



SEPTEMBER 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 ~

~Special Announcement!~

*The Ypsilanti Senior Center is one of ten senior centers located in Washtenaw County. To support our work, all are now financially supported by the **Washtenaw Senior Millage** that was approved by voters in 2024. Financial support is also received from other community grants and member donations. On July 3, 2025, the **Washtenaw County Board of Commissioners** approved a regional **Office of Aging Services** to administer \$11 million dollars in **taxpayer-approved funds** that will directly benefit people ages 60 and older in our county. ❤️*

*We hope to reopen the building soon. Before we do, notices will be on the building, on social media, and on our website. Some activities are restarting. **Gentle Fitness will meet at the Washtenaw County Learning Resource Center, 4135 Washtenaw Ave, Ann Arbor, 48108. Please see the activities calendar for dates.***

WCC Senior Focus classes through YSC will resume this month, starting on Monday, September 15, 2025, Tai Chi; Senior Fitness; and Line Dancing will meet at Parkridge Community Center, 591 Armstrong, Ypsilanti. Yoga location TBA.

*The Ypsilanti Senior Center is vital to the surrounding community. We have built friendly relationships, partnerships, programming, and a community of seniors who volunteer and “give back.” **Our classes are free of cost to participants.** The center greatly enhances community relations, and provides needed resources.*

Sunday, September 7, 2025, is National Grandparents Day. We hope you will celebrate the special love that only grandparents can give!



Welcome Autumn - September 22, 2025!

Our YSC plans for the future include increased programming, including access to resources and technology. We are excited to announce that day trips (four) with transportation included, are being planned for 2026. These trips will include socialization, health, wellness, and fun visits to places of interest. Stay tuned!

We hope you will join us for our monthly Community Potluck. For more information, see **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: w.ypsiseniorcenter.org | Email: info@ypsiseniorcenter.org Social: Facebook

Monica Prince, Director | Jasmine Figgins, Associate Director | J Blair, Program Coordinator | S McKinney, Special Projects

Two Special Events

Artists' Reception for YDL - Superior Permanent Art Collection

Saturday September 13 2025, 2:30 - 4:00 PM

YDL-Superior 1900 Harris Road, Ypsilanti

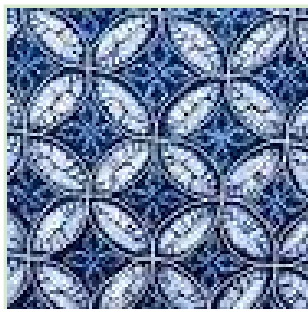
All Ages - FREE

Please join the newest artists whose art has been selected for YDL-Superior's permanent collection for a welcoming reception. The celebration will include artists Paloma Núñez-Regueiro, Guanhua Yao, and **Monica Prince**. Liz Warren, director of Riverside Arts Center, will facilitate a conversation with the artists. Explore these new artistic treasures and meet the artists who created them. Refreshments will be provided.

Monica Prince demonstrates Stitched Shibori!

Saturday, September 27, 2025, 2:00 - 3:30 PM

YDL - Superior, 1900 Harris Road, Ypsilanti



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~Ypsilanti Senior Center (YSC) News & Events~

A **Community Potluck** will be held at **Recreation Park Pavillion**, adjacent to the YSC on **September 9, 2025 at 11:30 - 2 PM**. The main menu of **warm pulled pork sandwiches (hamburger buns)** and **coleslaw**, will be provided. **Members & guests, please bring a complimentary side dish, dessert, or drinks**; and plenty of fellowship, to share.

Computer Technology Class (Eastern Michigan University's EMU - Engage). *The classes through Ypsilanti Senior Center are suspended until January 2026.* For further information, or to find another class location, please visit:

<https://www.emich.edu/engage/community/digital-connecting-corps.php>

If you would like to sign up for future classes, please email Joyce:

Joyce@ypsiseniorcenter.org.

Donations - To make a contribution to the YSC, please write a check to Ypsilanti Senior Center, (funds can be designated for specific purposes); provide cash; or donate online at <https://ypsiseniorcenter.org/>. Alternately, the QR code below may be used to connect to Network for Good:



As a result of flooding damage from a burst water pipe in March, many pieces of furniture, office supplies, and kitchen supplies were ruined. Please contact us prior to bringing any item you would like to donate to the building. We are **NOT ACCEPTING BOOK DONATIONS** at this time, but the following are needed:

- Furniture polish/cleaner for wood.
- Rocking chair cushions (new only: bottom and back) - 6
- Office organization desktop folder racks - 3
- Pocket folders, multicolored
- Other: Boxes of tissue, sanitizing wipes, tablecloths, paper plates, napkins, trash bags, etc.

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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. Tentatively the first meeting after reopening will be **October 14, 2025**.* All are welcome.

The **Out-To-Eat Bunch** The 1st Friday restaurant luncheon group continues to meet. Coordinated by YSC volunteer **Joyce D.**, the next gathering will be **Friday, September 5, 2025, 11:30 am-until** at **Los Amigos restaurant, 4885 Washtenaw Ave, Ypsilanti.** **Ph: (734) 434-5554.** More information: <https://donjuanandlosamigos.net/menu>
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>. Registration is required. 🍷 For more information, please contact Sarah, at sarahmckinney@ypsiseniorcenter.org for more information. An application must be completed to participate in the meal program.
Upon reopening, we will again be a Senior Meal site for Washtenaw County, 5 days per week at 11:30 am. An application must be completed for the meal program.

Volunteers Needed!

If interested in volunteering for **building cleanup, moving items, or any activities associated** with the YSC, please email **Jasmine Figgins** at jasmine@ypsiseniorcenter.org.

YSC Volunteer Service Group (Plarn [plastic yarn], Knitting, Crochet) group continues to meet **until our building reopens, Tuesday mornings at First United Methodist Church, at 209 Washtenaw Avenue, Ypsilanti, 48197** at about 10:00 am. Ph: [\(734\) 482-8374](tel:(734)482-8374) . Plarn mats created by this group are donated to the community shelter **PEAC House, Ypsilanti.** 🧶 🧶

YSC Membership: *We value your membership and participation at the Ypsilanti Senior Center activities. Though the building is temporarily closed, please know we are working toward continued programming and community support. To our members, the community, Board, and staff, we thank you for your commitments toward sustainability. To become a member, please contact **Sarah McKinney** at sarahmckinney@ypsiseniorcenter.org.* 😊

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WASHTENAW COMMUNITY COLLEGE

YSC SENIOR FOCUS CLASSES (10 weeks

FALL 2025 SCHEDULE

The following classes will be held at Parkridge Community Center, 591 Armstrong, Ypsilanti 48197

TAI CHI with KARLA

MONDAYS, BEGINNING SEPT 15, 2025 – NOV 24, 2025

2:30 TO 3:30 PM

Skip Date: OCT 20, 2025

SENIOR FITNESS with MICHELLE

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

9:30 – 10:30 am

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



The following class location is TO BE DETERMINED (WATCH FOR NOTICES):

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~

<p>Area Agency on Aging 1-B</p>  <p>We help older adults age in the ways they choose.</p> <p>Website: https://www.ageways.org/</p>	<p>For information about Medicare (including those dual-eligible for Medicaid), please contact MI Options Medicare Assistance Program through the State Health Insurance Assistance Program (SHIP) at Ageways. Senior Resources Information and MI Options for Washtenaw County: Ph: (800) 852-7795. Web: www.medicare.gov</p>
<p>It's Michigan Cider Mill Time!</p> 	<p>https://annarborfamily.com/food/get-cider-and-doughnuts/</p>
 <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) Address: 4100 Carpenter Rd, Ypsilanti, MI 48197 Phone: (734) 973-8424 🎁 🎉</p>
 <p>More information: https://www.dawnfarm.org/event/dawn-farm-jamboree-free-family-event/</p>	<p>It's Jamboree Time!</p> <p>Join us Sunday, September 7th, 2025, for the 52nd Anniversary Dawn Farm Jamboree! 1:00 - 6:00 PM Farm Animals, and many activities.</p> <p>Dawn Farm Ypsilanti 6633 Stony Creek Road Ypsilanti, MI 48197 (734) 485-8725</p>

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w.dfsaline.org

DFS Movie Program:

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.***

Saline Emagine Theatre
1335 E Michigan Avenue
Saline, MI 48176

Doors open at 1:00pm

Movie begins at 2:00pm

Ticket cost: \$5*

(Ticket price includes popcorn, soda and a light buffet.)

September 10th - The Court Jester

Empower@Home

Empower Your Mind, Uplift Your Life Mental health & well-being help in your home.

This easy-to-use research study 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. There are payments for participation and referrals (**cite YSC as referring**).

University of Michigan

1080 S University Ave, Ann Arbor, MI 48109 USA

info@empower-at-home.com

Ph: (734) 215 5599 | Web: <https://empower-at-home.com/signup/>



13 N Washington, Ste 181, Ypsilanti
(734) 259-4125

Built to help get around Washtenaw County without driving. Individuals can call, go online, or download the Catch-a-Ride app to access the Transportation Assistance Hub, a one-stop shop for local mobility options. Some financial support available.

Email: info@feonix.org




Web: <https://feonix.org/>

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 <p>Healthy Together West Willow</p> <p>Health at Home & in Your Neighborhood https://westwillowhealth.org/</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. It's easy to get started on a path of healthier living.</p> <p>September Focus: Food Awareness</p>
 <p>MICHIGAN STATE UNIVERSITY</p> <p>MSU Extension</p> <p>Stress Less with Mindfulness</p> <p>To register:</p> <p>https://www.canr.msu.edu/events/mindfulness-lunch-learn-changing-negative-self-talk</p>	<p>Mindfulness Lunch & Learn: Changing Negative Self-Talk September 8, 2025 11:00AM - 12:30PM Registration Deadline: September 7, 2025 - 11:45PM ZOOM</p> <hr/> <p>Contact: Lisa Tams Tams@msu.edu</p> <p>Research shows that practicing mindfulness can reduce stress-related symptoms such as worry, depression and physical tension, and may help manage chronic conditions such as cardiac disease and diabetes.</p>
<p><u>Peace Neighborhood Center HUB (Healing, Unifying, Building)</u> At PNCH, 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. Each Tuesday evening, 5 - 6:30 pm, a free and delicious community dinner is held for families. The neighborhood is welcome at 1515 S Harris, Ypsilanti 48198. https://peaceneighborhoodcenter.org/about-us/hub-center/</p> <div style="text-align: center;">  <p>Peace Neighborhood Center</p> </div>	

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\$ SENIOR DISCOUNTS \$

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

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



Outback Steakhouse offers a **10% discount to AARP members** on their entire check. This discount applies to food and non-alcoholic beverages. To receive the discount, AARP members need to present their membership card when paying for their meal. This discount can be used for both dine-in and online orders when paying at the restaurant.

<https://www.theseniorlist.com/senior-discounts/restaurants/>

TOLEDO ZOO & AQUARIUM

**2 HIPPO WAY
TOLEDO, OH 43609**



<https://www.toledozoo.org/>

Wednesdays in Sept & Oct

Seniors take advantage of FREE admission & activities every Wednesday!

Mondays - Fridays in September & October, seniors 60 and better enjoy...

- Free parking in the Anthony Wayne Trail & Broadway parking lots
- Free small coffee & mini-donuts at the Timberline Bakery (10 a.m. – 2 p.m.)
- 15% discount on merchandise in our gift shops
- 20% discount on Memberships, when purchased at the Membership Sales window
- \$1 off either individual or family baskets at our Giraffe feed deck

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Washtenaw County Markets

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

<https://www.growinghope.net/>



<https://ypsifoodcoop.org/>

*There are a lot of delicious items that can be purchased at this wonderful store. **The YSC thanks them for their support of our fundraising efforts!***



Introducing WHA Shared Housing Program!

Shared housing is a long-term living arrangement where people share a home, each with their own private space and shared common areas.

Private space, shared home

Everyone has their own room, but shares communal areas, creating both independence and a sense of community.

Two roles, one partnership

A home provider offers a furnished or unfurnished room. A home seeker may contribute by paying affordable rent, helping with household tasks, or a combination of both.

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Flexible arrangements

Each match is unique — designed to meet the needs, preferences, and lifestyles of the people involved.

More than saving money

Shared housing can reduce loneliness, provide mutual support, and increase feelings of safety and stability — especially for older adults, single individuals, or those seeking companionship.

This Shared Housing Program is coordinated by the **Washtenaw Housing Alliance (WHA)** and is supported through the generous contributions of our funding and grant partners.

*Enterprise Community Partners, Inc Thome Aging Well Innovation Grant
Michigan Health Endowment Fund
Anonymous Foundation*

<https://www.whalliance.org/>

Danielle Bryant

Shared Housing Program Coordinator | Email: bryantd@washtenaw.org | Ph: (734) 478-6173



Ypsilanti

Join us for a vibrant night of food, art, and community in the heart of Ypsilanti! 🍴 Local Food Vendors serving up bold flavors and fresh eats 🎨 Chalk Art for all ages—add your creativity to the streets.

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First performance **October 5, 2025**

Lincoln High School 3:30 pm

More information will be in the October newsletter. 🎻 🎹

<https://ypsilantisymphony.org/>

From www.concentratemedia.com:

The City of Ypsilanti is using a state grant to improve the city's tree canopy by working on a public inventory of community trees and organizing other tree-related projects, including a tree giveaway next spring. In June, the Michigan Department of Natural Resources' (DNR) [urban forestry program](#) announced \$1 million in grants to help 15 Michigan communities inventory their tree canopies. Ypsilanti was the only recipient in Washtenaw County, receiving \$143,703 to complete the inventory, develop an urban forest management plan, plant street trees, and train staff and volunteers.

The tree inventory project's roots date back to a Community Trees program created by the [Washtenaw County Conservation District](#) (WCCD) in 2022. [Trees were identified as the number two priority](#), right after land use, in a survey the WCCD conducted the year before.



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Ypsilanti District Library Events, September 2025

Please see the library website to register, for listings of additional classes, or for more information:

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

Vaccine Clinic!! FREE, Ages 5+
Saturday September 6 2025 1:00P YDL-Superior

First Friday - Natural Dyes

Friday, September 5, 2025
6:00 PM

YDL - Michigan Ave Plaza

In September, we will explore the world of natural dyes.. **Every participant will be able to choose one item to dye from our selection of 100% cotton items**; if you want to try more items, feel free to bring your own!

Read it and Eat it - Cookbook Club

Monday, September 8, 2025
6-7:30 PM
YDL-Whitaker

Each month, participants will choose a recipe from a specific book or theme, prepare it, and bring the dish to share and discuss!

In September, we will be discussing **Hot Sheet** by **Olga Massov & Sanaë Lemoine**.

YDL Guitar Club

Saturdays, September 6th & 20th
10:00 AM
YDL-Michigan

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.

Meditation with Ease - Guided

Tuesdays in September
6:00 PM
YDL -Superior

Meditation has many benefits for our health and well-being. Drop in for simple, guided, non-religious awareness practices.

Friday Walking Club (55+)

Fridays, September 5th & 19th
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 AND CLASSES (all tentative) CALENDAR

Mon 9/1 LABOR DAY HOLIDAY CLOSED	Tues 9/2	Wed 9/3	Thurs 9/4	Fri 9/5 Sun 9/7 FULL MOON- CORN MOON GRANDPARENTS DAY
Mon 9/8 Gentle Fitness 10:30 - 11:30 Washtenaw County Learning Resource Center 4135 Washtenaw Ave Ann Arbor, MI 48108	Tues 9/9 Community Potluck Pulled Pork & Coleslaw Recreation Park Pavillion 11:30 - 2 PM	Wed 9/10	Thurs 9/11	Fri 9/12 Gentle Fitness 10:30 - 11:30 Washtenaw County Learning Resource Center 4135 Washtenaw Ave Ann Arbor, MI 48108
Mon 9/15 Gentle Fitness 10:30 - 11:30 Washtenaw County Learning Resource Center Tai Chi w/Karla 2:30 - 3:30 pm Loc: Parkridge Comm. Cntr, 591 Armstrong, Ypsi Register 1st class	Tues 9/16 Plarn Service Project 10:00 - 11:30 am Knitting/Crochet 12:30 - 2:00 pm Both meet off-site	Wed 9/17 *Senior Fitness w/Michele 9:30 - 10:30 am *Line Danding w/Dee 10:30 - 11:30 am Loc: Parkridge Comm. Cntr, 591 Armstrong, Yps *Register 1st class for both	Thurs 9/18 Yoga w/Liz 10:00 - 11:30 am TBD Register 1st class	Fri 9/19 No Gentle Fitness Space not available
Mon 9/22 Gentle Fitness 10:30 - 11:30 Washtenaw County Learning Resource Center Tai Chi w/Karla 2:30 - 3:30 pm	Tues 9/23 Plarn Service Project 10:00 - 11:30 am Knitting/Crochet 12:30 - 2:00 pm Both meet off-site	Wed 9/24 Senior Fitness w/Michele 9:30 - 10:30 am Line Danding w/Dee 10:30 - 11:30 am	Thurs 9/25 Yoga w/Liz 10:00 - 11:30 am Community Senior Forum 1:00 - 2:00 pm Location TBD	Fri 9/26 No Gentle Fitness Space not available
Mon 9/29 No Gentle Fitness Space not available Tai Chi w/Karla 2:30 - 3:30 pm	Tues 9/30 Plarn Service Project 10:00 - 11:30 am Knitting/Crochet 12:30 - 2:00 pm Both meet off site	Wed 10/01 Bingo (tentative) 12:30 - 2:00 pm OPEN 2:30 - 3:30 pm	Thurs 10/02 Yoga w/Liz 10:00 - 11:30 am Time reserved for the possibility of field trips, Intergenerational Programming, or Community Services 1:00 - 5:00 pm	Fri 10/03 Gentle Fitness 10:30 - 11:30 am Art 12:30 - 2:00 pm SATURDAY 10/04 Quilting Group w/Monica 10:00 am - Noon

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