



October 2024 Newsletter

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 required to participate in activities and classes.** Members must sign in daily so that attendance is documented. Please print your name when signing in! 🧑🏻



October at the YSC brings opportunity for participation in classes, warm fellowship over a cup of coffee, or just camaraderie. Please feel welcome and join us to experience the exciting atmosphere! We are your community center!

Thanks to all that attended the DTE Energy Savings presentation on September 17th!

Those that attended received a goodie bag of energy-saving items and great information. We met our attendance goal and will receive a donation for the center.

Special Holiday Quilt Raffle

We are preparing for our **Annual Quilt Raffle!** The raffle will take place on **Sunday, December 1, 2024, 4:00pm**, at the Ypsilanti Freight House. **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. *The raffle start date will be announced soon.* Pictures of the quilts are available on the next page.

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

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



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



*Quilt created by June Guthrie
and is throw size.*

~YSC Announcements~

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

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



October 2024 Newsletter

Building Remodeling Updates. An important note: *Classes & Activities may have to be canceled or rearranged on short notice due to building remodeling efforts.* We hope to have a new patio, office spaces remodeled, a new drinking fountain, and furniture, by the end of the year. **To donate toward the cost of “the refresh,” please write a check, or follow this link:** <https://ypsilanti-seniorcenter.networkforgood.com/projects/224274-honoring-our-past-building-our-future>. Alternately, this QR code may be used:



The YSC monthly **Community Potluck** will be held on **Tuesday, October 8, 2024, 11:45am to 12:30pm**. The center will provide the main dish of freshly-baked **chicken pot pie**. Members, please bring a side dish, dessert, or drinks to share. All are welcome. Sign up at the desk.

The focused presentation topic this month will be “**Home and Community-Based Services.**” Our guest speakers will be from the **Jewish Family Services**. We hope you will join us.



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

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

Computer Technology Class has had a *change in start date which is now October 8, 2024*. The class 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. 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.***

Intergenerational Activities - On Friday, October 25, 2024, from 11:30am to 3:00pm, at the YSC, the organization **Lori's Hands** will present to students from **Western Michigan University**. Students that are enrolled in a grant-writing course, will have the opportunity to learn about Lori's Hands as an organization through informational and experiential activities. A service-learning component will be incorporated. ******Needed are 7-8 seniors from the center to participate. Please sign-up at the reception desk if interested.****** 

Saturday Art On Saturday October 26th from 10am to noon, we will have a special intergenerational art class. Monica will demonstrate the art of **Shibori**. We will tie, stitch, clamp or pole wrap to form a resist to dye a bandana. All supplies are provided and no experience is necessary. Here is a example of Shibori:



Memory Cafe has resumed meeting 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 next on **Tuesday, October 8th from 2-4 PM!** Everyone is welcome! *Please sign up at the front desk.* 

Senior Nutrition Café Lunch Meals are provided daily at the YSC to those 60 years 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 & Medicaid Assistance: If you are in need of information regarding Medicare, 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>. During Open Enrollment 10/15 thru 12/07/24, there will be a total of 4 afternoons for MMAP counseling at the 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 needed for opening and locking the center for outside rental groups that hold events after hours or on weekends.. As a building rental volunteer, you would need to be “on call” for scheduled rentals on the weekends or evenings after hours. Please call or come by the center for more information.

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 (joyce@ypsiseniorcenter.org).

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

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



October 2024 Newsletter

~Community News and Information~

Area Agency on Aging 1-B



Our **Resource Center** 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

Sponsored by AgeWays:

***Family Caregiver
Connections Conference:
Learn, Link, and Lunch***

Are you providing support to an aging family member or friend? You are a caregiver. Join us for an event made just for you! **Tickets are \$10**, with all proceeds being used to support the AgeWays Holiday Meals on Wheels Program. Advance registration is required. If cost is a barrier, call us to see how we can help. Scan this code or visit YouAreACaregiver.org to register. You can also call us at (800) 852-7795 to register by phone. Luncheon keynote speaker Christy McDonald Detroit TV personality Christy McDonald shares her personal caregiving journey. She'll help caregivers embrace their own tough and beautiful moments - what makes us laugh and what gives us hope. Find the support and resources you need: • Hear expert presentations on legal topics and Alzheimer's care • Visit with 20 exhibitors from senior- and caregiver-focused organizations • Get onsite help from AgeWays Resource Specialists • Enjoy morning refreshments, lunch, and a chance to win door prizes

**Saturday, October 5, 2024 | 10am - 1:30pm
Suburban Collection Showplace, Legacy
Ballroom 46100 Grand River Ave., Novi,
MI 48374 | Parking is free**

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

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

CIDER MILLS
Washtenaw County

<https://www.mlive.com/news/ann-arbor/2024/09/fall-is-on-its-way-time-to-check-out-these-cider-mills-around-washtenaw-county.html>



CINEMARK™

Movie

Theatre <https://www.cinemark.com/theatres/mi-ypsilanti/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

Movie Program:

Saline Emagine Theatre
1335 E Michigan Avenue
Saline, MI

Doors open 1:15, Movie begins at 2:00pm

Wed, October 9, 2024

Tickets are \$5

Movie: American Graffiti

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

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



October 2024 Newsletter



<https://dnwml.org/>

Disability Network Washtenaw Monroe Livingston
3941 Research Park Drive
Ann Arbor, MI 48108

DNWML Advocacy HCBS Summit

Disability Network Washtenaw Monroe Livingston, a Center for Independent Living, is presenting an advocacy summit about home and community based services (HCBS) and direct care work. The summit is **Oct. 16 from 10:00am - 2:00pm**, in person and on zoom. Representatives from **The Arc Michigan, Community Mental Health, and AgeWays**, and other organizations will be participating. ****Must register by 5 pm on October 7, 2024.**

***In-person space is limited to 20 attendees.
Lunch will be provided for attendees***

Click link below to register (both in-person and virtual)
<https://forms.office.com/r/fme8iLfw5a>



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>.



Housing Bureau for Seniors

Senior Living Week Expo 2024

Saturday, October 05, 2024

Time: 9:30 am to 1:30 pm

**Washtenaw Community College
Morris Lawrence Building
4800 E Huron River Dr, Ann Arbor, MI 48105**
<https://www.michiganmedicine.org/events/senior-living-week-expo-2024>

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

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

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

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

**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 | 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



October 2024 Newsletter

Ypsilanti District Library Events October

Please see the library website for listings of additional classes:

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

Friday Walking Club (55+)

Fridays in October: 10:30am - 11:30am

Whittaker - *Whittaker Lobby*

Event type: Health & Wellness

Exercise and socialize with a 30-minute walk along a path near the Whittaker Road Library. 🚶

The Art of Flower Pressing

Saturday, October 12: 10:30am - 11:30am

Superior - *Meeting Room*

Intergenerational attendance is encouraged!

Event type: Gardening, DIY and Maker, Art & Music

Local Master Gardener Deanna White will teach attendees how she presses flowers and bring in a large batch of finished pressed flowers to decorate a card. 🌸

Mahjong Meetup

Mondays in October: 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 October: 6:00pm - 7:00pm

Superior - *Meeting Room*

Event type: Sustainable Living, Health & Wellness

Meditation has many benefits for our health and well-being. Drop in for simple, guided, non-religious awareness practices. 🧘

Senior Game Time at Ypsilanti Farmers Market

Saturday, October 26: 9:00am - 1:00pm

Seniors: Join us at the market for senior games.

Event type: Health & Wellness, Gardening,

Accessible through Freight house in Depot Town: 100 Market Pl, Ypsilanti



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

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



October 2024 Newsletter

Activities Calendar (+Senior Cafe' Meals Served Daily 11:45 – 12:30pm):

| | | | | |
|--|---|---|---|---|
| | <u>Tues 10/01</u> 10:00 - 11:30 am Computer Tech Class w/EMU 10:30-11:30 am Plarn Project 12:30 - 2 pm Knitting/Crochet | <u>Wed 10/02</u> 9:30 - 10:30 am Senior Fitness w/Michele 10:30 - 11:30am Line Dancing w/Dee 12:30 - 2 pm Bingo | <u>Thurs 10/03</u> 10:00 - 11:30 am Yoga w/Sue PM Reserved - Staff Programming | <u>Fri 10/04</u> 10:30 - 11:30 am Gentle Fitness 12:30 - 2 pm Art |
| <u>Mon 10/07</u> 10:30 - 11:30 am Gentle Fitness Euchre 12:30 - 2:30 pm | <u>Tues 10/08</u> POTLUCK 10:00 - 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' | <u>Wed 10/09</u> 9:30 - 10:30 am Senior Fitness w/Michele 10:30 - 11:30am Line Dancing w/Dee 12:30 - 2 pm Bingo | <u>Thurs 10/10</u> 10:00 - 11:30 am Yoga w/Sue PM Reserved - Staff Programming | <u>Fri 10/11</u> Gentle Fitness 10:30 - 11:30 am Art 12:30 - 2 pm |
| Mon 10/14 CLOSED INDIGENOUS PEOPLE'S DAY Columbus Day | <u>Tues 10/15</u> 11:00 - 11:30 am Computer Tech Class w/EMU 10:30-11:30 am Plarn Project 12:30 - 2 pm Knitting/Crochet | <u>Wed 10/16</u> 9:30 - 10:30 am Senior Fitness w/Michele 10:30 - 11:30am Line Dancing w/Dee 12:30 - 2 pm Bingo | <u>Thurs 10/17</u> 10:00 - 11:30 am Yoga w/Sue PM Reserved - Staff Programming | <u>Fri 10/18</u> Gentle Fitness 10:30 - 11:30 am Art 12:30 - 2 pm |
| <u>Mon 10/21</u> 10:30 - 11:30 am Gentle Fitness Euchre 12:30 - 2:30 pm | <u>Tues 10/22</u> 10:00 - 11:30 am Computer Tech Class w/Alicia 10:30-11:30 am Plarn Project 12:30 - 2 pm Knitting/Crochet | <u>Wed 10/23</u> 9:30 - 10:30 am Senior Fitness w/Michele 10:30 - 11:30 Line Dancing w/Dee 12:30 - 2 pm Bingo | <u>Thurs 10/24</u> 10:00 - 11:30 am Yoga w/Sue PM Reserved - Staff Programming | <u>Fri 10/25</u> Gentle Fitness 10:30 - 11:30 am 11:30am - 3:00pm WMU and Lori's Hands By Invitation Only |
| <u>Mon 10/28</u> 10:30 - 11:30 am Gentle Fitness Euchre 12:30 - 2:30 pm | <u>Tues 10/29</u> 10:00 - 11:30 am Computer Tech Class w/EMU 10:30-11:30 am Plarn Project 12:30 - 2 pm Knitting/Crochet | <u>Wed 10/30</u> 9:30 - 10:30 am Senior Fitness w/Michele 10:30 - 11:30 Line Dancing w/Dee 12:30 - 2 pm Bingo | <u>Thurs 10/31</u> 10:00 - 11:30 am Yoga w/Sue PM Reserved - Staff Programming | **SPECIAL IGP** Sat 10/26 10:00 am - 12 Noon The ART of SHIBIORI w/Monica |

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

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

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| | 01) Chef Salad: Diced Ham, Diced Turkey, Shredded Cheese. Garden Salad w/Ranch Dressing. Fresh Apple. Pita Bread. Milk. | 02) Potato Crunch Pollock Fish w/Tartar Sauce over Wild Rice. Garden Peas w/Onion Salad. Banana. Wheat Bread. Milk. | 03) BBQ Chicken Breast/BBQ Sauce. Bake Beans. Creamy Confetti Coleslaw. Fruited Gelatin. Corn Bread. Milk. | 04) Baked Meatloaf w/Gravy. Garlic Mashed Redskin Potatoes. Green Beans. Mixed Berries w/Cream. Dinner Roll. Milk. |
| 07) Cheddar Cheese Omelet, O'Brien Potatoes, Apple Juice, Apricots, Fruit Muffin, Milk. | 08) POTLUCK Chicken Pot Pie Topic: Home and Community-Based Services | 09) Stuffed green pepper with ground beef & cheese, Italian Green Salad w/Garbanzo Bean Garnish, Mashed Garlic Redskin Potatoes, Strawberries w/topping, Wheat Roll, Milk. | 10) Turkey Burger w/Lettuce/Tomato/Mayo, Diced Carrots, Cucumber Tomato Onion Salad, Fresh Pear, Hamburger Bun, Milk. | 11) BBQ Chicken Breast w/BBQ Sauce, Baked Beans, Creamy Confetti Coleslaw, Fruited Gelatin, Corn Bread, Milk. |
| 14) NO LUNCH Indigenous People's Day - YSC CLOSED  | 15) Baked Ham w/Pineapple Sauce, Whipped Sweet Potatoes, California Vegetable Blend w/Cheese Sauce, Diced Peaches, Roll, Milk. | 16) Stir-Fry Beef w/Sugar Snap Peas served over Confetti Fried Rice w/Oriental Vegetables, Tropical Fruit Salad, Wheat Bread, Milk. | 17) Chicken Salad Sandwich, Pasta Salad w/Vegetables, Twice Baked Potato Soup w/Crackers, Red or Yellow Apple, Croissant, Milk. | 18) Roast Pork with Gravy, Salad w/Romaine/French Dressing, Mashed Redskin Potatoes, Berries w/ Topping, Corn Bread, Milk. |
| 21) Swedish Meatballs served over Egg Noodles, Whole Kernel Corn, Zucchini & Tomatoes, Mandarin Oranges w/Pineapple, Wheat Bread, Milk. | 22) Marinated Chicken Breast, Steamed Spinach, Scalloped Potatoes, Apricots, Wheat Dinner Roll, Milk. | 23) Tuna Salad Sandwich, Pasta Salad w/Vegetables, Broccoli Cheese Soup w/Crackers, Fresh Pear, Croissant, Milk. | 24) Beef Sauce & Parmesan Cheese over Rotini Noodles, Italian Garden Salad w/Garbanzo Beans, Green Beans, Banana, Italian Bread, Milk. | 25) Breaded Chicken Patty Sandwich w/Mayo, California Vegetable Blend, Confetti Coleslaw, Strawberries w/Topping, Bun, Milk. |
| 28) Beef Pepper Patty w/Gravy, Cauliflower w/Cheese Sauce, Zucchini & Tomatoes, Applesauce, Dinner Roll, Milk. | 29) Chicken Breast Cacciatore, Garden Green Salad w/Romaine & Italian Dressing, Green Beans, Fresh Orange, Dinner Roll, Milk. | 30) Beef Taco Salad w/Shredded Mixed Lettuce, Ranch Dressing, Refried Beans, Cheddar Cheese Garnish, Tostitos Scoops, Salsa, Peaches, Milk. | 31) Halloween 🎃 Frankfurter w/Diced Onion Garnish, Condiments, Petrified Potato Salad, Bubblin' Baked Beans, Red or Yellow Apple, Hotdog Bun, Sugar Cookie. | Nov 1st. |

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

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