

Ypsilanti Senior Center MARCH 2020

“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**

The 2020 Census is nearly here! There are 3 ways to fill out the census, internet, phone or paper. We are here to help. See the information later in the newsletter. No one will be coming to your door until May and only if you don’t fill out the survey before then. Census workers will never ask for Social Security number or any financial information. More information is available at the center.

Are you caring for someone that is living with dementia? The Area Agency on Aging 1-B is presenting a free Caregiver Survival seminar on March 12 at the center. There is a flyer attached to the newsletter. Consider registering for this valuable workshop.

The Center can use your help. We are working hard to raise the finances needed to support and expand our programming. Do you like to help organize fundraisers or special events? Do you like to make phone calls to potential donors that will help at an event? Do you like to help facilitate these events like setting up, cleaning up and helping serve at the event? Give your contact information and interest to Monica or Nancy.

I am looking for a few good people to help with our Intergenerational Project. I would like to form an advisory group that would meet with younger people to look at how we can become a hub of intergenerational activities. Please let me know if you are interested.

In our backyard there is a daycare center that is run by the YMCA. They would love to have older adults volunteer to come and read or play with the children. I was at the daycare one day to talk with the director. The children were very engaging. While I waited for the director they showed me what they were doing and included me in their activities. It was so much fun. If your interested in volunteering follow this link: <https://www.research.net/r/AAYMCAVolunteer>

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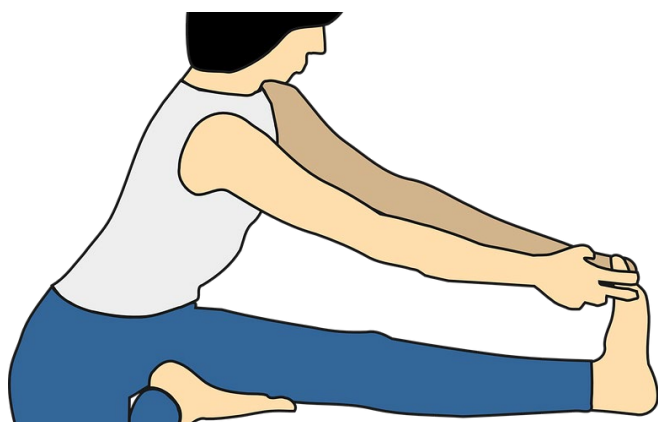
9:30 Exercise w/ Mark	9:00 Line Dance	9:00 Exercise w/ Mark	11:45 Lunch	9:30 Exercise w/ Mark	10am-12pm Quilting
10:30 Acupuncture	10:30 Weaving	10:30 Writers Group	1-2:30 Yoga	10:45 Gentle Fitness	
11:45 Lunch		10:45 Gentle Fitness		10am-2pm Massage (by appointment)	
12:30 Euchre	11:45 Lunch	11:45 Lunch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

WCC classes are back in session. Soon you will see some new exercise equipment thanks to the McCalla Foundation.



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.**

We have two new classes being offered at the Center.

Heaven is returning to teach two new classes: HIP HOP FOR SENIORS and MYEIA MOVEMENT



HIP HOP FOR SENIORS

Thursday March 5th. and 19th. from 10:00-10:45

“HIP HOP” for seniors. This is a slow to fast paced African American beat style and movement class to rap, afrobeat and blackness music. Learn how to dance in this class and gain more rhythm and soul as you explore afrocentric styles of music and movement.

MYEIA MOVEMENT

Tuesday March 17th. and 24th from 10:30-11:15

Looking for an alternative to tai chi ??? She will teach Myeia Movement. This is a 45 minute slow paced meditative movement and meditation class.

There is a suggested donation per Heaven of \$5.00-\$6.00 per class but this is not mandatory. Come out and enjoy these new offerings.

Census

We are partnering with the Area Agency on Aging 1B and Washtenaw County to ensure that everyone is counted in the 2020 census. Between March 12 and 20 you will receive a letter from the census. Do not throw it away. There will be a number on it that is unique to your residence.

On Thursday March 19 the AAA1B will do a presentation about the census here during lunch. They will also present during our Potluck on Tuesday March 24. Call to sign up for lunch.

The center will have a computer set up to the census website in the small office for those computer savvy people to fill out their census. This can be done at any time during our business hours.

On Thursday March 26 from 9:00am to noon we will have our first census completion party. Bring your card that you received from the census bureau. There will be tablets and assistants to help complete the census. You do not need to have any computer knowledge. The volunteers can walk you through the process. There will be snacks and give-aways for everyone.

We are having our second census Completion Party on Thursday April 2 from 9am - 8pm.

The Senior Nutrition Program has offered free lunch for anyone coming to the census parties. You will need to call to reserve the lunch by the Thursday before the party.

Take advantage of the additional services offered 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, March 17th, 2020**. Please call Robbi to schedule your appointment at 734-741-8586.

ON GOING ACTIVITIES

Weaving is 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.

Knitting and crocheting group meets Tuesday afternoons from 12:30 - 2pm. Everyone is welcome.

Writers Group The writers group is taking a hiatus until spring. There will be some exciting new workshops then. EMU Ypsiwrites will talk about how to write your story. The Black and Brown Theatre will conduct a series of workshops on writing and performing your story. There will be more in later newsletters.

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. We have some new art supplies thanks to a grant from the McCalla Foundation

Monday March 9th.
10:00-11:30

Licensed Benefits Advisors from Advise Insurance will be at the center to help you enroll in the right Medicare plan. They will help you identify the best plan options. They are a licensed insurance entity that helps seniors compare and select health insurance. This is an unbiased service that supports the full spectrum of healthy senior living. They will be available in the small/art room.

**The center will be closed Tuesday March 10th.
for elections.**

OUT AND ABOUT TOWN

The YDL (Ypsilanti District Library) is installing new computers at all locations in batches. Their friendly staff is available to help you navigate and learn what's new. They also have hands on computer classes on a variety of topics. Call the Adult Service Desk at 482-4110 ... x-2411 for more information.

ALSO AT THE YDL:

TASTE TEST : PI(E) DAY

SATURDAY MARCH 14TH. AT 3:00PM.

In honor of PI Day join others for a taste test of pies and coffee.

“CRAFTERNOONS”

FRIDAY MARCH 13TH. AT “ 2:00pm

Resin Play.....every other Friday they introduce a new craft. They will provide the supplies and equipment and you'll get to explore different creative projects. Call for more information482-4110.

GARDEN CHATS GROUP

THURSDAY MARCH 19th. at 3:00

Informal monthly meeting of garden enthusiasts from novice to expert.



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.

LUNCH PROGRAM SIGN UP

“REMINDER ... REMINDER “ To ensure YOU are not missed, it is important to sign up for a meal. We are no longer ordering any extra meals. If you are going to be out of town please plan ahead so we can have lunch for you when you return. **Meals are ordered every Thursday morning by 11AM for the upcoming week. You need to sign up by this time to guarantee you will have a meal. Please call to sign up if you have not signed up in person. We are now being charged for meals that are ordered and not eaten.** We are asking for your assistance to ENSURE THE CONTINUATION OF THE LUNCH PROGRAM.

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 59 years and under the cost is \$5.50. Should you have any questions, please do not hesitate to ask.

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“We Care CONNECT Memory Cafe”

“It’s More than a Cup of Coffee”

**Tuesday
MARCH 17TH.
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.**



In **March**, we are having live music. We will also spend some time getting to know you. Join us for some fun. Note that this month we are meeting the third Tuesday of the month due to the election.

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

Thought for the month: “Aging is not ‘lost youth’ but a new stage of opportunity and strength.” Betty Friedan

“POTLUCK”

TUESDAY MARCH 24TH.

We will provide Chicken Thighs/Legs as the main dish. Please sign up in advance and bring a dish to share. Come gather with your friends..... Happy Spring !!!

Melody from Area Agency on Aging will be here to talk about the census and answer any questions you may have.

Also the Black and Brown Theater will be here to tell us about their upcoming collaboration with the center. You will be guided on writing your own play to be directed and performed here at the center. This project starts in April.

“ OUT TO EAT BUNCH”

Friday March 27th.

Join the “Bunch” at Harvest Moon located at 5484 Michigan Ave. Ypsilanti.

They gather around 11:30. Please sign up at the center. All are welcome
!!!

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
Jacqueline McGaughy -- Kitchen Assistant
Leslie Moon - receptionist

To aLL celebrating
a
MARCH BIRTHDAY ...

★ HAPPY ★
BIRTHDAY!

March's birthstone is Aquamarine. The flower is Daffodil.