



YPSILANTI SENIOR CENTER

Summer 2022

Senior Center Hours:

Monday through Friday: 9AM-2PM

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

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

Here we are in May. We are still requiring masks in the building because the risk level for Washtenaw County is now at high. When the county stays at low we will not require masks inside. We may have some ups and downs with this. We will post this on the front door if masks are required or just recommended.

We have a new dance class that will run for 6 weeks starting in May. It is the research project of Alicia Jones from the OT Department at EMU. The class will focus on balance. Please contact Alicia at 313-408-1669 or email her at ajone230@emich.edu to register for the class. Dr Jones is still taking participants for this and possibly a following session.

We are still looking for Grandparents that are raising grandchildren. 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. Please call the Center to arrange an appointment to find respite.

The Center will be closed Monday, May 30 for Memorial Day, Monday July 4, and Tuesday, Aug 2 for Elections (we are a polling place).

Volunteers Needed

- Several people needed to organize and help with the jewelry sale - We've got the jewelry, some of it needs to be sorted and priced. The main needs are set up on June 3 and working the Sale on June 4.
- We need volunteers to help with our weekend rentals. The volunteers are responsible to open the center for the rental, be on call for the renters and then lock up when they are finished.
- Kitchen help is needed. We serve hot lunches Tues - Fri. Help is needed to temp the prepackaged lunches when they come in, temp them when they are ready to be served and clean up after.
- Fundraising help. We need to develop a fundraising plan and help put it in place. We need several people to help do the work.

The Senior Center Board meets the second Wed 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:

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

EMU OT Dance for Older Adults 12:30-1:30 (6-8 weeks)

Wed: Line Dancing with Dee (WCC) 10:30-11:30

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

Bingo 12:30-2:00

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

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

Gentle Fitness 10:30-11:30

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

Art Class 12:30-2

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 continue to have you sign in as you enter the Center so we can monitor for contact tracing.

Jewelry Sale & Bake Sale

The Jewelry Sale is back! It will take place at the Center on the day of the Normal Park Yard Sale, Saturday, June 4 from 9am - 4pm. We will also have a bake sale here at the same time. Stop by and support the Center! There will be a signup sheet to help out at the sale. Please consider helping out for a couple of hours.

Ukrainian Egg Coloring Contest

The Ukrainian Egg Coloring Contest will be held at the Corn Roast on Saturday, July 30 4-7pm. Stop by and see the gorgeous samples of Pysanki, watch a demonstration of how to make the eggs and enter a coloring contest.

Corn Roast

We are excited to announce that the Corn Roast is back! We will also be celebrating our 60th anniversary, Saturday, July 30 from 4-7pm. Besides having our great corn and hot dog meal, we will also have our shuffleboard court reopening and other outside games. To celebrate our 60th anniversary we will have a silent auction with many fabulous prizes.

Bring your Grandchild to the Center Day

On July 7th from 10:30 - 11:30 the Huron Metropark is coming to us with cold-blooded creatures. Bring your grandchildren to experience the demonstration of things you might see on a visit to one of the parks. We will have snacks for everyone. Sign up at the Center to reserve your spot for you and your grandchildren

Tai Chi Demonstration

Carmo Ribeiro of "Seniors Helping Seniors" will be doing a Tai Chi demonstration here at the Center on Thursday, June 9th from 10:30-11:30am. Come join us! There is the possibility of developing this into a Tai Chi class, as well.

Food/Lunch Program

Monday frozen lunch pickup will continue. 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 by Friday 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.

Kroger's Community Rewards Program

Want an easy way to support the Center, that doesn't cost you anything? Link your Kroger card to the Ypsilanti Senior Center on-line through Kroger's Community Rewards Program, and a percentage of your purchases will be donated to the Center. Thanks for your support!

<https://www.kroger.com/i/community/community-rewards>

Americorps Vista Intern Kayla

Welcome back to Kayla Lugo, our former WCC Intern from Fall 2021 as our new Spring/Summer 2022 Americorps Vista Intern. She is such an effective team member, we invited her back! She will be assisting Monica with community projects and doing some lunch service also.

Service Project

We continue to make “plarn” on Tuesday mornings. Plarn is yarn made from plastic bags. Volunteers 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: June 10, July 8, Aug 12. **A new policy is that we must return the cardboard boxes or get charged for them. So pls either bring your own bag, use our plastic bags, or take a cardboard box, but return it. Thank you.

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.

Massage Therapy

Sissel Bridges continues to offer massage therapy at the Senior Center by appointment. 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)

WCC Exercise

WCC Senior Focus has switched to in-person classes (and in-person registration) as of May 2022. Dee will be offering Line Dance here at the Center on Wednesdays 10:30-11:30am for the Spring and Summer semester. Mark’s exercise and Liz’s yoga classes are currently on hiatus. <https://www.wccnet.edu/learn/our-offerings/personal-enrichment/seniors/>

Art/Crafts

Our weekly Art class is moving to the first, third and fourth Fridays from 12:30 - 2:00 (Produce Boxes remain on the second Friday), all materials will be provided and no experience is required. It is time to get your creative juices flowing! On the fourth Friday of each month we will do an intergenerational art class. June 24th we will do papermaking, on July 22 and August 26th we will do projects that everyone can participate in. Bring you grandchildren or neighbors to participate.

Memory Cafe

Memory Cafe continues on the second Tuesday of each month, from 2-4pm. Let’s get together to support one another and have some fun. 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.

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

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, new students may have to wait to start attending.

<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