



Our Mission: “Creating great experiences for older adults in a welcoming environment that encourages learning, active engagement, fitness, and healthy living.”

From the Director and the Team

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time (John Lebbcock).” Yes, we are in the midst of summer and will enjoy our last month before scheduled classes, meetings, and more formalities. We hope you enjoy a break from routines in August and just have fun. Summer days can be a time of quiet friendship, fellowship, and happiness...all things that can be found at the Ypsilanti Senior Center (YSC)!

~An Important Special Message~

The staff at the Ypsilanti Senior Center would like to express our commitment to both the safety and inclusivity of our members. We are committed to ensuring that our space serves as a welcoming environment for all individuals, regardless of race, gender, sexuality, religion, socioeconomic status, or disability of any type. In order to maintain this safe space, behavior that negatively impacts the safe environment will not be tolerated. This includes, but is not limited to, hate speech, offensive or threatening behaviors and language, and/or inappropriate or exclusionary actions. We thank you for your continued support and commitment to assisting us in maintaining a safe space that so many people love and cherish. ~Monice Prince, Director

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Membership

It's super easy to join the Center. Simply complete a new member form (available at the receptionist desk or on our website)! We do not charge for membership and thanks to the generosity of our partners, classes are free as well. Membership helps the Center obtain funding and determine future programming. A completed membership form is required to participate in activities and classes. Members must sign in daily so that we know who is in the building in case of emergencies and to document attendance. Please **print your name** when signing in!

Monthly Potluck Luncheon

Our potluck will take place on **Tuesday, August 13th at 11:45 PM**. The Center will provide hotdogs. Members, please sign up to bring a side dish or dessert. The guest speakers for the monthly potluck will be the organization **Say Yes to Seniors**. This organization is a group of individuals that are committed to advocating for adoption of a senior millage to support the senior residents of Washtenaw County. The **Senior Millage** has been approved to be added to the November ballot.

Ypsilanti Senior Center, 1015 N Congress St, Ypsilanti, MI 48197

Ph: (734) 434-5014 | Fax: (734) 480-0380

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Monica Prince, Director | Jasmine Figgins, Associate Director | A. McClarty, Special Projects | J. Blair, Program Coordinator



**YPSILANTI
SENIOR CENTER**

August 2024 Newsletter

For years, activists have been pushing for the county to establish a dedicated funding source for senior services. According to the US 2020 Census, there are over 72,000 people in Washtenaw County age 60 or older and they are the county's fastest growing age demographic. There is overwhelming support among trustees to send the millage to the voters, with the end goal to create a Washtenaw County Office on Aging. The .5 mills would be in effect for eight years through 2031. For more information, please plan on attending the potluck.

Also joining us at the potluck will be representatives from the **Social Action Committee of Delta Sigma Theta Sorority**. They will have resource materials available, and address questions regarding the voting process.

The YSC is in the preliminary stages of planning for building remodeling and patio renovations. **Architectural firm Synecdoche** will join us at the potluck to discuss upcoming focus groups that will discuss member thoughts about needed spaces at the center. Notice of planned meeting dates are listed further in the newsletter.

Voting Information

The center is closed on Tuesday, August 6, 2024, for the MI Primary Election. If information is needed about the voting process, including how to register, please go to <https://www.michigan.gov/sos/elections/voting>.

We Need Your Financial Support!

We need your financial support! The Ypsilanti Senior Center is in need of additional funding through donations for multiple projects, including the rehabilitation and remodeling of our building and outside patio. There are three ways to donate. **Write a check to the Center**, follow this link: <https://ypsilanti-senior-center.networkforgood.com/projects/224274-honoring-our-past-building-our-future>.

Alternately, please use this QR code:



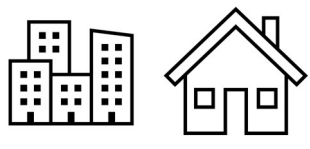
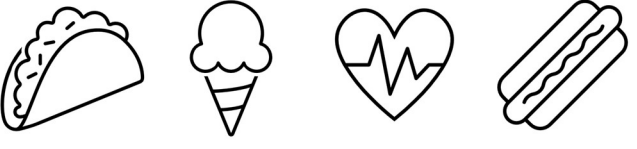


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City of Ypsilanti Non-Motorized Advisory Committee Meeting <u>Thursday, August 8, 2024, 7:00 – 9:00 PM</u> Ypsilanti Senior Center, 1015 N Congress, Ypsilanti, 48197	
City of Ypsilanti Sustainability Committee <u>Monday, August 12, 2024, 7:00 – 9:00 PM</u> City Hall, 1 N Huron St, Ypsilanti, 48197 The Sustainability Commission will seek to create a model of sustainability through efforts to advocate, educate, and promote the social, economic, and environmental health of the community now and into the future.	<p>*If accommodation for any type of disability is needed for participation, please contact the City Clerk's office at (734) 483-1100.</p>
Community Potluck Ypsilanti Senior Center Tuesday, August 13, 2024, 11:45 PM 1015 N Congress St, Ypsilanti, 48197 The center will provide hot dogs and buns. Please sign up to bring sides, desserts, or drinks. The guest speakers for the monthly potluck will be Say Yes! To Seniors, Social Action Committee of Delta Sigma Theta Sorority, and Synecdoche.	
Ypsilanti Housing Commission Meeting <u>Tuesday, August 13th, 6:00 – 8:00 PM</u> New Parkridge Center 831 Hilyard Robinson Way, Ypsilanti 48197	
Parkridge Summerfest & Joe Dulin Day Community Fair at Parkridge Park (WOCED) <u>Saturday, August 24, Noon – 5:00 PM</u> 791 Harriet Street, Ypsilanti 48197 Music, food, fun, health information, community resources information.	

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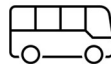
YSC Community News and Information

AARP – In the Fall YSC is planning on partnering with **AARP** to have some focused informational in-service sessions on several topics. Read the YSC Newsletters for more information.

Building Design Focus Groups with Synecdoche - Focus group meetings with the architectural design team for our building improvement project will take place in August at the YSC on the following dates: **Tuesday 8/13 (1:00 – 2:00 PM); 8/14 (4:00 – 5:30 PM); and Saturday 8/17 (10:30 – Noon)**. Whether you are a member at the center or a community member that utilizes our facility, we want to hear your thoughts about our building and hope you will participate.

Intergenerational Thursdays through August 8, 2024 - Our summer intergenerational project (IGP) meetings are being held each Thursday at the center from 11:30 – 4:30 PM. Groups of local seniors and youth from the organization **Educate Youth** are participating in producing two theatrical plays (**Benches, and Garage Sale**), physical exercise, baking, and other activities. The project will culminate with a performance of the plays on **Thursday, August 8, 2024, at 3 PM!** We hope that the families of our participants will attend and support this wonderful group. For questions, please contact Jasmine@ypsiseniorcenter.org.

Medical & Grocery Store Transportation are available through **Feonix – Mobility Rising**. Feonix is a private, 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. *If you have a Medicare and Medicaid Dual-Special Needs Plan (Medicare Managed Care)*, please contact your plan for information on whether transportation is provided. For more information about Feonix, go to: <https://feonix.aarp.org/washtenaw/?CMP=RDRCT-ADS-MaaS-MI-JUN2020>.



Senior Classes at the center will resume on Wednesday, September 17, 2024. Planned are **Senior Exercise**, with instructor Michele Williams, from Washtenaw Community College; **Senior Line Dance**, with Dee; and **Yoga**, with Liz Brauer. From Eastern MI University, Alicia Jones will teach a **Digital Connections Tech class**.

Senior Living Week Expo SAVE the DATE! On Saturday, October 5, 2024, from 9:30 – 1:30 PM, the University of Michigan, Housing Bureau for Seniors will hold a Senior Living Week Expo with health screenings and informational handouts from social, legal, health, and insurance representatives available. <https://www.michiganmedicine.org/community/community-health-services/housing-bureau-seniors>.

Senior Nutrition Café' Lunch Meals are provided at the YSC to those 60 years or older. To participate, you must register at the front desk. Sign-up is by Friday for meals the following week. Monthly menus are available at the front desk. A donation of \$3 per meal would be appreciated but is not required. Meals are served daily Mon-Fri at 11:45 AM and are provided through **Elite Catering**.

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State Health Insurance Assistance Program (SHIP), Medicare & Medicaid Assistance: If you are in need of information regarding your Medicare health plan, even if you are eligible for both Medicare & Medicaid, please call **(800) 803-7174** and ask to speak with an MMAP counselor in your county. <https://mmapinc.org>. Alternatively contact the YSC for an appointment with Joyce.

Washtenaw County Area Agency on Aging is Ageways! Here is a link to their website:

<https://www.ageways.org/services-and-seniors/> Services like Meals on Wheels, home care, or transportation can play a big part in helping make sure seniors can live comfortably and safely in any place they call home—whether that's their own home or apartment, an assisted living facility or with family caregivers. These services can give families the extra help they need to fully care for an older loved one. Call our Information and Assistance Telephone Line at **(800) 852-7795**.

Ypsilanti District Library: For more information on services, book clubs, and events at the library, please visit: <https://www.ypsilibrary.org/interests/seniors-caregivers/>. Please note, the YDL online catalog will be unavailable August 13-21 for systems replacement. No returns, hold requests, or new card requests can be accommodated during this time.

Volunteer Opportunities

There are ongoing volunteer opportunities at the **YSC**. Please call us if you are interested.

Building Rental Volunteers are desperately needed for opening and locking the center for outside rental groups (spring and summer are busy!). As a building rental volunteer, you would need to be “on call” or available scheduled weeks for rental requests. Please speak with Monica or Jasmine (jasmine@ypsiseniorcenter.org) for details.

We are also seeking members who would like to teach or share their crafts, hobbies, or interests with our youth partners and our members. Please speak with a staff member or email Joyce at joyce@ypsiseniorcenter.org.



Lions Clubs – The **Huron Valley Sunrise Lions Club** and Ann Arbor Host Lions Club are seeking new members. Lions Clubs are community service organizations that concentrate on providing monthly projects and assistance that are directed toward the causes of Diabetes, Disaster Relief, Childhood Cancer, Environmental Justice, Humanitarian Causes, Hunger, Vision (including corneal transplantation), and Youth. ***Anyone in need can contact their local Lions Club for an assistance application to obtain eyeglasses.*** For a membership application, please visit the Lions of Michigan at <https://www.lmsf.net/>. See Joyce for more information.



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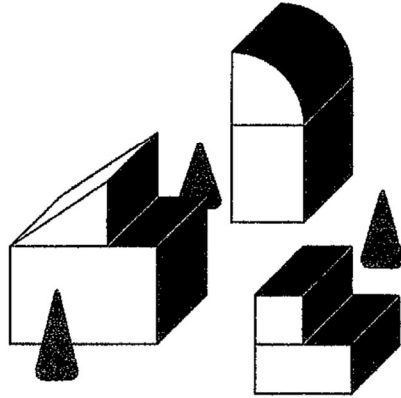
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We want to hear your thoughts!



Join us the Week of August 13-17 at
1015 Congress Street, Ypsilanti, MI

Tuesday, Aug. 13:

1:00 – 2:30 pm | Pot-luck group +
Community Focus

Wednesday, Aug. 14:

4:00 – 5:30 pm | Open Meeting

Saturday Aug. 17:

10:30am – Noon | Open House +
Neighborhood Groups

What to expect?

A team of designers are helping collect ideas from the community about how to improve the center. There will be time to talk 1 on 1 as well as give feedback through visual examples and activities.

What to bring?

Your ideas about updates to the physical space, both interior and exterior, to make the center more beneficial to the community.

More Questions?

734-483-5014
info@ypsiseniorcenter.org

Organized by:



SYNEODOCHE

For:





YPSILANTI
SENIOR CENTER

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Activities Calendar & Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 11:30 - 4:30 Intergenerational Summer Program	2 10:30-11:30 Gentle Fitness 12:30-2:00 Art Class
5 10:30-11:30 Gentle Fitness 12:30 - 2:30 Euchre	6 Closed/Election Day	7 12:30 - 2:00 Bingo	8 11:30 - 4:30 Final Intergenerational Summer Prgm 3 PM Play Performances	9 10:30-11:30 Gentle Fitness 12:30-2:00 Art Class
12 10:30-11:30 Gentle Fitness 12:30 - 2:30 Euchre	13 10:00-11:30 Service Project - Plarn 11:45 - POTLUCK 12:30 - 2:00 Knitting/Crocheting 1:00 – 2:30 Bldg Design Focus Group	14 12:30 - 2:00 Bingo 4:00 - 5:30 - Bldg Design Focus Group	15 6:30 - Board Meeting	16 10:30-11:30 Gentle Fitness 12:30-2:00 Art Class <u>SATURDAY 17th</u> 10:30 – Noon Bldg Design Focus Group
19 10:30-11:30 Gentle Fitness 12:30 - 2:30 Euchre	20 10:00-11:30 Service Project - Plarn 12:30 - 2:00 Knitting/Crocheting	21 12:30 - 2:00 Bingo	22	23 10:30-11:30 Gentle Fitness 12:30-2:00 Art Class
26 10:30-11:30 Gentle Fitness 12:30 - 2:30 Euchre	27 10:00-11:30 Service Project - Plarn 12:30 - 2:00 Knitting/Crocheting	28 12:30 - 2:00 Bingo	29	30 10:30-11:30 Gentle Fitness 12:30-2:00 Art Class

Open Hours: Monday – Friday, 9:00 – 5:00 PM

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Taco Salad Shredded Lettuce Ranch Dressing Refried Beans w/Cheddar Diced Peaches Corn Chips, Salsa, Blk olives Milk	2 Turkey Burger w/ Lettuce/Tomato Mayo/Mustard Diced Carrots Cucumber, Tomato & Onion Salad Banana Hamburger Bun/Milk
5 Smoked Sausage Sandwich w/ Ketchup/mustard Savory Sauerkraut Cauliflower Mandarin Oranges Hotdog Bun Milk	6 Closed/Election Day	7 Chef Salad w/Ham, Turkey, American Cheese, Ranch dressing Garden Green Salad w/Romaine, Cukes, and Tomatoes Chicken Noodle Soup Banana, Pita Bread, Milk	8 Chili con Carne w/Beans Garden Salad w/Garbanzo Bean and cheese Garnish/Romaine/Italian Dressing Warm Spiced Peaches Diced Watermelon Corn Bread w/Margarine Milk	9 Cheddar Cheese Omelet O'Brien Potatoes Apple Juice Apricots Fruit Muffin w/Margarine Milk
12 Teriyaki Beef Dippers w/Sauce Baked Beans Dill Carrot Coins Tropical Fruit Salad Dinner Roll w/Margarine Milk	13 BBQ Shredded Pork w/Bun Buttered Corn O'Brien Coleslaw Apple Crisp Milk 11:45 - POTLUCK	14 Cheesy Lasagna Roll w/Parmesan and Marinara + Roll Green Beans Italian Green Salad w/Romaine/French Dressing/ Milk Mixed Berries/topping	15 Tuna Salad Sandwich Pasta Salad w/Veggies Broccoli Cheese Soup Fresh Orange Croissant Milk	16 Turkey Pot Roast w/Gravy served over Mashed Potatoes Cucumber, Tomato, and Onion Salad Diced melon(s) Oatmeal Cookie Milk
19 Salisbury Steak w/Beef Gravy Zucchini & Tomatoes Diced Carrots Cinnamon Applesauce Dinner Roll w/Margarine Milk	20 Pork Chop Suey w/Vegetables Confetti Fried Rice w/Veggies Fresh Pear Bread w/Margarine Sugar Cookie/Milk	21 Teriyaki Chicken Breast w/Sauce Cauliflower w/Cheese Cucumber, Tomato, Onion Salad Fruited Gelatin Dinner Roll/ Milk	22 Stuffed Cabbage Garden Green Salad, Romaine w/Italian Dressing Garlic Mashed Redskin Potatoes Diced Watermelon Dinner Roll/Milk	23 Sub Sandwich w/Ham, Turkey, Am Cheese Pasta Salad w/Vegetables Italian Wedding Soup w/Veggies & Crackers Fresh Red or Yellow Apple & Roll/Milk
26 Potato Crunch Pollock w/Tartar Sauce Stewed Tomatoes Peas & Pearl Onions Apricots Dinner Roll w/Margarine Milk	27 Corn with Chicken & Vegetables Buttered Whole Kernel Corn/Rice Corn Bread w/Margarine Mandarin Oranges & Pineapple Tidbits/Milk	28 Beef Philly Steak Sandwich w/Mozzarella Green Pepper & Onion Garnish w/Mayo Au Gratin Potatoes Diced Carrots/Mixed Berries/Whipped/Milk	29 Maurice Salad w/Ham, Turkey, Shredded Swiss Garden Green Salad w/Romaine, Carrots, Cukes & Tomatoes. Apple/Pita Twice Baked Potato Chowder w/Crackers/Milk	30 All Beef Hotdog/Bun w/Onion & Mustard Potato Salad Baked Beans Chocolate Chip Cookie Diced Cantaloupe & Honeydew/Milk

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