



APRIL 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 Closure~

The **Ypsilanti Senior Center** is closed due to damage from a burst water pipe. Damage mitigation, restoration, and reconstruction processes are underway. We thank our community partners, the *Ypsilanti District Library* and *Parkridge Community Center* for filling the gap, having provided spaces for **WCC** and **EMU** classes that are usually held at the YSC. **Most volunteer-led groups (Bingo, Euchre, Singing Circle, etc.) are not being held at the time of this writing, with the exception of Gentle Fitness. This group is meeting at Ypsilanti Performance Space (The Ypsi), 218 N Adams St, Ypsilanti, 48197.** We are searching for a community space for other groups to be able to meet. **A notice will be posted on our Facebook page, website, and building when we are scheduled to reopen.** Please see: <https://ypsiseniorcenter.org/>



While building and remodeling work is not complete, the staff of the YSC are available to answer questions. The best way to contact us is firstname@ypsiseniorcenter.org. We thank you for your patience and understanding.

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

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

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

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~Ypsilanti Senior Center (YSC) News & Events~

Some events/classes are contingent upon the building being reopened.

The **Aging Mastery Program (AMP)** class is still in progress through May 1st. It is being held at **Parkridge Community Center, 591 Armstrong Dr, Ypsilanti, 48197**. Pre-registration was required to participate. **Ours was the last class of the Aging Mastery Program** sponsored Ageways (previously known as the Area Agency on Aging 1B) and the National Council on Aging (NCOA). Funding has ended.

Ascendant Foot Care at the YSC is **cancelled this month**, but alternate sites may be available. If you would like an appointment, please call **Heather** at **(414) 436-6876**. Treatment includes expertly trimmed, thinned, and filed nails. No insurance billing. Self-pay only; payment due at time of service. **COST = \$45.00**. <https://ascendantfootcare.com/>



The YSC monthly **Community Potluck**, scheduled for **Tuesday, April 8, 2025, at 11:45 am**, **was cancelled. Speakers were notified and will be rescheduled.**

Computer Technology Class (EMU) This class is currently being held at the **Whitaker Road branch of the Ypsilanti District Library**. The spring session is slated to begin about **May 20, 2025, at 9:30 - 11:30am and is full**. To be waitlisted for future sessions, please provide your contact information, including email, to joyce@ypsiseniorcenter.org. To learn more, please see: <https://w.emich.edu/engage/community/digital-connecting-corps.php>

COVID-19 variants and other viruses like **influenza** and **RSV**, are still 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, and practice proper hygiene.*
- *Get tested before indoor gatherings or around 5 days after exposure; if you have symptoms.*

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Donations - To make a contribution to the YSC, please write a check to Ypsilanti Senior Center, (you 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 to connect to **Network for Good**:



Please watch for an announcement regarding the **2025 Intergenerational Program (IGP)** with **Educate Youth** to begin this summer. **Location to be determined (TBD)**.
<https://educateyouthypsi.org/>



Memory Cafe meets on the **2nd Tuesday of the month**. **Sessions are cancelled until further notice**. *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! Watch the website and Facebook page for upcoming meeting times.

Senior Nutrition Café Lunch Meals at the Senior Center are **suspended at this time**. Please see <https://www.washtenaw.org/2977/Senior-Cafes>. 🍱 Our Nutrition Coordinator may have more information. Please contact Sarah by email sarahmckinney@ypsiseniorcenter.org

State Health Insurance Assistance Program (SHIP), Michigan 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>.

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WASHTENAW COMMUNITY COLLEGE
SENIOR FOCUS CLASSES (10 weeks) SPRING 2025
LOCATION: PARKRIDGE CENTER, 591 ARMSTRONG DR, YPSILANTI 48197

TAI CHI with KARLA
MONDAYS, BEGINNING MAY 12, 2025 – JULY 21, 2025
2:30 TO 3:30 PM
Skip Date: JUNE 16, 2025

SENIOR FITNESS with MARK
WEDNESDAYS, BEGINNING MAY 7, 2025 – JULY 9, 2025
9:30 – 10:30 am
Skip Date: None

LINE DANCING with DEE
10:30 am – 11:30 am
WEDNESDAYS, BEGINNING MAY 14, 2025 – JULY 23, 2025
Skip Date: JUNE 25, 2025

YOGA with LIZ
10:00 am – 11:30 am
THURSDAYS, BEGINNING MAY 15, 2025 – JULY 16, 2025
Skip Date: Ask Instructor



~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>Formerly known as Area Agency on Aging 1B</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 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://w.ageways.org/</p>
 <p>Movie Theatre</p> <p>https://w.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</p> <p>Phone: (734) 973-8424</p> <p></p>

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 <p>w.dfsaline.org DFS Movie Program:</p> <p>Movies are held on the second Wednesday of each month. <i>Starting in December, reservations will be required! Please email kelsey.dfsaline@gmail.com to reserve your tickets.</i></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>April 9, 2025</p> <p>Movie Title: Harvey</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>
	<p>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!</p> <p>Davis St at Arnet St, Ypsilanti, MI</p>

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 <p>Healthy Together West Willow</p> <p><i>Health at Home & in Your Neighborhood</i></p> <p>https://westwillowhealth.org/</p> <p>April Focus: Financial Literacy</p> <p><i>Financial literacy reduces rates of depression and anxiety, lowers your risk for diabetes, improves heart health, and reduces ulcers because of less worry.</i></p>	<p>Eastern Washtenaw County, Ypsilanti</p> <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> <p>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.</p>
<p>National Public Health Week</p> <p>April 7 - 13, 2025</p> <p>https://nphw.org/</p>	<p>The theme for National Public Health Week 2025 is "It Starts Here" with priority areas including climate action, health equity, advocacy, and strengthening the public health workforce. Please see the website for more information and look for events in your area.</p>
<p>Ypsilanti Thrift Shop</p>  <p>(734) 483-1226</p> <p>14 S Washington St, Ypsilanti 48197</p>	<p>ALL VOLUNTEER ORGANIZATION</p> <p>ALL PROFITS ARE DONATED</p> <p>TO LOCAL CHARITIES</p> <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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Ypsilanti District Library Events March 2025

Please see the library website for listings of additional classes or more information:
<https://attend.ypsilibrary.org/events>

**Senior Advisory Board Whitaker Board
Room, Thursday, April 17th, 1:00 - 2:00 pm**

Genealogy and Family History Bunch, Tuesday, April 01, 7:00 - 8:00pm

Whittaker

Event type: genealogy and local history

Are you interested in an informal group that discusses genealogy and family history? Share stories, research techniques, deal with old photos, and hang out with people interested in this topic.

Demystifying our Aging Eyes Wednesday, April 02: 1:00 - 3:00 pm

Whittaker (Check with desk)

Event type: Senior Health & Wellness

Did you miss the original version of this class in January? Join us in April for an encore presentation.

AARP Tax-Aide Program - Multiple dates in April. Check the website.

Whittaker - Community Room

Event type: Community Assistance

AARP's Tax-Aide assistance program is provided by trained volunteers in partnership with the IRS. This program is primarily for taxpayers over 50 with low to moderate incomes.

Needle Felting: Springtime Eggs Saturday, April 08: 11:30 - 12:30 pm

Superior: Meeting Room

Event type: DIY & Maker, Art & Music

Gain a basic understanding of needle felting by making colorful needle-felted eggs in time for spring decorating. Registration required. Register online or call (734) 482-4110 x2431.

YDL Guitar Club Saturdays, April 5th and 19th, 10:00 - 12:00 pm

Check with library for meeting site

Event type: Art & Music

Bring your acoustic or electric guitar, pick a favorite simple song to share, and practice some tunes with a group!

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Activities & Classes Calendar *=check with instructor/alt meeting site

	<u>Tues 4/1</u> 9:30 - 11:30 am Computer Tech Class EMU* Meets at Ypsilanti District Library, Whitaker Branch	<u>Wed 4/2</u>	<u>Thurs 4/3</u> 1:00 - 2:30 pm Aging Mastery Program Pre-registration required Meets at Parkridge this month, 591 Armstrong, Ypsilanti 48197	<u>Fri 4/4</u>
<u>4/07</u>	<u>4/8</u> 9:30 - 11:30 am Computer Tech Class EMU* Meets at Ypsilanti District Library, Whitaker Branch	<u>4/9</u>	<u>Thurs 4/10</u> 1:00 - 2:30 pm Aging Mastery Program Pre-registration required	<u>Fri 4/11</u>
<u>Mon 4/14</u>	<u>Tues 4/15</u>	<u>Wed 4/16</u>	<u>Thurs 4/17</u> 1:00 - 2:30 pm Aging Mastery Program Pre-registration required	<u>Fri 4/18</u>
<u>4/21</u>	<u>4/22</u>	<u>4/23</u>	<u>4/24</u> 1:00 - 2:30 pm Aging Mastery Program Pre-registration required	<u>4/25</u>
<u>4/28</u>	<u>4/29</u>	<u>4/30</u>	<u>5/1</u> 1:00 - 2:30 pm Aging Mastery Program Pre-registration required Last Class	

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