



JANUARY 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 YSC Director ~

HAPPY NEW YEAR!



January 6, 2025 is when the center reopens after holiday break. It is also National Cuddle Up Day. For more information see the National Day Calendar at:

<https://www.nationaldaycalendar.com/january/january-days>

~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/>

January begins, and it is not just a new year, but a return of classes at the YSC and cool events around town. Fight the winter doldrums by coming into the center! You could join others for a Senior Cafe' meal daily, or participate in group activities that are always fun and filled with camaraderie. We aim to continuously improve our center with you in mind, and want all to feel welcome.

~Holiday Quilt Raffle~

Thank you to the generosity of members and friends, we raised \$1360.00 in proceeds from the Annual Holiday Quilt Raffle in December. Congratulations to the winners of the quilts: **John Minor** and **Joe VanHorn**. We appreciate all who bought raffle tickets and contributed.



~Construction Update~

Due to reconstruction, the building may need to be closed a few days in January and February. Notices of closure dates will be posted on the bulletin board.

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

A heartfelt congratulations to

YSC Associate Director **Jasmine Figgins**
And her family

On the birth of their
baby daughter!

Ava Figgins was born December 3, 2024.



Gifts or acknowledgements may be dropped off at the YSC with any staff member. **We send best wishes to the family.** 🍼 🐣

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YSC News and Happenings



Sponsored by:



<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.

To register (required):

Telephone: (833) 262-2200

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 Mgmt * Fall Prevention * Community Engagement *

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Ascendant Foot Care (Nurse Heather) will be at the YSC on **Thursday, January 16, 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 smooth. 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 on **January 14, 2025, at 11:45 am**. The center will provide hamburgers and sides. Members, please bring a complimentary side dish, dessert, or drinks to share. All are welcome. Our focus at the potluck this month will be **housing and home & community-based services organizations (HCBS)** with at least two presenters and other organizations sitting amongst our members. ***Volunteers are needed to help with set-up, serving food, and clean-up.*** If interested in helping out, please see Sarah. 🍔 Some of the representatives that will join us at the potluck are: KMG Prestige (Residences at Huron), Our Family Friend; and Senior Helpers.

Computer Technology Class - The next session begins **January 21, 2025, at 9:30 am**. If you would like to be waitlisted for the winter class, please inform someone at the front desk or Joyce. 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 (there is no need to notify us).*** Free. Learn how to use a keyboard, navigate the Internet, or use email. 🧑💻

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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 contribute toward the cost of “the refresh,” which is our **building fund**, please write a check to Ypsilanti Senior Center, 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, January 14, 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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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 5 business days in advance for the following week. Monthly menus are available at the front desk or in the newsletter (available 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.* 🍴

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 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, “Medicare Options” for further information. Contact Joyce on site with questions.

Eleanna Varangis, PhD with the **University of Michigan, School of Kinesiology and the Concussion Center**, will present at the YSC on **Thursday, January 23, 2025, 2:30 - 3:30 pm.** Title: **Sports, Concussions, and Brain Health.** There will be a discussion about how participation in sports and sport-related concussions affect brain health across the lifespan. To participate, please sign up at the front desk.

YSC Closure Dates: On **Monday, January 20, 2025, the YSC will be closed for Rev. Dr. Martin Luther King Jr. Day.** Martin Luther King Jr. Day is a federal holiday that encourages Americans to volunteer and to improve their communities through service to others. It honors Dr. King's commitment to equality and justice through nonviolent action, and is celebrated on the third Monday in January each year. Some ways to celebrate and honor his legacy are by reading books together, watching a video of his speeches, volunteering, or by participating in community events. We hope you choose the Ypsilanti Senior Center for your ongoing volunteer efforts. ❤️



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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.**

BINGO! - Wednesdays from 12:30 – 2:00 pm.**

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 wks). For more information: <https://www.emich.edu/engage/community/digital-connecting-corps.php>

Euchre Card Game - Mondays from 12:30 – 2:30 pm. **

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. Gentle stretches will get you warmed up. Accommodation available for those with physical limitations.

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

Washtenaw Community College Classes held at YSC (registration required, first class).** *Ongoing sessions, unless the center is closed; 10 weeks.**

The Ypsilanti Senior Center 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>Area Agency on Aging 1-B</p>  <p>AgeWays Nonprofit Senior Services</p>	<p>The Resource Center at Ageways 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 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™</p> <p>Movie Theatre https://www.cinemark.com/theatres/mi-ypsilanti/cinemark-ann-arbor-20-and-imax</p>	<p>Senior Discount all day Mondays (\$6.00) and before 6 PM on other days (\$8.00).</p> <p>Address: 4100 Carpenter Rd, Ypsilanti, MI 48197</p> <p>Phone: (734) 973-8424</p>
 <p>Dementia Friendly Saline+</p> <p>www.dfsaline.org DFS Movie Program:</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>January 2025 Movie Title and Date TBA: Please see their website for more information. Movie viewings are the second Wednesday of the month.</p>

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Ph: (734) 259-4125 or (833) 653-6544
Email: info@feonix.org

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>.



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. We also thank the LEOs for their volunteer services at YSC. 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. If you have an unmet need, ask a Lion!



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Emeritus Scholarship Information

<https://www.wccnet.edu/afford/financial-aid/scholarships/emeritus.php> Phone: 734-973-3543

- **Resident of Washtenaw County**
- Age 65 or older on the first day of the semester
- Verification required by providing your driver's license or state-issued photo ID
- New students visit the **Student Welcome Center** office to complete this requirement
- Existing students check **MyWCC** to confirm your date of birth is correct
- Visit the Student Connection



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 group on Tuesdays at the YSC!

Davis St at Arnet St, Ypsilanti, MI



77th WCCD Annual Celebration

Date: January 16th

Time: 5:00 PM - 8:30 PM

Location: Cobblestone Farm, 2781 Packard St, Ann Arbor, MI

More information & web link: <https://www.washtenawcd.org/annual-celebration.html>

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YPSILANTI SENIOR CENTER



Healthy Together West Willow

Health at Home & in Your Neighborhood

<https://westwillowhealth.org/>

January Focus:

National Blood Donor Month, Cervical Health Awareness Month, Glaucoma and National Birth Defects Prevention Month

Eastern Washtenaw County, Ypsilanti

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.

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.

Ypsilanti Thrift Shop



(734) 483-1226

14 S Washington St, Ypsilanti 48197

ALL VOLUNTEER ORGANIZATION ALL PROFITS ARE DONATED TO LOCAL CHARITIES

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

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<p><i>Ypsilanti District Library Events</i> <i>January 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 Saturday, January 04th: 4:00pm - 5:30pm</p> <p><u>Michigan</u>- Michigan Ave Room 1</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. January's theme is MODAL JAZZ.</p>
<p><u>Read it and Eat it</u> Cookbook Club Monday, January 06th: 5:00pm - 6:00pm</p> <p>Whittaker - Community Room.</p> <p>Join fellow foodies for a monthly cookbook club. You're invited to the inaugural meeting. How does a Cookbook Club work? Each month, participants will choose a recipe from a specific book or theme, prepare it, and bring their dish to share and discuss. For our January meeting, please bring only your ideas for themes or cookbooks—no food required. This meeting is meant to gauge interest in the club and plan our future sessions.</p>	<p><u>Board Game Meet Up</u> Thursday, January 09th: 6:30pm - 8:30pm</p> <p>Whittaker - Whittaker Triangular Bay</p> <p>Age group: Teens Seniors Adults</p> <p>Join us for a fun evening of board games!</p> 
<p><u>Senior Advisory Board</u> Thursday, January 16th: 1:00pm - 2:00pm</p> <p>Whittaker - Board Room</p> <p>Age group: Seniors Event type: Civic Engagement Age Group: 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.</p>	<p><u>Dr. Martin Luther King Jr. Service Project</u> - Blankets for Homeless Persons Monday, January 20th: 2:00pm - 4:00pm</p> <p>Michigan - Michigan Ave Program Room</p> <p>Age group: Seniors Adults Kids Event type: DIY and Maker, Fleece blankets to be donated to shelters.</p>

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Activities & Classes Calendar

Mon 1/06	Tues 1/07	Wed 1/08	Thurs 1/09	Fri 1/10
10:30 - 11:30 am <u>Gentle Fitness</u>	10:30-11:30 am <u>Plarn Project</u>	9:30 - 11:30 am <u>Exercise & Fellowship Club - Freestyle</u>	9:00 - 12:30 <u>Open</u>	10:30 - 11:30 am <u>Gentle Fitness</u>
12:30 - 2:30 pm <u>Euchre</u>	12:30 - 2 pm <u>Knitting/Crochet</u>	12:30 - 2 pm <u>Bingo</u>	PM Reserved - Staff <u>Programming</u>	12:30 - 2 pm <u>Art</u>
Mon 1/13	Tues 1/14	Wed 1/15	Thurs 1/16	Fri 1/17
10:30 - 11:30 am <u>Gentle Fitness</u>	10:30-11:30 am <u>Plarn Project</u>	9:30 - 11:30 am <u>Senior Fitness w/Michele</u>	9:00 - 12:30 <u>Open</u>	10:30 - 11:30 am <u>Gentle Fitness</u>
12:30 - 2:30 pm <u>Euchre</u>	11:45 am - <u>POTLUCK</u>	10:30 - 11:30 <u>Line Dancing w/Dee</u>	12:30 - 4:00 pm <u>Ascendant Foot Care</u>	12:30 - 2 pm <u>Art</u>
	12:30 - 2 pm <u>Knitting/Crochet</u>	12:30 - 2 pm <u>Bingo</u>	See Bulletin Board	
Mon 1/20	Tues 1/21	Wed 1/22	Thurs 1/23	Fri 1/24
<u>MLK Day</u>	9:30 - 11:30 am <u>Computer Tech Class</u>	9:30 - 11:30 am <u>Senior Fitness w/Michele</u>	10:00 - 11:30 am <u>Yoga</u>	10:30 - 11:30 am <u>Gentle Fitness</u>
<u>Center Closed</u>	<u>EMU starts</u>	10:30 - 11:30 <u>Line Dancing w/Dee</u>	2:30 - 3:30 <u>UM School of Kinesiology</u>	12:30 - 2 pm <u>Art</u>
	10:30-11:30 am <u>Plarn Project</u>	12:30 - 2 pm <u>Bingo</u>	<u>Eleanna Varangis, PhD</u>	
	12:30 - 2 pm <u>Knitting/Crochet</u>		<u>Lifetime Movement</u>	
1/27	1/28	1/29	1/30	1/31
10:30 - 11:30 am <u>Gentle Fitness</u>	9:30 - 11:30 am <u>Computer Tech Class</u>	9:30 - 11:30 am <u>Senior Fitness w/Michele</u>	10:00 - 11:30 am <u>Yoga</u>	10:30 - 11:30 am <u>Gentle Fitness</u>
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	12:30 - 2 pm <u>Knitting/Crochet</u>			

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YPSILANTI SENIOR CENTER

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

Monday	Tuesday	Wednesday	Thursday	Friday
		01/01/2025 Center Closed HAPPY NEW YEAR!	02) Center Closed	03) Center Closed
06) Cheddar Cheese Omelet, O'Brien Potatoes, Apricots, Fruit Muffin, Apple Juice, Milk	07) Turkey Burger w/ Lettuce & Tomato Garnish w/Mayo, WW Hamburger Bun, Creamy Confetti Coleslaw, Fruited Gelatin, Milk	08) Chicken w/Cavatappi Pasta, Garden Salad w/Romaine French Dressing, Brussel Sprouts, Fresh Banana, WW Bread, Milk	09) Maurice Salad, Diced Ham & Turkey, Shredded Swiss Cheese, Garden Green Salad, Baked Potato Chowder, Fresh Apple, Pita Bread, Milk	10) Baked Meatloaf, w/ Gravy, Mashed Potatoes, Marinated Three Bean Salad, Dinner Roll, Mixed Berries w/Whip Topping, Milk
13) Stir Fry Beef w/Sugar Snap Peas Over Confetti Fried Rice, Oriental Vegetable Blend, WW Bread, Tropical Fruit Salad, Milk	14) POTLUCK Hamburgers & Fixings Focus: Housing & HCBS	15) Beef Sauce w/Parmesan Cheese Over Rotini Noodles, Italian Salad & Ranch Dressing, Green Beans, Strawberries w/Whip Topping, Milk	16) Balsamic Marinated Chicken Breast, Steamed Spinach, Dinner Roll, Scalloped Potatoes, Fresh Pear, Milk	17) Baked Ham w/Pineapple Sauce, California Blend w/Cheese Sauce, Whipped Sweet Potatoes, Corn Bread, Diced Peaches, Milk
20) MLK Holiday and Day of Service Center Closed	21) Breaded Chicken Patty Sandwich w/Mayo & Ketchup, WW Hamburger Bun, Baked Beans, Diced Carrots, Apricots, Milk	22) Stuffed Cabbage, Salad & Italian Dressing, Mashed Redskin Potatoes, WW Dinner Roll, Mixed Berries w/Whip Topping, Milk	23) Tuna Salad Sandwich, Macaroni Salad w/Vegetables, Broccoli Cheese Soup, Fresh Apple, Croissant, Milk	24) Swedish Meatballs Over Noodles, WW Bread, Whole Kernel Corn, Zucchini & Tomatoes, Mandarin Oranges & Pineapple, Milk
27) Potato Crunch Pollock w/Tartar Sauce, Whipped Winter Squash, WW Dinner Roll, Peas & Pearl Onions, Applesauce, Milk	28) Teriyaki Chicken w/Sauce, Italian Salad, Cauliflower w/Cheese Sauce, Dinner Roll, Fresh Pear, Milk	29) Beef Taco Salad, Lettuce Mix w/Dressing, WG Tostitos Scoops & Salsa, Refried Beans w/ Cheese, Tropical Fruit Salad, Milk	30) Teriyaki Chicken Breast w/Sauce, Italian Salad w/French Dressing, Dinner Roll, Cauliflower w/Cheese Sauce, Milk	31) Beef Pepper Patty w/Gravy, Mashed Redskin Potatoes, Zucchini & /tomatoes, WW Dinner Roll, Fresh Banana, Milk

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

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