



YPSILANTI SENIOR CENTER

Our Mission:

Creating great experiences for older adults in a welcoming environment that encourages learning, active engagement, fitness, and healthy aging.

Senior Center Hours:

Monday – Friday,
9:00 am – 5:00 pm

Contact Info:

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Contact us to join the Center. Membership is free and it's easy to join.



June 2024 Newsletter

From Monica & the Team

Summer is just around the corner, officially arriving on June 20th! As the sunshine brightens our days, the Ypsilanti Senior Center is buzzing with exciting activities to make your summer unforgettable.

Mark Your Calendars for June 11th!

Join us for a special potluck featuring guest speakers from the Ypsilanti Library. They'll introduce the Summer Challenge and share the library's latest programs and services tailored to your interests. Following the success of our last potluck, Bruce Astrein will continue the conversation on the power of intergenerational programming in our community.

Embrace Connection and Learning

Our goal is to create a welcoming space for all ages, reducing social isolation through intergenerational interactions. These connections combat loneliness, foster understanding, and provide enriching opportunities for growth. Get ready to launch our Intergenerational Summer Program at the end of June, running from June 27th to August 8th in partnership with our community. We can't wait to see the bonds that will form!

Be the Heart of the Center

Volunteers and participants are the lifeline of the Ypsilanti Senior Center. While our dedicated staff works tirelessly, your involvement makes our services, programs, and events possible. We need your help to make this summer unforgettable. Sign up at the front desk to lend your time and talents.

Summer Programming

Senior Nutrition

Café Meals are available to those who are 60 years or older. In order to participate, you must register for the program at the front desk. Lunch is served Mon-Fri at 11:45 am and is provided through Elite Catering. You must sign up by the Friday before the next week in which you desire a meal. Monthly menus are available at the front desk. A donation of \$3 per meal would be appreciated but is not required.

Transportation is available through Feonix – Mobility Rising. Feonix 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 go to: <https://feonix.aarp.org/washtenaw/?CMP=RDRCT-ADS-MaaS-MI-JUN2020>

Intergenerational Thursdays

We're pleased to announce our summer intergenerational pilot project which runs from June 27-August 8.

We are partnering with teens from Educate Youth

(<https://educateyouthypsi.org/>)

Scheduled Activities

11:45-12:30 - Seniors & youth lunchtime

12:45-1:45 – “Benches” play practice

1:00-1:30 - Preparing healthy snacks

2:00-2:45: Joint fitness or Drummunity

2:45-3:15 – Snack break

3:15-4:30 – “Garage Sale” play practice

Mark Harris is creating an intergenerational fitness/health & wellness class which will take place on the following dates:

June 27; July 18; August 1

Drummunity is a community-building activity where people gather around a circle of drums to play music. The drum circle offers equality because there is no head or tail. It includes people of all ages. The main objective is to share rhythm and get in tune with each other and themselves.

Alternatively, there will be a few older youth and seniors working on developing a “yellow pages for teens” during the play practice times.

Seniors are not required to participate in every activity. Take a look at the plays and pick one or both!

[Benches](#)

[Garage Sale](#)



Benefits of Intergenerational Offerings & Settings:

- Breaks down physical and social barriers
- Fosters meaningful connections between individuals in a space of mutual sharing
- Contributes to greater life satisfaction
- Increases sense of self-worth and belonging
- Builds meaningful relationships through shared learning and experiences spanning different generations
- Older adults participating in intergenerational programs frequently report positive outcomes, including decreased social isolation and a strengthened sense of community
- Teenagers may gain valuable insights and wisdom from older adults, contributing to their personal growth and development

Source: Bruce Astrein,
Generations United

Partner Spotlights



Growing Hope

Growing Hope is an Ypsilanti nonprofit organization and has provided support and nourishment to our community for the last 19 years. Through workshops, trainings, and field trips, they educate youth, adults, and seniors who have a range of gardening experience and skills. They are also active in school, community, and home gardens throughout Ypsilanti. Such an excellent organization and one we're proud to partner with.

Please sign up for a tour of their farm and to assist with harvesting fresh produce on July 9 from 9:30-11:30 am which will be followed by a potluck at our center where they will be our guest speaker.

Growing Hope also manages the Ypsi Farmer's Market and invites you to stop by and purchase some fresh produce and say hello. The market is open from 9-11 am on Saturdays at 100 Rice St in Depot Town. For those who are unable to go to the Saturday market, you can shop online and pick up your order on Tuesdays from 4-7 pm at 16 S Washington St. To learn more about their work or to place a produce order, go to <https://growinghope.net/>

Ypsilanti District Library

The Ypsilanti District Library builds community through discovery, education, and partnerships and envisions a thriving, highly-connected community supported by innovative resources and exciting learning opportunities. Their mission and vision align perfectly with one of our focus areas – lifelong learning. Increased cognitive ability and confidence are by-products and don't we all need more of these?

At our June potluck, you will have an opportunity to sign up for a library card and/or enroll in their Summer Reading Challenge as well as learn about activities taking place this summer. We are still working on partnership opportunities in the area of intergenerational programming with the library. Stay tuned!

Upcoming Events

June Potluck

June 11, 11:45 am serving spaghetti, salad & garlic bread. Sign up to bring a side or dessert. Bruce Astrein will continue discussing the importance of intergenerational practices.

Lunch & Learn/Home Safety & Bingo

June 26, 12:30-2:00 by Atlas Home Safety. Sign up by June 19.

Metroparks Get Out & Play On the Road

On July 10 at 2:30 pm, you have an opportunity to get up close and personal with live animals! Bring your grandchildren, friends or neighbors to this free and fun event.

The Metroparks offer a variety of events at 13 different area parks. Check them out at <https://metroparks.com>

Annual Corn Roast

Join us on Saturday, July 27, 4-7 pm. This is a community event, and all are invited. There will be roasted corn as well as other food items, games, and activities. Cost is \$10 for adults, \$5 for children.

AgeWays, Area Agency on Aging 1B is a nonprofit 501(c) 3 organization with a rich history of supporting older adults in our service area.

Here are a few services they provide:

- Information and Assistance Telephone Line to help people find local resources
- Direct Home Care Services and care coordination to help when seniors are having trouble caring for themselves
- Adult Day Services
- Medicare Medicaid Assistance to help beneficiaries troubleshoot problems and understand their options
- Chore Services to help seniors maintain their homes
- Home Injury control programs to help make seniors' homes safe
- Advocacy to help make sure seniors' voices are heard
- Legal services
- Services and support for grandparents raising grandchildren

(800) 852-7795
<https://www.ageways.org/>

June 2024 Ypsi Activities & Events

City of Ypsilanti Events

First Fridays Movie Night at Frog Island Park on June 7, 8-11:30 pm

Juneteenth Celebration

Date: June 21 - June 23

Time: 6:00 PM - 3:00 PM

Location: 107 Ferris, South Huron Parking Lot

For information on above events, visit

<https://www.cityofypsilanti.com/calendar.aspx>

Ypsilanti District Library Events

Container Gardening for Hummingbirds and Butterflies

Date: Sunday, June 02

Time: 2:00pm - 4:00pm

Location: Whittaker - Community Room

Age Group: Teens, Seniors, Adults

LNGO Tai Chi with Darryl Mickens

Date: Wednesday, June 12

Time: 10:00am - 11:00am

Location: Whittaker Community Room, Whittaker Garden

Description: Tai Chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. It has been shown to be useful in preventing and managing diabetes and a multitude of other chronic illnesses associated with aging.

Age Group: Seniors, Adults

From Boomers to Zoomers: Zoom Practice for Seniors (55+)

Date: Thursday, June 13

Time: 2:00pm - 3:00pm

Location: Virtual

Age Group: Seniors, Adults

Description: Learn the basics of navigating the Zoom meeting interface

Senior Advisory Board

Date: Thursday, June 20

Time: 1:00pm - 2:00pm

Location: Whittaker - Board Room

Age Group: Seniors (ages 55 and older)!

Description: Join us each month as we work to represent and give voice to the needs of older adults at the library

To register for any of the library's events or to get additional information, visit

<https://attend.ypsilibrary.org/events>



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June 2024 Activities Calendar & Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30-11:30 Gentle Fitness 12:30-2:30 Euchre	4 10:00-11:30 Service Project - Plarn 10-11:30 Technology 12:30-2:00 Knit & Crochet	5 9:30-10:30 Senior Fitness 10:30-11:30 Line Dancing 12:30-2:00 Bingo	6 10:00-11:30 Yoga 12:30-3:00 Hand & Foot cards	7 10:30-11:30 Gentle Fitness 12:30-2:00 Art Class
10 10:30-11:30 Gentle Fitness 12:30-2:30 Euchre	11 10:00-11:30 Service Project - Plarn 10-11:30 Technology 11:45-1:00 Potluck 12:30-2:00 Knit & Crochet	12 9:30-10:30 Senior Fitness 10:30-11:30 Line Dancing 12:30-2:00 Bingo	13 10:00-11:30 Yoga 12:30-3:00 Hand & Foot cards	14 10:30-11:30 Gentle Fitness 12:30-2:00 Art Class
17 10:30-11:30 Gentle Fitness 12:30-2:30 Euchre	18 10:00-11:30 Service Project - Plarn 10-11:30 Technology 12:30-2:00 Knit & Crochet	19 Closed Juneteenth	20 10:00-11:30 Yoga 12:30-3:00 Hand & Foot cards 6:30-8:00 Board Mtg	21 10:30-11:30 Gentle Fitness 12:30-2:00 Art Class
24 10:30-11:30 Gentle Fitness 12:30-2:30 Euchre	25 10:00-11:30 Service Project - Plarn 10-11:30 Technology 12:30-2:00 Knit & Crochet	26 9:30-10:30 Senior Fitness 10:30-11:30 Line Dancing 12:30-2:00 Lunch & Learn – Home Safety Bingo	27 10:00-11:30 Yoga 11:30-4:30 Intergenerational Summer Programming	28 10:30-11:30 Gentle Fitness 12:30-2:00 Art Class

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Teriyaki Beef Dippers Baked Beans California Blend Diced Peaches & Pears Dinner Roll</p>	<p>4 Florentine Stuffed Shells Garden Green Salad Green Beans Diced Honeydew & Cantaloupe Bread w/ Margarine</p>	<p>5 Breaded Chicken Tenders Garden Green Salad Mix Garden Veggie Soup Fresh Banana Pita Bread</p>	<p>6 Roast Turkey w/ Poultry Gravy Garlic Mashed Redskin Potatoes Steamed Broccoli w/ Cheese Strawberries w/ Whip Topping</p>	<p>7 Sloppy Joe Sandwich O'Brien Potatoes Cucumber, Tomato, & Onion Salad Fruited Gelatin</p>
<p>10 Hawaiian Meatballs served over brown rice Whole Kernel Corn Green Beans Apricots Dinner Roll</p>	<p>11 Turkey Enchilada Casserole <i>Refried Beans w/ Cheddar Cheese Broccoli, Cauliflower, & Tomato Salad Mandarin Oranges & Pineapple Tidbits Bread w/ Margarine</i></p>	<p>12 Potato Crunch Pollock w/ Tartar Sauce Garden Peas & Pearl Onions Marinated Chickpeas & Tomato Salad Diced Watermelon Dinner Roll</p>	<p>13 Greek Chicken Salad <i>Garden Green Salad Minestrone Soup w/ Crackers Fresh Apple Pita Bread</i></p>	<p>14 <i>Baked Ziti w/ Four Cheeses California Blend Italian Garden Green Salad Mixed Berries w/ Whip Topping Italian Bread</i></p>
<p>17 Pepper Steak served over brown rice Green Beans Zucchini & Tomatoes Tropical Fruit Salad Dinner Roll</p>	<p>18 Over Baked Crispy Chicken Cauliflower with Cheese Sauce Steamed Collard Greens Diced Cantaloupe</p>	<p>19 CENTER CLOSED</p>	<p>20 Submarine Sandwich: Ham & Turkey Pasta Salad w/ Veggies Italian Wedding Soup Fresh Orange</p>	<p>21 BBQ Chicken Breast w/ BBQ Sauce <i>Baked Beans Creamy Confetti Coleslaw Warm Apple Crisp Corn Bread</i></p>
<p>24 Baked Macaroni & Cheese Zucchini & Tomatoes Diced Carrots Diced Peaches Bread w/ Margarine</p>	<p>25 Breaded Chicken Tenders w/ BBQ Sauce Cauliflower w/ Cheese Sauce Buttered Whole Kernel Corn Fruited Gelatin Dinner Roll</p>	<p>26 Stuffed Pepper Garden Green Salad Garlic Mashed Redskin Potatoes Mixed Berries w/ Whip Topping Dinner Roll</p>	<p>27 Maurice Salad: Diced Ham, Diced Turkey, Swiss, Cheese Garden Green Salad Twice Baked Potato Chowder Fresh Orange Pita Bread</p>	<p>28 Roast Beef w/ Beef Gravy Garlic Mashed Redskin Potatoes <i>Creamy Confetti Coleslaw Diced Watermelon Diced Roll</i></p>