



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:

P: (734) 483-5014

F: (734) 480-0380

1015 N. Congress,
Ypsilanti, MI 48197

Facebook.com/
ypsiseniorcenter/

Email:

info@ypsiseniorcenter.org

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



July 2024 Newsletter

From Monica & the Team

Welcome Summer!

The summer solstice took place on June 20 at 4:51 p.m. EDT. We are officially amid the warmest season! As we age, it is crucial to take extra precautions to stay cool, hydrated, and healthy. According to the Council on Aging (COA), seniors are more susceptible to heat-related illnesses and injuries. This is because our bodies become less efficient at regulating temperature with age. The following tips can help you beat the heat. *Stay hydrated. Drink plenty of fluids, especially water. Avoid dehydrating beverages like alcohol, soda, coffee, and tea. Stay in a cool place or if one is not available, stay in plenty of air flow.* Embrace the joy of summer with the Ypsilanti Senior Center. We can't wait to connect, learn, and thrive together!

There are some fun planned events for July. Read on!

Our Staff

Monica Prince, Executive Director

Jasmine Figgins, Associate Director

Chase Wilder, Special Projects Coordinator

Joyce Blair, Program Coordinator

We welcome Joyce to our team. She is an experienced community navigator and advocate with many years of experience working with nonprofit organizations. Joyce is a certified Medicare and Medicaid Assistance Program counselor (<https://mmapinc.org>) and hopes to assist with an Open Enrollment event at the YSC in the Fall.

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 on **Thursdays from June 27-August 11th**. We are partnering with teens from **Educate Youth** to produce two plays and share experiences through other activities. (<https://educateyouthpsi.org/>)

Scheduled Activities

11:30-12:30 - 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 will hold an **intergenerational fitness/health & wellness class** which will take place on the following dates:

June 27; July 18; August 1

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

[Benches](#)
[Garage Sale](#)

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.



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?

Upcoming Events

July 9th Potluck

11:45 AM

Menu

Baked chicken wings.

Sign up to bring sides, beverage, or desserts.

We will be joined by **Growing Hope**. Jenny Pritchett will update us on the latest happenings at the farm. Join us for great food and inspiring conversation about building a healthier, more sustainable community.

Annual Corn Roast

Saturday, July 27th

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.**

Metroparks Get Out &

Play On the Road

On **July 10 at 2:30 pm**, 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>



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/>

July 2024 Ypsi Activities & Events

For information about voting in Michigan, please visit

<https://mVIC.sos.state.mi.us/>

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

Ypsilanti 95th Annual Independence Day Parade

Thursday, July 4, 2024 – 9:00 am to 1:00 pm.

Parade starts 11:00 am on Cross Street, Ypsilanti

Thunder Over Michigan Airshow

Willow Run Airport Area

Dates: July 20, 2024 - July 21, 2024

Presented By: Yankee Air Museum (734) 483-4030 - Fee for entry to museum.
 801 Willow Run Airport, Ypsilanti, MI 48198.

Real Summer Jazz Series

9075 S Huron River Dr at Ford Lake Park, Ypsilanti Township

7-9:00 PM - Parking Fee \$10, Free Admission

The John E. Lawrence Summer Jazz Series returns **every Friday** from **July 5 – August 23, 2024**. Bring your own chairs and get ready for some of the Ypsilanti area and metro Detroit's finest musicians. For the schedule, please visit:

<https://www.johnelawrencejazz.com/>

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Ypsilanti District Library Events of Interest.

Psst: there are many more!

Google Calendar - Basics

Tuesday, July 02: 2:00pm - 3:30pm

Whittaker - Computer Lab

AGE GROUP: SENIORS+

Get organized! Learn the basics for setting up and using Google Calendar.

Senior Advisory Board

Thursday, July 18: 1:00pm - 2:00pm

Whittaker - Board Room

Seniors (ages 55 and older)! 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>

Community Resources

Did you know you can find a great deal of information by dialing 211 on your telephone or visiting the United Way SEM (southeast Michigan) by going to this site: <https://unitedwaysem.org/get-help/community-resources/>



YPSILANTI SENIOR CENTER

July 2024 Activities Calendar & Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30-11:30 Gentle Fitness 12:30-2:30 Euchre	2 10:00-11:30 Service Project - Plarn 10-11:30 Technology 12:30-2:00 Knit & Crochet	3 9:30-10:30 Senior Fitness 10:30-11:30 Line Dancing 12:30-2:00 Bingo	4 4th OF JULY CENTER CLOSED	5 CENTER CLOSED
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15 10:30-11:30 Gentle Fitness 12:30-2:30 Euchre	16 10:00-11:30 Service Project - Plarn 10-11:30 Technology 12:30-2:00 Knit & Crochet	17 9:30-10:30 Senior Fitness 10:30-11:30 Line Dancing 12:30-2:00 Bingo	18 10:00-11:30 Yoga 11:30 – 4:30 Intergenerational Summer Program 6:30-8:00 Board Mtg	19 10:30-11:30 Gentle Fitness 12:30-2:00 Art Class
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY