



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.



May 2024 Newsletter

From Monica & the Team

Happy Spring! We hope you are enjoying the warmer weather and taking advantage of spending time outside.

We want to help foster that and are pleased to announce we will be improving our outdoor spaces thanks to a grant from Washtenaw County. Plans include pouring a new concrete pad on the south side of our building as well as adding new areas for games and other activities. Additionally, you'll see some redesign taking place inside in order to improve and maximize our space. Please be patient with us when construction begins and know the outcome will be worth it.

We are beginning to see things come together with intergenerational programming and have been meeting with community partners to plan some fun activities and events for the summer. We encourage you to participate and experience the benefits of interacting with other age groups. Our goal is to reduce social isolation by becoming a welcoming place for all. Intergenerational interactions help defeat loneliness and isolation while providing an opportunity to connect and learn from each other.

Just look at Virginia Basler. She recently passed away at the age of 100. She was still participating and volunteering up until a couple of weeks prior to her passing. She was a member here for many years and volunteered in many capacities. She was a treasure to us at the Center and in the community and was an original Rosie the Riveter. Virginia's obituary can be found at: <https://obits.mlive.com/us/obituaries/annarbor/name/virginia-basler-obituary?id=54891934>. Our condolences go out to Virginia's family. She will be missed.

Community Partner News

Kroger's Community Rewards Program

Want an easy way to support the Center, which 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. Go to <https://www.kroger.com/i/community/community-rewards>

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.

Educate Youth

Educate Youth is a community partner we will be working with to deliver intergenerational programming this summer.

Activities will take place on Thursday afternoons beginning June 27. Programming may include: seniors and teens sharing a lunch hour; working on a theatrical production; participating in a special exercise class delivered by Mark Harris; and preparing healthy snacks.

A schedule of activities will be available soon. Please let us know what programs and activities are of interest to you. Sign-up sheets will be available at the front desk once we finalize activities.

To learn more about Educate Youth visit: <https://educateyouthypsi.org/>

Growing Hope

Growing Hope is another partner organization we are excited to work with. Not only do they tend our front garden, they have provided cooking classes at our center and plan to do additional ones in the fall.

We would love to take a group of seniors for a tour of their farm and to assist with harvesting fresh produce. A farm visit is scheduled 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 manages the Ypsi Farmer's Market and invite you to check it out. It kicks off on May 4 from 9-11 am, 100 Rice St in Depot Town. Visit their website at: <https://growinghope.net/>



Fitness with Mark Harris

Many of you know and love Mark Harris and have participated in his classes. He is developing a joint fitness class for seniors and youth.

Mark is a leader in health & wellness and his classes are memorable – especially the cognitive piece.

This class will take place from 2-2:45 pm on the following Thursdays:

June 27; July 18; and August 1.

Ypsilanti District Library

We plan to participate in the library's Summer Challenge program June-August to encourage reading and learning in the summer.

Chess Club will be moving back to the Michigan Ave branch once it reopens.

Other activities, such as bringing the bookmobile to the Center; puzzles in the park; joint fitness class with seniors and teens, and presentations. For more library activities:

<https://www.ypsilibrary.org/>

Upcoming Events & Activities



Building Rental Training

Rental income benefits the Center by assisting with operating costs and senior activities. We are booked for the summer and need additional help with rentals.

If you have been helping out with our building rentals, first let us say thank you! We are looking for several more volunteers who have some flexibility in their schedule to open and close the center for events.

We are asking current volunteers and those who are interested in learning more, or ready to volunteer to attend a brief training session on Wednesday, May 8 at 11:00 am. Lunch will be provided after the meeting so please sign up with Diane at the front desk.

May Potluck with Mark Harris

Our next potluck is scheduled for Tuesday, May 14 at 11:45 am where we will be serving stroganoff. A sign-up sheet is available for members to bring a side dish or dessert. If you are unable to bring a dish to share, a donation would be appreciated. Our speaker is Mark Harris who will talk about health and fitness.

Senior Center Garden

Our flower garden could use some love. If you enjoy gardening or simply being in nature, we would appreciate your help. Sign up at the Center and work with Growing Hope and our Master Gardener Diane. No experience necessary!

Metroparks Get Out & Play On the Road

Join us on July 10 at 2:30 pm for an interactive educational nature program featuring an up-close look at live animals. Animals that could be included during the presentation are frogs, toads, salamanders, turtles and/or snakes.

Bring your grandchildren, friends or neighbors! We plan to invite a local preschool class to participate in the fun.

Jewelry Fundraiser June 1, 9 am–4 pm

We are seeking a few volunteers to help organize and price jewelry for our annual sale to support our Senior Center. Additionally, if anyone would like to coordinate a bake sale during the event we'd love that. Please let us know how you can help. If you have jewelry to donate, please drop it off at the Center. We hope to see our members, friends, and family at the event!

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.

All events are at the Ypsi Senior Center unless otherwise stated. We hope you take advantage of our many offerings.

May 2024 Senior Center Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30-10:30 Senior Fitness 12:30-2:00 Bingo	2 10:00-11:30 Yoga 12:30-3:00 Hand & Foot	3 10:30-11:30 Gentle Fitness 12:30-2:00 Art Class
6 10:30-11:30 Gentle Fitness 12:30-2:30 Euchre	7 10:00-11:30 Plarn 10:00-11:30 Technology 12:30-2:00 Knit & Crochet	8 9:30-10:30 Senior Fitness 12:30-2:00 Bingo	9 10:00-11:30 Yoga 12:30-3:00 Hand & Foot 6:30 Board Meeting	10 10:30-11:30 Gentle Fitness 12:30-2:00 Art Class
13 10:30-11:30 Gentle Fitness 12:30-2:30 Euchre	14 10:00-11:30 Plarn 10:00-Noon Technology 11:45 Potluck 12:30-2:00 Knit & Crochet 2:00-4:00 Memory Cafe	15 9:30-10:30 Senior Fitness 10:30-11:30 Line Dancing 12:30-2:00 Bingo	16 10:00-11:30 Yoga 12:30-3:00 Hand & Foot	17 10:30-11:30 Gentle Fitness 12:30-2:00 Art Class
20 10:30-11:30 Gentle Fitness 12:30-2:30 Euchre	21 10:00-11:30 Plarn 10:00-11:30 Technology 12:30-2:00 Knit & Crochet 2:00-4:00 Memory Cafe	22 9:30-10:30 Senior Fitness 10:30-11:30 Line Dancing 12:30-2:00 Bingo	23 10:00-11:30 Yoga 12:30-3:00 Hand & Foot	24 10:30-11:30 Gentle Fitness 12:30-2:00 Art Class
27 10:30-11:30 Gentle Fitness 12:30-2:30 Euchre	28 10:00-11:30 Plarn 10:00-11:30 Technology 12:30-2:00 Knit & Crochet	29 9:30-10:30 Senior Fitness 10:30-11:30 Line Dancing 12:30-2:00 Bingo	30 10:00-11:30 Yoga 12:30-3:00 Hand & Foot	31 10:30-11:30 Gentle Fitness 2:30-2:00 Art Class