

MAY 2026 NEWSLETTER

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

**OLDER
AMERICANS
MONTH**



CHAMPION YOUR HEALTH: MAY 2026

Each May, the federal Administration for Community Living leads the nation’s observance of **Older American’s Month**. It recognizes older American’s contributions and explores aging trends. The 2026 theme is **Champion Your Health**, with a focus on prevention, wellness, and personal responsibility as cornerstones of healthy aging.

At the **YSC** we provide information that will help you, access preventive care, advocate for yourself, manage your health, and make informed decisions that support independence. A SHIP (State Health Insurance Assistance Program Counselor MI Options) counselor is on site to help you navigate health insurance programs, especially Medicare and Medicaid.

Michigan will celebrate **Older Michigianians Day on May 13, 2026**, in Lansing. For more information contact your local Area Agency on Aging: **Ageways** at **800-852-7795**.

The Director’s Corner:

As a new employee, we extend a heartfelt welcome to Member Services Representative **Arthur Thomas**. Art has been volunteering with the YSC for about 6 months, having helped in various capacities, including helping rebuild spaces damaged during the building closure. He has a background in community engagement and has worked with several local organizations. Welcome Art!

Happy May!

“You can’t use up creativity. The more you use, the more you have.” — Maya Angelou

Fun fact: May is a beautiful month in Michigan, known for spring flowers, warmer days, and outdoor fun. 🌻 😊 🌷

Please note: YSC will be open 9:00 AM–12:00 PM on May 14th. There will be no May potluck due to CPR/AED Training at 1:00 PM.

Thank you for being part of YSC!

~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 Exec Dir. | J Blair, Program Mgr | S McKinney, Spec. Projects | A. Thomas, Member Srvc



Code of Conduct

The Ypsilanti Senior Center is committed to 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 in Washtenaw County and is supported by the voter-approved 2024 Washtenaw Senior Millage, along with grants and donations. 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.



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.

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 Exec Dir. | J Blair, Program Mgr | S McKinney, Spec. Projects | A. Thomas, Member Svcs

YSC and Recreation Park Beautification Day!



Friday, May 29, 2026

9:30 am - 2:30 pm (or until we are finished)!

We are seeking donations of flowers, plants to put in the ground around the senior center building and pathways in Recreation Park. We are also seeking donations of outdoor paint for the park benches. Volunteers are needed to work outside, get plants in the ground, and beautify the space. If you would like to volunteer, please sign up at the center or email Sarah (sarah@ypsiseniorcenter.org) or Joyce (Joyce@ypsiseniorcenter.org).

Evening Card Party - Cash Donations Accepted and Appreciated!

Donna & David S., Joyce D., and Art T. Hosting!



Friday, May 29, 2026

3:00 - 7:00 pm

The Ypsilanti Senior Center will participate in the

Annual Normal Park Association Jewelry Sale

Saturday, June 6, 2026

9:00 - 3:00 pm

Jewelry donations are needed.

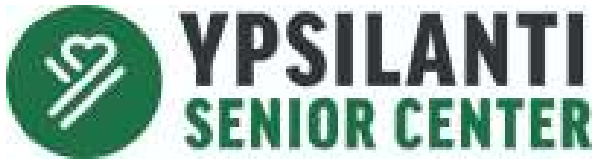
Jewelry in good to excellent condition can be brought to the center. For more information, contact Jasmine (jasmine@ypsiseniorcenter.org).

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 Exec Dir. | J Blair, Program Mgr | S McKinney, Spec. Projects | A. Thomas, Member Svcs



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


<p>Art! Facilitated by volunteer Lynn E. on Fridays, 2:00 - 4:00 pm. Come be creative!</p>
<p>Beautification Day (Recreation Park!) Bring your gloves, hand tools. Join us to clean up and beautify the spaces around the Ypsilanti Senior Center. Plant donations accepted!</p>
<p>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.</p>
<p>Community Potluck: No Community Potluck this month! 🚒 🚒 🚒 We'll be training for emergencies/CPR. There is still time to register until May 1, 2026 at a cost of \$20.</p>
<p>Crafting Class: Tuesday afternoons, 12:30 - 2:30 pm facilitated by volunteer Lynn E. <i>Ask the facilitator about projects, ideas, and needs.</i> Let her know what you would like to create! 🎨</p>
<p>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! 🧶</p>
<p>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. 🃏</p>
<p>Freestyle Activities, Arts, & Crafts: Tuesdays and Thursdays, 9:30 - 11:30 am, unless a program is planned. Ask about outside games. Get on in there and mix & mingle! Please join any activities in the Great Room! Want a new puzzle? Just ask a staff member.</p>
<p>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. Friday evening card party May 29th 3:15 - 7:15 pm. Come join us.</p>
<p>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.</p>
<p>Mahjong group meets Thursday mornings 9:30 - 11:30 am. No facilitator. If you enjoy playing, simply come meet up with others!</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 Exec Dir. | J Blair, Program Mgr | S McKinney, Spec. Projects | A. Thomas, Member Srvc

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. **Congratulations to Deb P.**  who completed the first puzzle sans one lost piece! **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. Puzzles and crossword books donated by the Sure Moms group, 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 watch for more information.

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 **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!

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 Exec Dir. | J Blair, Program Mgr | S McKinney, Spec. Projects | A. Thomas, Member Srvc

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. See your instructor.**

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



<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 Exec Dir. | J Blair, Program Mgr | S McKinney, Spec. Projects | A. Thomas, Member Srvc

~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

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**.

A health insurance counselor is available at YSC by appointment only.

Ann Arbor Senior Expo

Washtenaw Community College • Morris Lawrence Building

Monday, May 18, 2026 | 10:00am–1:00pm



<https://seniorexposusa.com/expos/michigan/2026-ann-arbor-senior-expo/>




Free: Health screenings, Resources Information, Giveaways & More

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 Exec Dir. | J Blair, Program Mgr | S McKinney, Spec. Projects | A. Thomas, Member Svcs

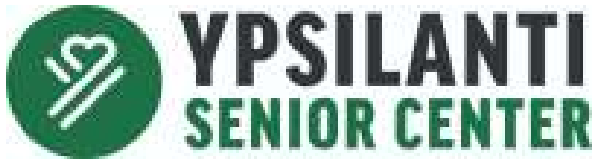
 <p>CATHOLIC CHARITIES WASHTENAW COUNTY</p> <p>https://ccwcwashtenaw.org/seniors/senior-resource-directory/</p> <p>Senior Resource Connect 925 Packard Street Ann Arbor, MI 48108 PH: (734) 971-9781</p>	<p>Senior Resource Connect program provides assistance to older adults and vulnerable community members 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>Cinemark Ann Arbor 20 (734) 973-8424 (located in Ypsilanti off Carpenter Rd)</p> <ul style="list-style-type: none"> • Offers discounted ticket price of \$8.25 for seniors (age 62+) (\$7 before 6:00 pm). • Mondays are Senior discount day (\$6.50). • Offers daily matinees for up to \$6 off the ticket price (before 4:00 pm).
 <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>Saline Emagine Theatre 1335 E Michigan Avenue Saline, MI 48176</p> <p>May 13th - The Wizard of Oz</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>Parkridge Community Center 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. More information: https://cityofypsilanti.com/facilities/facility/details/Parkridge-Community-Center-5</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 Exec Dir. | J Blair, Program Mgr | S McKinney, Spec. Projects | A. Thomas, Member Svcs



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/>



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.jfsann Arbor.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/>

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 Exec Dir. | J Blair, Program Mgr | S McKinney, Spec. Projects | A. Thomas, Member Svcs

<p><u>Ypsilanti District Library Events</u> May 2026</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 May 21, 2026 1:00 PM</p>	<p><u>S.E.A.T. - Supported Exercise for Ageless Training</u> Wednesdays thru May 27 1- 2pm YDL - Virtual</p> <p>SEAT is a specialized, low-impact, chair-based fitness program for adults. Improves strength, balance, and may improve cognitive function.</p>
<p><u>Mother's Day Cards & Crafts</u> Saturday, May 9th 11am -1 pm YDL - Whitaker</p> <p>Celebrate Mother's Day. Stop by between 11am-1pm to create a gift for your mother figure on Mother's Day. Materials and cards supplied.</p>	<p><u>Fellowship of the Fiber</u> Tuesdays in May thru May 26 6 pm YDL - Whitaker</p> <p>Knitting, crochet, embroidery and needlecraft, spinners, lacemakers, and more, join us with any craft you can carry. Open to all, any handcraft welcome!</p>
<p><u>Board Game Meet-up</u> Thursday, May 14th 6:30 pm YDL- Whitaker</p> <p>Join us on the second Thursday of each month for a board game meet up. The library will provide a rotating selection of mostly lighter-complexity board games, but you can bring your own to play, share, or teach.</p>	<p><u>Repair Clinic</u> Saturday, May 2, 2026 1:30 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> Friday, May 22nd 10:30AM YDL-Superior</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>Moving For Better Balance with the Ann Arbor YMCA</u> Wednesday, May 20 2026 4:00PM YDL-Whittaker</p> <p>Come to this FREE falls-prevention program that uses the principles and movements of Tai Chi to help older adults increase their strength, improve their balance, and increase their confidence.</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 Exec Dir. | J Blair, Program Mgr | S McKinney, Spec. Projects | A. Thomas, Member Svcs

Activities Calendar

				<p>Fri 5/1 <u>Walk Club</u> 9:30 outside <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Out to Eat Bunch</u> <u>Applebees on Carpenter</u> 11:30 am <u>Art w/Lynn</u> 2:00 - 4:00 pm</p>
<p>Mon 5/4 <u>Walk Club</u> 9:30 am outside <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Euchre</u> 12:30 - 2:30 pm <u>Tai Chi Practice</u> -2:30</p>	<p>Tues 5/5 <u>Freestyle Activities</u> 9:30 - 11:30 am <u>Plarn Project</u> 10:00 - 11:30 am <u>Knitting/Crochet w/Jenny</u> 12:30 - 2:00 pm <u>Crafts w/Lynn</u> 12:30 - 2:30 pm</p>	<p>Wed 5/6 <u>Exercise Freestyle</u> 9:30 - 10:30 <u>WCC Line Dancing w/Dec</u> 10:30 - 11:30 am <u>Bingo w/Deb</u> 12:30 - 2:30 pm <u>Freestyle Activities</u> 2:30 - 4:15 pm</p>	<p>Thurs 5/7 <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am <u>Games and Such</u> 1:00 - 3 00 pm <u>Resources & Social Group</u> 3-4 pm</p>	<p>Fri 5/8 <u>Walk Club</u> 9:30 am <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Art w/Lynn</u> 2:00 - 4:00 pm</p>
<p>Mon 5/11 <u>Puzzles & Crosswords</u> 9:30 - 10:30 <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Euchre</u> 12:30 - 2:30 pm <u>WCC Tai Chi w/Karla</u> 2:30 - 3:30 pm</p>	<p>Tues 5/12 <u>Freestyle Activities</u> 9:30 - 11:30 am <u>Plarn Project</u> 10:00 - 11:30 am <u>Knitting/Crochet w/Jennie</u> 12:30 - 2:00 pm <u>Crafts/Art w/Lynn</u> 12:30 - 2:30 pm</p>	<p>Wed 5/13 <u>WCC Move & Groove Chair Yoga & Exercise w/Michele</u> 9:30 - 10:30 am <u>WCC Line Dancing w/Dec</u> 10:30 - 11:30 am <u>Bingo w/Deb</u> 12:30 - 2:30 pm <u>Bingo w/Deb</u> 12:30 - 2:30 pm <u>Freestyle Activities</u> 2:30 - 4:30 pm</p>	<p>Thurs 5/14 <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am CPR Training 1 PM See announcement <u>Games and Such</u> 1:00 - 3 00 pm <u>Resources & Social Group</u> 3-4 pm</p>	<p>Fri 5/15 <u>Walk Club</u> 9:30 am <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Art w/Lynn</u> 2:00 - 4:00 pm</p>
<p>Mon 5/18 <u>Puzzles & Crosswords</u> 9:30 - 10:30 <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Euchre</u> 12:30 - 2:30 pm <u>WCC Tai Chi w/Karla</u> 2:30 - 3:30 pm Monday, May 25th MEMORIAL DAY</p>	<p>Tues 5/19 <u>Freestyle Activities</u> 9:30 - 11:30 am <u>Plarn Project</u> 10:00 - 11:30 am <u>Knitting/Crochet w/Jennie</u> 12:30 - 2:00 pm <u>Crafts/Art w/Lynn</u> 12:30 - 2:30 pm Repeats 5/26</p>	<p>Wed 5/20 <u>WCC Move & Groove Chair Yoga & Exercise w/Michele</u> 9:30 - 10:30 am <u>WCC Line Dancing w/Dec</u> 10:30 - 11:30 am <u>Bingo w/Deb</u> 12:30 - 2:30 pm <u>Freestyle Activities</u> 2:30 - 4:30 pm Repeats 5/27</p>	<p>Thurs 5/21 <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am <u>Games and Such</u> 1:00 - 3 00 pm <u>Resources & Social Group</u> 3-4 pm Repeats 5/28</p>	<p>Fri 5/22 <u>Walk Club</u> 9:30 am <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Art w/Lynn</u> 2:00 - 4:00 pm 5/29 BEAUTIFICATION DAY 9:30-1:30 PM +CARD PARTY 3:00 - 7:00 pm</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 Exec Dir. | J Blair, Program Mgr | S McKinney, Spec. Projects | A. Thomas, Member Srvc



MONTHLY SENIOR CAFE' MENU - \$3 Donation Requested | \$5.50 < Age 60
All meals served with wheat roll, margarine, & milk (1%)

				<p><u>05/01</u></p> <p>Beef Barley Casserole FF Italian Dressing Carrots Orange</p>
<p><u>5/04</u></p> <p>Ginger & Garlic Beef Brown Rice Cooked Broccoli Mandarin Oranges</p>	<p><u>5/05</u></p> <p>Maple Glazed Chicken Crackers Cooked Cabbage Roasted Redskin Potatoes Peaches</p>	<p><u>5/06</u></p> <p>Chicken A La King Egg Noodles Carrots Gala Apples</p>	<p><u>5/07</u></p> <p>Sloppy Joe Mix WW Bun Baby Carrots Mixed Fruit</p>	<p><u>5/08</u></p> <p>Chicken Enchilada Corn Tortilla Brown Rice Mixed Vegetables Pinapple</p>
<p><u>5/11</u></p> <p>Chicken Fettuccine Alfredo Prince Charles Blend Peaches</p>	<p><u>5/12</u></p> <p>Pot Roast Roasted Sweet Potatoes California Blend Gala Apple</p>	<p><u>5/13</u></p> <p>Bean Chicken Chili Crackers Side Salad FF Dressing Orange</p>	<p><u>5/14</u></p> <p><u>POTLUCK</u> <u>CANCELLED</u> YSC CLOSSES AT 1 PM FOR CPR & AED TRAINING</p>	<p><u>5/15</u></p> <p>Paprika Chicken Mashed Potatoes Green Beans/Carrots Peaches Cup</p>
<p><u>5/18</u></p> <p>Potato Crusted Pollack Sweet Potato Peas & Carrots Strawberry Applesauce</p>	<p><u>5/19</u></p> <p>Chicken Wild Rice Potato Salad Creamy Coleslaw Mandarin Oranges</p>	<p><u>5/20</u></p> <p>Hamburger Stroganoff Peas & Pearl Onions Mixed Fruit</p>	<p><u>5/21</u></p> <p>Salsbury Steak Rosemary Roasted Potatoes Mixed Vegetables Pinapple</p>	<p><u>5/22</u></p> <p>Tikka Marsala Jasmine Rice Green Beans Apple</p>
<p><u>5/25</u></p> <p><u>MEMORIAL DAY</u> <u>HOLIDAY</u></p>	<p><u>5/26</u></p> <p>Stir Fry Steak Brown Rice Vegetables Mixed Fruit</p>	<p><u>5/27</u></p> <p>Chicken Pasta Salad WW Roll Peas & Carrots Strawberry Applesauce</p>	<p><u>5/28</u></p> <p>Vegetable Lasagna Baby Carrots Mandarin Oranges</p>	<p><u>5/29</u></p> <p>Barley Casserole FF Italian Dressing Carrots Orange</p>

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 Exec Dir. | J Blair, Program Mgr | S McKinney, Spec. Projects | A. Thomas, Member Srvc