



YPSILANTI SENIOR CENTER

November/December 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

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 holidays are quickly approaching. We have many exciting things going on during the next few months.

This December the Center will celebrate our 60th anniversary. We will have an in-person gathering next summer to celebrate, but we will celebrate now as well. We have decided to provide our members with a “Celebration in a Bag” on Monday, December 6 (see attached flyer). We are putting together 50 bags with many surprises and treats. We will also have some items that we will raffle off at the end of that day. Right now we have a floral centerpiece, a free massage, a gift basket and a couple of larger gift certificates.

The center will be closed November 25 and 26 to celebrate Thanksgiving.

The center will be closed for the holidays December 18 through January 2

Happy Holidays

The Senior Center board meets the first Wednesday of every 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. If it is not there, feel free to email me to get a copy.

**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: 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)

Knitting 12:30-2:00

Wed: Art 10:00-11:30

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

Bingo 12:30-2:00

Thurs: Chair Exercise (Madonna Univ Nursing Students, Dec 2 only) 10:30-11:30

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

Health-Related Workshop (MU Nursing Students, Dec 2 only) 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)

We ask that you wear a mask and social distance. We will have a sign up sheet for each of our activities. 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

Monday Frozen lunch pickup will continue for the time being. We can add new people to either the frozen or hot lunch program. There is some basic paperwork to enroll in the lunch program. Monthly menus are available at the Center.

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 must be eaten at the Center. No take out is available for the hot meal. Please wear a mask and keep a safe distance from others.

60th Anniversary Celebration

This year is the 60th anniversary of the Ypsilanti Senior Center! We will have a gift-packed "Celebration in a Bag" for you to come pick up on Mond, Dec 6th, see attached flyer. There will be many, many fun gifts in the bag, plus a chance to enter a free raffle to win even more gifts! Thank you for your support and participation in the Center over the years!

Quilt Raffle

The Quilt Raffle was a smashing success! Thanks to your support, we raised over \$3,000 to support continued programming at the Center. Bessie Cook of Ypsilanti won our 3rd place quilt, Ellie Banyai of Ypsilanti won our 2nd place quilt and Dwight H of Warren won our 1st place quilt. I have not been able to reach him. If I am not able to reach him by Dec 1st we will redraw for the first prize.

Holiday Luncheon

We are planning a special Holiday Luncheon on Thurs, Dec 16. If you would like to attend, please order a hot lunch through the Lunch Program by Dec 6th. We will eat together and have some special desserts, provided by the Center. We will do a gift exchange similar to what we have done in the past. Bring a new \$5.00 gift that is wrapped and labeled for a man, woman or either. Plan to have a fun time.

WCC Student Interns

Kayla and Margaret are our Washtenaw Community College interns, who have been doing a fantastic job soliciting donations for our anniversary celebration gift bags, as well as filling in at the desk, and doing all kinds of other work around the Center. They came in September, and will be with us through December. Thank you, Kayla and Margaret!

Volunteering at the Reception Desk

Jackie has taken a leave of absence, so we need volunteers to sit at the Reception Desk, starting in January, to help people sign in and take temperatures. Would you consider volunteering once per week? You can catch up on your reading during the lulls!

The job position itself is for Reception and Meals, and is funded through AARP, so if you're interested in applying for the job, we can give you more information and put you in contact with them.

Service Project

We are making "plarn" on Tuesday mornings. Plarn 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 will continue to have PRODUCE/PANTRY and PPE items available once per month, on the second Friday, from **2:30-5pm** on the following dates: Friday Dec 10, Jan 14, Feb 11.

We could use help unloading the produce (2-2:30) and helping as people pick out their food (2:30-5) and cleaning up after (5-5:30). Let us 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://yphiseniorcenter.org/healthy-cooking/>. These were paid for by a grant from the Michigan Department of Human Services.

Massage Therapy

Sissel Bridges is switching to massage therapy twice per month, on Fridays from 10-2. Please call her directly to schedule at 734-383-4387 or 734-340-3766. 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://www.norwegianhealthwellness.com)

Exercise

All of the WCC classes will continue to be ONLINE this Winter. 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 let us know that you will be viewing the class from the center.

Art/Crafts

Our weekly Art class is held on Wednesdays 10-11:30, all materials will be provided and no experience is required. November 17 and 24 we will make felted ornaments. On December 8th Nancy Tomczak will teach us how to make "Iris folding" to make Holiday cards. It is time to get your creative juices flowing!

Madonna University Nursing Students

A class of nursing students from Madonna University will be with us on Thursdays approximately once per month. This month will be Thurs, Dec 2. They will teach a chair exercise class in the morning, do blood pressure checks, and have a discussion on Hypertension and Sodium in the afternoon.

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 meet in December but will be strong on January 11th. If you need any support during this time please feel free to call the center. AAA1B also has caregiver help and support by calling (800) 852-7795.

Continuing Education

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

Online classes

[getsetup.io](https://www.getsetup.io) has many classes that are designed for older adults. They have new classes everyday. There are activities that are of interest to anyone.

Weekly Technology Workshop

Digital Connection Corps at EMU continues to offer in-person hands-on help with technology (including smart phones, laptops, email, etc) at the Center, Tuesdays 10am-12pm. Please REGISTER beforehand. 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