



JULY 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~

At the time of writing, our building remains closed and under flood remediation and remodeling. **Please watch for notices** on the door of the building, our Facebook page, and our website for updates.

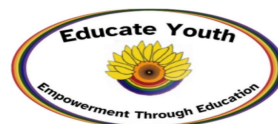
Washtenaw Community College Senior Focus classes through YSC will hold their last classes **the week of July 21, 2025**. If participating, please make sure a class evaluation form is completed and submit it to your instructor. See the **Activities Calendar** for the schedules and locations.

Eastern MI University (EMU Engage)

Computer Tech class that is being held at the Ypsilanti Public Library, Whitaker branch, will complete the term **July 29, 2025**. Programming will resume in the fall. Please watch for notices on social media and on our building door.

The only volunteer-led class at this time is **Gentle Fitness**, held at “The Ypsi” **218 N Adams St, 48197**. Please see the activities calendar for more information. ~

We thank our community partners (Parkridge Community Center, Peace Neighborhood Center HUB, and the Ypsilanti District Library) for providing space for classes during building remodeling and repairs. We also thank our members for their patience and support.



Intergenerational programming with our partner organization, Educate Youth, is suspended this year because of the building closure. Whenever we reopen, a community revitalization program will be implemented with some great possibilities, such as decorating a peace pole for the YSC garden. Please watch for notices with further information. Your financial support for this organization is encouraged.



<https://educateyouthypsi.org/>

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If interested in volunteering in any way for programming or activities associated with the YSC, please email Jasmine Figgins at jasmine@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: w.ypsiseniorcenter.org | Email: info@ypsiseniorcenter.org Social: Facebook

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~Ypsilanti Senior Center (YSC) News & Events~

A **Community Potluck** will be held at the Ypsilanti Freighthouse, 100 Market Place, Ypsilanti, 48198 on Tuesday, July 8, 2025, 11:00 to 2:00 pm. Chicken pasta salad with vegetables will be provided. Members, please bring a complimentary side dish and plenty of fellowship to share.

Computer Technology Class (EMU - Engage) - To be waitlisted for the next session that will start in **September 2025**, please provide your contact information, including phone and email, to joyce@ypsiseniorcenter.org. To learn more and read about services offered: <https://www.emich.edu/engage/community/digital-connecting-corps.php>



Cooling Centers/Washtenaw County It is the season of very warm weather. Many people need shelter. Cooling center information can be found here: <https://www.washtenaw.org/3636/Summer-Cooling-Sites>
If you are suffering from heat illness, please contact your healthcare provider.

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 donate online at <https://ypsiseniorcenter.org/>. Alternately, the QR code below may be used to connect to **Network for Good**:



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The YSC annual **Jewelry Sale** and as part of the **Normal Park Community Yard Sale**, took place on **Saturday, June 7, 2025** and raised **\$250** for the center. We thank volunteers **Marilyn F.** and **Sylvia B.** for facilitating this wonderful annual event that benefits the YSC!

Memory Cafe' meets on the 2nd Tuesday of the month, however; sessions are suspended 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 meetings.

The **Out-To-Eat Bunch** 1st Friday restaurant luncheon group continues to meet (2nd Friday this month due to July 4th holiday). Coordinated by YSC volunteer **Joyce D.**, the next gathering will be **Friday, July 11, 2025, 11:30 am-until at Rose's Restaurant, 201 N Canton Center Rd, Canton 48187.** Ph: (734) 981-9904. More information: <https://rosesrestaurant.org/> Buy Your Own Meal (BYOM). 🍷 🍷 🍷 🍷

Senior Nutrition Café Lunch Meals at the YSC are currently suspended. To locate sites that are open, please see: <https://www.washtenaw.org/2977/Senior-Cafes>. 🗺️ For more information, please contact Special Projects Coordinator Sarah, at sarahmckinney@ypsiseniorcenter.org.

YSC Volunteer Service Group (Plarn, Knitting, Crochet) meets on **Tuesday mornings (no meeting July 1 & 8)** at **First United Methodist Church, at 209 Washtenaw Avenue, Ypsilanti, 48197.** Ph: [\(734\) 482-8374](tel:(734)482-8374). Plarn mats created by this group are donated to community shelter **PEAC House**, Ypsilanti. 🧶 🧶

YSC Services and Classes Closed! Friday, July 4, 2025 staff will not be available and the center will remain closed in celebration of Independence Day, a national holiday. This day is celebrated by some because it marks the day the Declaration of Independence was adopted by the Continental Congress in 1776, declaring the American colonies independent from Great Britain.

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WASHTENAW COMMUNITY COLLEGE
YSC SENIOR FOCUS CLASSES (10 weeks)
FALL 2025 SCHEDULE - Location TBA

TAI CHI with KARLA

MONDAYS, BEGINNING SEPT 15, 2025 – NOV 17, 2025

2:30 TO 3:30 PM

Skip Date: Ask Instructor

SENIOR FITNESS with MICHELLE

9:30 – 10:30 am

WEDNESDAYS, BEGINNING SEPT 17, 2025 – NOV 19, 2025

Skip Date: Ask Instructor

LINE DANCING with DEE

10:30 am – 11:30 am

WEDNESDAYS, BEGINNING SEPT 17, 2025 – NOV 19, 2025

Skip Date: Ask Instructor

YOGA with LIZ

THURSDAYS, BEGINNING SEPT 18, 2025 – NOV 20, 2025

10:00 am – 11:30 am

Skip Date: Ask Instructor



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~Community Events, Information, & News~

Area Agency on Aging 1-B



CARE PARTNERS PASSAGE THROUGH DEMENTIA

A FREE, 1-DAY WORKSHOP FOR FAMILY CAREGIVERS

- Dementia Understanding: Gain insight for better care.
- Essential Documents: Learn crucial legal paperwork.
- Handling Challenging Behaviors: Strategies for tough situations.
- UDC 7 FLOWERS: Deep dive into caregiving approach.
- Self-Care Importance: Prioritize caregiver well-being.
- End-of-Life Care: Compassionate guide for the journey's end.

REGISTRATION REQUIRED: Ph: 833-262-2200

Web: tinyurl.com/AgeWaysWorkshops Email: wellnessprograms@AgeWays.org

Saturday August 16 2025, 10:00 am - 5:00 pm.

Ypsilanti District Library 5577 Whittaker Rd, Ypsilanti, MI 48197

It's free to attend. Donations are welcome. Enjoy a complimentary lunch.

Programs are made available in whole or part with funding from the Federal Older Americans Act and Michigan Department of Health and Human Services/Bureau of Aging, Community Living, and Supports through AgeWays Nonprofit Senior Services.

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 <p>Movie Theatre 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>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>July 9th - The Long, Long Trailer</p>
<div style="text-align: center;"> <h2><u>Empower@Home</u></h2> <p><i>Empower Your Mind, Uplift Your Life Mental health & well-being help in your home.</i></p> <p>Welcome to Empower@Home! This easy-to-use program helps you take charge of your well-being. It's made specifically for older adults, focusing on their unique needs. The program has 9 interactive sessions, each about 30 minutes long. These sessions include videos and exercises that teach you practical tools for managing your mood, thoughts, behaviors, and relationships. The program is self-paced, so you can go at your own speed from the comfort of your own home. Along the way, you'll also have the support of a printed workbook and a trained coach.</p> <p>University of Michigan 1080 S University Ave, Ann Arbor, MI 48109 USA info@empower-at-home.com (734) 215 5599</p> </div>	

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 <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>Health at Home & in Your Neighborhood https://westwillowhealth.org/</p> <p>July Focus: Family Together</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.</p>
<p><u>Peace Neighborhood Center HUB (Healing, Unifying, Building)</u> At the HUB, services are provided through a number of programs that work together in conjunction with Peace's mission of helping individuals discover options, enhance skills, and to make choices that lead to self-sufficiency and positive community involvement. The support these services provide are capable of breaking cycles of poverty and leading individuals toward stronger, healthier and more productive lives. 1515 S Harris, Ypsilanti 48198</p> <div style="text-align: center;">  <p>Peace Neighborhood Center</p> </div>	

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Ypsilanti Township Recreation & Parks will host the **8th Annual Rosie the Riveter Show**, Saturday, July 26, 2025 from 10 am - 4 pm at North Bay Park, 1151 S Huron St, Ypsilanti, MI 48197. Over 80 crafters, original rosies, & veterans will attend. Discover unique handmade treasures, home decor, etc., from local artisans and find one-of-a-kind gifts. Live demonstrations, music, delicious food, fun & creativity.



\$ SENIOR DISCOUNTS \$

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

K **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/farmers-farmers-markets/>



YPSI - Your Elected Officials

The traditional brochure "Your Elected Officials and how to contact them" (YEO for short) has been for many years a valuable resource for local residents.

The new version is county-wide and includes city, village and township officials as well as state and federal. Because this is a lot of information to pack onto the page, there are two versions of YEO: East (as far as Saline and York Township) and West (Scio Township and beyond).

East Washtenaw County.

https://my.lwv.org/sites/default/files/2025_lwv_east_electedofficials_quadfold_web.pdf

West Washtenaw County:

https://my.lwv.org/sites/default/files/2025_lwv_west_electedofficials_quadfold_web.pdf

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Ypsilanti District Library Events JULY 2025

Please see the library website to [register](#),
for listings of additional classes, or for
more information:

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

YDL Guitar Club

Saturdays July 12 & 26, 2025 -10:00 AM

YDL-Michigan

Adults / Art & Music / Seniors



Board Games Meet Up

**Wednesday, July 10, 2025 - 6:30 PM
YDL-Whitaker**

Games provided or bring your own.

Garden Questions? Ask the Gardener

**Thursday, July 24, 2025 at 5:00 PM
YDL - Whitaker Road**

Advanced Master Gardener
Carol Brodbeck

Internet Basics How to Search the Internet

**Wednesday July 16, 2025 10:30AM
YDL-Whitaker**

This class covers the browser toolbar and
menu options, managing your favorite
websites, and using search tools and
techniques.

Friday Walking Club (55+)

**Fridays, July 11 & 25, 2025 - 10:30 AM
YDL - Whitaker**

Join us for a walk around the paths
surrounding the Whittaker Rd library.
Meet in the lobby.



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Activities & Classes Calendar

	<u>Tues 7/1</u> 9:30 - 11:30 am Computer Tech Class EMU* Meets at Ypsilanti District Library, Whitaker Branch Repeats	<u>Wed 7/2</u> 9:30 - 10:30 am Senior Fitness w/Mark Meets Peace Neighborhood Center HUB, 1515 S Harris Rd, Ypsi, 48198 10:30 - 11:30am Line Dancing w/Dee *Ypsi District Library Whitaker Rd Branch Schedule Repeats	<u>Wed 7/3</u> 10:00 - 11:30 Yoga w/Liz Meets Peace Neighborhood Center HUB, 1515 S Harris Rd, Ypsi, 48198	<u>Fri 7/4</u> JULY 4th Holiday No Gentle Fitness!
<u>Mon 7/7</u> 10:30 - 11:30am Gentle Fitness *Meets at "The Ypsi" 218 N Adams St, Ypsi 2:30 - 3:30 Tai Chi w/Karla Meets Peace Neighborhood Center HUB, 1515 S Harris Rd, Ypsi, 4819	<u>Mon 7/8</u> Potluck Ypsi Freighthouse 11:00am - 2:00pm 9:30 - 11:30 am Computer Tech Class EMU* Meets at Ypsilanti District Library, Whitaker Branch	<u>Wed 7/9</u> 9:30 - 10:30 am Senior Fitness w/Mark Meets Peace Neighborhood Center HUB, 1515 S Harris Rd, Ypsi, 48198 10:30 - 11:30am Line Dancing w/Dee *Ypsi District Library Whitaker Rd Branch	<u>Thurs 7/10</u> 10:00 - 11:30 Yoga w/Liz Meets Peace Neighborhood Center HUB, 1515 S Harris Rd, Ypsi, 48198	<u>Fri 7/11</u> 10:30 - 11:30am Gentle Fitness *Meets at "The Ypsi"
<u>Mon 7/14</u> 10:30 - 11:30am Gentle Fitness *Meets at "The Ypsi" 2:30 - 3:30 Tai Chi w/Karla Meets Peace HUB	<u>Tues 7/15</u> 9:30 - 11:30 am Computer Tech Class EMU* Meets at Ypsilanti District Library, Whitaker Branch	<u>Wed 7/16</u> 9:30 - 10:30 am Senior Fitness w/Mark Meets Peace Neighborhood Center HUB, 1515 S Harris Rd, Ypsi, 48198 10:30 - 11:30am Line Dancing w/Dee *Ypsi District Library Whitaker Rd Branch	<u>Thurs 7/17</u> 10:00 - 11:30 Yoga w/Liz Meets Peace Neighborhood Center HUB, 1515 S Harris Rd, Ypsi, 48198	<u>Fri 7/18</u> 10:30 - 11:30am Gentle Fitness *Meets at "The Ypsi"
<u>Mon 7/21</u> 10:30 - 11:30am Gentle Fitness *Meets at "The Ypsi" 2:30 - 3:30 Tai Chi w/Karla Peace Neighborhood Center HUB, Last Class!	<u>Tues 7/22</u> 9:30 - 11:30 am Computer Tech Class EMU* Meets at Ypsilanti District Library, Whitaker Branch	<u>Wed 7/23</u> 9:30 - 10:30 am Senior Fitness w/Mark* Meets Peace Neighborhood Center HUB, 1515 S Harris Rd, Ypsi, 48198 10:30 - 11:30am Line Dancing w/Dee* *Ypsi District Library Whitaker Rd Branch Last class!*	<u>Thurs 7/24</u> 10:00 - 11:30 Yoga w/Liz Peace Neighborhood Center HUB, 1515 S Harris Rd, Ypsi, 48198 Last class	<u>Fri 7/25</u> 10:30 - 11:30am Gentle Fitness *Meets at "The Ypsi"
<u>07/28</u> 10:30 - 11:30am Gentle Fitness *Meets at "The Ypsi"	<u>07/29</u> 9:30 - 11:30 am Computer Tech Class EMU* Last Class!	<u>07/30</u>	<u>07/31</u>	

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