



FEBRUARY 2025 NEWSLETTER

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

~ From the Director ~

~Building Updates~

Plans are underway for the building to be “refreshed and remodeled” this month. Please be patient as programming and activities may have to be changed or cancelled occasionally. **There will be no building rentals this month for events.**

Classes and activities *are* underway at the YSC. We hope you will participate in classes & events at YOUR community center!



~Inclement Weather or Declared Emergency Policy at YSC~

Whenever the Ypsilanti Public Schools are closed, the center will not be open. Please tune in to your local news TV station or radio, or:

<https://www.ycschools.us/>

~National Days~

There are so many things to celebrate this month. Besides Valentine’s Day it is **National Heart Month, National Self-Check Month, and National Cherry Month.**

Believe it or not, heart disease can happen at any age. However, some risk factors for heart disease and stroke are preventable. American Heart Month teaches us how we can help reduce our risks while eliminating those we have control over. Believe it or not, heart disease can happen at any age. However, some risk factors for heart disease and stroke are preventable. Have a few cherries!

Every year during February, **National Self-Check Month** serves as a reminder that we can take charge of our health. Self-check is a means to increase our odds of avoiding chronic disease and other, often preventable, conditions.

<https://www.nationaldaycalendar.com/february/february-month>

~YSC News and Events~

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, Nutrition Program



AgingMastery

Sponsored by:

Area Agency on Aging 1-B



<https://www.ncoa.org/article/what-is-the-aging-mastery-program/>

AGING MASTERY PROGRAM (AMP) - We are excited to announce a 10-week workshop for older adults that will be happening at the YSC weekly on **Thursdays, February 6 - April 10, 2025, from 1:00 - 2:30 pm each session**. The AMP program will have differing topics and guest speakers each week to help seniors master physical, social, emotional, and financial health while aging. For more information, please see the announcement that is posted on the bulletin board at YSC or go to the website link below. **We must have a minimum of 10 people participate.**

Required registration:

Telephone: (833) 262-2200

or

Email: wellnessprograms@ageways.org

Web:

<https://www.ageways.org/senior-health-and-wellness/aging-master-workshop-for-seniors/>

Weekly Topics will include:

Navigating longer lives | Exercise | Healthy Eating & Hydration | Sleep | Finances |

Advanced planning | Medication Management | Fall Prevention | Community Engagement



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Ascendant Foot Care (Nurse Heather) will be at the YSC on **Thursday, February 13, 2025, from 12:30-4 pm**. If you would like an appointment, please call **Heather** at **(414) 436-6876**. Treatment includes expertly trimmed, thinned, and filed nails. All tools are sterilized for each person. Corns and calluses are filed and buffed smoothly. No insurance billing. Self-pay only; payment due at time of service. **COST = \$45.00**.

<https://ascendantfootcare.com/>



The YSC monthly **Community Potluck** will be held the 2nd Tuesday, **February 11, 2025, at 11:45 am**. Our presenter(s) are **Sara Silvennoinen**, from **My Motivational, LLC** and **Dr. Robert Solomon** from the **UM Cardiovascular Center**. Our focus is: **Loving Yourself and Helping Your Heart**. The center will provide the main dish of baked chicken alfredo. Members, please bring a complimentary side dish, dessert, or drinks to share. All are welcome. ***Volunteers are needed to help with set-up, serving food, and clean-up.*** If interested in helping out, please see Sarah.



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Computer Technology Class (EMU) January 2025 is full. If you would like to be waitlisted for the next class, please email Joyce@ypsiseniorcenter.org.

COVID-19 variants and other viruses like influenza and RSV are back in our community. Here are some recommendations:

- *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.*

Donations: To make a contribution to the YSC, please write a check to Ypsilanti Senior Center, (can specify how you would like funds used); provide cash; or follow this link: <https://ypsilanti-seniorcenter.networkforgood.com/projects/224274-honoring-our-past-building-our-future>. Alternately, this QR code may be used:



Memory Cafe meets at the YSC on the **2nd Tuesday of the month**. The next session is **Tuesday, February 11, 2025, 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. Everyone is welcome! ***To participate, please sign up at the front desk.***



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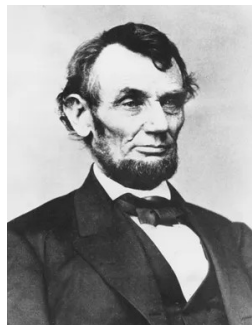
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Senior Nutrition Café Lunch Meals are provided daily at the YSC, **except for 2nd Tuesday potluck and dates when we are closed.** Meals are served to persons ages 60 years and older. **To participate, registration is required. Sign-up for meals is five business days in advance for the following week.** Monthly menus are available at the front desk or in the newsletter and at the YSC website. **A donation of \$3 per meal** would be appreciated but is not required. **Meals are served daily Mon-Fri at 11:45 am.** *Please return your tray to the kitchen window by 12:40pm.* 🍽️ **For more information, please contact Sarah.**

State Health Insurance Assistance Program (SHIP), Medicare Assistance

Program: If you have questions about Medicare, even if you are eligible for both Medicare & Medicaid, or need billing resolution, 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>. **Medicare Advantage Open Enrollment Period is January 1 - March 31, 2025.** See your Medicare & You 2025 book under “Medicare Options” for further understanding. Contact Joyce on site with any health insurance questions.

YSC Closure Dates: On the next Federal Holiday, **Monday, February 17, 2025, the YSC will be closed for President’s Day.** The day is sometimes understood as a celebration of the birthdays and lives of all U.S. presidents, but especially Washington and Lincoln.



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LIST OF ONGOING CLASSES AND ACTIVITIES (For dates, see Activities Calendar)

Art Class/Group - Fridays from 12:30 – 2:00 pm. ** Led by Katherine, this is a free-lance art class. Supplies provided.

BINGO! - Wednesdays from 12:30 – 2:00 pm. ** Green cards are \$.25; Cover all (brown card) costs \$1.00. Bingo winners receive \$1.00.

Board of Directors Meetings - Third Thursday of the month at 6:30 pm. For an agenda, please email Director Monica Prince: monica@ypsiseniorcenter.org or check our website at <https://ypsiseniorcenter.org/>.

Computer Technology Class by Digital Connection Corps at EMU – Join us for in-person hands-on help with technology (including smart phones, laptops, email, etc.) at the center on Tuesdays 9:30 – 11:30 am (by semester). See activities calendar for start date. **Registration required. If new, please ask to be waitlisted at the center reception desk.** If returning, simply return as a walk-in for extra support once the start date of the class is announced (10 weeks). For more information: <https://www.emich.edu/engage/community/digital-connecting-corps.php>

Euchre Card Game - Mondays from 12:30 – 2:30 pm. ** \$.50 to play.

Gentle Fitness - Mondays and Fridays from 10:30 – 11:30 am. This class helps increase strength and endurance and is facilitated by members. Most exercises are done sitting in a chair using weights, bands, & balls. Walk-in. **

Knitting, Crocheting, & Plarn Group Projects – Tuesday mornings 10:00 – 11:30 am (Plarn) and Tuesday afternoons (knitting/crocheting) 12:30 – 2:00 pm. These groups are opportunities to work on projects like mats for homeless populations, and to socialize with others that are skilled in these fine arts. Beginners welcome! **

Line Dancing with Dee (WCC)* – Wednesdays 10:30 – 11:30 am at the center. A variety of music and great instruction will get you dancing with ease.

Memory Café' with Monica Prince - Meets on the second Tuesday of each month, from 2:00 – 4:00 pm. It is for people experiencing memory loss or dementia and their caregivers. Enjoy art, music, conversation, refreshments, and social activities in a supportive environment. Ongoing except the month of August.

Senior Fitness with Mark or Michele (WCC)* – Wednesdays 9:30 – 10:30 am at the center. Classes begin with gentle stretches. Accommodation available for those with physical limitations. See Activity Calendar/Schedule in newsletter.

Yoga with Liz (WCC)* – Thursdays 10:00 – 11:30 am. *Class starts promptly at 10:00.*

***Washtenaw Community College Senior Focus Classes held at YSC (registration required, first class). **Ongoing sessions, unless the center is closed; 10 weeks. \$ = small cost involved.**

The YSC is a **Senior Café' meal site at 11:45 am daily.** For more information, please contact us.

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~Community Events, Information, & News~

<p>AARP Foundation - Senior Community Services Employment Program or SCSEP Job training and skill development for people ages 55+ with limited income. The servicing office for Washtenaw County is</p> <p>AARP Southgate 15000 Northline Rd Ste 111 Southgate, MI 48195 *Phone: 1 (734) 281-2470</p>	<p>To see if you're eligible and to get assistance applying, call our Work Resources Helpline at 1-855-859-1598. AARP Foundation team members are available Monday–Friday, 9 a.m.–6 p.m., Eastern Time. Conversations are completely confidential. Se Habla Español.</p> <p> </p>
<p>Area Agency on Aging 1-B</p> <p> AgeWays Nonprofit Senior Services</p>	<p>The Resource Center at Ageways (formerly Area Agency on Aging 1B) is <i>the first call seniors should make when they need help</i>. We can guide seniors and their family members to resources to help with medical care, housing, food assistance, utility assistance and more. Call us from 8 am – 5 pm, Monday through Friday.</p> <p>Phone: (800) 852-7795 https://www.ageways.org/</p>
<p>CINEMARK™ Movie Theatre https://www.cinemark.com/theatres/mi-ypsilanti/cinemark-ann-arbor-20-and-imax</p>	<p>Senior Discount all day Mondays (\$6.50) and before 6 PM on other days (\$7.00) Senior rate at all other times is (\$8.25)</p> <p>Address: 4100 Carpenter Rd, Ypsilanti, MI 48197 Phone: (734) 973-8424</p>

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 <p>www.dfsaline.org DFS Movie Program:</p> <p>Movies are held on the second Wednesday of each month. Starting in December, reservations will be required! Please email kelsey.dfsaline@gmail.com to reserve your tickets.</p>	<p>Saline Emagine Theatre 1335 E Michigan Avenue Saline, MI 48176</p> <p>Doors open at 1:00pm Movie begins at 2:00pm Ticket cost: \$5* (Ticket price includes popcorn, soda and a light buffet.)</p> <p>February 12, 2025</p> <p>Movie Title: <u>Sleepless in Seattle</u></p>
<p>EASTERN ATHLETICS</p> <p>and the NCAA</p> <p>E EASTERN MICHIGAN UNIVERSITY https://emueagles.com/</p>	<p>YSC members and staff have been invited to Rynearson Stadium for an Eastern Michigan University Basketball Game. Tickets are \$5. If interested in attending, please see the bulletin posted on the external board.</p> <p>EMU is playing Western Michigan University on Feb 1, 2025.</p>
 <p>Ph: (734) 259-4125 or (833) 653-6544 Email: info@feonix.org</p>	<p>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.</p>

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Did you know some of our YSC volunteers create plastic crocheted (plarn) mats for the local shelter? The mats are then delivered. If you have time, consider joining this crafters group on **Tuesdays at the YSC!**

Davis St at Arnet St, Ypsilanti, MI



<https://events.anr.msu.edu/event.cfm?eventID=02C565FFB3523C0A225836BB49B2CA6F3168B2DB902591E2A88214B005147204>

MSU Extension

Our special program combines two popular workshops: **Tai Chi for Arthritis and Fall Prevention and Sleep Education for Everyone Program (SLEEP).**

Tai Chi for Better Sleep--Mondays & Wednesdays, 2:00-3:30 pm ET

February 3, 2025 - March 26, 2025, 2:00-3:30 pm ET. Registration Deadline: January 29, 2025 - 11:45 PM. Zoom



We would love for you to become a member of YSC! Simply ask.

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 <h2>Healthy Together West Willow</h2> <p><i>Health at Home & in Your Neighborhood</i></p> <p>https://westwillowhealth.org/</p> <p>February Focus: <i>Exercise, vital signs check-ups.</i></p> <p>Please see their website for more information.</p> 	<h3>Eastern Washtenaw County, Ypsilanti</h3> <p>Healthy Together is a community-based, volunteer and student run program focused on improving the health and wellness of older adults in the West Willow Neighborhood.</p> <h3>WEST WILLOW HEALTH FAIR</h3> <p>Covenant Church 2345 Tyler Road, Ypsilanti 48197</p> <p>February 15, 2025, at 10:00 am - 2:00 pm</p> <p>Family-friendly event will feature health screenings, free food, games, and gift prizes.</p>
<h3>Ypsilanti Thrift Shop</h3>  <p>(734) 483-1226</p> <p>14 S Washington St, Ypsilanti 48197</p>	<h3>ALL VOLUNTEER ORGANIZATION ALL PROFITS ARE DONATED TO LOCAL CHARITIES</h3> <p>The Ypsilanti Thrift Shop has been serving our community since 1942. They are the only all-volunteer, registered 501(c)3 thrift shop in Ypsilanti. No one who works here gets paid, and we donate all profits to local charities. Cash Only</p>

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<p><i>Ypsilanti District Library Events February 2025</i></p> <p>Please see the library website for listings of additional classes or more information: https://attend.ypsilibrary.org/events</p>	<p><u>Wax In The Stacks</u> -Show off your Vinyl <u>Saturday, February 01: 4:00pm - 5:30pm</u></p> <p><u>Michigan-</u> <i>Michigan Ave Room 1</i></p> <p>Wax in the Stacks is a vibrant vinyl listening group. Using a vintage 1960s Mustang II portable vinyl player, we'll dive into different music genres each month. February's theme is Folk Music.</p>
<p><u>Read it and Eat it Cookbook Club</u></p> <p>Monday, February 03: 5:00pm - 6:30pm Whittaker - Community Room Event type: DIY and Maker, Book Lovers, Book Group Each month, participants will choose a recipe from a specific book or theme, prepare it, and bring their dish to share and discuss. Bring your cookbook ideas —no food required.</p>	<p><u>Coffee Hour with Representative Jimmie Wilson, Jr.</u></p> <p>Saturday, February 15: 11:00am - 12:00pm Whittaker - Community Room Event type: Community Assistance, Civic Engagement</p> <p>Please join Representative Jimmie Wilson, Jr. (D), District 32, for his Coffee Hour. Rep. Wilson will share updates on legislation he is working on in Lansing and host a Q&A session with attendees.</p>
<p><u>Google Sheets Tips & Tricks</u></p> <p>Saturday, February 15: 10:30am - 12:30pm Whittaker - <i>Computer Lab</i> Age group: Seniors Adults Event type: Job Seekers & Skill Builders, Computer Training</p> <p>Explore more advanced features of Google Sheets like using formulas and functions, sorting, filtering, and linking data, and defining a print area.</p>	<p><u>One-on-One Genealogy Session with Jean Winborn</u></p> <p>Tuesday, February 18: 10:00am - 12:00pm Superior - <i>Study Room 1</i> Age group: Seniors Adults Event type: Genealogy & Local History, African American Interest. Sign up for a one-on-one genealogy session with Jean Winborn, co-founder of Washtenaw County African-American Genealogy Society. Registration required.</p>

Activities & Classes Calendar (at the YSC)

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<u>Mon 2/3</u> 10:30 - 11:30 am <u>Gentle Fitness</u> 12:30 - 2:30 pm <u>Euchre</u>	<u>Tues 2/4</u> 10:30-11:30 am <u>Plarn Project</u> 9:30 - 11:30 am <u>Computer Tech Class</u> <u>EMU</u> 12:30 - 2 pm <u>Knitting/Crochet</u>	<u>Wed 2/5</u> 9:30 - 10:30 am <u>Senior Fitness w/Michele</u> 10:30 -11:30 am <u>Line Dancing w/Dee</u> 12:30 - 2 pm <u>Bingo</u>	<u>Thurs 2/6</u> 10:00 - 11:30 <u>Yoga w/Liz</u> 1:00 - 2:30 pm <u>Aging Mastery Program</u> <u>Registration Required!</u>	<u>Fri 2/7</u> 10:30 - 11:30 am <u>Gentle Fitness</u> 12:30 - 2 pm <u>Art</u>
<u>Mon 2/10</u> 9:30 - 10:30 am <u>Brain Health/ Lifespan</u> <u>Dr. Eleanna Varangis</u> <u>Univ of Michigan</u> 10:30 - 11:30 am <u>Gentle Fitness</u> 12:30 - 2:30 pm <u>Euchre</u>	<u>Tues 2/11</u> 10:30-11:30 am <u>Plarn Project</u> 9:30 - 11:30 am <u>Computer Tech Class</u> <u>EMU</u> 11:45 am - <u>POTLUCK</u> 12:30 - 2 pm <u>Knitting/Crochet</u> 2:00 - 4:00 pm <u>Memory Cafe</u>	<u>Wed 2/12</u> 9:30 - 10:30 am <u>Senior Fitness w/Michele</u> 10:30 - 11:30 <u>Line Dancing w/Dee</u> 12:30 - 2 pm <u>Bingo</u>	<u>Thurs 2/13</u> 10:00 - 11:30 <u>Yoga w/Liz</u> 12:30 - 4:00 pm <u>Ascendant Foot Care</u> 1:00 - 2:30 pm <u>Aging Mastery Program</u>	<u>Fri 2/14</u> 10:30 - 11:30 am <u>Gentle Fitness</u> 12:30 - 2 pm <u>Art</u>
<u>Mon 2/17</u> <u>President's Day</u> <u>Center Closed</u>	<u>Tues 2/18</u> 9:30 - 11:30 am <u>Computer Tech Class</u> <u>EMU</u> 10:30-11:30 am <u>Plarn Project</u> 12:30 - 2 pm <u>Knitting/Crochet</u>	<u>Wed 2/19</u> 9:30 - 10:30 am <u>Senior Fitness w/Michele</u> 10:30 - 11:30 <u>Line Dancing w/Dee</u> 12:30 - 2 pm <u>Bingo</u>	<u>Thurs 2/20</u> 10:00 - 11:30 am <u>Yoga</u> 1:00 - 2:30 pm <u>Aging Mastery Program</u>	<u>Fri 2/21</u> 10:30 - 11:30 am <u>Gentle Fitness</u> 12:30 - 2 pm <u>Art</u>
<u>2/24</u> 10:30 - 11:30 am <u>Gentle Fitness</u> 12:30 - 2:30 pm <u>Euchre</u>	<u>2/25</u> 9:30 - 11:30 am <u>Computer Tech Class</u> <u>EMU</u> 10:30-11:30 am <u>Plarn Project</u> 12:30 - 2 pm <u>Knitting/Crochet</u>	<u>2/26</u> 9:30 - 10:30 am <u>Senior Fitness w/Michele</u> 10:30 - 11:30 <u>Line Dancing w/Dee</u> 12:30 - 2 pm <u>Bingo</u>	<u>2/27</u> 10:00 - 11:30 am <u>Yoga</u> 1:00 - 2:30 pm <u>Aging Mastery Program</u>	<u>2/28</u> 10:30 - 11:30 am <u>Gentle Fitness</u> 12:30 - 2 pm <u>Art</u>

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

Monday	Tuesday	Wednesday	Thursday	Friday
3) Breaded Chicken Patty Sandwich w/ Mayo & Ketchup, Green Beans, Vegetables, Diced Pears, Hamburger Bun, Milk	4) Brunswick Stew w/ Chicken, Spinach Salad, Vegetables, Spinach Salad w/ French Dressing, Diced Spiced Peaches, Apple, Cornbread, Milk	5) Chef Salad: Diced Ham & Turkey & Cheese, Pita Bread, Green Salad, Minestrone Soup w/ LS Crackers, Orange, Pita Bread, Milk	6) Turkey a la King over Biscuit, Diced Carrots w/ Dill, Brown Bean Salad, Pineapple Tidbits, Biscuit, Milk	7) Beef Hotdog w/ Mustard & Ketchup, Chili con Carne w/ Beans, Baked Potato w/ Sour Cream, Berries w/ Whip Topping, Bun, Milk
10) Cheddar Cheese Omelet, O'Brien Potatoes, Apple Juice, Pear, Fruit Muffin, Milk	11) 11:45 am - POTLUCK Chicken Alfredo	12) Turkey Pot Roast w/ Gravy serve over mashed potatoes, Creamy Confetti Coleslaw, Apricots, Dinner Roll, Milk	13) Hamburger w/ Cheese & Mustard & Ketchup, Carrot Coins, Cucumber Salad, Apple, Hamburger Bun, Milk	14) Chicken Breast Cacciatore, Salad, Green Beans, Strawberries w/ Whip, Dinner Roll, Choc Chip Cookie, Milk
17) President's Day Center Closed	18) Teriyaki Beef w/ Teriyaki Sauce, Baked Beans, Dill Carrot Coins, Tropical Fruit Salad, Cornbread, Milk	19) Cheesy Lasagna Roll Ups w/ Parmesan Cheese, Green Beans, Salad w/ Ranch Dressing, Berries w/ Whip Topping, Bread, Milk	20) Tuna Salad Sandwich, Pasta Salad w/Vegetables, Broccoli Cheese Soup w/LS Crackers, Apple, Croissant, Milk	21) Polynesian Chicken Breast, Mashed Potatoes, Vegetable Blend, Fruited Gelatin, Dinner Roll, Milk
24) Salisbury Steak w/Beef Gravy, Zucchini & Tomatoes, Diced Carrots, Cinnamon Applesauce, Dinner Roll, Milk	25) Honey Mustard Chicken Breast Sandwich, Green Beans, Cauliflower w/ Cheese Sauce, Pear, Hamburger Bun, Milk	26) Stuffed Cabbage, Salad w/ Italian Dressing, Mashed, Potatoes, Strawberries w/ Whip Topping, Dinner Roll, Milk	27) Turkey Tetrazzini w/ Cheddar Cheese, Peas & Pearl Onions, Cucumber, Tomato, & Onion, Salad, Diced Peaches, Bread, Milk	28) Potato Crunch Pollock w/ Tartar Sauce, California Blend, Diced Pickled Beets & Onion Salad, Banana, Bread, Wild & WG Rice, Milk

If additional food resources are needed at any time, please see: <https://www.foodgatherers.org/foodresources/>

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