



YPSILANTI SENIOR CENTER

February/March 2022

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

We started off the new year rather tentatively. With the rise of another Covid variant we are all uncertain how to stay safe. Be sure you get your vaccines and booster for the virus, wear masks whenever you are in public and continue to wash your hands. The Center requires everyone to wear a mask indoors unless you are sitting at a table eating. The County has supplied us with KN95 masks that are available for anyone to pick up. Everyone can order free at-home covid test kits from www.covidtests.gov. It is super easy. It only requires your name and address and your test kits will be shipped to your door. Another source for ordering tests is <https://accesscpvotests.org>. If you need help ordering, you can stop by the center and ask someone here to help you fill out the form online.

The AAA1b (Area Aging on Aging 1b) has asked us to develop a pilot program that would help Grandparents raising grandchildren get some respite. Raising grandchildren is not an easy job even though it is very rewarding. This pilot program will help find and pay for the activities for the grandchildren so the grandparents can have some time for themselves. If you know of anyone that could benefit from this program please call and give us their contact information.

EMU has received a grant to start a program called “Lori’s Hands”. It is available for anyone with a chronic illness. Students from EMU will be available to visit on a weekly basis to provide some help around the house or companionship. There is a flyer attached that explains how it works. If you are interested in the program or know of someone that is please call the Senior center and leave your name and phone number so we can register you for the program.

Fundraising Committee

We would like to form a fundraising committee for the center. We are in constant need of money coming in to keep the center running and expand our programs. We need your help.

Saturday Feb 12, 2022

10am to noon

at the senior center

Please come with your ideas to form a fundraising plan for the center. Everyone can help to keep YSC prospering.

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)

Gentle Fitness 10:30 - 11:30

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/Crochet 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) 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)

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.

Creative Writing is back in style!

Did you master doing 100 push ups?

Where was your first dance?

Do you see a 2nd career writing for Netflix?

Have short stories?

Join Gwen in person starting on the 1st Monday in February at 1:00 right here at the Ypsilanti Senior Center.

Timeslips Storytelling

Are you looking for something to add a little fun to your week? Join us for TimeSlips Thursdays happening March 31, April 7th & 14th, from 12:30pm - 2pm.

Each Thursday afternoon you'll get to laugh, be creative, and have a good time with your fellow community members while telling an inventive story all your own. *No storytelling, or performance experience necessary!* In fact, TimeSlips techniques were first developed as a way to connect and engage with older adults experiencing dementia. Today, TimeSlips is a tool that people all over the world use to engage older adults in order to ignite their creativity and make their lives richer.

Each session is led by a team of facilitators from Eastern Michigan University who are undergoing TimeSlips training. These facilitators will be a mixture of faculty, staff and students from EMU, along with the Ypsilanti Senior Center Director, Monica Prince. COVID-19 protocols will be in place including screening, mask requirements and social distancing. Each session will be limited to 20 participants, and there is no cost to attend. To sign up please call [\(734\) 483-5014](tel:7344835014)

**Reminder the center is closed whenever the schools are closed due to weather.
The center will be closed February 21 for President's Day**

Moving to Wellness

Tuesday February 22 at 1pm Promedica will provide us with insight on living through grief and depression. We have had a number of losses and isolation of covid has led to depression for us all. come and learn tips to move on and learn to lead a healthy and happier life.

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, Feb 11; March 11; April 8 and May 13.

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://ypsiseniorcenter.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 to the fourth Friday of each month, on 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://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.

Intergenerational Spanish

EMU will once again sponsor an intergenerational Spanish language and culture class. It will be in person at the senior center. The class will be held on Thursdays from 4:00 - 5:20 from March

3 - April 7. Everyone is welcome from 7 to 99 years. If you are interested, call the center to sign up.

Art/Crafts

Our weekly Art class is held on Wednesdays 10-11:30, all materials will be provided and no experience is required. 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 every other week. There is a flyer attached that lists their activities that they would like you to.

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. 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.

Transportation

Feonix – Mobility Rising is a non-profit organization that creates mobility solutions, technology, educational programs, and global communities around the common goal of transportation for all. Feonix is dedicated to supporting mobility for underserved populations through community-led transportation solutions. [For more information, visit their website.](#)

<https://feonix.aarp.org/washtenaw/?CMP=RDRCT-ADS-MaaS-MI-JUN2020>

Continuing Education

Both Olli and Elderwise are online. 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

