



YPSILANTI SENIOR CENTER

March 2024

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

A lot has been accomplished in January and February. We have a new team working at the center. Jasmine will work with me as an Associate Director. She will glean what I have learned during the last 18 years and help me accomplish even more for the center. Anne is taking the position of Program’s Coordinator. She will evaluate what we have now and add and subtract as needed. She also has efficiently gotten the first newsletter of the year out. Chase is working as Special Projects Coordinator. He will work with the lunch program and other projects that we will be working on.

You will also see changes in the facility. We received money from the county to make some repairs both inside and outside the building to make things run more efficiently. Yeah to change!

- *Monica*

Meet the Team

My name is Jasmine Figgins; I am excited to formally introduce myself as the new Associate Director joining the Ypsilanti Senior Center team. I am an alum of both Eastern and Wayne State University with concentrations in Social Work and Healthcare Administration. I have 10-plus years of experience focusing on leadership, community engagement, advocacy, counseling, and diversity and inclusion. I am eager to contribute my expertise and knowledge in the commitment to helping to bridge the gaps and meet the needs of all within the Washtenaw community in which I reside. Outside of professional endeavors, I love meeting new people and staying active, so please don't hesitate to say hello!

My name is Chase Wilder and I am pleased to introduce myself as the new Special Projects Coordinator at the Ypsilanti Senior Center. My educational background, and ongoing pursuits, include me being a student at Andrews University studying both Theology and Sociology. My previous experience includes working in various religious spaces within Ann Arbor, Ypsilanti,

Berrien Springs, New York and Connecticut as an Interning Pastor and Chaplain within High School and University spaces. In addition to this, I have also served as the Service Coordinator for Andrews University, assisting students seeking community service opportunities. I look forward to meeting everyone and spending time with you in the center!

Hi, I'm Anne Duncan, your new part-time Program Coordinator. I previously served as the Senior Programmer at the Van Buren Township Senior Center. I am a board member for The Senior Alliance which is the area agency for aging 1-C. My education is from Wichita State University where I hold degrees in Criminal Justice. We moved here from Kansas City in 2018 to be closer to family. I had the privilege of being the primary caregiver for my mom prior to her passing and became well acquainted with the various challenges in obtaining services and resources for seniors. I have a genuine love and commitment to helping seniors thrive and am thrilled to be a part of the team here. Please let me know how I may be of service to you.

Center Activities

Monday: 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 10-11:30

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 (January 17-March 27)

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

Bingo 12:30-2:00

Thurs: Yoga with Liz (WCC) 10-11:30 (January 18-March 28)

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

Friday: Gentle Fitness 10:45-11:45

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

Art Class 12:30-2:00

Description of Activities & Special Events

Art/Crafts

Art classes are offered on Fridays from 12:30-2:00 with all materials provided. No experience is necessary - it is a fun chance to get your creative juices flowing!

Center Board

The Senior Center Board meets at 6:30 pm on the third Thursday of every month at the Center. It is an open meeting with time at the beginning for public comment and all are welcome to attend. Check our website for the agenda or email Monica at monica@ypseniorcenter.org for a copy. We are now looking for new board members and ask you to contact Monica if you, or someone you know is interested.

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 once the required paperwork has been completed. Sign up at the Center and pick up a monthly menu.

Please let us 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.

Intergenerational Activities

We will be offering an **Art Class** on March 8th from 3-5 pm at the Center. Activities may include magic handprints, color tiles, rock painting, pipe cleaner art, or making a banner for the Senior Center.

Chess Club takes place on the third Saturday of each month from 2-4 pm. If you've ever wanted to learn to play chess or would like to practice your chess skills, this is the perfect opportunity. Mentor 2 Youth is partnering with us and we are seeking more older adults to participate.

Join us on Friday, March 22nd from 3-5 pm for an intergenerational **Game Day!** Bring your friends, family, neighbors or grandchildren. Games offered include cards, charades, chess, checkers, dominoes, and a variety of board games.

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! To learn more go to: <https://www.kroger.com/i/community/community-rewards>

Matter of Balance

This is an 8-week class running from January 18-March 7 on Thursdays from 1-3 pm. Trinity Health is offering the class free of charge to help members reduce risks of falling. The class has both cognitive and exercise components.

Meet & Greet

Join us for a special Meet & Greet with the Ypsilanti City Manager on Friday, March 22 from 5:30-7:30 pm at the Center.

Memory Cafe

Memory Cafe will take place on the second Tuesday of each month, from 2-4 pm. Memory Café is a support group for individuals living with memory loss and their caregivers. Enjoy refreshments, social activities, art, music, and conversation in a supportive environment. 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.

Potluck

Join us for our next potluck lunch at 11:45 on Tuesday, March 12 where we will have a baked potato bar. The center will provide the baked potatoes and we are asking participants to sign up to bring potato toppings, a side dish or dessert. A special presentation by Harmony Cares Hospice will take place at noon.

Service Project - Plarn

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 helping out our community.

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. For more information go to:

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

Volunteer Help Needed

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" or available scheduled weeks for rental requests.

WCC Exercise: Senior Fitness with Mark; Line Dancing with Dee; Yoga with Liz

WCC Senior Focus will offer the following in person classes for a 10-week semester:

- Senior Fitness with Mark will meet on Wednesdays from 9:30-10:30, May 1 – July 10
- Liz's Yoga every Thursday 10-11:30, current session is January 18 - March 28. Next session will take place May 2-July 11.
- Dee's Line Dance every Wednesday 10:30-11:30, current session is from January 17 - March 27. Next session will take place May 15-July 24.
- Liz will also be offering an additional on-line class, please check with her for information

Please register at the center prior to attending. Additional information is on the WCC website at <https://www.wccnet.edu/learn/our-offerings/personal-enrichment/seniors/>

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 10 am-11:30 am. Please call our Center to REGISTER beforehand, new students may have to wait to start attending. Visit <https://www.emich.edu/engage/community/digital-connecting-corps.php> for more information.