

Ypsilanti Senior Center Newsletter

July 2019

“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

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

July is bringing some new workshops to the center and a new granddaughter for me. In mid July I will be gone for a few days to meet the new member of my son’s family. We have been waiting a long time for her.

One new workshop comes to us from Legal Services of South Central Michigan. They received a grant to put on workshops on legal issues related to caregivers.

Planning for a Loved One's Incapacity.

Thursday July 25 at 10:30 am and 6:30 pm

Do you take care of a spouse, a partner, or another family member? Have you considered how to help your loved one make important decisions about their finances, health, and legal affairs if they become incapacitated? Many people think that their only option to help with decision-making is to get a guardianship, but there are alternatives, many of which are less burdensome for those providing the care, and better for those we take care of too. Come to this training, presented by Legal Services of South Central Michigan, to help you think through your options.

Sleep

On Monday July 23 at 10:45, Dr Arthur Crisostomo will speak about sleep. Sleep is so important to our health, yet we don’t get enough. Why do we need it and how to get enough? Dr Crisostomo is an expert on the subject and will give us the facts and advice on how to better our sleep.

Heaven Ross founder of H'Well Coaching has volunteered to teach a new wellness class. Come and try it out.

Well stretch for seniors

Tuesdays 10:30 a.m.- 11:30 a.m. This gentle stretching class incorporates the benefits of timely and gentle stretch and warm-up to keep you limber as an aging adult. Class will include discussion of wellness of wellness topic for 30 minutes followed by a 30 minute warm up and stretch.

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 10:30 Stretch & Wellness 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 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.**

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 \$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, July 9, 2019**. Please call to schedule your appointment at 734-741-8586.

Ypsilanti Senior Center and Community Updates



Caregiver Support Group - Gilbert House

**203 S. Huron Street,
Ypsilanti, MI 48197**

**Wednesday, July 3rd, 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.

Join Debbie 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

**The Center will be closed July 4 and 5 to observe
Independence Day**

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

**Tuesday, July 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,”** has a full schedule in welcoming the following:

- Listen to music
- Make a memory box or share the one you made last month
- “Getting to know you” a time to meet new people

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



Potluck – Memory Lane

Tuesday, July 23, 2019 @ 11:45 AM

Main Dish: Lasagna!!



This month our potluck theme revolves around bringing comfort food. Bringing comfort food makes people feel at ease and involves feelings of nostalgia and warmth. Whether it is simple biscuits and gravy to home style favorites like macaroni and cheese, the possibilities are endless! Come enjoy some food and have fun!

Please sign up in the multipurpose room or call the center to be placed on the list.

This month Lynwood Taylor from Clear Captions will be presenting on providing phones for the hearing impaired. “Clear Captions was founded in 2011 with a driving force to serve the hard-of-hearing community. Since our inception, we strive to bring value and improve the lives of our customers. Clear Captions enables anyone with hearing loss to communicate easier with the most advanced call captioning system available.”

“Out to Eat Bunch”

We are a lively group here at the center! If your interested in getting out and meeting new people **join the group at Bob Evans**, located on 2411 Carpenter Rd, Ann Arbor, MI 48108 at **11:30AM on Friday, July 26, 2019**. As a gentle reminder, please sign-up at the center.

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

Fun Things to do around Ypsilanti

<p style="text-align: center;">90th Annual Ypsilanti Independence Day Parade</p> <p>“Join in on the celebration! This parade will march off from the corner of Oakwood and Cross St., and end in Historic Depot Town at Rice St. You won’t want to miss it!”</p> <p style="text-align: center;">July 04, 2019, 11:00 a.m. Depot Town, E. Cross St., Ypsilanti, MI, 48198</p>	<p style="text-align: center;">First Fridays Ypsilanti</p> <p>“First Friday Ypsilanti is a self-guided monthly art walk hosted throughout downtown Ypsilanti at multiple venues! Each month, the participating venues offer free art activities involving local artists, musicians, and/or tastings.”</p> <p style="text-align: center;">July 05, 2019, 12:00 p.m. – 11:59 p.m. Downtown Ypsilanti, Ypsilanti, MI 48197</p>
<p style="text-align: center;">Booksilanti Reader’s Fair</p> <p>“Save the date for Ypsilanti Freighthouse’s inaugural Booksilanti Readers’ Fair! This free, family-friendly event will feature local authors, crafts, book-is artisans, kids story hours and more.</p> <p style="text-align: center;">July 06, 2019, 9:00 a.m. – 4:00 p.m. Ypsilanti Freighthouse, 100 Market Place, Ypsilanti, MI 48198</p>	<p style="text-align: center;">Depot Town Cruise Nights</p> <p>“Ypsilanti’s Historic Depot Town is filled with classic cars from the first Thursday evening in June to the last Thursday evening in August. They start gathering before the street is closed at 5:00 p.m. and enjoy summer evenings filled with music from the 50s and 60s until darkness takes over. Children participate in hula hoop and other contests.”</p> <p style="text-align: center;">July 11, 2019 and July 18, 2019 5:00 p.m. – 8:30 p.m. Depot Town, Ypsilanti, MI 48198</p>
<p style="text-align: center;">Ann Arbor Women Artists Juried Summer Show: Opening Reception</p> <p>“The Ann Arbor Women Artists will present the AAWA Juried Summer Show at Riverside Arts Center from July 05 – July 26. Ann Arbor Women Artists is an organization of nearly 300 artists, both men and women from Ann Arbor, Ypsilanti, and the surrounding areas. Works will be selected by the juror, Donn Angel Perez, an architect, artist, and educator. This reception is open the public, Awards will be presented at 7:00 p.m., refreshments will be served.”</p> <p style="text-align: center;">July 12, 2019, 6:00 p.m. – 8:00 p.m. Riverside Arts Center 76 N. Huron St., Ypsilanti, MI 48197</p>	<p style="text-align: center;">Michigan ElvisFest 2019</p> <p>“Get out your blue suede shoes! Founded in 2000, Michigan Elvisfest it is the largest Elvis tribute concert in North America. At Elvisfest, you will see award- winning, professional Elvis tribute artists representing all the different eras of the “King”. In addition to the performances, there is a classic car show, free kids activities, great food and merchandise vendors. If you have always wished you could have seen Elvis in concert, this is your event.</p> <p style="text-align: center;">Times TBD*, July 19, 2019 / July 20, 2019 Riverside Park 2 E. Cross St., Ypsilanti, MI 48197</p>

Fun Things to do around Ypsilanti

<p style="text-align: center;">Jazz – Depot Town Big Band</p> <p>“A relaxing, family-friendly night of big band music and food. Come and listen to the Depot Town Big Band play the swingin’ tunes of the ‘30s to today on the 4th Tuesday of each month”</p> <p style="text-align: center;">July 23, 2019, 7:30 p.m. Haab’s Restaurant, 18 W. Michigan Ave., Ypsilanti, MI 48197</p>	<p style="text-align: center;">3rd Annual Rosie The Riveter Arts and Craft Show</p> <p>“Save the date for the 3rd Annual Rosie the Riveter Arts and Craft show! With over 500 visitors for the 2018 show and 75 vendors, you’re not going to want to miss this fun and happening annual event!</p> <p style="text-align: center;">July 27, 2019, 10:00 a.m. – 4:00 p.m. North Bay Park, 1001 Huron St., Ypsilanti, MI 48197</p>
<p style="text-align: center;">Camaro Superfest</p> <p>Saturday/Sunday, July 5-6, 8:00am-4:00pm</p> <p style="text-align: center;">Location: Riverside Park, 2 E. Cross St. Ypsilanti, MI 48198.</p> <p style="text-align: center;">Cost: Free to walk-in spectators (Charity donations appreciated)</p> <p>Description: “Camaro Superfest is a weekend activity featuring the nation's largest, longest-running, and friendliest all-Camaro car show.”</p> <p style="text-align: center;">http://www.camarosuperfest.com/CSF2019Home.asp</p>	<p style="text-align: center;">Ann Arbor Street Art Fair, The Original</p> <p style="text-align: center;">Thursday, July 18-Sunday, July 21</p> <p style="text-align: center;">Location: Ingalls Mall, 881 N. University Ave, Ann Arbor, MI 48109</p> <p style="text-align: center;">Cost: Free</p> <p>Description: The Ann Arbor Street Art Fair (AASAF) is the original of a collective of four concurrent and contiguous fairs that transform central Ann Arbor into a massive outdoor art gallery each July.</p> <p style="text-align: center;">https://www.theannarborartfair.com/#2019artfair</p>

TGTPG needs YOU!!!

The Goin’ to Pieces Gang needs new members as we have lost many for various reasons. We make the quilts as a fundraiser for the Senior Center, and with so few, are having a hard time getting the quilts done and paying for the quilting. We meet on Saturdays from 10 AM to 12 PM noon. New members would be welcomed and appreciated. Be willing to sew, so having a machine would be helpful, although not required. We work on the Center quilts and projects for ourselves. The best part is the sharing of project information. Come join us!

Support our Troops!!

Shortly, there will be a box here in the Center with a list of suggested items needed to send to our troops. The next big packing party will be in early November in order for them to receive the boxes in time for Christmas. All products must be new and the food must not be expired. The VVA chapter 310 feedback is that the men & ladies of our Armed Services are so thankful that people at home are thinking of them.

Thank You!!!

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

Shonda Gibbs -- Administrative Assistant

Lenora Miller -- Kitchen Aid

Shirley Cao -- Summer intern WCC

Evan Luo -- Summer intern EMU

Happy Birthday to all born in JULY!



HAPPY BIRTHDAY!