



OCTOBER 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 ~

The **Ypsilanti Senior Center (YSC)** 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. ❤️

Our building remains closed. Some activities are continuing. 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. If you would like to stay in the know, and receive this newsletter electronically, one way to do so is to become a member, or email your request to: Joyce@ypsiseniorcenter.org.

Please contact any of us with questions:

monica@ypsiseniorcenter.org;
jasmine@ypsiseniorcenter.org;
sarahmckinney@ypsiseniorcenter.org

Celebrate **International Older Persons Day** on **October 1st**. Celebrate happiness with **World Smile Day** on **October 3rd**. **October 10th** is **World Mental Health Day**. Need **mental health help**? From your phone **dial 988**. October is also **Breast Cancer Awareness Month** ❤️

Nothing speaks to a chilly Autumn as a bowl of warm soup. One of our favorites is gumbo! **National Gumbo Day is October 12, 2025!**
<https://www.nationaldaycalendar.com/national-day/national-gumbo-day-october-12>



We hope you will join us for the **YSC Monthly Community Potluck, October 14, 2025**. For more information and location, please 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



~Ypsilanti Senior Center (YSC) News & Events~

A **Community Potluck** will be held on **Tuesday, October 14, 2025, 11:30 - 1:00 pm**, at the **Ypsilanti Freighthouse, 100 Market Place, Ypsilanti 48197**. The main menu of **warm chicken pot pie with vegetables** 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 (see page 1).

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**:



Memory Cafe' meets on the 2nd Tuesday of the month, however; sessions are suspended pending reopening. Sessions are facilitated by our director. *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.* 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, October 3, 2025, at Boneheads Bar-b-Que & Grill, at 10256 Willis Rd, Willis, MI 48191** from 11:30 am - until. All are welcome. Buy Your Own Meal (BYOM). 🍔 🥗

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A **Senior Forum** is being planned for when the YSC building reopens. The purpose is to receive community feedback, ideas, concerns, and input for the future of the Ypsilanti Senior Center. Please watch for announcements. We hope everyone will participate. Please share with your older neighbors and friends in zip codes 48197 & 98.

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, the YSC will again be a Senior Meal site for Washtenaw County, 5 days per week at 11:30 am.**

Skilled Volunteers are needed to teach **group classes** that are being planned for when the building reopens. *If you have a skill you would like to teach others (for example: guitar lessons, fall gardening, shuffleboard, singing, basic hand-stitch sewing, etc),* please contact **Jasmine or Joyce** via email (see page 1). Due to the loss of federal funding, the **Retired Senior Volunteer Patrol (RSVP)** program is no longer in operation, and the **Senior Community Services Employment Program (SCSEP)** work training program through the U.S. Labor Department, has ended.

YSC Volunteer Service Group & (Plarn [plastic yarn], Knitting, Crochet) continues to meet **on Tuesday mornings** until our building reopens, at **First United Methodist Church, at 209 Washtenaw Avenue, Ypsilanti, 48197** at about **10:00 am**. Ph: [\(734\) 482-8374](tel:7344828374). 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 improved programming, increased membership, and community support. To our members, the community, partner organizations, Board, and staff; we thank you for your commitments toward sustainability. To become a member, please contact Sarah McKinney at sarahmckinney@ypsiseniorcenter.org.* 😊

YPSILANTI SENIOR CENTER!

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WASHTENAW COMMUNITY COLLEGE

YSC SENIOR FOCUS CLASSES (10 weeks

FALL 2025 SCHEDULE

For liability reasons, each participant of these classes must complete a registration form. The following classes are being 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 and CONDITIONING 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 is suspended pending reopening:

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 News, Information, and Events~

Area Agency on Aging 1-B



We help older adults age in the ways they choose.

Website: <https://www.ageways.org/>

More information: www.medicare.gov

The Parts of Medicare:

<https://www.medicare.gov/basics/get-started-with-medicare/medicare-basics/parts-of-medicare>

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.

*Medicare Open Enrollment period is October 15 - December 7th annually. Each Medicare beneficiary is mailed a **Medicare and You** book every year.*

Here is an electronic copy:
<https://www.medicare.gov/publications/10050-medicare-and-you.pdf>



<https://ccwcwashtenaw.org/seniors/senior-resource-directory/>

Senior Resource Connect

Senior Resource Connect program provides assistance to older adults and vulnerable community members by printing the annual resource directory, listing resources on the online senior directory, hosting a self-assessment quiz, and training community members to reach out to their vulnerable neighbors with our Good Neighbor Training. All of this can be found online at our new website address at:



SeniorResourceConnectMI.org

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 5684341* 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
 w.dfsaline.org DFS Movie Program: Movies are held on the second Wednesday of each month. <i>Please email kelsey.dfsaline@gmail.com to reserve your tickets.</i>	Saline Emagine Theatre 1335 E Michigan Avenue Saline, MI 48176 Wednesday, October 8th Title: <u>Arsenic and Old Lace</u> with Cary Grant Doors open at 1:00pm Snacks, film facts, and fun begin at 1:15pm Movie begins at 2:00pm Ticket cost: \$5 (Ticket price includes popcorn, soda and a light buffet.)
<div style="text-align: center;"> <u>Empower@Home</u> <i>Empower Your Mind, Uplift Your Life Mental health & well-being help in your home.</i> 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. Along the way, you'll also have the support of a printed workbook and a trained coach. There are payments for participation and referrals (please cite YSC or Monica Prince as the referring source). 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/ </div>	

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 <p>MOBILITY RISING</p> <p><i>13 N Washington, Ste 181, Ypsilanti (734) 259-4125</i></p>	<p>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.</p> <p>Email: info@feonix.org</p> <p>Web: https://feonix.org/</p>
 <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>October Focus: Breast Cancer Awareness</p>
 <p>Housing Bureau for Seniors</p> <p>Turner Senior Resource Center (TSRC) houses four Michigan Medicine community outreach programs serving older adults: Senior Wellness Program, Silver Club, Osher Lifelong Learning Institute, and Housing Bureau for Seniors.</p> <p>Senior Living Week, hosted by the U-M Health Housing Bureau for Seniors begins with the Senior Living Week Expo, then a week of workshops, talks, and open houses. It is scheduled for October 11–17, 2025, with the Expo taking place on October 11th, 9:30am - 1:30pm at Washtenaw Community College, Morris Lawrence Building. The event connects older adults and their families with information and resources on housing options, health, financial planning, and more. To register for any events of the Senior Expo: https://www.michiganmedicine.org/community/community-health-services/housing-bureau-seniors/senior-living-week</p>	

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Peace Neighborhood Center HUB (Healing, Unifying, Building) 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/>



TOLEDO ZOO & AQUARIUM

**2 HIPPO WAY
TOLEDO, OH 43609**



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

Wednesdays in October

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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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.

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

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Ypsilanti District Library Events, October 2025

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

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

Senior Advisory Board
Thursday, October 16, 2025
YDL - Whitaker, 1:00 PM

Michigan's Poet Laureate in Town **Saturday, October 18, 2025, 3-5:00 PM** **YDL-Michigan**

Dr. Melba Joyce Boyd will visit the library for an afternoon of poetry and community. Three generations of poets will be present, to include **Lesie McGraw** and **Ypsi's Youth Poet Laureate Ruth Mella** to read poems, discuss their poetic journeys and take questions from the audience.

Dr. Boyd is an award-winning author of 13 books, nine of which are poetry collections. Dr. Boyd was a distinguished professor in African American Studies at Wayne State University. She is a local celebrity!

Read it and Eat it - Cookbook Club

Monday, October 6, 2025
6-7:30 PM
YDL-Whitaker

Milk Street Cookbook Collection



YDL Guitar Club

Saturdays, October 4th & 18th
10:00 AM
YDL-Michigan



All levels welcome! Other stringed instruments are welcome, emphasis on the guitar.

HALLOWEEN Downtown Ypsi

October 24, 2025
5:30 - 7:00 PM
YDL -Michigan



Friday Walking Club (55+)

Fridays, October 3rd & 17th
10:30 AM
YDL - Whitaker



Meet in the lobby.

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ACTIVITIES AND CLASSES CALENDAR

		<u>Wed 10/1</u> Senior Fitness w/Michele 9:30 - 10:30 am Line Danding w/Dee 10:30 - 11:30 am Loc: Parkridge Comm. Cntr 591 Armstrong, Ypsi	<u>Thurs 10/02</u>	<u>Fri 10/03</u>
<u>Mon 10/06</u> Tai Chi w/Karla 2:30 - 3:30 pm Loc: Parkridge Comm. Cntr, 591 Armstrong, Ypsi NO GENTLE FITNESS! Until further notice Space not available	<u>Tues 10/07</u> Plarn Service Project 10:00 - 11:30 am Knitting/Crochet 12:30 - 2:00 pm Both meet at 209 Washtenaw Ave, Ypsi	<u>Wed 10/08</u> Senior Fitness w/Michele 9:30 - 10:30 am Line Dancing w/Dee 10:30 - 11:30 am	<u>Thurs 10/09</u>	<u>Fri 10/10</u>
<u>Mon 10/13</u> Tai Chi w/Karla 2:30 - 3:30 pm	<u>Tues 10/14</u> Plarn Service Project 10:00 - 11:30 am Community Potluck Chicken Pot Pie Ypsi Freighthouse 11:30 - 1 PM	<u>Wed 10/15</u> Senior Fitness w/Michele 9:30 - 10:30 am Line Dancing w/Dee 10:30 - 11:30 am	<u>Thurs 10/16</u>	<u>Fri 10/17</u>
<u>Mon 10/20</u> Tai Chi w/Karla 2:30 - 3:30 pm	<u>Tues 10/21</u> Plarn Service Project 10:00 - 11:30 am Knitting/Crochet 12:30 - 2:00 pm Both meet off-site	<u>Wed 10/22</u> Senior Fitness w/Michele 9:30 - 10:30 am Line Dancing w/Dee 10:30 - 11:30 am	<u>Thurs 10/23</u>	<u>Fri 10/24</u>
<u>Mon 10/27</u> Tai Chi w/Karla 2:30 - 3:30 pm	<u>Tues 10/28</u> Plarn Service Project 10:00 - 11:30 am Knitting/Crochet 12:30 - 2:00 pm Both meet off-site	<u>Wed 10/29</u> Senior Fitness w/Michele 9:30 - 10:30 am Line Dancing w/Dee 10:30 - 11:30 am	<u>Thurs 10/30</u>	<u>Fri 10/31</u>

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