it’s hard to separate the real information from the noise, making us polarized around political issues. This panel discussion will help us unravel these barriers by helping us appreciate the value of a broader and more receptive perspective, the critical role played by free speech, and how we can productively engage others. A Q&A period will follow the presentation.

This panel discussion featuring U-M scholars will focus on:

- *free speech and how it impacts our society
- *how to talk across the divide
- *barriers to listening, especially our emotional reactions

Featuring: Jack Bernard, U-M Associate
General Counsel Anne Berg, Ph.D.,
U-M Department of History
Loraleigh Keashly, Professor, Communication, College of
Fine, Performing and Communication Arts, Wayne State
University

We are having trouble keeping a receptionist. Our past 2 receptionists were from AARP job training program and after a very short period they secured full time jobs elsewhere. That's good for them but puts us with the difficulty of having someone sitting at the front desk and answering the phone. AARP is looking for a replacement. We could use some volunteers that could work the position at least 2 days a week. It entails answering the phone, greeting people as they come in and helping keep the paperwork straight for the lunch program. Let me know if you are interested in helping us out.

Join us for **Member Appreciation Day** on Wednesday April 10 from 9-2.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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

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 resume 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 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, April 30, 2019.** Please call to schedule your appointment at 734-741-8586.

Other Community Exercise Programs Available in the Area

Cardio Drumming

Ypsilanti Free Methodist Church
1800 Packard, Road
Ypsilanti, MI 48197

Free Yoga and Zumba

(inside Briarwood Mall in front of JCPenny's)
9AM-10AM - Both Classes
Yoga - Tuesdays

\$2.00 **with** Ball and Sticks
\$1.00 **without** Ball and Sticks

Zumba - Thursdays

Ypsilanti Senior Center and Community Updates



Caregiver Support Group - Gilbert House

203 S. Huron Street,
Ypsilanti, MI 48197

Wednesday, April 3, 2019
@ 3PM - 4:30PM

Whether you are caring for your parents, a spouse, or another loved one, finding the time to meet with other caregivers is often a valuable investment of your time.

Meeting with others who understand, the journey of living with memory loss, is often enlightening and offers the opportunity to relieve stress. Support is available within the community.

Meet the group at Gilbert House on the 1st Wednesday of each month for support and resources related to living with Alzheimer's Disease. We would love to see you.

"Caregiving is a constant learning experience" - Vivian Frazier

**"We Care CONNECT
Memory Cafe"
"It's More than a Cup
of Coffee"**

**Tuesday, April 9, 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,” Elite Cruises and Vacation Travels.** Owner of Elite Cruises will provide a Skype Presentation for caregivers and persons living with memory loss an opportunity to travel and ENJOY various activities, seminars, and programs on a dementia friendly cruise line. **This is going to be exciting!!**

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.

“Out to Eat Bunch”

We are a lively group here at the center! If interested in getting out and meeting new people **join the group at Applebee’s**, located 3819 Carpenter Road, Ypsilanti, MI at **11:30AM on Friday, April 13, 2019.** As a gentle reminder, please sign-up at the center.

Writer’s Group of the Ypsilanti Senior Center



Have you ever wanted to write a book, write poetry or craft some poems? Maybe you have written in the past and stored them away in a drawer? The Writer’s Group of the Ypsilanti Senior Center is the perfect place to share your creative stories, poems, and free ideas with others who have a passion for writing, as well as developing new peer relationships.

Group is held each **Wednesdays at 10:30am** with a specific theme selected among participants. **If interested ask, one of the writers regarding current topic.**

Brilliant examples from Ypsilanti Senior Center members:

"I look forward to rainy, cold or snowy days to stay indoors and write, paint or sew. I create so much chaos all by myself, I cannot imagine joining others in these endeavors.

Upstairs is the room of my own where I create my chaos. I plan the day to spend indoors sorting and putting supplies back in order. It usually goes like this. I start putting the scissor away and notice the markers. I think, "I haven't used these for a while. My mind swirls with ideas to use them..." –Sally Silvennoinen

"To value the happiness you need to suffer first" –Sonia Madrigal



Alzheimer's Community Forum at the Ypsilanti Senior Center

Saturday, April 13, 2019 at 12:30PM -2:30PM

Learn about Alzheimer's, dementia, and memory loss. Bring a friend who has been affected by the disease and/or share your thoughts about how the association can help you and individuals in the community.

Lunch is provided and registration is required. Please call 734.369.2716 or email aelliston@alz.org to register.

"It's Appreciation Day" at the Ypsilanti Senior Center!

**Wednesday, April 10, 2019
9AM – 2PM**



We want to say "thank you" to our participants for choosing the Ypsilanti Senior Center as your social "hub" in actively engaging in the various physical activities, educational presentations, and other programs offered. As an appreciation, a "goodie bag" will be provided, cake, coffee, and ticket raffle for fabulous prizes!



Potluck – “Perusing Paris”

Tuesday, April 16, 2019 @ 11:45 AM

Let’s peruse the streets of Paris! Join us at the next community potluck in learning more of the most famous, dreamed vacation an individual can image while enjoying *hors d’oeuvre* provided by the center.

Did you know? Jazz music has infused Paris since the Great War. Building on the genre’s rich, politically influential and often serendipitous history, an evocative jazz scene still resonates in the French capital today, thriving in fantastically atmospheric venues across the region.

Let’s take flight and “Peruse the Streets of Paris!” Please sign up in multipurpose room or call the center to be placed on the list.

Heartland Presentation

“Advance Directives”

Monday, April 22, 2019 at 10:30AM

What is an Advance Directive?

“Advance directives” are legal documents that allow you to plan and make your own end-of-life wishes known in the event that you are unable to communicate. Advance directives consist of **(1) a living will and (2) a medical (healthcare) power of attorney**. A living describes your wishes regarding medical care. With a medical power of attorney, you can appoint a person to make healthcare decisions for you in case you are unable to speak for yourself.

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.

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.

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.

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.

Our Staff:

Monica Prince -- Director

Shonda Gibbs -- Administrative Assistant

Lenora Miller -- Kitchen Aid

Happy Birthday to all born in April!

★HAPPY★
BIRTHDAY!