



YPSILANTI SENIOR CENTER

SEPTEMBER 2021

Ypsilanti Senior/Community Center

1015 N. Congress, Ypsilanti, MI 48197

(734) 483-5014 Fax: (734) 480-0380

Website: www.ypsiseniorcenter.org

Facebook.com/ypsiseniorcenter/

Email: ypsiseniors@sbcglobal.net

Senior Center Hours:

Monday through Friday: 9AM-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

I can not believe that September is upon us. The fall brings worries about the renewed spread of the coronavirus. Please be safe. My son’s girlfriend, fully vaccinated, have tested positive for the virus. Her symptoms are not as bad as if she were not vaccinated. Just a warning of what could happen. We are continuing to ask for contact information and temps as you enter the building. Please wear a mask at all times that you are in the building unless you are seated at a table and eating. We hope that this will keep everyone safe while we restart activities. This weekend the county risk factor went up. If it were to go up further we will need to stop the congregate lunches and possibly shut down in person activities again. We will try our best to contact you if this is happening.

This December the center will celebrate our 60th anniversary. We will have an in-person gathering next summer to celebrate. We want to do something to

celebrate. I would like help to plan the event. Please let me know if you can help out.

The center is working on a partnership with Olli. This will give us an opportunity to view fabulous lectures that are offered by the group. There will be more to come in the coming weeks.

The board meets every first Wednesday in the month at the center at 6:30pm. It is an open meeting with time at the beginning for public comment. Feel free to join us. I try to publish the agenda ahead of time on the website.

Let's Talk about the Future!

As the president of the Senior Center's Board of Directors, I am pleased to invite each of you to our strategic planning meeting on **Saturday October 16th from 10am until 1pm**. Your voices are the most important to hear as we gather together to discuss what we want the future of the Senior Center to look like. The only thing you need to bring are yourselves and your ideas about what you like most (and least) about the Center as it is now and the sorts of things you would like to see in the future. If you are not able to attend but would like to send along your ideas please email Monica at ypseniors@sbcglobal.net or myself at sheria.robinson@gmail.com. We look forward to hearing from you!

Gratitude Workshop

Sissel Bridges will conduct a 4 session workshop on gratitude starting Tuesday Sept 14 from 9:30-10:30. Practicing gratitude will boost happiness by: grateful thinking, bolstering self worth and self-esteem, coping with stress and trauma and many others. This has been a trying time and we can all benefit from this workshop. Please call or sign up at the center for the workshop so Sissel can plan on the numbers.

Madonna University Nursing Students

A class of nursing students from Madonna University will be with us on Thursdays starting Sept 2. They will teach a chair exercise class in the morning, do blood pressure checks, and teach health related workshops in the afternoon. Come and join us.

Poetry Class

One of our new members, Ericka Hawkins has offered to lead a Poetry with Purpose for Pleasure class on Fridays from 12:30 - 1:30 starting September 10th. Subject matter is: Life, Love, Hope, Family, Friends, Life issues, The state of the World, Dreams, Goals, Aspirations... "We all do and have experienced challenges, so this would be a great platform to express such issues. We also may encourage and uplift each other through varying experiences." Learn to write, read and listen to poetry.

We are offering the following in-person activities unless stated otherwise.

Monday: Frozen Food Pick-Up 11:00-2:00 (must be ordered the previous week)

Euchre 12:30-2:00

Tuesday: Gratitude workshop 9:30 - 10:30 Sept 14, 21, 28 and Oct 5

Service Project 10-11:30

Digital Connecting Corps: One-on-One Tech Help 10-12

Hot Lunch 11:45 (must be ordered the previous week; now TUES- FRI)

Knitting 12:30-2:00

Wednesday: Art 10:00-11:30

Hot Lunch 11:45 (must be ordered the previous week)

Bingo 12:30-2:00

Thursday: Chair Exercise (Madonna Univ Nursing Students) 10:30-11:30

Hot Lunch 11:45 (must be ordered the previous week)

Health-Related Workshop (MU Nursing Students) 12:30-1:30

Friday: Norwegian Therapeutic Massage 10:00-2:00

Gentle Fitness 10:30-11:30

Hot Lunch 11:45 (must be ordered the previous week)

Poetry Class 12:30-1:30

We ask that you wear a mask and social distance. We will have a sign up sheet for each of our activities, and ask that you sign up ahead of time by calling the center. Space is limited for each activity. We will also have you sign in as you enter the center so we can monitor for contact tracing.

Food/Lunch Program

We have started hot lunches on Wednesdays and Fridays (meals are eaten at the Center and served at 11:45am)

We will be adding hot lunches on Tuesdays and Thursdays, for a total of 4 days/wk (Tues-Fri), starting after Labor Day (Wed, Sept 8)

Monday Frozen lunch pickup will continue at least through October.

We can add new people to either the frozen or hot lunch program. There is some basic paperwork to enroll in the lunch program.

We need to know on Wednesday of the previous week, if you'd like frozen or hot for the following week. After you sign up, the frozen meals can be picked up on Mondays from 11-2 and the hot meals are served at 11:45 am and you must eat the meal in the center. No take out is available for the hot meal. Please wear a mask and keep a safe distance from others.

Quilt Raffle

We have 3 beautiful quilts to raffle off this year. The raffle will take place on November 7 from 3-5pm. Tickets for the raffle will be coming out in mid September.

Service Project

We are making "plarn" on Tuesday mornings. That is yarn made from plastic bags. Later we will make sleeping mats from the plarn to give to the homeless. This is a great time to socialize while doing good.

Produce Boxes

We need to change our produce days. Starting in September we will have fresh produce on the second Friday of the month from 2:30 - 5:00 pm. We will have PRODUCE/PANTRY and PPE items available on the following dates:

Friday Sept 10

Friday Oct. 8

Friday Nov 12

We could use help unloading the produce and helping as people pick out their food and cleaning up after. Let me know if you can help out. Quantities are limited and vary from month to month. First come first served.

Cooking and Nutrition

There are several cooking videos on our website. Chef Jeff will have a survey out soon so that he can target recipes that will help us get and stay healthier. Check them out at <https://ypsiseniorcenter.org/healthy-cooking/>. These were paid for by a grant from the Michigan Department of Human Services.

Acupuncture is discontinued



It is with a heavy heart that we report Ron is moving out of state, and so unfortunately, we will be discontinuing acupuncture. We will miss you, Ron!

Massage Therapy

Sissel Bridges is continuing to do massage therapy on Fridays, from 10-2. Please call her directly to schedule at 734-383-4387 or 734-340-3766.

Sissel's rates are: 30 mins \$26

45 mins \$38

60 mins \$50

Massage can be a powerful tool to help you take charge of your health and well-being both physically and mentally, or to re-charge or detoxify your body.

For more information go to the web site [Health and Wellness Coach - Norwegian Health @ Wellness LLC \(norwegianhealthwellness.com\)](http://Health and Wellness Coach - Norwegian Health @ Wellness LLC (norwegianhealthwellness.com))

Exercise

All of the WCC classes will continue to be ONLINE this Fall.. Register for Mark's exercise, Dee's line dance or Liz's yoga at wccnet.edu/senior-focus. Because these classes are all online you can also choose from classes that were normally held at other senior centers. You can borrow exercise equipment from the center for these classes. Call before to make sure someone can let you into the building to sign out the equipment. We are going to try to show Mark's classes on our TV on Mondays from 10-11 and 11 - noon. You will need to check in at the front desk and wear a mask at all times while indoors. Please set up your equipment to social distance from everyone else. Register as you would normally and then just let me know that you will be viewing the class from the center.

Art/Craft

Art is back at a new time: Wednesdays 10-11:30 All materials will be provided and no experience is required. This month we will make textured paper and then work using them to make cards and other projects. It is time to get your creative juices flowing!

Memory Cafe

We have resumed our Memory Cafe on the second Tuesday of each month, from 2-4pm. Let's get together to support one another and have some fun. To stay safe masks will be mandatory and social distance. We will not serve food; just a good time.

Continuing Education

Both Olli and Elderwise are online this fall. You can find more information at olli-umich.org and <https://www.campusce.net/elderwise/category/category.aspx>

Online classes

Getsetup.io has many classes that are designed for older adults. They have new classes everyday. There are activities that are of interest to everyone.

NEW Weekly Technology Workshop (see attached flyer)

Digital Connection Corps is offering in-person hands-on help with technology (including smart phones, laptops, email, etc) at the Center, Tuesdays 10am-12pm. For more info: <https://www.emich.edu/engage/community/digital-connecting-corps.php>

Technology

One place to find very user-friendly directions to using different applications and devices is: www.dorotusa.org/tech-made-easy-seniors-new-instructional-guide

Welcome Stacey!

Stacey Aksman started in early July as our new Administrative Assistant, replacing Nancy Tomczak. Thanks Nancy, for all your hard work!

We would like to welcome Stacey, who was a high school teacher for over ten years, teaching Chinese as a foreign language. Stacey lives right in the neighborhood, and loves being able to walk to work! She has enjoyed meeting everyone so far, and looks forward to getting to know more people as the Center continues to open up. Stacey reports that she is happy to help with any questions or concerns, so please don't hesitate to ask.

HELP WANTED:

Looking for a typist who has experience with microsoft. Good grammar and skilled at spelling. Above average pay.

Please contact Gail at: gkorn36@gmail.com