



YPSILANTI SENIOR CENTER

October 2023

Senior Center Hours:

Monday through Friday: 9am-5pm

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

Summer went by too fast. We have new faces around the center. Tamar Lawler has been around for a little while. She took Stacey’s place and works with the nutrition program. Stephanie Levijoki started this summer and will be working with developing programs and working with intergenerational activities. They each work 3 days a week.

We also have 2 staff that work for AARP’s job training program. Diane Goff is at the front desk. Her job is to greet everyone and answer the phones. Jaqueline McGaughy has returned to the kitchen with 2 new knees to help serve meals.

We are hoping in the near future to hire another person to assist with grant writing, grant management and planning. Maybe at some point I will make myself obsolete and look at retirement. That won’t be for quite a while.

Over the summer, Bruce Astrein (our consultant from Generations United) and I have been meeting with several local organizations to work towards adding an intergenerational aspect to the center activities. Our art group was joined by Mentor 2 Youth students. We worked on individual weaving mats that will be joined together to make a large wall hanging. In August every Tuesday and Thursday a group of older adults met with middle school aged students to learn how to play chess. The response was very positive. This is now continuing the third Saturday of each month from 2-4pm. The class is organized by the Mich Ave Library. It will meet here for the fall because that library has been closed. When they reopen, it will transfer to a meeting at the library.

- *Monica*

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

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

Knitting/Crochet 12:30-2:00

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

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

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)

New Faces Around the Center

My name is Tamara Lawler, and I am the current Administrative Assistant at the Ypsilanti Senior Center. My background is the medical field with some event planning experience. I hold a B.S. degree from Eastern Michigan and a Graduate certificate in Dementia.

I saw an opportunity to make a difference with the Ypsilanti Senior Center and I decided to work with the senior population. My long term goal is to engage with the community bridging the generational gap between the young and elderly. I look forward to working with the Ypsilanti Senior Center and am glad to be a member of the team.

There is always something new brewing at the Ypsilanti Senior Center! Hello everyone! My name is Stephanie Levijoki. I started working here as a program coordinator in July. My specialty will be focusing on new Intergenerational Programs, aiming to bring Seniors and younger generations together to share their talents, wisdom, and life experiences. My first volunteer experience was in the seventh grade, engaging and learning from Seniors as a "friendly visitor" in a nursing care facility. Since then I have worked with people of all ages as a social worker or volunteer director with two hospices, with the University of Michigan Hospital, and at the Department of Health and Human Services. I have a BA from Xavier University and a few certifications. I love people. So glad to have joined Monica's team and am looking forward to meeting all of you.

Volunteers Needed- Help- Help

- **We need volunteers to help with our weekend rentals.** These volunteers are responsible for opening the center for the rental group and locking up the building when they are finished using it. As a volunteer you would need to be "on call" for rental requests.
- **We would also welcome Fundraising volunteers.** Jewelry sale will be held December 2 from 9-3. We can use help with sorting and pricing jewelry, set up on Dec 1 and sales help on Dec 2.

Center Board.

The Senior Center Board meets the Third Thursday of every month at the Center at 6:30p. 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.

Food/Lunch Program

We will continue to provide HOT MEALS daily, Monday through Friday. We can add new people to the 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.

WCC Exercise: Line Dancing with Dee, Yoga with Liz

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

Dee's Line Dance every Wednesday 10:30-11:30am starting Sept 13
Liz's Yoga every Thursday 10-11:30 starting Sept.21

(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/>

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

A group of volunteers 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.

New Cooking Workshop

In partnership with Growing Hope, we will have an intergenerational cooking class starting October 25 from 4-6. Space is limited so register at the center. The class will explore old and new recipes and taste test the final product. We are experimenting with a monthly class but it may continue more often.

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)

Art/Crafts

Our weekly Art class is Fridays from 12:30 - 2:00 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. In October we will have therapy dogs visiting to provide puppy cuddles.

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. Classes this term begin October 10. <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>

Special Events

What's Changing are Coming for Medicare in 2024

Seniors are all eligible for Medicare. But what new changes are coming that may affect your health care needs and insurance in 2024? If you want to learn what changes may affect you, come to our hear our MMAP presenter teach us about the changes in Medicare:

What's new with Medicare 2024

October 19, 2023 at the Ypsilanti Senior Center

11:30am-1:30pm Potluck and Presentation

OPEN ENROLLMENT for Medicare Part D prescription drug plans begins on October 15-December 7, 2023. Be among the first to know what's new.

Potluck

Thursday October 19, 2023

The center will provide the main course of Please sign up to bring a side dish, dessert or contribute to the main dish.

MMAP Counseling

The Area Agency on Aging 1B will provide MMAP Counselors on October 23 to assist in helping choose the best health care coverage. for individuals. You will need to sign up ahead of time to secure a spot.

Chronic Pain

On Wednesday October 4th from 5:30 - 6:30, Dr Edward Washabaugh, a Michigan Pain Specialist will present a workshop on alternative pain treatments. To register for the class call 419-389-3895 or register at BSNevents.com/1862e.

The Center will be closed Monday October 9th in observance of "Indigenous Persons Day"/Columbus Day.