

# Ypsilanti Senior Center Newsletter

September 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](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**

## Winners of the Quilts - Congratulations

First Place: Mike Kidwell

Second Place: Mary Bradshaw

Third Place: Bessie Cook

I need suggestions! WCC has a speakers bureau that I would love to take advantage of. The topics range from the Arts to World History. What do you want to learn about. Give me ideas of topics that we can schedule.

We just received a grant from the Michigan Community Service Commission to host a 911 service day at the center. The grant will pay for paint and supplies to paint the senior center. The Paint Party will be on Saturday September 14 from 10:00 - 4:00. Sign up at the center and bring brushes, rollers and ladders if you have them. Also bring friends and family along.

We’ve been asked to participate in a charitable competition. Heartland is sponsoring a competition among the senior centers to collect new socks, hats, gloves, and new or gently used coats to be donated to a good cause. Donations should be made before November 15. The winning center will be treated to pie, ice cream and a turkey raffle all served by David Liebrecht dressed as a turkey.

We are also collecting items to send to the troops for the holidays.(see last page)

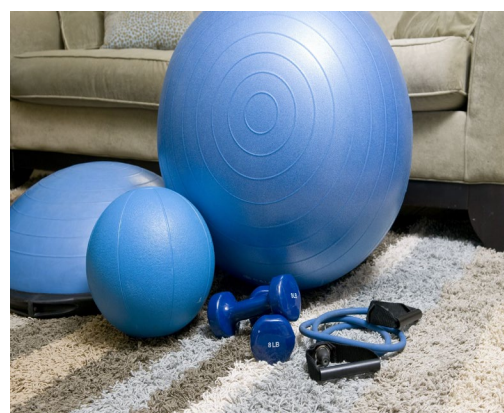
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	---------	-----------	----------	--------	----------

<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>1-2:30</b> Yoga	<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>10:45</b> Gentle Fitness	
<b>11:45</b> Lunch	<b>10:30</b> Stretch & Wellness	<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 start the week of September 9.**

**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 here at the senior center for a small fee. There is no harm in investing in health and wellness!***

**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, September 10th, 2019**. Please call Robbi to schedule your appointment at 734-741-8586.

### **My Fit Myeia – Wellness Stretch Class**

Every Tuesday, Heaven will be teaching wellness stretch from 10:30 – 11:30 AM. Donations are welcome.

This class includes a 30-minute wellness and stretch class using basic movements that add to the longevity of your muscles and life. A class will include wellness discussion topics, followed by a warmup stretch cooldown and meditation.

If you are in need of in-depth wellness coaching, then please consider Individual coaching every Tuesday from 11:30 – 2.00 P.M. These prices are \$5.00 for 15 minutes, \$10.00 for 30 minutes, \$15.00 for 45 minutes, and \$20.00 for 55 minutes. Individual coaching requires appointments. Please call 734-444-7215 or email Myeiabusiness7@gmail.com

The **writer's group** will reconvene on Wednesday, September 25 at 10:30. This is a bit later than usual but I will be out east until then. Sally has written us asking for someone else to facilitate the group, so I volunteered. I suggest that we each bring something we have written this summer and share it with the group. I think I will write about a conference I attended in July, which was very thought provoking. Come on the 25th and we will begin another year of writing, reading and sharing. -- Barb Cavin

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. Right now Susan is instructing in drawing and Sophie painting. There is a lot of laughter coming from the room. So come and join them.

Weaving is still 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.

### **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.

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

**Tuesday  
September 10th, 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:

- “Getting to know you” a time to meet new people
- Let’s tell a story
- Make a pressed flower bookmark

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**

### **"BAKED POTATO BAR"**

**Tuesday September 17, 2019 @ 11:45 AM**

This month our potluck theme revolves around bringing items that go with baked potatoes. We will provide the baked potatoes, sour cream, butter, shredded cheese and ham. Please bring any additional items you would like to go with your baked potato.

Desserts are always welcome !!!

Carmo Ribeiro from "Seniors Helping Seniors" will talk about laughter.



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

## **"Out to Eat Bunch"**

The Out to Eat Bunch is taking a hiatus in September. They are looking for someone to manage the group. It entails deciding on a restaurant and letting Monica or Nancy know where you will be going so it can be put in the newsletter.



## **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.

## **TGTPG needs YOU!!!**

The “Goin to Pieces Gang” needs new members as we have lost many for various reasons. We make the quilt’s 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 . 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!



## **Fun Things to do around Ypsilanti**

## **Plymouth Fall Festival**

**“Plymouth Fall Festival is a 3 day event. This event showcases products like Bingo, car show, craft show, baked food, sweets, and much more etc. The Plymouth Fall Festival is a world-class event in beautiful downtown Plymouth that is exciting and fun for the whole family. The event is committed to providing an opportunity for non-profit community organization to fundraise and continue the great work they do!”**

**Location: Kellogg Park: W Ann Arbor Trail, Plymouth, MI 48170, USA**

**Date: September 6<sup>th</sup>-8<sup>th</sup>**

**Day 1: 12:00 PM – 11:00 PM**

**Day 2: 7:00 AM – 11:00 PM**

**Day 3: 8:00 AM – 6:00 PM**

## **First Fridays Ypsilanti & Festival of the Honey Bee**

**“First Fridays 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.”**

**“The Festival of the Honey Bee, in partnership with First Fridays Ypsilanti, will celebrate its seventh year in 2019! This festival is a city wide celebration of bees with art, music, educational activities for all ages, vendors, demonstrations, and more!”**

**Location: Downtown Ypsilanti, MI 48197**

**Date: September 6, 2019**

**Time: 5:00 PM – 11:00 PM**

## **46<sup>th</sup> Anniversary Dawn Farm Jamboree**

**"You're invited to the 46th birthday party, the Dawn Farm Anniversary Jamboree! This event welcomes the community to join in for auctions, kids' events, live music, great food and more! The whole family is welcome to explore the farm, enjoy fellowship, and celebrate recovery. Don't miss it!"**

**Other featured attractions will include live music, hayrides, carnival games, and shopping!**

**Location: 6633 Stony Creek Rd,  
Ypsilanti, MI 48197**

**Dates: September 8<sup>th</sup>, 2019**

**Time: 1:00 PM to 6:00 PM**

**Price: Free**

**Phone: (734)-485-8725**

## **Harvest Festival**

**"Join us for the annual Pittsfield Township Harvest Festival on Sunday, September 22 from 2:00 PM to 5:00 PM at the Historic Sutherland-Wilson Farm, located at 797 W. Textile Road, Ann Arbor. Free parking and shuttle is available from Harvest Elementary (1155 Campus Pkwy). At the Harvest Festival, learn more about the historical significance of this farmstead and the Sutherland-Wilson Family. Activities include face painting, historical house and building tours, a petting farm, hay rides, historical carriage photos, lawn games, refreshments, and more! Visit [www.pittsfield-mi.gov/harvestfestival](http://www.pittsfield-mi.gov/harvestfestival) for more information."**

**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  
Nancy Tomczak -- Administrative Assistant  
Mimi Crout -- Kitchen Assistant  
Roger Ropert -- Fall intern EMU

---

Happy Birthday to all born in September!  
Birthstone is Sapphire, flower is Aster.

★ **HAPPY** ★  
**BIRTHDAY!**