



MAY 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 Remains Closed~

The Ypsilanti Senior Center is closed due to damage from a burst water pipe in March. 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 this time 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 an accommodating 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/>



Older Americans Month is celebrated annually in May. It's a national observance that acknowledges the contributions of older adults and highlights the importance of their well-being and active engagement in society. This year, the theme is "Flip the Script on Aging".



Senior Advocacy Action Week 2025 is May 5-9 | Older Michiganians Day is May 7

This year's advocacy platform includes 3 key priorities: 1) Expand home and community-based services (HCBS), 2) Increase funding for essential in-home services, and 3) Support family and informal caregivers. More: <https://www.ageways.org/advocacy/older-michiganians-day/>

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~

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

***We are pleased to announce that the center will host a **Community Potluck** at the **Ypsilanti Freighthouse on Tuesday, May 20, 2025, 11:30 am to 2:00 pm**. **Sandwiches and drinks will be provided**. Members, please bring a side dish and plenty of fellowship to share.

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 **May 20, 2025, at 9:30 - 11:30 am 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>



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**:



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Please watch for an announcement regarding the **Intergenerational Program (IGP) 2025** with **Educate Youth** to begin this summer. **Location to be determined (TBD).**

<https://educateyouthypsi.org/>



The **YSC Annual Jewelry Sale** will take place on **Saturday, June 7, 2025, 9 am to 4 pm**. If the center is open, the sale will take place inside the building. *If the center is closed, please expect the sale and fun to be on the grounds outside.* Jewelry donations can be dropped off at a marked box on the porch at **92 Oakwood St, 48197**. Please join us for this wonderful fundraiser led by **volunteers Marilyn Funk and Sylvia Bethea (more are needed)**. More information will be in the June newsletter. Please email Jasmine@ypsiseniorcenter.org to sign up for volunteering or leave a message at the center through voicemail.

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Memory Cafe' meets on the **2nd Tuesday of the month**, however; **sessions are cancelled pending reopening**. *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.

The **Out-To-Eat Bunch** continues to meet (1st Fridays) despite the building being temporarily closed. Coordinated by YSC member **Joyce Dahart**, the next friends gathering and luncheon will be on **Friday, May 2nd at Chili's Restaurant, from 11:30 am-until at 3795 Washtenaw Ave, Ann Arbor, 48104. BYOM.** 🌮 🍷 🥗 🍫

Senior Nutrition Café Lunch Meals at the Senior Center are currently suspended. 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 Schedule**

Classes will start at:

**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



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~Community Events, Information, & News~

Ann Arbor Senior Expo

Washtenaw Community College

Morris Lawrence Building

4800 E. Huron River Dr

Ann Arbor MI, 48105-4800

Tuesday, May 20, 2025, 10 am-1pm

Senior Expo USA

Connect with dozens of local organizations dedicated to helping seniors and their families in Ann Arbor and surrounding communities. Meet with experts regarding Medicare Coverage, Assisted Living, Mobility Solutions, Independent Living, Veterans Benefits, Audiology, Senior Travel, Health Insurance, Home Care, Medical Equipment, Hospice Care, Financial Planning, Legal Assistance, Aging In Place Home Improvements, Eye Care, Physical Therapy and much more. **Free refreshments * Prizes * Health Screenings * Information * Giveaways.** Pre-registers for gift prizes:

<https://www.seniorexpousa.com/2025-ann-arbor-attendee.html#/>

Area Agency on Aging 1-B



Formerly known as Area Agency on Aging 1B

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 medical care, housing, food assistance, utility assistance and more. Call us from 8 am – 5 pm, Monday through Friday.

Phone: (800) 852-7795

<https://w.ageways.org/>

CINEMARK™

Movie Theatre

<https://w.cinemark.com/theatres/mi-ypsilanti/cinemark-ann-arbor-20-and-imax>

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)

Address: 4100 Carpenter Rd, Ypsilanti, MI 48197

Phone: (734) 973-8424





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 <p>w.dfsaline.org</p> <p>DFS Movie Program: 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>May 14th: The Awful Truth</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>Healthy Together West Willow</p> <p><i>Health at Home & in Your Neighborhood</i></p> <p>https://westwillowhealth.org/</p> <p>May Focus: National Women's Health Month</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 of Ypsilanti.</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>

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Rutherford Pool, located at **975 N Congress St, Ypsilanti 48197** will have **Senior Swim Passes** on sale in May. The pool will reopen for the 2025 season on **May 24th, 2025**. Early season hours include adult lap swim from 5-6 PM and family swim from 6-8 PM on May 24th, and the pool will have early morning lap swim and family swim hours from May 28-31. Please see the website for more information:
<https://www.forpool.org/> Ph: **734-905-7391** or Email: **Friendsofrutherfordpool.org**.



\$ SENIOR DISCOUNTS \$

Older adults can save some cash at many area retailers. Here are some examples:



Kohl's: 15% off every Wednesday for those 60 and older.



meijer offers a 10% discount the first Tuesday of the month for those age 55 & older.

Sam's Club: Offers senior membership discounts for those 50 and older who haven't been an active member in the last six months.



Walgreens: 1st Tuesday of the month; 20% discount on all purchases!

More information for discounts at:

<https://www.metroparent.com/aging/finance/great-senior-discounts-in-michigan/>

Washtenaw County Farmers Markets

<https://www.ypsireal.com/things-to-do/farms-farmers-markets/>



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Ypsilanti District Library Events May 2025

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

Senior Advisory Board Whitaker Board Room, Thursday, May 15th, 1:00 - 2:00 pm

YDL Guitar Club, Saturdays, May 3rd, 17th, 31st.

Michigan branch

Event type: Art & Music

Join our long-running YDL Guitar Club to practice your skills, learn new songs, and play in a group. Other stringed instruments are welcome, and singing is encouraged, but emphasis is on the guitar.

Mahjong Meetup

Mondays, May 5th, 12th, 19th; 1:00 pm

Whittaker (Check with desk)

Event type: Board Games

Weekly Mahjong group for new and experienced players and we want you to join us! Chinese-style sets will be provided, but you are welcome to bring your own. All experience levels are welcome.

Sew Social, Monday, May 5th, 7:00 pm

Superior Branch

Event type: Community Assistance

Bring your latest project and meet with crafters that share an enjoyment of needlework! Whether cross-stitch or embroidery, get inspired, share project ideas, seek advice and work on your projects with fellow crafters. All skill levels are welcome!

Our Health & Our Eyes: The impact of diabetes, high cholesterol, hypertension, on vision. Wednesday, May 21st, 1:00 pm

Whittaker

Event type: Health

Join Dr. Erin Klukas, a low vision optometrist from the University of Michigan Kellogg Eye Center as she explores how diabetes, high cholesterol, and blood pressure impact our eye health as we age.

A Great Day in Ypsi Saturday, May 3rd, 1:00 pm

Michigan! (Yay! They reopened!)

Event type: Art & Music

Inspired by Art Kane's "A Great Day in Harlem" photograph, and Writer of Ypsilanti Debbie Taylor's book, Sweet Music in Harlem, we're gathering writers, word-lovers, and community members for a photo in the YDL-Michigan Library Plaza that celebrates Ypsilanti's creativity and spirit.

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Activities & Classes Calendar WCC Instructors

			Thurs 5/1 1:00 - 2:30 pm Aging Mastery Program Pre-registration required Meets at Parkridge Center, 591 Armstrong, Ypsilanti 48197 Last Class	Fri 5/2 10:30 - 11:30am Gentle Fitness *Meets at "The Ypsi" 218 N Adams Ypsilanti
Mon 5/5 10:30 - 11:30am Gentle Fitness *Meets at "The Ypsi"	Tues 5/6	Wed 5/7 9:30 - 10:30 am Senior Fitness w/Mark Meets at Parkridge Center 591 Armstrong, Ypsilanti	Thurs 5/8	Fri 5/9 10:30 - 11:30am Gentle Fitness *Meets at "The Ypsi"
Mon 05/12 10:30 - 11:30am Gentle Fitness *Meets at "The Ypsi" 2:30 - 3:30 Tai Chi w/Karla Meets at Parkridge	Tues 05/13	Wed 05/14 9:30 - 10:30 am Senior Fitness w/Mark 10:30 - 11:30am Line Dancing w/Dee Meets at Parkridge Center 591 Armstrong, Ypsilanti	Thurs 05/15 10:00 - 11:30 Yoga w/Liz Meets at Parkridge Center 591 Armstrong, Ypsilanti	Fri 05/16 10:30 - 11:30am Gentle Fitness *Meets at "The Ypsi"
Mon 5/19 10:30 - 11:30am Gentle Fitness *Meets at "The Ypsi" 2:30 - 3:30 Tai Chi w/Karla Meets at Parkridge	Tues 5/20 9:30 - 11:30 am Computer Tech Class EMU* Meets at Ypsilanti District Library, Whitaker Branch POTLUCK - YPSI FREIGHTHOUSE 11:30AM	Wed 5/21 9:30 - 10:30 am Senior Fitness w/Mark 10:30 - 11:30am Line Dancing w/Dee Meets at Parkridge Center 591 Armstrong, Ypsilanti	Thurs 5/22 10:00 - 11:30 Yoga w/Liz Meets at Parkridge Center 591 Armstrong, Ypsilanti	Fri 5/23 10:30 - 11:30am Gentle Fitness *Meets at "The Ypsi"
5/26 Memorial Day No Activities Center Closed	5/27 9:30 - 11:30 am Computer Tech Class EMU* Meets at Ypsilanti District Library, Whitaker Branch	5/28 9:30 - 10:30 am Senior Fitness w/Mark 10:30 - 11:30am Line Dancing w/Dee Meets at Parkridge Center	5/29 10:00 - 11:30 Yoga w/Liz Meets at Parkridge Center 591 Armstrong, Ypsilanti	5/30 10:30 - 11:30am Gentle Fitness *Meets at "The Ypsi"

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