



# YPSILANTI SENIOR CENTER

## Autumn 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](http://www.ypsiseniorcenter.org)

Facebook.com/ypsiseniorcenter/

Email: [ypsiseniors@sbcglobal.net](mailto: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**



Grace and Peter were great supports of the Center when they were alive. In their death, they still support us with an endowment from their trust. We have named the small meeting room after them to always remember their generosity. Thanks Grace and Peter.

With fall on its way the county is still in a High Risk for contracting covid. Please stay safe, wear a mask indoors and socially distance yourself from others. I would love for Covid to be over but it is not. So we carry on.

### **We have many things scheduled for this fall**

A representative from the Commission on Aging will be here on Thursday September 15 at 10:30am. The COA was formed by the County Commissioners just over a year ago to study the state of older adults in the county. Marta Larson would like to talk more about the COA. They want to hear from you. Do you get the services you need from the county? Do you have a wish list of things that you wish you could get help with? Do you know that the Senior Center receives only \$15,000 a year from the city and county for our general funds. The rest of the budget comes from grants and donations. We need more help from the government to keep growing. We will follow the meeting with a hot dog picnic and a talk on preventing falls from a physical therapist,

Dr. Parvej Khan. This is important topic will cover improving balance, assessing risk factors and the role of physical therapy. Sign up to assure we have enough hot dogs.

On Sept 29th at noon, we will have a presentation from Human on behavioral health. These past couple of years have been challenging, and we can all benefit from learning strategies to cope better.

Last December we received a planning grant from the Ann Arbor Area Community Foundation to work to make the Senior Center an intergenerational center. This will not interrupt the activities that are specifically designed for you. It will allow us to stay open longer each day and have activities designed for people of all ages. We are now working on a grant that will sustain this project for 3 more years. If it goes through we will have opportunities to talk about what the Center will look like going forward.



The Corn Roast was a great success. Over 100 people attended and enjoyed hot dogs and sweet corn. Thanks for all the help from volunteers. It was a lot of work but a lot of fun. We had prizes donated from local businesses and artists that brought in \$350 for a raffle.

**The Center will be closed Monday, Sept 5 for Labor Day and Tues, Nov 8 for Election Day (the Center is a polling place).**

### **Volunteers Needed- Help**

- 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.
- Fundraising help.

The Senior Center Board meets the third 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

Hot Lunch 11:45 (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 (starting Sept 20)

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 week sessions)

**Wed:** Line Dancing with Dee (WCC) 10:30-11:30 (starting Sept 14)

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

Bingo 12:30-2:00

**Thurs:** Yoga with Liz (WCC) 10-11:30 (starting Sept 29)

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

**Friday:** Yoga with Liz (WCC) 9-10:30 (starting Sept 29)

\ Norwegian Therapeutic Massage 10:00-2:00

Gentle Fitness 10:45-11:45

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.

**EMU Dance Class**

We will continue to have the dance class on Tuesday afternoons until November 15, and possibly another session after that. It is a 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](mailto:ajone230@emich.edu) to register for the class.

### **Turner Virtual Mindfulness-Based Chronic Pain Care**

U of M's Turner Senior Resource Center will be holding a virtual class on Chronic Pain Care, for 8 weeks, on Fridays, from Sept 9- Oct 28, 1:30-3:30pm. The class is covered by Medicare and most insurance. Call Mariko Foulk for more information: 734-764-2556.

### **Toledo Zoo Senior Days**

The Toledo Zoo will be having Senior Discovery Days every Wed, from Sept 7-Oct 26. This includes free admission, free snacks, discounts at the gift shop and various themes and animal demonstrations. Check the zoo website for more information: <https://www.toledozoo.org/seniors>

### **Tai Chi Demonstration**

Carmo Ribeiro of "Seniors Helping Seniors" will be doing another Tai Chi demonstration here at the Center on Thursday, Sept 22 12:30-1:30 pm. Come join us! There is the possibility of developing this into a Tai Chi class, as well.

### **Welcome Back, Nancy! (temporarily)**

Stacey will be out for a few weeks for surgery in mid-Sept, and Nancy will be coming back to her "old position" to fill in. Thanks Nancy!

### **Food/Lunch Program**

We will be adding HOT LUNCH on Mondays, starting Sept 12. We will offer hot lunches five days a week. Monday frozen lunch pick-up 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>

### **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: Sept 9, Oct 7 (FIRST Fri), Nov 11, Dec 9

\*\*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://norwegianhealthwellness.com)

### **WCC Exercise: Line Dancing with Dee, Yoga with Liz**

WCC Senior Focus has switched to in-person classes (and in-person registration).

Dee will be offering Line Dance here at the Center on Wednesdays 10:30-11:30am from Sept 14-Nov 16.

Liz will be back with Yoga! She is offering class on Thursdays 10-11:30 and Fridays 9-10:30, from Sept 29-Dec 9.

Mark's exercise class is currently on hiatus.

Check the WCC website for more information. Registration is here at the Center, on the first day of each class. <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. 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 call our Center to REGISTER beforehand, new students may have to wait to start attending. Fall classes begin on Tues, Sept 20. <https://www.emich.edu/engage/community/digital-connecting-corps.php>

