

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

### ~From the YSC Director and Team~

Our September quote: "Somewhere inside of all of us is the power to change the world."

~Roald Dahl

Autumn, or Fall, will begin in the Northern Hemisphere on Sunday, September 22, 2024 at 8:44 AM Eastern Daylight Time (EDT). This is the date of the autumnal equinox, an astronomical event that marks the official start of fall. As we prepare to return to scheduled classes, events, and an election season, let us not forget our individual power to make a big difference in this world.

At the YSC we are planning great activities and programs that will begin or resume in September. We hope you will join us!



### ~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*

### ~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 attendance is documented. Please print your name when signing in! 🧑

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

Ph: (734) 483-5014 | Fax: (734) 480-0380

Website: [www.ypsiseniorcenter.org](http://www.ypsiseniorcenter.org) | Email: [info@ypsiseniorcenter.org](mailto:info@ypsiseniorcenter.org) Social: Facebook

Monica Prince, Director | Jasmine Figgins, Associate Director | J Blair, Program Coordinator | S McKinney, Special Projects



## September 2024 Newsletter

### ~YSC Building Renovation Updates~

### ~SYNECDOCHE~

In August, architectural firm Synecdoche held focus group meetings with the community at our building. During the meetings, people had the opportunity to input their ideas on the future development of the YSC building, external area/grounds, and to expand upon their ideas for current renovations. Immediately noticeable at entry are widened spaces for better accessibility. Please be patient as we continue to improve upon our center. To donate, write a check, or follow this link:

<https://ypsilanti-seniorcenter.networkforgood.com/projects/224274-honoring-our-past-building-our-future>. Alternately, please use this QR code:



### ~YSC Announcements~

The YSC monthly **Community Potluck** will be held on **Tuesday, September 10, 2024 at 11:45 to 12:30 pm**. The main dish will be a taco bar that will include flour and corn tortillas, shredded cheese blend, salsa, sour cream, and shredded lettuce. Members, please bring a side dish or dessert to share. Recommended are black beans, stir-fried corn, or refried beans.

The focused topic this month will be “**Brain Health**.” Our potluck guest speakers will be from the **Alzheimer’s Association** and **Dementia Friendly Saline**. We hope you will join us.



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

Ph: (734) 483-5014 | Fax: (734) 480-0380

Website: [www.ypsiseniorcenter.org](http://www.ypsiseniorcenter.org) | Email: [info@ypsiseniorcenter.org](mailto:info@ypsiseniorcenter.org) Social: Facebook

Monica Prince, Director | Jasmine Figgins, Associate Director | J Blair, Program Coordinator | S McKinney, Special Projects

**Computer Technology Class is resuming September 24, 2024.** An interest sign-up sheet is at the front desk. This class is facilitated by **Eastern Michigan University**. There will be forms to complete the first day of class. Free. Learn how to use a keyboard, navigate the Internet, or use email. 🖥️👤

**COVID-19 variants are back in our community.** The YSC has masks available for anyone that asks. Here are some methods to prevent infections. Everyone is encouraged to use available and effective strategies to prevent and reduce the spread of illness in our community. Here are some options to do so:

- ***Get vaccinated!***
- ***Visit your doctor's office, pharmacy, or community clinic for information and testing.***
- ***Wear a mask when appropriate.***
- ***Get tested before indoor gatherings or around 5 days after exposure; but especially if you have Covid symptoms.***
- ***Practice proper hygiene. Wash hands frequently. Cover your cough or sneeze with a tissue. Clean and disinfect door handles, light switches, countertops, table tops, desks, toilets, phones, etc.***

**Intergenerational Activity September 12, 2024, 3:30 - 5:50 PM.** Meeting guests: **Educate Youth.** Monica will discuss and demonstrate **Shibori**, the art of resisting fabric to be dyed. Each participant will go home with a personally dyed square scarf! Please sign up at the front desk to participate! Here is an example of **Shibori**:





## September 2024 Newsletter

### Memory Cafe is resuming in September!

Memory cafes are social gatherings that provide a safe and supportive space for people with memory loss and their caregivers to connect, socialize, and build support networks. Join us **Tuesday, September 10th from 2-4 PM!** “Meet Me With Art” team will present the art of **Yayoi Kusama**, and lead us in a project that is based upon her work. Everyone is welcome! *Please sign up at the front desk.* 🎨

**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.

**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>. Available at YSC.



**MMAP**

MICHIGAN MEDICARE  
ASSISTANCE PROGRAM

*Navigating Medicare*

### 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 call the center or email Jasmine ([jasmine@ypsiseniorcenter.org](mailto: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](mailto:joyce@ypsiseniorcenter.org).

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

Ph: (734) 483-5014 | Fax: (734) 480-0380

Website: [www.ypsiseniorcenter.org](http://www.ypsiseniorcenter.org) | Email: [info@ypsiseniorcenter.org](mailto:info@ypsiseniorcenter.org) Social: Facebook

Monica Prince, Director | Jasmine Figgins, Associate Director | J Blair, Program Coordinator | S McKinney, Special Projects



## September 2024 Newsletter

### ~Community News and Information~

<p>Area Agency on Aging 1-B</p>  <p><b>AgeWays</b> Nonprofit Senior Services</p>	<p>Our <b>Resource Center</b> is the first call seniors should make when they need help. We can guide seniors and their family members to resources to help with care, housing, food assistance, utility assistance and more. Call us from 8 am – 5 pm, Monday through Friday.</p> <p><b>Phone: (800) 852-7795</b></p>
<p><b>CINEMARK™</b> Movie Theatre <a href="https://www.cinemark.com/theatres/mi-ypsilanti/cinemark-ann-arbor-20-and-imax">https://www.cinemark.com/theatres/mi-ypsilanti/cinemark-ann-arbor-20-and-imax</a></p>	<p><b>Senior Discount all day Mondays (\$6.00) and before 6 PM on other days (\$8.00).</b></p> <p><b>Address:</b> 4100 Carpenter Rd, Ypsilanti, MI 48197</p> <p><b>Phone:</b> (734) 973-8424</p>
<p><b>The Bones and the Bees Artisan Market</b></p> <p><b>Address:</b> 100 Market Pl, Ypsilanti, MI 48198</p> <p><b>Phone:</b> (734) 482-9825</p>	<p>Join in on Friday, <b>September 6th from 5-9 pm at the Ypsilanti Freighthouse</b> for a vibrant celebration of art, craft, and pollinators. Over 75 talented artists and makers will be showcasing their unique wares, from beautiful jewelry and paintings to handcrafted pottery and delicious treats.</p> <p><b>What to expect:</b></p> <ul style="list-style-type: none"><li>- A stunning display of art and crafts by local vendors</li><li>- A celebration of honey bees and pollinators</li><li>- Free entry for all</li></ul>
 <p><b>feonix</b> MOBILITY RISING</p>	<p><b>Meals, Medical &amp; Grocery Store Transportation</b> are available through <b>Feonix – Mobility Rising</b>. 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. For more information about Feonix, go to: <a href="https://feonix.aarp.org/washtenaw/?CMP=RDRCT-ADS-MaaS-MI-JUN2020">https://feonix.aarp.org/washtenaw/?CMP=RDRCT-ADS-MaaS-MI-JUN2020</a>.</p>

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

Ph: (734) 483-5014 | Fax: (734) 480-0380

Website: [www.ypsiseniorcenter.org](http://www.ypsiseniorcenter.org) | Email: [info@ypsiseniorcenter.org](mailto:info@ypsiseniorcenter.org) Social: Facebook

Monica Prince, Director | Jasmine Figgins, Associate Director | J Blair, Program Coordinator | S McKinney, Special Projects



**Y SAY  
Yes  
TO  
SENIORS**

**The Say Yes to Seniors Coalition** is a voluntary group of senior center leaders, nonprofit aging service providers, older adults, advocates, and interested individuals who have joined together to advocate for the creation of a citizens **Commission on Aging** to serve as an advisory body to the Washtenaw County Board of Commissioners and adoption of a senior service millage for Washtenaw County.

**Washtenaw County voters will be asked at the November 5, 2024 general election, to vote on a new .50 mills county tax (equivalent to 50 cents for every \$1000 in taxable value).** County officials estimate the millage would raise roughly \$11.6 million in its first year. The money will support programs benefiting residents age 60 and older, including help with nutrition services, transportation, housing, and education. Census data shows that approximately 20% of Washtenaw County residents are age 60 or older.

**TOLEDO ZOO &  
AQUARIUM** 

**Wednesdays in Sept. & Oct.**

**Seniors take advantage of FREE admission & activities every Wednesday!**

Mondays - Fridays in September & October, seniors 60 and better enjoy...

- Free parking in the Anthony Wayne Trail & Broadway parking lots
- Free small coffee & mini-muffin at the Timberline Bakery (10 a.m. – 2 p.m.)
- 15% discount on merchandise in our gift shops
- 20% discount on Memberships, when purchased at the Membership Sales window

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

Ph: (734) 483-5014 | Fax: (734) 480-0380

Website: [www.ypsiseniorcenter.org](http://www.ypsiseniorcenter.org) | Email: [info@ypsiseniorcenter.org](mailto:info@ypsiseniorcenter.org) Social: Facebook

Monica Prince, Director | Jasmine Figgins, Associate Director | J Blair, Program Coordinator | S McKinney, Special Projects



## September 2024 Newsletter

### *Ypsilanti District Library Events September*

Please see the library website for listings of additional classes:

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

#### Underground Railroad Quilt: - Sew a Quilting Block

**Tuesday, September 03: All day**  
Whittaker

**Age group:** Teens Seniors Adults  
**Event type:** Exhibits, DIY and Maker, African American Interest

Sew a themed quilt block that will become part of an Underground Railroad Quilt.

#### Meditation with Ease - Guided in-person meditation

**Tuesday, September 03: 6:00pm - 7:00pm**  
**Superior - Meeting Room**

**Age group:** Teens Seniors Adults  
**Event type:** Sustainable Living, Health & Wellness, Community Assistance

#### Google Calendar - Basics

**Thursday, September 05: 7:00pm - 8:30pm**

**Whittaker - Computer Lab**  
**Age group:** Seniors Adults

**Event type:** Job Seekers & Skill Builders, Computer Training

#### Microsoft PowerPoint – Basics

**Wednesday, September 04: 2:00pm - 4:00pm**

**Whittaker - Computer Lab**  
**Age group:** Seniors Adults

**Event type:** Job Seekers & Skill Builders, Computer Training

#### YDL Guitar Club

**Saturday, September 07: 10:00am - 12:00pm**

**Superior - Meeting Room**  
**Age group:** Seniors Adults

**Event type:** Art & Music

**Bring your acoustic or electric guitar**

**More community events are posted in the entranceway at YSC!**

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

Ph: (734) 483-5014 | Fax: (734) 480-0380

Website: [www.ypsiseniorcenter.org](http://www.ypsiseniorcenter.org) | Email: [info@ypsiseniorcenter.org](mailto:info@ypsiseniorcenter.org) Social: Facebook

Monica Prince, Director | Jasmine Figgins, Associate Director | J Blair, Program Coordinator | S McKinney, Special Projects



## September 2024 Newsletter

### Activities Calendar:

<u><b>Mon 9/2</b></u>  Labor Day	<u><b>Tues 9/3</b></u>  10:30-11:30 am Plarn Project  12:30 - 2 pm Knitting/Crochet	<u><b>Wed 9/4</b></u>  12:30 -2 pm Bingo	<u><b>Thurs 9/5</b></u>  Intergenerational Programming	<u><b>Fri 9/6</b></u>  10:30 - 11:30 am Gentle Fitness  12:30 - 2 pm Art
<u><b>Mon 9/9</b></u>  10:30 - 11:30 am Gentle Fitness  Euchre 12:30 - 2:30 pm	<u><b>Tues 9/10</b></u>  10:30-11:30 am Plarn Project <b>11:45 AM</b> <b>~POTLUCK</b> <b>TACO BAR~</b> 12:30 - 2 pm Knitting/Crochet <b>2-4 pm</b> <b>Memory Cafe!</b>	<u><b>Wed 9/11</b></u>  9:30 - 10:30 am Senior Fitness w/Michele  10:30 - 11:30 Line Dancing w/Dee  12:30 - 2 pm Bingo	<u><b>Thurs 9/12</b></u>  Intergenerational Programming 3:30 - 5:30 PM Presentation: The Art of Shibori!	<u><b>Fri 9/13</b></u>  Gentle Fitness 10:30 - 11:30 am  Art 12:30 - 2 pm
<u><b>Mon 9/16</b></u>  10:30 - 11:30 am Gentle Fitness  Euchre 12:30 - 2:30 pm	<u><b>Tues 9/17</b></u>  <b>11:30 - 12:30 DTE Energy</b> <b>Presentation</b>  10:30-11:30 am Plarn Project  2:30 - 2 pm Knitting/Crochet	<u><b>Wed 9/18</b></u>  9:30 - 10:30 am Senior Fitness w/Michele 10:30 - 11:30 Line Dancing w/Dee 12:30 - 2 pm Bingo	<u><b>Thurs 9/19</b></u>  Intergenerational Programming	<u><b>Fri 9/20</b></u>  Gentle Fitness 10:30 - 11:30 am Art 12:30 - 2 pm <b>Sat 9/21</b> 2-4 pm Chess
<u><b>Mon 9/23</b></u>  10:30 - 11:30 am Gentle Fitness  Euchre 12:30 - 2:30 pm	<u><b>Tues 9/24</b></u>  <b>10:00 - 11:30 Computer</b> <b>Tech Class w/Ailsha</b> <b>(EMU)</b>  10:30-11:30 am Plarn Project  2:30 - 2 pm Knitting/Crochet	<u><b>Wed 9/25</b></u>  9:30 - 10:30 am Senior Fitness w/Michele 10:30 - 11:30 Line Dancing w/Dee 12:30 - 2 pm Bingo	<u><b>Thurs 9/26</b></u>  10:30 - 11:30 am Yoga w/Liz  3 pm <b>Sav Yes to Seniors</b> Public Meeting via MS Teams <b>see website</b>	<u><b>Fri 9/27</b></u>  Gentle Fitness 10:30 - 11:30 am  Art 12:30 - 2 pm
<u><b>Mon 9/30</b></u>  10:30 - 11:30 am Gentle Fitness  Euchre 12:30 - 2:30 pm				

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

Ph: (734) 483-5014 | Fax: (734) 480-0380

Website: [www.ypsiseniorcenter.org](http://www.ypsiseniorcenter.org) | Email: [info@ypsiseniorcenter.org](mailto:info@ypsiseniorcenter.org) Social: Facebook

Monica Prince, Director | Jasmine Figgins, Associate Director | J Blair, Program Coordinator | S McKinney, Special Projects





## September 2024 Newsletter

**MENU (\$3 Donation Box at Receptionist Desk) | Milk is always 1% | Rolls are wheat | Margarine provided**

Monday	Tuesday	Wednesday	Thursday	Friday
2) <b>CLOSED/Labor Day</b>	3) Sloppy Joe Sandwich, Wheat, Hamburger Bun, O'Brien Potatoes, Green Beans, Cinnamon Applesauce Milk	4) Breaded Chicken Tenders (3), w/Cheddar Cheese, Egg & Black Olive Garnish, Crackers, Garden Salad Mix, Vegetable Soup, Banana Pita Bread, Milk	5) Chicken Breast Cacciatore, Green Beans Italian Garden Green Salad w/Ranch Dressing Tropical Fruit Salad Italian Bread Milk	6) Roast Beef w/Gravy Garlic Mashed Redskin Potatoes, Creamy Confetti Coleslaw, Fresh Red or Yellow Apple, Dinner Roll, Milk
9) Hawaiian Meatballs (6), over Brown Rice, Whole Kernel Corn, Green Beans Apricots Dinner Roll Milk	10) <b>11:45 - 12:30 pm POTLUCK</b> <b>Beef Taco Bar</b> <b>Guest Speakers:</b> Alzheimer's Association Dementia-Friendly Saline	11) Baked Ziti w/Four Cheese, Diced Carrots Garden Green Salad w/Garbanzo Beans Strawberries w/Whipped Topping, Italian Bread, Milk	12) Greek Chicken Salad w/Marinated Chicken, Diced Beets, Feta Cheese served over salad mix Minestrone Soup w/Crackers, Milk	13) Potato Crunch Pollock w/Tartar Sauce over Rice, Garden Peas & Onions, Pickled Beets & Onion Salad Brown Rice, Apricots, Dinner Roll, Milk
16) Pepper Steak over Brown Rice Green Beans Zucchini & Tomatoes Tropical Fruit Salad Dinner Roll w/Margarine Milk	17) Oven Baked Crispy Chicken, Cauliflower with Cheese Sauce Steamed Collard Greens Diced Peaches Biscuit w/Margarine Milk	18) Hamburger, Bun w/Cheese, Mustard, & Ketchup, Potato Salad Baked Beans, Mixed Berries w/Whipped Topping Choc Chip Cookie, Milk	19) Submarine Sandwich: Ham, Turkey, American Cheese, Mustard, Mayo Pasta Salad w/vegetables Beef Barley Soup, Fresh Orang, Roll, Milk	20) Florentine Stuffed Shells, Italian Garden Green Salad w/Romaine & Ranch Dressing, Green Beans, Fresh Banana Wheat Bread, Marinara Sauce, Milk
23) Baked Macaroni & Cheese, Zucchini & Tomatoes, Diced Carrots, Pineapple Tidbits, Wheat Bread, Milk	24) Breaded Chicken Tenders w/BBQ Sauce, Cauliflower w/Cheese sauce, Green Beans, Fruited Gelatin, Wheat Dinner Roll, Milk	25) Stuffed Pepper, Italian Green Garden Salad w/ Dressing, Redskin Mashed Potatoes, Strawberries, Whipped Topping, Wheat Dinner Roll, Milk	26) Maurice Salad w/Turkey & Swiss, Garden Salad, Twice Baked Potato Chowder w/Crackers, Fresh Orange, Pita Bread, Milk	27) Turkey Burger w Bun, Lettuce/Tomato, Diced Carrots, Salad, Fresh Apple, Milk
30) Sweet/Sour Chicken w/vegetables over rice, Fried Rice w/Oriental Vegetables, Pineapple Tidbits, Wheat Bread, Milk				

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

Ph: (734) 483-5014 | Fax: (734) 480-0380

Website: [www.ypsiseniorcenter.org](http://www.ypsiseniorcenter.org) | Email: [info@ypsiseniorcenter.org](mailto:info@ypsiseniorcenter.org) Social: Facebook

Monica Prince, Director | Jasmine Figgins, Associate Director | J Blair, Program Coordinator | S McKinney, Special Projects