

# Ypsilanti Senior Center

## October 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**

We’ve got a month and a half to go. 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. So far we have 3 coats, 5 hats and 1 scarf. Please do not place other clothes in the collection bin. 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)

From the Mayor’s newsletter:

Do you have a disability? Or are you a senior who needs help clearing snow off your sidewalk? The Washtenaw County Sheriff Department’s Community Work Program offers snow removal for seniors & people with disabilities. Every year the WCSO Community Work Program assists in clearing snow for approximately 170 households throughout the county. If you are interested in receiving assistance with snow removal from the Community Work Program, please call 734- 973-4867. This service is VERY popular so the earlier in the autumn you call, the better.

Mark your calendar. The center is planning to have a Holiday craft show on November 16 from 11- 4. If you want to show your art and craft items there is an application in the newsletter.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:30</b> Exercise w/ Mark  <b>10:30</b> Acupuncture  <b>11:45</b> Lunch  <b>12:30</b> Euchre	<b>9:00</b> Line Dance  <b>10:30</b> Weaving  <b>10:30</b> Stretch & Wellness  <b>11:45</b> Lunch  <b>12:30</b> Knitting	<b>9:00</b> Exercise w/ Mark  <b>10:30</b> Writers Group  <b>10:45</b> Gentle Fitness  <b>11:45</b> Lunch  <b>12:30</b> Bingo  <b>12:30</b> Art	<b>11:45</b> Lunch <b>1-2:30</b> Yoga	<b>9:30</b> Exercise w/ Mark  <b>10:45</b> Gentle Fitness  <b>10am-2pm</b> Massage (by appointment)  <b>1-2:30</b> Yoga	<b>10am-12pm</b> Quilting

**WCC classes have started for the fall.**

**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 October 1, 2019**. Please call Robbi to schedule your appointment at 734-741-8586.

### **WEDNESDAY ART**

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</sup>/<sub>2</sub> 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 into 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 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  
October 8,, 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” TUESDAY, OCTOBER 15TH. @ 11:45**

This month our potluck theme revolves around bringing items that go with Chicken Pot Pie. We will provide the Chicken Pot Pie. Please bring any additional dish you would like as a side dish or dessert.



Sherrie Hittler from GROW U will be here. GROW U is a partnership between Ypsilanti Free Methodist Church and the Salvation Army. It provides a template for how collaborations between schools and churches can help create healthy and thriving families.

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

### **IRIS FOLDING**

**October 22**

**10:30-12:00**

Nancy will be teaching Iris Folding. Iris Folding is a paper craft technique that involves cutting and folding strips of paper in such a way as to form a design. The center of the design forms an iris—a shape reminiscent of a camera lens. You will have your choice of doing either a pumpkin or apple. Pattern and paper will be provided. Please sign up for the class.

### **Senior’s Mobile Computer College**

**October 29**

**10:00-12:00** Mike Wilson will be here to give some much-needed tips on how to get the most out of your computer. It’s a hands-on class covering the basics. Laptop provided for the first six participants after that you will need to bring your own laptop or just sit in and listen. His book will be available for purchase. Please sign up prior to class.

**“Out to Eat Bunch”**  
**“Big Boy” 2800 Washtenaw Ave. Ypsilanti**  
**October 25th.**

The out to eat Bunch will meet on Friday October 25th. at Big Boy. Please sign up at the center. They generally gather at 11:30.

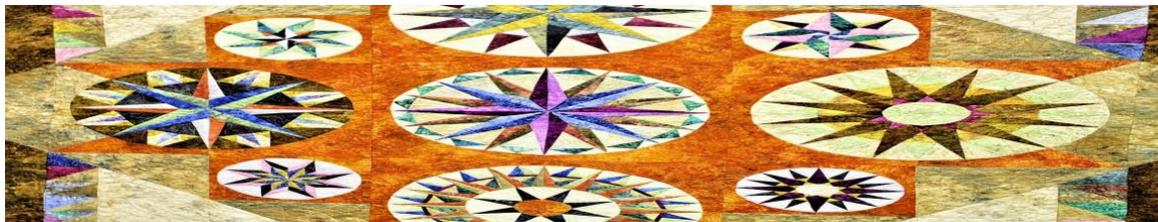
**Do not forget to sign up for lunch**

“GENTLE REMINDER “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 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. 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

### SENSORY FRIENDLY SATURDAY

**OCTOBER 19TH, 2019 | 10:00 AM**

Frederic H Pease Auditorium, 494  
College Place, Ypsilanti, MI 48197

Come join us for a relaxed performance by the Symphony's String Quartet! All family members are warmly welcomed. The event will include a hands-on opportunity to explore and play instruments with assistance from specially trained volunteers.

This will be followed by a thirty-minute performance designed to enrich all ages and abilities. The event is free and open to the public, [registration is required](#).

10:00-10:50 AM Instrument  
Exploration

11:00-11:30 AM String Quartet  
Concert

Reserve free tickets at:

<https://a2so.com/sensoryfriendlysaturday/>

### First Fridays Ypsilanti

“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.”

Location: Downtown Ypsilanti, MI  
48197

Date: October 4, 2019

Time: 5:00 PM – 11:00 PM

**ANN ARBOR ♦ WESTSIDE**

# **ART HOP!**

**Sunday, Oct 6<sup>th</sup>**

**10 AM - 5 PM**

Art Hop is a cross between an art walk and an art fair, happening in Ann Arbor's lovely historic Westside neighborhood. Many volunteer local hosts, over fifty exhibiting artists, and of course, art-loving visitors and buyers.

See Monica for maps

## ***Paint and Peruse***

**Tuesday October 29**

**4:30 - 6:30**

**Ypsilanti Senior Center**

The Members of the Ypsilanti Senior Center will exhibit their work.

After perusing the artwork, make you own Masterpiece.

The center art instructors will be available to assist.

Donations are welcome to help cover the price of the supplies.

See Monica if you would like to exhibit your work.

### **Support our Troops!!**

There is 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 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!!!

**Calling all artists/crafters.** We are planning a fall Art/Craft show November 16th. from 10:00-3:00. We are looking for artists and crafters. The cost for a 6' is \$25.00. Please see Monica or Nancy for more information and application.

### Our Staff:

Monica Prince -- Director  
Nancy Tomczak -- Administrative Assistant  
Mimi Crout -- Kitchen Assistant  
Roger Ropert -- Fall intern EMU

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Happy Birthday to all born in October.  
Birthstone is Tourmaline and Opal, flower is Marigold.

★ HAPPY ★  
BIRTHDAY!