

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 ~

#### ~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. Membership helps the Center obtain funding and determine future programming. A completed membership form is preferred to participate in activities and classes. Members must sign in daily so that attendance is documented. Please print your name when signing in!



This month, we reflect upon the appreciation of our members, staff, and volunteers. Those that regularly teach a class, distribute newsletters, open and close the facility, or just contribute in many little ways. You make a huge difference. We are so thankful - for you!

#### ~Special Holiday Quilt Raffle~

Ticket sales for our fundraiser, the **Annual Quilt Raffle**, have begun! The raffle drawing will take place on **Sunday**, **December 1**, **2024**, **4:00pm**, at the Ypsilanti Freight House, 100 Market Place, Ypsilanti, 48198.

Raffle ticket costs are as follows: \$6 for one; \$15 for three; and \$20 for five. Watch your mailbox for tickets and more information or see a staff member at the center. Pictures of the quilts are available on the next page. The quilts are hanging in the Great Room at the YSC for viewing!

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~Synecdoche Architectural Firm~ Building "Refresh" Updates Building remodeling work has begun. Classes and events may have to be rescheduled. Thank you in advance for your patience and understanding.





Quilt created by Nancy Scott and is lap size for sitting.



Quilt created by June Guthrie and is throw size.



#### ~YSC Announcements~

The YSC monthly <u>Community Potluck</u> will be held on <u>Tuesday</u>, <u>November 12</u>, <u>2024</u>, <u>11:45am to 12:30pm</u>. The center will provide the main dish of freshly-baked lasagna. Members, please bring a complimentary side dish, dessert, or drinks to share. All are welcome. Sign up at the reception desk.

The focused presentation topic this month will be given by **Ageways** staff, who will discuss services and resources the organization provides. We will also have a presentation about Medicare and 2025 updates. For more information, please see <a href="https://mmapinc.org/">https://mmapinc.org/</a>.



<u>Computer Technology Class</u> is currently in session 10/8 - 12/03/24 and is full. **If you would like to be waitlisted for the winter class**, an interest sign-up sheet is at the front desk. This class is facilitated by **Eastern Michigan University**. *If you have completed the class previously and need a refresh, feel free to walk-in for assistance*. Free. Learn how to use a keyboard, navigate the Internet, or use email.

#### COVID-19 variants are back in our community.

- 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.



<u>Donations</u>: To donate toward the cost of "the refresh," please write a check, or follow this link: <a href="https://ypsilanti-seniorcenter.networkforgood.com/projects/224274-honoring-our-past-building-our-future">https://ypsilanti-seniorcenter.networkforgood.com/projects/224274-honoring-our-past-building-our-future</a>. Alternately, this QR code may be used:



#### Memory Cafe meets on the 2nd Tuesday of the month from 2 - 4 PM.

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 on **Tuesday, November 12th from 2-4 PM!** Everyone is welcome! *To participate, please sign up at the front desk.* 

Senior Nutrition Café Lunch Meals are provided daily at the YSC, except for 2nd Tuesday potluck, to those 60 years of age or older. To participate, you must register at the front desk. Sign-up for meals is 5 business days in advance for 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 11:45am. Please return your tray to the kitchen window by 12:40pm.

State Health Insurance Assistance Program (SHIP), Medicare Assistance Program: If you are in need of information regarding Medicare, even if you are eligible for both Medicare & Medicaid, and want to review your options, please call (800) 803-7174 and ask for an appointment to meet with a Medicare Assistance Program (MAP) counselor. For more information, see https://mmapinc.org. During Open Enrollment 10/15 thru 12/07/24, there will be a total of 4 afternoons for MAP counseling at the YSC!





YSC Closure Dates: For the National Election, the YSC is a polling site and will be closed Tuesday, November 5, 2024. In observance of Veteran's Day, the center will be closed Monday, November 11, 2024. In celebration of the Fall Harvest (Thanksgiving), the center will be closed Thursday and Friday, November 28-29, 2024. Please see additional happenings posted on the Bulletin Board and see the Activities Calendar!

### ~Community Events, Information, & News~



The **Resource Center at Ageways** 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.

Phone: (800) 852-7795 <a href="https://www.ageways.org/">https://www.ageways.org/</a>

# **CINEMARK**

Movie Theatre
https://www.cinemark.com/tl

https://www.cinemark.com/theatres/miypsilanti/cinemark-ann-arbor-20-and-imax Senior Discount all day Mondays (\$6.00) and before 6 PM on other days (\$8.00).

Address: 4100 Carpenter Rd, Ypsilanti, MI 48197

Phone: (734) 973-8424



www.dfsaline.org

**DFS Movie Program** 

Saline Emagine Theatre 1335 E Michigan Avenue Saline, MI 48176

Doors open at 1:00pm Movie begins at 2:00pm

Ticket cost: \$5

(Ticket price includes popcorn, soda

and a light buffet.)

November 13th movie title:

It Happened on 5th Avenue

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9am-5pm
Website: www.ypsiseniorcenter.org | Email: info@ypsiseniorcenter.org Social: Facebook
Monica Prince, Director | Jasmine Figgins, Associate Director | J Blair, Program Coordinator | S McKinney, Special Projects





Meals, 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. For more information about Feonix, go to:

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

# **Financial Empowerment Centers, Washtenaw County**

https://www.washtenaw.org/3061/Financial-Empowerment-Center



Appointments are booked online for the following locations:

Washtenaw County Office of Community and Economic Development 415 W Michigan Ave, Ypsilanti Second floor

Jewish Family Services 2245 S State St, Ann Arbor The Financial Empowerment Center (FEC) offers professional, one-on-one financial counseling as a free public service to enable Washtenaw County residents to address their financial challenges, needs, and plan for their futures. The FEC is in partnership with Eastern Michigan University, Faith in Action, and Jewish Family Services.

Residents receive free, one-on-one professional counseling assistance with money management, budgeting, reducing debt, establishing and improving credit, connecting to safe and affordable banking services, building savings, and referrals to other services and organizations.

Email: fec@washtenaw.org

Eastern Michigan University University Advising and Career Development Center 878 Cross Street, Ypsilanti 200 McKenny Hall

Faith in Action 7275 Joy Rd, Dexter

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9am-5pm
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#### **Lions Clubs International**

The Huron Valley Sunrise and Ann Arbor Host Lions clubs are seeking new members. Amongst other organizations, the YSC thanks these clubs for their support of the Ypsilanti Senior Center. For more information, please see the following websites:

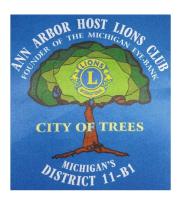
https://e-clubhouse.org/sites/huronvalley/index.php

https://e-clubhouse.org/sites/ann\_arbor\_host/index.php



#### Kindness matters to Lions.

Our motto is "We Serve" and Lions put it into action every day. We're caring people who come together to be the difference in our communities. We believe we can do so much more together than we can alone. Lions serve global causes. They support five basic global causes of vision, hunger, the environment, childhood cancer, diabetes, and many other humanitarian initiatives.



## Michigan State University Extension

**Food Preservation** 

**Preserving MI Harvest- The Gift of Preservation** 

November 21, 2024, 1-2 p.m. and 6-7 p.m. ET

These FREE classes are offered from 1-2 p.m. or from 6-

7 p.m. EST. Zoom Webinar <a href="https://msu.edu/">https://msu.edu/</a>

#### Preserving MI Harvest-The Gift of Preservation

The season of giving is right around the corner! Join us for ideas on what you can preserve for gifts to give. Ideas for gifting preservation equipment for safe home food preservation will also be shared.

Join the MSU Extension Food Safety Team to learn the latest methods and research for preserving food at home. Let us help you fill your pantry and freezer by preserving food safely. Join online via Zoom using your laptop, tablet, smartphone, or any device with internet access.

Register

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9am-5pm

Website: www.ypsiseniorcenter.org | Email: info@ypsiseniorcenter.org Social: Facebook

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Health at Home & Your Neighborhood

https://westwillowhealth.org/

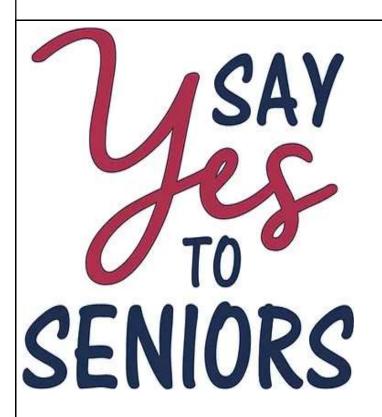
**November focus: Vaccines!** Covid-19, RSV, Flu, Pneumonia, etc.

#### Eastern Washtenaw County, Ypsilanti

It's a free, community-based, volunteer and student run program focused on improving the health and wellness of older adults in the West Willow Neighborhood.

It's easy to get started on a path of healthier living. You'll talk with a student intern to provide information on your health needs and what you want to accomplish with the program.

Please see their website for more information.



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. PLEASE VOTE NOVEMBER 5th!

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. Census data shows that approximately 20% of Washtenaw County residents are in this group.

https://www.sayyestoseniors.com/

\*\*\*More community events are posted at the entrance to the center\*\*\*

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

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## Ypsilanti District Library Events November 2024

Please see the library website for listings of additional classes:

https://attend.ypsilibrary.org/events

## Washtenaw Health Dept, EMU Nursing Students, & Maternal Infant Health

POP - UP Health Screenings NOVEMBER 13, 2024, at 10:00am - 12:00pm

Superior Branch **Event type:** Health & Wellness The Health Department's Healthy Neighborhoods Team, EMU Nursing Students, and the Maternal Infant Health Program (MIHP) will be offering blood pressure checks, social service resources, and health education.

#### YpsiWrites NaNoWriMo Support

Various Dates/Times in November (starts the 2nd) at 10:00am - 12:00pm

Whittaker - Board Room

**Age group:** Teens Seniors Adults

event type: Writers

Join YpsiWrites at NaNoWriMo Write-ins throughout the month of November.

## **Mahjong Meetup**

Mondays in November (except 11th): 1:00pm - 3:00pm

Whittaker - Whittaker Triangular Bay

Age group: Seniors Adults

Event type: Other

We're offering a weekly Mahjong group and want you to

join! Bring yourself and a friend or two.

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

Tuesdays in November: 6:00pm - 7:00pm

Superior - *Meeting Room* 

Event type: Sustainable Living, Health & Wellness

Meditation has many benefits for our health and wellbeing. Drop in for simple, guided, non-religious

awareness practices. 🎄

#### Virtual African American Authors Book Discussion Group

Tuesday, November 26: 7:00pm - 9:00pm, Virtual

**Age group: Seniors** Adults

event type: Book Group, African American Interest

Join us for lively discussions of books by African

American authors.

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

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Activities Calenda	ar <mark>Special Ha</mark> j	ppenings/Events		_
				Fri 11/01 10:30 - 11:30 am Gentle Fitness 12:30 - 2 pm Art
Mon 11/04 10:30 - 11:30 am Gentle Fitness Euchre 12:30 - 2:30 pm	Tues 11/05  CLOSED  NATIONAL ELECTION DAY	Wed 11/06 9:30 - 10:30 am Senior Fitness w/Michele 10:30 - 11:30am Line Dancing w/Dee 12:30 - 2 pm Bingo	Thurs 11/07  10:00 - 11:30 am Yoga w/Sue  PM Reserved - Staff Programming	Fri 11/08  Gentle Fitness 10:30 - 11:30 am  Art 12:30 - 2 pm
Mon 11/11 CLOSED VETERAN'S DAY	Tues 11/12 ***POTLUCK***  9:30 - 11:30 am Computer Tech Class w/EMU  10:30-11:30 am Plarn Project  12:30 - 2 pm Knitting/Crochet  2 - 4 pm Memory Cafe'	Wed 11/13 9:30 - 10:30 am Senior Fitness w/Michele 10:30 - 11:30am Line Dancing w/Dee 12:30 - 2 pm Bingo	Thurs 11/14  10:00 - 11:30 am Yoga w/Sue  12:30-1:30pm  Washtenaw County Health Department  Presents on: Emergency Preparedness	Fri 11/15  Gentle Fitness 10:30 - 11:30 am  Art 12:30 - 2 pm
Mon 11/18  10:30 - 11:30 am Gentle Fitness  Euchre 12:30 - 2:30 pm  Medicare Counseling By Appointment 800-803-7174	Tues 11/19 9:30 - 11:30 am Computer Tech Class w/Alicia 10:30-11:30 am Plarn Project 12:30 - 2 pm Knitting/Crochet  2:00 - 4:00 pm FOOT CARE, H. SCHANZ	Wed 11/20 9:30 - 10:30 am Senior Fitness w/Michele 10:30 - 11:30am Line Dancing w/Dee 12:30 - 2 pm Bingo Medicare Counseling By Appointment 800-803-7174	Thurs 11/21  10:00 - 11:30 am Yoga w/Sue  PM Reserved - Staff Programming	Fri 11/22  Gentle Fitness 10:30 - 11:30 am  11:30am - 3:00pm WMU and Lori's Hands By Invitation Only

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9am-5pm



Mon 11/25

10:30 - 11:30 am Gentle Fitness

Euchre 12:30 - 2:30 pm

Tues 11/26

9:30 - 11:30 am Computer Tech Class w/Alicia

> 10:30-11:30 am Plarn Project

12:30 - 2 pm Knitting/Crochet Wed 11/27 9:30 - 10:30 am Senior Fitness w/Michele

10:30 - 11:30 Line Dancing w/Dee

> 12:30 - 2 pm Bingo

Thurs 11/28

**CLOSED** 

FALL HARVEST/ THANKSGIVING HOLIDAY 11/29

**CLOSED** 

FALL HARVEST/ THANKSGIVING HOLIDAY

#### MENU (Not required - \$3 Donation Box at Receptionist Desk) | Milk is always 1% | Rolls are wheat | Margarine is provided

Monday	Tuesday	Wednesday	Thursday	Friday
				01) Breaded Chicken Tenders w/BBQ Sauce, Dill Carrot Coins, Creamy Confetti Coleslaw, Mixed Berries w/Whip Topping, Biscuit, Milk
04) Smoked Sausage Sandwich w/condiments & bun, Savory Sauerkraut, Cauliflower Polonaise, Mandarin Oranges, Milk	CLOSED ELECTION DAY	06) Cheddar Cheese Omelet, O'Brien Potatoes, Apple Juice, Apricots, Fruit Muffin, Milk	07) Maurice Salad: Diced Ham, Turkey, Shredded Swiss Cheese, Garden Romaine Green Salad, Twice Baked Potato Chowder, Banana, Crackers, Milk	08) VETERAN'S DAY PARTY. Turkey Pot Roast w/Gravy over Mashed Potatoes. Cucumber, Tomato, Onion Salad, Strawberries, Oatmeal Cookie, Roll, Milk
CLOSED VETERAN'S DAY	12) 11:45 am  COMMUNITY POTLUCK  LASAGNA Beef and Vegetarian Topic: HCBS/MMAP	13) BIRTHDAY PARTY! Stuffed Cabbage, Italian Garden Green Salad w/Romaine, Garlic Redskin Mashed Potatoes' Mixed Berries w/Topping, Roll, Milk	14) Tuna Salad Sandwich, Pasta Salad w/Veggies, Broccoli Cheese Soup w/Crackers, Banana, Croissant, Milk	15) Polynesian Chicken Breast, Baked Potato, Key West Veggie Blend, Pineapple Dessert, Dinner Roll, Sour Cream, Milk

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9am-5pm



18) Salisbury Steak w/Gravy, Zucchini & Tomatoes, Diced Carrots, Cinnamon Applesauce, Dinner Roll, Milk	19) Cheesy Lasagna Roll Ups w/Cheese, Green Beans, Italian Garden Green Salad, Romaine, Ranch Dressing, Strawberries w/Whip topping, Bread, Milk	20) Chili Con Carne w/Beans, Cheese, Spinach Salad w/Egg & Mushroom/French Dressing, Warm Spiced Peaches, Fresh Apple, Biscuit, Milk	21) THANKSGIVING PARTY! Roast Turkey w/Gravy over Cornbread Dressing, Garlic Red Mashed Potatoes, Green Beans, Cranberry Sauce, Pumpkin Pie w/Whip, Milk	22) Submarine Sandwich w/Turkey, Ham, Am Cheese, Pasta Salad w/Veggies, Italian Wedding Soup w/Crackers, Fresh Banana, Submarine Roll, Milk
25) Potato Crunch Pollock w/Tartar Sauce, Stewed Tomatoes, Peas & Pearl Onions, Mixed Berries w/Whipped Topping, Dinner Roll, Milk	26) Baked Meatloaf w/Gravy, Garlic Mashed Redskin Potatoes, Marinated Three Bean Salad, Fresh Apple, Corn Bread, Milk	27) Teriyaki Chicken Breast w/Teriyaki Sauce, Cauliflower w/Cheese Sauce, Cucumber, Tomato and Onion Salad, Fruited Gelatin, Dinner Roll, Milk	CLOSED  FALL HARVEST THANKSGIVING CELEBRATION	CLOSED  FALL HARVEST THANKSGIVING CELEBRATION