

Ypsilanti Senior Center Newsletter

May 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 Monday, May 27, 2019 (Memorial Day)



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

We do not have an OLLI presentation scheduled for May. My fault. I do have a list of possible videos and their descriptions. It’s quite lengthy. If you would like to help with the decision making, let me know by mid-May. You can see what offerings they have for us to view in June. If no one comes forward I will make a choice.

Does any know someone with the initials JDG. An object was found in the front garden with those initials on it. I would like to return it to the owner. If you know this person let me know or have them contact me.

Big Hearts for Seniors is having their yearly fundraiser on Thursday May 23 at the Michigan Theater. This year they are showing a video “Care to Laugh.” The documentary was made by AARP and it features Jesus Trejo as he pursues his dream of comedy success while caring for his aging parents. The cost is \$20 and tickets can be purchased at www.med.umich.edu/geriatrics/bhs. The entertainment begins at 6:30. I have gone to their presentation for the past several years and it is always very enjoyable and informative.

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

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, May 14, 2019.** Please call to schedule your appointment at 734-741-8586.

Featured Member of the Senior Center



This month we would like to introduce Bob Maguire an active member of the Ypsilanti Senior Center since 2006. Bob volunteers his time in various areas of the center and participates in weekly exercise classes, facilitated by fitness instructor, Mark A. Harris.

Among volunteering and exercising at the center, Bob's favorite play is the comedy, "Taming of the Shrew." For individuals that are not familiar with the storyline, the central theme is about issues related to marriage, gender, and social hierarchy; engaging audiences to laughter as the husband attempts to mold his spouse into a submissive wife. The last time Bob and wife saw production was in Canada.

There are additional interests about Bob Maguire including his favorite snack being potato chips stating, "he can't get enough of the regular Lays, but the barbeque is good as well," the hardest lesson in life is consistency, recognizing that "you must be consistent in all that you do in life," and "keeping your word and sticking to your beliefs."

Bob was asked, if he could be an animal, what would be the animal of choice? The answer is raccoon. The reason, raccoons prefer heavily wooded areas with access to trees, water and abundant vegetation, they are extremely adaptable, and are known for their intelligence and good memory. Bob also shared he has seen these mischievous mammals wash off their food, climb trees, dwell in the woods, in which Bob, himself once enjoyed!

We would like to thank recent intern Erica Davis, now graduate from Eastern Michigan University in the field of Social Work, for completing this interview.

Ypsilanti Senior Center and Community Updates

**Caregiver Support Group - Gilbert House
203 S. Huron Street, Ypsilanti, MI 48197**

Wednesday, May 1, 2019 and June 5, 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.

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

**Tuesday, May 14,
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, Legacy Law Firm Attorney Terrence Bertram, will provide a presentation for caregivers on learning how:

- to ease the pressure and burdens as adult caregivers
- to secure much needed benefits and resources to pay for care
- to help protect their independence and honor love one's wishes through the life's transitions with dementia.

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 Harvest Moon at 11:30AM on Friday, May 31, 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.**

Potluck – Memorial Day Celebration

Tuesday, May 21, 2019 @ 11:45 AM

Main Dish: Turkey!!

We are serving something different for the holiday month celebration!

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 May!

★ HAPPY ★
BIRTHDAY!