



YPSILANTI SENIOR CENTER

Winter 2022-2023

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: info@ypsiseniorcenter.org

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

As we enter the winter months, the county is still at medium risk of Covid. We need to be safe during the holidays and into 2023. We are still requiring masks to be worn indoors at the Center. Please be mindful of everyone’s health.

WooHoo!! We did receive a grant from the Ann Arbor Area Community Foundation and Blue Cross, Blue Shield of Michigan Foundation to continue our work with intergenerational activities. This will not take away any of our senior programming. It will actually enhance the programs we have now. Soon we will be open longer hours. This will allow us to add programs that will include youth and older adults. With this grant we will also be able to hire another staff member to help with our work load. We will be looking for someone that will start at part time and be willing to move to full time at some point. This will also bring new people into the Center. I look forward to seeing the gradual changes that will happen throughout the year.

During covid we stopped the Memory Cafe to keep everyone safe. We would like to restart it. If you know of anyone that is living with memory issues please let them know about this program. It is a social time for those living with memory loss and their caregivers. We talk, sing, dance, make art and tell stories. It is a time that everyone can get support for the challenges they face.

Feel free to call me if you have any questions. - *Monica*

Happy Holidays

The Center will be closed for the Holidays from Thurs, Dec 22- Tues, Jan 3, re-opening Jan 4. We will also be closed Monday, Jan 16 for MLK Day.

We are offering the following in-person activities:

Monday: Gentle Fitness 10:45 - 11:45

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 Jan 17)

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 (starting Jan 17)

Wed: Mark's Exercise 9:30-10:30 (starting Jan 11)

Line Dancing with Dee (WCC) 10:30-11:30 (starting Jan 18)

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

Bingo 12:30-2:00

Thurs: Yoga with Liz (WCC) 10-11:30 (starting Jan 12)

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

Tai Chi with Carmo 2:30-3:30 (starting Dec 8)

Friday: Norwegian Therapeutic Massage 10:00-2:00 (call for appt)

Gentle Fitness 10:45-11:45

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

Art Class 12:30-2 (except 2nd Fridays, due to Produce)

We ask that you wear a mask and social distance. We will have a sign up sheet for each of our activities. We will also continue to have you sign in as you enter the Center so we can monitor for contact tracing.

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.

Center Board

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 now looking for new board members. If you or anyone you know is interested please let Monica know.

***NEW* Tai Chi Class**

Carmo Ribeiro of “Seniors Helping Seniors” will be offering an on-going Tai Chi class on Thursdays, 2:30-3:30, starting Dec 8 (see attached flyer) Welcome Carmo! Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and body. Come join in this ancient martial art for a modern age.

Pre-planning Funeral Arrangements

You're invited to an informative workshop about pre-planning final arrangements with the Washtenong Memorial Park on January 19 at noon. You'll be taken on a virtual tour of the park and have the opportunity to discuss the benefits of pre-planning. The most common reason members of the community plan in advance: for the peace of mind it provides them and their family. Light refreshments and a gift will be provided.

Food/Lunch Program

Unfortunately, the FROZEN meals have been discontinued by the County as of November 28. The frozen meals were a response to the “emergency” situation created by Covid, and now that we are providing hot meals daily, the frozen meal part of the program is ending.

However, we will continue to provide HOT MEALS daily, Monday through Friday. We can add new people to either program at any time. 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 a hot meal for the following week. Hot meals are served at 11:45 am and must be eaten at the Center.

Holiday Luncheon

We are planning a special Holiday Luncheon on Fri, Dec 16. The center will provide the main course (ham). Please sign up to bring a side dish or dessert to pass. 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 Exercise: Line Dancing with Dee, Yoga with Liz, Exercise with Mark

Welcome back, Mark! We are excited to announce that Mark will return with an in-person class on Wednesdays, starting the Winter 2023 semester. (For information on additional on-line classes, contact Mark directly: mahfitness@yahoo.com)

WCC Senior Focus will offer all in-person classes (and in-person registration) for a 10-week semester.

Mark's Exercise Class every Wednesday 9:30-10:30am starting Jan 11

Dee's Line Dance every Wednesday 10:30-11:30am starting Jan 18

Liz's Yoga every Thursday 10-11:30 starting Jan 12

(Liz will also be offering an additional on-line class, pls check with her for information.)

Check the WCC website for more information about in-person classes here at the Center. Registration is here, on the first day of each class.

<https://www.wccnet.edu/learn/our-offerings/personal-enrichment/seniors/>

EMU Dance Class

We will continue to have the dance class on Tuesday afternoons, re-starting on January 17. 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 to register for the class.

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 10-11:30. 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: Dec 9, Jan 13, Feb 10.

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)

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 will be re-starting 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.

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. Winter classes begin in Jan. <https://www.emich.edu/engage/community/digital-connecting-corps.php>

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>