

APRIL 2026 NEWSLETTER

Our Mission: “Creating great experiences for older adults in a welcoming environment that encourages learning, active engagement, fitness, and healthy living.”

~Interim Director’s Message~

April 16, 2026 the YSC will host **Greenhills School** for an **Intergenerational Service Day**, from **10:00 am to 2:00 pm**. The day will bridge seniors and students across generations. There will also be special guests! To participate, sign up at the center or call and leave a message. *Share your wisdom, build friendships, lead, and inspire.* We have great activities planned, plus lunch! Please join us.

The **Community Potluck** (2nd Thursdays) will be on **April 9th at 11:45 am**. Fresh sandwiches and condiments will be provided from local business **Ypsi Food Co-op**. Our speakers will be from **Growing Hope**, led by **Esha Biswas**. The topic will be **“Preparing for Spring Planting!”** Free seeds. Come on back!

April 6-12, 2026 is **National Public Health Week**. The theme this year is **Ready, Set, Action!** **April 9, 2026 at 5:30 pm**, a **TED** talk is scheduled at Washtenaw Community College, Morris Lawrence Building.. It is a free evening focused on community conversations.

More information here:
<https://www.apha.org/initiatives/national-public-health-week>

April brings a season of renewal, and we’re excited to continue growing our programs, connections, and community together. With spring in full swing, we look forward to more engaging activities and meaningful moments at the center.

As Maya Angelou once said, “You can’t use up creativity. The more you use, the more you have.” **Let’s embrace this season with creativity, joy, and connection.**

Michigan Fun Fact: April is when spring truly begins to bloom across Michigan, with tulips and other flowers starting to emerge after the long winter.

Warmly,
Jasmine



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

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9 am-4:30 pm

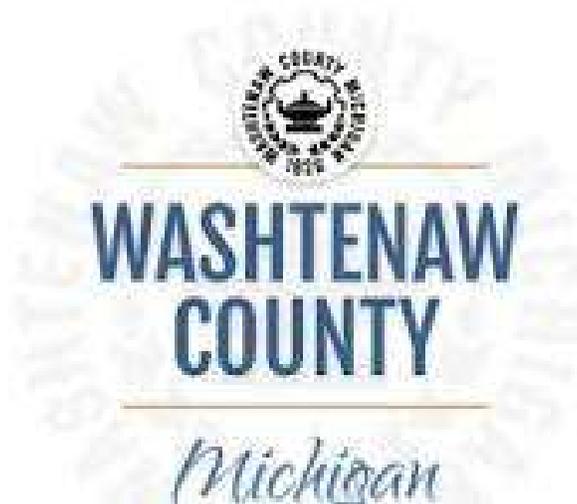
Website: www.ypsiseniorcenter.org | **Email:** info@ypsiseniorcenter.org | **Social:** Facebook
Jasmine Figgins, Interim Director | J Blair, Program Manager | S McKinney, Special Projects

Code of Conduct

The Ypsilanti Senior Center is committed to creating a welcoming, inclusive environment that supports learning, connection, fitness, and healthy living for older adults. We welcome people of all backgrounds and identities and expect everyone who enters our space to contribute to a culture of respect, safety, and kindness. Discrimination, harassment, or behavior that undermines this welcoming environment will not be tolerated.

~Jasmin Figgins, Interim Director

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. **Washtenaw County Voters, thank you!**



Below is information about the Commission on Aging and how to participate in meetings:
<https://www.washtenaw.org/4221/Commission-on-Aging>

Please note: Millage funding helps but does not cover all costs associated with operating the YSC. Your donations are needed and welcomed for continued operating costs and special projects or initiatives.

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

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9 am-4:30 pm

Website: www.ypsiseniorcenter.org | **Email:** info@ypsiseniorcenter.org | **Social:** Facebook
Jasmine Figgins, Interim Director | J Blair, Program Manager | S McKinney, Special Projects



Dear Friend and Donor,

On February 27th, the Ypsilanti Senior Center proudly celebrated a very special milestone—our **Grand Reopening Celebration**. After nearly a year of uncertainty due to significant water damage from a burst water pipe, our center was able to reopen its doors thanks to the incredible support of our community.

You made it possible!

The event was a powerful reminder of what makes Ypsilanti so special. **More than 160 community members, seniors, volunteers, and local partners** came together to celebrate the reopening of a place that has served older adults in our community for more than **60 years**.

We are especially grateful to the many **volunteers who helped make the event possible**. Their time and dedication were truly instrumental in making the day such a success. Their generosity reflects the strong spirit of care and collaboration that defines our community.

There's more work to be done.

While the Grand Reopening was a joyful celebration of resilience, our work continues. The Ypsilanti Senior Center remains committed to providing programs, meals, wellness activities, and meaningful social connections for older adults in our community. **Continued support from donors like you is what allows us to keep these programs going**. Your generosity helps ensure that the center remains a welcoming space where seniors can stay active, connected, and supported. Every contribution—large or small—makes a meaningful difference in the lives of the older adults we serve.

We invite you to consider making a donation to support the continued growth and programming of the Ypsilanti Senior Center. **Donors like you are the reason our center continues to thrive. We deeply appreciate your commitment to our seniors and to our community**. Thank you for being part of our journey and for helping us to continue this important work.

With gratitude,

Jasmine Figgins, MSW, MHA

Interim Executive Director

Ypsilanti Senior Center

To donate, follow this link:

<https://ypsilanti-senior-center.networkforgood.com/projects/297157-our-grand-reopening-was-just-the-beginning>

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

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9 am-4:30 pm

Website: www.ypsiseniorcenter.org | **Email:** info@ypsiseniorcenter.org | **Social:** Facebook
Jasmine Figgins, Interim Director | J Blair, Program Manager | S McKinney, Special Projects



~Ypsilanti Senior Center (YSC) Activities, News, & Events~

Art! Facilitated by volunteer **Lynn E.** on **Fridays, 2:00 - 4:00 pm.** Come be creative!

Bingo! **Wednesdays, 12:30 - 2:30 pm,** and facilitated by volunteer **Deb P.,** this fun group plays Bingo at \$.25/card or \$1.00 for Cover-all.

Community Potluck: The monthly YSC **Community Potluck** will be held on **Thursday, April 9, 2026.** *Fresh cold cut sandwiches and condiments will be served from Ypsi Food Co-op, a local business.* Members and guests, please bring a complimentary side dish, dessert, or drink to share!

Crafting Class: **Tuesday afternoons, 12:30 - 2:30 pm** facilitated by volunteer **Lynn E.** Ask the facilitator about projects, ideas, and needs. Let her know what you would like to create! 🎨

Beginning Crochet Class: This class, led by member **Jenny V.,** takes place **Tuesdays from 12:30 - 2 pm.** Further information and needed supplies should be discussed with the facilitator. **All are welcome!** 🧶

Euchre: **Mondays 12:30 -2:30 pm,** facilitated by **Donna S. and Joyce D.** Card players, please set up. Euchre is a card game for two to four players, usually played with the thirty-two highest cards, the aim being to win at least three of the five tricks played. 🎴

Freestyle Activities, Arts, & Crafts: Daily mornings this month, **unless a program is planned** (see the activities schedule), 9:00 - 11:30am. **Mondays 2:30 - 3:30 Tai Chi practice; Wednesdays Exercise 9:30 - 10:30 am; Wednesday, Line Dancing 10:30 - 11:30 am (no facilitators).** Come practice what you learned in WCC classes! There will be fellowship, television or music, and interaction. In the spring, we may have more outside games. Get on in there and mix & mingle! Please join any activities in the **Great Room!**

Games and Such! **Thursday afternoons 12:30 - 4,** are set aside for **board or card game meet-ups,** and may eventually involve **intergenerational games.** **Hand & Foot, Jenga, Checkers, and Chess** are some of the games available. **Come join us.**

Gentle Chair Fitness: Join this gentle and fun group stretching & seated exercise class **Mondays and Fridays, 10:30 am - 11:30 am** led by volunteer **Judy S.**

Mahjong meets **Thursday mornings 9:30 - 11:30 am.** No facilitator. If you enjoy playing, simply come meet with others!

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

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9 am-4:30 pm

Website: www.ypsiseniorcenter.org | **Email:** info@ypsiseniorcenter.org **Social:** Facebook
Jasmine Figgins, Interim Director | J Blair, Program Manager | S McKinney, Special Projects

Memory Cafe' meets on the **2nd Tuesday of the month, 2:00 - 4:00 pm**, suspended until a facilitator is located. Memory Cafes are welcoming social gatherings for people living with changes in their memory or thinking, and the people who care about them. More information: <https://dfamerica.org/what-is-memory-cafe/> 💡

The **Out-To-Eat Bunch** The **bi-monthly 1st Friday restaurant luncheon group** continues to meet. Coordinated by rotating YSC volunteers. The next gathering will be **Friday, May 1, 2026**, at **Applebee's**, 3819 Carpenter Road, Ypsi, from **11:30 am - until**. The restaurant phone number is 734-973-7440. *All are welcome. (BYOM).* 🍔 🥗

Puzzles & Crosswords - Monday -Friday, except for special presentations or classes. Independent or group activity. **Two 500 piece puzzles are in the Great Room.** *Please do not disturb the work of others but contribute to the completion of the puzzles while sharing the challenge and friendliness with others. Leave the puzzles and crossword books on the tables please. Use them whenever you'd like. Puzzles and crossword books donated by the Sure Moms, Washtenaw County.*

Resources & Social Group! **Thursday afternoons, 3 - 4 pm**, there will be fun group informational sessions on varying topics of interest to seniors: **refreshments, special guests, and information on a variety of topics!** Please see the flyers on the bulletin board!

Senior Nutrition Café Lunch Meals Meals are available **5 days/weekdays, 11:45 am - 12:30 pm.** **Registration and advance sign-up is required to participate** in the meal program. For more information, please **call the center** or contact **Sarah**, at sarahmckinney@ypsiseniorcenter.org. **Donations of \$3 are accepted. Under age 60? Meals can be purchased for \$5.50 per person.**

Walk Club (New)! **Monday & Friday mornings 9:30 - 10:30.** **Meet outside the front entrance to YSC.** Walk around Recreation Park together for a brisk walk and fellowship with other seniors!

Washtenaw Optimal Wellness will hold two presentations by **Jeff Tritten** this month , both from **3-4 pm.** **Thursday, April 2, 2026**, the topic will be **On Your Feet Ypsi (Fall Prevention).** **Thursday, April 30, 2026** the topic will be **"Stress Reduction."** Please sign up.

YSC Volunteer Service Group & (Plarn [plastic yarn]) meets at the center **on Tuesday mornings.** Plarn sleeping mats created by this group are donated to the community shelter **PEACE House**, Ypsilanti. 🧶 🧵

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

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9 am-4:30 pm

Website: www.ypsiseniorcenter.org | **Email:** info@ypsiseniorcenter.org **Social:** Facebook
Jasmine Figgins, Interim Director | J Blair, Program Manager | S McKinney, Special Projects



WASHTENAW COMMUNITY COLLEGE

YSC SENIOR FOCUS CLASSES (10 weeks

SPRING/SUMMER 2026 SCHEDULE

For liability reasons, each participant of these classes must complete a registration form AND a YSC Membership form.

TAI CHI with KARLA

MONDAYS, BEGINNING MAY 11, 2026 – JUL 27, 2026

2:30 TO 3:30 PM

Skip Date(s): 5/25 (Memorial Day) & 6/15/2026

CHAIR YOGA MOVE & GROOVE with MICHELE

WEDNESDAYS, BEGINNING MAY 13, 2026 – JUL 22, 2026

9:30 – 10:30 am

Skip Date: 7/1/2026

LINE DANCING with DEE

10:30 am – 11:30 am

WEDNESDAYS, BEGINNING MAY 6, 2026 – JUL 22, 2026

Skip Date: 7/1 & 7/8/26



WCC Free College Week April 13-18, 2026

wccnet.edu/fcw

~

<https://www.wccnet.edu/learn/our-offerings/personal-enrichment/seniors>

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

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9 am-4:30 pm

Website: www.ypsiseniorcenter.org | **Email:** info@ypsiseniorcenter.org | **Social:** Facebook
Jasmine Figgins, Interim Director | J Blair, Program Manager | S McKinney, Special Projects

~Community News, Information, and Events~

<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>More information: www.medicare.gov</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.</p> <p><i>More information:</i> https://www.medicare.gov/publications/10050-medicare-and-you.pdf</p>
 <p>https://ccwewashtenaw.org/seniors/senior-resource-directory/</p> <p>Senior Resource Connect 925 Packard Street Ann Arbor, MI 48108 PH: (734) 971-9781</p>	<p>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:</p> <p>SeniorResourceConnectMI.org</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)</p> <p>Address: 4100 Carpenter Rd, Ypsilanti, MI 48197 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>Please email kelsey.dfsaline@gmail.com to reserve your tickets.</i></p> <p><i>Thank you Lori Venable for your recent presentation!</i></p>	<p>Saline Emagine Theatre 1335 E Michigan Avenue Saline, MI 48176</p> <p>April 8 - The Harvey Girls</p> <p>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.)</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. The group focuses on a different health topic each month. Caregiver support available.</p>
<p><u>Independent Film Festival Ypsilanti</u> 76 N Huron St, Ypsilanti, MI 48197 Location: Riverside Arts Center Dates: 4/16/2026, 4/17/2026, 4/18/2026</p> 	
<p><u>Parkridge Community Center</u> For over 75 years, Parkridge Community Center has been a cornerstone of the city's South side. In 2012, Washtenaw Community College and the City of Ypsilanti partnered to create WCC at Parkridge to enhance our ability to serve the community. Parkridge offers a wide range of virtual and in-person programs and services for community members of all ages. We thank Parkridge for being a community partner of the YSC.</p>	

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, twice monthly sponsored by **FedUp Ministries**, Ypsilanti. The whole neighborhood is welcome at **1515 S Harris, Ypsilanti, 48198**. Thank you for being a community partner to YSC!

<https://peaceneighborhoodcenter.org/about-us/hub-center/>



National Public Health Week takes place from **April 6–12, 2026**, with the theme "**Ready. Set. Action!**". Various health-focused events are scheduled in Washtenaw County around this time, including:

Key Events: **April 2026**

- **Household Hazardous Waste Collection (April 11, 2026):** A 2026 Saturday collection event at the **Home Toxics Center in Scio Township**.
- **CARD Meeting (April 7, 2026):** Virtual Coalition for Action on Remediation of Dioxane meeting at 6 p.m..
- **TEDxWCC 2026 (April 9, 2026):** A free evening of ideas at Washtenaw Community College with the theme "**Beyond One Voice**". <https://www.wccnet.edu/events/tedxwcc.php>
- **Water@Michigan 2026 (April 9, 2026):** A symposium at **Palmer Commons** focusing on **Water+Energy**.



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

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9 am-4:30 pm

Website: www.ypsiseniorcenter.org | **Email:** info@ypsiseniorcenter.org | **Social:** Facebook
Jasmine Figgins, Interim Director | J Blair, Program Manager | S McKinney, Special Projects

Washtenaw Office on Aging Services & Transportation Options: If you are over the age of 60 and a resident of Washtenaw County, you qualify for free rides through the County's Senior Millage Program. To inquire, or to schedule a ride, please contact **JFS** at <https://www.jfsannarbor.org/jfsgo.html> or call (734) 769-0209 ext. 305; or contact **People's Express:** <https://peoplesexpress.org/washtenaw> or 877-214-6073. 🚌

Washtenaw Optimal Wellness <https://washtenawoptimalwellness.org/> Take the **Healthy Living Pledge!** You can even do it without a donation. A **Washtenaw County Senior Discount Card** to restaurants will be provided. Plus you can read about *Lessons from the Blue Zones* and receive ideas for great healthy living. 🍎 Saturdays there is a **Walk Club!** Meet at **8:30 am, Ypsilanti Printing & Marketing Company, 105 W Michigan Ave, Ypsi.** It is a two-mile walk through **Riverside Park** that promotes health and social connection. Contact WOW or check Facebook with questions.

Ypsilanti Meals on Wheels: Nourishing our community. ❤️ Meals are prepared by **Michigan Medicine** and are **menu-rotated on a 4-week cycle.** All meals are low in salt and fat and appropriate for diabetics. We offer a daily hot meal to be enjoyed mid-day, as well as a chilled meal for the evening. Delivery for clients 60 and older is Monday through Friday and includes delivery on most major holidays. <https://ymow.org/>



We are located in Recreation Park in Ypsilanti. **Membership is free** at this time, **but required to participate in programming of any kind** in order to help track participation. **Most of our classes are free of cost, except for personal supplies.** All are welcome! Not a senior? Ask about **Intergenerational Programming.**

*Please do not leave donations at the door or inside without checking with staff, thank you.

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

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9 am-4:30 pm

Website: www.ypsiseniorcenter.org | **Email:** info@ypsiseniorcenter.org **Social:** Facebook
Jasmine Figgins, Interim Director | J Blair, Program Manager | S McKinney, Special Projects

<p><u>Ypsilanti District Library Events</u> <u>April 2026</u></p> <p>Please see the library website to register, for listings of additional classes, or for more information: https://attend.ypsilibrary.org/events</p> <p>Senior Advisory Board Meeting Thursday April 16 , 2026 1:00 PM</p>	<p><u>Better Living Senior Health Fair:</u> <u>Focus on Cancer</u> Saturday, April 4, 2026 10am - 2pm YDL - Whitaker</p> <p>Local organizations and medical students from the University of Michigan will be on hand to answer all your questions and provide support and resources. The focus will be on seniors, but all are welcome.</p>
<p><u>AARP Income Tax Preparation</u> Through - Apr 7: Tuesdays 9-6 PM YDL-Michigan Through - Apr 9: Thursdays 9-6 PM YDL - Whitaker</p> <p>YDL's free tax service from an AARP Tax Aide Volunteer. Make an appointment for assistance.</p>	<p><u>Board Game Meet-Up</u> 2nd Thursdays (April 9), 6:30 - 8:30 PM YDL - Whitaker</p> <p>The library will provide a rotating selection of mostly lighter-complexity board games, but you can bring your own. Each session, a staff member will be on hand to teach and play a highlighted game for anyone interested.</p>
<p><u>YDL Guitar Club</u> Saturdays, April 4 & 18, 2026 10:00am - 12 pm YDL- Michigan</p> <p>Join our long-running YDL Guitar Club to practice your skills, learn new songs, and play in a group!</p>	<p><u>Repair Clinic</u> Tuesday, April 14 2026: 7:00 PM YDL- Michigan</p> <p>Basic clothes mending and repairing of holes, tears, missing buttons or snaps, simple hemming, or small patchwork.</p>
<p><u>Chair Yoga</u> Fridays, in April 2026 - 10:30 AM YDL -Virtual</p> <p>Melanie Herron will lead you through slow mindful movements to create length and space in both the mind and body.</p>	<p><u>Ypsilanti Zine Club</u> Thursdays, April 9, 2026 - 7 PM YDL-Virtual</p> <p>Work on zines together, share techniques and ideas, and make Zine-making friends. Basic art materials provided.</p>

Activities Calendar

		<p><u>Wed 4/1</u> WCC - Line Dancing w/Dee 10:30 - 11:30 am Bingo w/Deb 12:30 - 2:30 pm Freestyle Activities 2:30 - 4:15 pm</p>	<p><u>Thurs 4/2</u> Freestyle Activities 9:30 - 11:30 am Plus Open Exercise Games and Such 12:30 - 3:00 pm Resources & Social Group **Fall Prevention** 3-4 pm WOW</p>	<p><u>Fri 4/3</u> WALK CLUB 9:30 outside Gentle Chair Fitness 10:30 - 11:30 am Art w/Lynn 2:00 - 4:00 pm</p>
<p><u>Mon 4/6</u> Puzzles & Crosswords 9:30 - 10:30 Gentle Chair Fitness 10:30 - 11:30 am Euchre 12:30 - 2:30 pm Tai Chi - Independent</p>	<p><u>Tues 4/7</u> Freestyle Activities 9:30 - 11:30 am Plarn Project 10:00 - 11:30 am Knitting/Crochet w/Jennie 12:30 - 2:00 pm Crafts/Art w/Lynn 12:30 - 2:30 pm</p>	<p><u>Wed 4/8</u> Exercise & Dance Freestyle 9:30 - 11:30 Bingo w/Deb 12:30 - 2:30 pm Freestyle Activities 2:30 - 4:30 pm</p>	<p><u>Thurs 4/9</u> Freestyle Activities 9:30 - 11:30 am COMMUNITY POTLUCK 11:45 am Games and Such 12:30 - 3:00 pm Resources & Social Group 3-4 pm</p>	<p><u>Fri 4/10</u> WALK CLUB 9:30 outside Gentle Chair Fitness 10:30 - 11:30 am Art w/Lynn 2:00 - 4:00 pm</p>
<p><u>Mon 4/13</u> Puzzles & Crosswords 9:30 - 10:30 Gentle Chair Fitness 10:30 - 11:30 am Euchre 12:30 - 2:30 pm Tai Chi - Independent</p>	<p><u>Tues 4/14</u> Freestyle Activities 9:30 - 11:30 am Plarn Project 10:00 - 11:30 am Knitting/Crochet w/Jennie 12:30 - 2:00 pm Crafts/Art w/Lynn 12:30 - 2:30 pm</p>	<p><u>Wed 4/15</u> Exercise & Dance Freestyle 9:30 - 11:30 Bingo w/Deb 12:30 - 2:30 pm Freestyle Activities 2:30 - 4:30 pm</p>	<p><u>Thurs 4/16</u> INTERGENERATIONAL SERVICE DAY 10 am - 2 pm No other activities YSC Board Meeting 6:30 PM</p>	<p><u>Fri 4/17</u> WALK CLUB 9:30 outside Gentle Chair Fitness 10:30 - 11:30 am Art w/Lynn 2:00 - 4:00 pm</p>
<p><u>Mon 4/20</u> Puzzles & Crosswords 9:30 - 10:30 Gentle Chair Fitness 10:30 - 11:30 am Euchre 12:30 - 2:30 pm Tai Chi - Independent Repeats 4/27</p>	<p><u>Tues 4/21</u> Freestyle Activities 9:30 - 11:30 am Plarn Project 10:00 - 11:30 am Knitting/Crochet w/Jennie 12:30 - 2:00 pm Crafts/Art w/Lynn 12:30 - 2:30 pm Repeats 4/28</p>	<p><u>Wed 4/22</u> Exercise & Dance Freestyle 9:30 - 11:30 Bingo w/Deb 12:30 - 2:30 pm Freestyle Activities 2:30 - 4:30 pm Repeats 4/29</p>	<p><u>Thurs 4/23</u> Freestyle Activities 9:30 - 11:30 am Open Exercise Games and Such 12:30 - 3:00 pm Resources & Social Group 3:00 - 4:00 pm Thurs 4/30 WOW Presentation Stress Reduction 3-4 pm</p>	<p><u>Fri 4/24</u> WALK CLUB 9:30 outside Gentle Chair Fitness 10:30 - 11:30 am Art w/Lynn 2:00 - 4:00 pm FRIDAY NIGHT DANCE PARTY 6-9 PM Motown Music Theme 60's attire! See Flyer</p>

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

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9 am-4:30 pm

Website: www.ypsiseniorcenter.org | Email: info@ypsiseniorcenter.org | Social: Facebook
 Jasmine Figgins, Interim Director | J Blair, Program Manager | S McKinney, Special Projects



MONTHLY SENIOR CAFE' MENU - \$3 Donation Requested

All meals served with wheat roll, margarine, & milk (1%)

		<u>4/1</u> Baked Salmon Seasoned Black Beans Wheat Roll Malibu Veggie Blend Peaches	<u>4/2</u> Beef Goulash California Blend Veggies Tomatoes in Sauce Apple	<u>4/3</u> Tuna Noodle Casserole Side Salad Papaya & Mango Italian Dressing
<u>4/6</u> Chicken a la King Egg Noodles Carrots Gala Apple	<u>4/7</u> Meaty Spagetti Broccoli Pineapple	<u>4/8</u> Beef Chili Crackers Spinach Salad Orange Italian Dressing	<u>4/9</u> COMMUNITY POTLUCK 11:45 - 12:45 PM Fresh Turkey Sandwiches Tomato/ Romaine/Onion Ypsi Food Co-op	<u>4/10</u> Lentil Bolognese Wheat Rotini Green Beans Tropical Fruit
<u>4/13</u> Chicken Alfredo Prince Charles Blend Peaches	<u>4/14</u> Pot Roast Roasted Sweet Potato California Blend Gala Apple	<u>4/15</u> White Bean Chicken Chili Crackers Side Salad Orange Italian Dressing	<u>4/16</u> BBQ Chicken Breast Brown Rice Broccoli & Cauliflower Tomato/Cucumber Salad Strawberry Applesauce	<u>4/17</u> Beef Kafta Rolls Jasmine Rice Roasted Squash Tropical Fruit Salad Creamy herb sauce
<u>4/20</u> Chicken Parmesan Green Beans Apple	<u>4/21</u> Hamburger Stroganoff Peas & Pearl Onions Mixed fruit	<u>4/22</u> Oven -Roasted Tilapia Citrus Lentil Rice Broccoli Apple	<u>4/23</u> Meatballs Brown Rice Cauliflower Papaya/Mango	<u>4/24</u> Black Bean Burger Brown Lentils Mixed Veggies Pineapple Cilantro/creme sauce
<u>4/27</u> Cheesy Squash Chicken Bake Broccoli Apple	<u>4/28</u> Beef Barley Casserole Side Garden Salad Carrots Orange Italian Dressing	<u>4/29</u> Dijon Baked Salmon Seasoned Black Beans Malibu Veggie Blend Peaches	<u>4/30</u> Beef Goulash California Blend Tomatoes in Sauce Apple	

SENIOR NUTRITION MENU | DAILY 11:45 am - 12:30 pm except where noted.

Alternate menu available upon request. Please return your tray unless assistance is needed.

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

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9 am-4:30 pm

Website: www.ypsiseniorcenter.org | **Email:** info@ypsiseniorcenter.org **Social:** Facebook
Jasmine Figgins, Interim Director | J Blair, Program Manager | S McKinney, Special Projects