

JUNE 2026 NEWSLETTER

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



The Ypsilanti Senior Center Board and staff extend congratulations and welcome to **Jasmine Figgins, MSW, MHA**, on becoming the Executive Director of the Ypsilanti Senior Center. The announcement was made on social media May 11, 2026. For more information, please see the Ypsilanti Press release at: <https://ypsilantipressllc.town.news/g/ypsilanti-mi/post/376158/ypsilanti-senior-center-appoints-jasmine-figgins-executive-director>

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Not that everyone isn't, but dads and men are important in our lives. The Ypsilanti Senior Center is actively reaching out to the senior men in our community and welcoming them to participate in programming to promote personal health and wellbeing. **Father's Day is Sunday, June 21, 2026.** We hope you will encourage the elders in your life to attend programming at YSC! 🧔🏻

On **Friday, June 26, 2026**, the YSC will host **Senior Resource & Wellness Day, 10:30 am - 2:30 pm**, at the center. The **Washtenaw County Health Department** will be present with information about various health issues and will have free vaccinations available. **Catholic Charities** will have representatives on hand for information about a variety of topics. **Home and community-based services organizations** will be present. There will be music, fun, games, and refreshments. Open to the entire community!

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The Director's Corner:

Juneteenth is a federal holiday observed annually on **June 19th**. Also known as **Freedom Day** or **Black Independence Day**, it commemorates the emancipation of enslaved African Americans in the United States. The holiday honors the fact that Union troops arrived in Galveston, TX *two years* after the **Emancipation Proclamation**, to inform Texans that all slaves were freed! Juneteenth, a holiday for all to celebrate, represents the continued evolution of the principles of freedom, honors the contributions of people of color, and serves as a call to equality, equity, and transparency in our democracy.

~**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, Executive Director | J Blair, Program Mgr | S McKinney, Spec. Projects | A Thomas, Member Svcs



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, Executive 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. We invite you and your friends to visit us soon.

To donate, follow this link:

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

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The Ypsilanti Senior Center will participate in the

**Annual Normal Park Association
Community Yard Sale**

At YSC

**Jewelry and Refreshments
will be available**

**Saturday, June 6, 2026
9:00 - 4:00 pm**



**Donated jewelry in good to excellent condition can be brought to the center.
For more information, contact Joyce@ypsiseniorcenter.org.**

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YSC SENIOR RESOURCE & WELLNESS DAY!

JUNE 26, 2026

10:30 am - 2:30 pm

Celebrate wellness, get great information about resources, and participate in your community at YSC Senior Resources & Wellness Day! Discover new ways to support your well-being and connect with others, visit with representatives from home and community-based services organizations, participate in interactive games, and enjoy fun throughout the day.

Please RSVP to (734) 483-5014.



Open to the entire community!

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

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

On **Wednesday, June 17, 2026** at **2:30 - 4:15 pm**, **Donna S.** and **Lynn E.** will facilitate/host **Diamond Art** (new) in the **Great Room.** Join us!



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 community potluck will be held **Thursday, June 11, 2026** at 11:45 am. Traditionally there have been external speakers invited to present about various topics of interest. This month, at a roundtable, our leadership and staff will be available to answer community questions. **The center will provide the chips and filling for build-your-own taco bowls. Members, or volunteers,** please bring a complimentary side dish, drinks, or dessert (suggested: shredded cheeses, shredded romaine lettuce, chopped red onion, cucumbers, rice, cilantro, beans, guacamole, mini-sodas, cut watermelon, grapes, cupcakes or cookies).

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Crafting Class: Tuesday afternoons, 12:30 - 2:30 pm facilitated by volunteer Lynn E. Let the facilitator 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 and tear down. 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: 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.

Games and Such! Thursday afternoons 12:30 - 4 pm, are set aside for board or card game meet-ups, and may eventually involve intergenerational games. Hand & Foot, Jenga, and Checkers are some of the games available. There are also crossword and word-find books available all day, every day, just ask.

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.

Joyful Improvisation presentation, theatre, and interaction toward better mental health and wellness, facilitated by volunteer Miriam K, LMSW, on Thursday, June 18, 2026, 3:00 - 4:00 pm.

Juneteenth - The Ypsilanti Senior Center will be closed for Juneteenth celebration on Friday, June 19, 2026.



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

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 **1st Friday restaurant luncheon group** continues to meet. Coordinated by rotating YSC volunteers. The next gathering will be **Friday, June 5, 2026**, at **Red Robin**, 3797 Carpenter Rd, Ypsilanti, 48197 from **11:30 am - until**. The restaurant phone number is 734-973-7440. *All are welcome. (BYOM).* 🍔 🥗

Puzzles & Crosswords - **Monday thru 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 your friendliness with others. **Puzzles and crossword books donated by the Sure Moms group, and individuals in Washtenaw County.***

Resources & Social Group! **Tuesday afternoons at 2:30** guest speakers may be invited for informational sessions on varying topics of interest to seniors. Afternoon refreshments. Please watch for more information.

Senior Nutrition Café Lunch Meals Meals, along with snacks and alternate meals, are available 5 days/weekdays, 11:45 - 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 am, facilitated by Arthur.** 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. 🧶 🧵

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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>

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~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:</p> <p>Ph: (800) 852-7795.</p> <p><i>A health insurance counselor is available at YSC by appointment only.</i></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</p> <p>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).

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w.dfsaline.org

DFS Movie Program:

Movies are held on the second Wednesday of each month. *Please email*

ciara.dfservices@gmail.com

to reserve your tickets.

Saline Emagine Theatre
1335 E Michigan Avenue
Saline, MI 48176

June 10 - *Father of the Bride*

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.)

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>

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/>



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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/>

Ypsi Farmer's Markets: Need a great place to shop for fresh produce and groceries? Check out the local markets with this link: <https://www.ypsireal.com/things-to-do/farms-farmers-markets/>



Ypsi Food Co-op is featured in Ypsi-Real in the Portrait Series (great Ypsi places). This wonderful store has been a long-time supporter of YSC. Please see: <https://www.ypsireal.com/blog/post/ypsi-portrait-series-2/>

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<p><u>Ypsilanti District Library Events</u> <u>June 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 June 18, 2026 1:00 - 2:00 PM</p>	<p><u>Meditation with Ease</u> <u>Guided in person Meditation</u> Tuesdays in June 6:30 pm YDL - Superior</p> <p>Gentle, guided meditation with many benefits. No registration required.</p>
<p><u>Crafternoons</u> <u>Lantern-making workshop</u> Friday, June 12th 2:00 - 4:00 pm YDL - Michigan</p> <p>Experience an afternoon of connecting and creating with fine artist Deepa Jain. This month's craft will be lantern making!</p>	<p><u>Art at the Library with Mani Brito:</u> <u>Community Paper Quilt</u> Saturdays, June 6th & 21st 2-4 pm YDL - Superior</p> <p>Seniors: Join local artist Mani Brito at our Summer Challenge/Moving Together signup event and contribute to a beautiful community paper quilt, no sewing needed!</p>
<p><u>Moving for Better Balance with</u> <u>Ann Arbor YMCA</u> Wednesdays in June 4:00 pm YDL- Whitaker</p> <p>Fall prevention workshop using the principles of Tai Chi. Increase balance and improve strength.</p>	<p><u>Juneteeth Jazz & Poetry</u> Friday, June 19th 3:00 pm YDL- Michigan</p> <p>Join us for a Juneteenth afternoon of jazz and poetry! Michigan Poet Laureate Melba Joyce Boyd returns alongside award-winning jazz bassist Marion Hayden's Legacy Ensemble, featuring pianist Ian Finkelstein and drummer Tariq Gardner.</p>
<p><u>Fellowship of the Fiber</u> Tuesdays in June 6:00 pm YDL- Whitaker</p> <p>Knitting, crochet, embroidery and needlecraft, spinners, lacemakers, and more, join us with any craft you can carry.</p>	<p><u>Container Gardening 101</u> Sunday, June 28th 2:00 pm YDL-Whittaker</p> <p>Want to create a container of one plant or a combination of compatible plants (flowers, vegetables, or herbs)? Explore a variety of possibilities, from traditional to zany, with Advanced Master Gardener Carol Brodbeck.</p>

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Activities Calendar

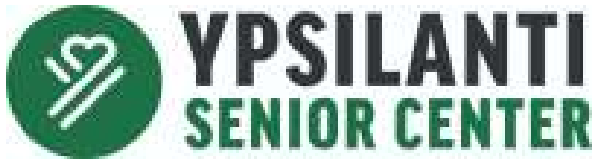
<p>Mon 6/1 <u>Walk Club</u> 9:30 - 10:30</p> <p><u>Gentle Chair Fitness</u> 10:30 - 11:30 am</p> <p><u>Euchre</u> 12:30 - 2:30 pm</p> <p><u>WCC Tai Chi w/Karla</u> 2:30 - 3:30 pm</p>	<p>Tues 6/2 <u>Freestyle Activities</u> 9:30 - 11:30 am</p> <p><u>Plarn Project</u> 10:00 - 11:30 am</p> <p><u>Knitting/Crochet w/Jenny</u> 12:30 - 2:00 pm</p> <p><u>Crafts w/Lynn</u> 12:30 - 2:30 pm</p>	<p>Wed 6/3 <u>WCC Move & Groove Chair Yoga & Exercise w/Michele</u> 9:30 - 10:30 am</p> <p><u>WCC Line Dancing w/Dee</u> 10:30 - 11:30 am</p> <p><u>Bingo w/Deb</u> 12:30 - 2:30 pm</p> <p><u>Freestyle Activities</u> 2:30 - 4:30 pm</p>	<p>Thurs 6/4 <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am</p> <p><u>Games and Such</u> 12:30 - 4 00 pm</p>	<p>Fri 6/5 <u>Walk Club</u> 9:30 outside</p> <p><u>Gentle Chair Fitness</u> 10:30 - 11:30 am</p> <p><u>Out to Eat Bunch Red Robin on Carpenter</u> 11:30 am</p> <p><u>Art w/Lynn</u> 2:00 - 4:00 pm</p>
<p>Mon 6/8 <u>Puzzles & Crosswords</u> 9:30 - 10:30</p> <p><u>Gentle Chair Fitness</u> 10:30 - 11:30 am</p> <p><u>Euchre</u> 12:30 - 2:30 pm</p> <p><u>WCC Tai Chi w/Karla</u> 2:30 - 3:30 pm</p>	<p>Tues 6/9 <u>Freestyle Activities</u> 9:30 - 11:30 am</p> <p><u>Plarn Project</u> 10:00 - 11:30 am</p> <p><u>Knitting/Crochet w/Jenny</u> 12:30 - 2:00 pm</p> <p><u>Crafts w/Lynn</u> 12:30 - 2:30 pm</p>	<p>Wed 6/10 <u>WCC Move & Groove Chair Yoga & Exercise w/Michele</u> 9:30 - 10:30 am</p> <p><u>WCC Line Dancing w/Dee</u> 10:30 - 11:30 am</p> <p><u>Bingo w/Deb</u> 12:30 - 2:30 pm</p> <p><u>Freestyle Activities</u> 2:30 - 4:30 pm</p>	<p>Thurs 6/11 <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am</p> <p><u>Games and Such</u> 12:30 - 4 00 pm</p>	<p>Fri 6/12 <u>Walk Club</u> 9:30 am</p> <p><u>Gentle Chair Fitness</u> 10:30 - 11:30 am</p> <p><u>Art w/Lynn</u> 2:00 - 4:00 pm</p>
<p>Mon 6/15 <u>Puzzles & Crosswords</u> 9:30 - 10:30</p> <p><u>Gentle Chair Fitness</u> 10:30 - 11:30 am</p> <p><u>Euchre</u> 12:30 - 2:30 pm</p> <p><u>WCC Tai Chi w/Karla</u> 2:30 - 3:30 pm</p>	<p>Tues 6/16 <u>Freestyle Activities</u> 9:30 - 11:30 am</p> <p><u>Plarn Project</u> 10:00 - 11:30 am</p> <p><u>Knitting/Crochet w/Jennie</u> 12:30 - 2:00 pm</p> <p><u>Crafts/Art w/Lynn</u> 12:30 - 2:30 pm</p>	<p>Wed 6/17 <u>WCC Move & Groove Chair Yoga & Exercise w/Michele</u> 9:30 - 10:30 am</p> <p><u>WCC Line Dancing w/Dee</u> 10:30 - 11:30 am</p> <p><u>Bingo w/Deb</u> 12:30 - 2:30 pm</p> <p><u>Diamond Art</u> 2:30 - 4:15pm</p>	<p>Thurs 6/18 <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am</p> <p><u>Games and Such</u> 12:30 - 4 00 pm</p> <p><u>Resources & Social Group</u> 3-4 pm Joyful Improvisation</p>	<p>Fri 6/19 Juneteenth Holiday</p> <p>YSC</p> <p>Closed</p>
<p>Mon 6/22 <u>Puzzles & Crosswords</u> 9:30 - 10:30</p> <p><u>Gentle Chair Fitness</u> 10:30 - 11:30 am</p> <p><u>Euchre</u> 12:30 - 2:30 pm</p> <p><u>WCC Tai Chi w/Karla</u> 2:30 - 3:30 pm</p>	<p>Tues 6/23 <u>Freestyle Activities</u> 9:30 - 11:30 am</p> <p><u>Plarn Project</u> 10:00 - 11:30 am</p> <p><u>Knitting/Crochet w/Jennie</u> 12:30 - 2:00 pm</p> <p><u>Crafts/Art w/Lynn</u> 12:30 - 2:30 pm</p>	<p>Wed 6/24 <u>WCC Move & Groove Chair Yoga & Exercise w/Michele</u> 9:30 - 10:30 am</p> <p><u>WCC Line Dancing w/Dee</u> 10:30 - 11:30 am</p> <p><u>Bingo w/Deb</u> 12:30 - 2:30 pm</p> <p><u>Freestyle Activities</u> 2:30 - 4:15pm</p>	<p>Thurs 6/25 <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am</p> <p><u>Games and Such</u> 1:00 - 3 00 pm</p> <p><u>Resources & Social Group</u> 3-4 pm</p>	<p>Fri 6/26</p> <p><u>YSC Resources and Wellness Fair</u></p> <p>10:30 am - 2:30 pm</p>
Repeats 6/29	Repeats 6/30			

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Jasmine Figgins, Executive Director | J Blair, Program Mgr | S McKinney, Spec. Projects | A Thomas, Member Svcs



MONTHLY SENIOR CAFE' MENU - \$3 Donation Requested | \$5.50 < Age 60

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

<p>6/1 Turkey Barley Soup Salad Papaya & Mango Alt:Egg Salad Sand. Snack:Butter/Crackers</p>	<p>6/2 Herb Roasted Chicken Mashed Potatoes Green Beans Alt:Chicken Chili Snack:Chips/Yogurt</p>	<p>6/3 Beef Chili Cherry Tomatoes Orange Alt:Turkey Sand. Snack:Chia Pudding</p>	<p>6/4 Chicken Tenders Quinoa Green Beans Peaches Alt:Chicken Noodle Snack:Cot/Cheese/Tom</p>	<p>6/5 Quinoa Corn Cake/Tufu Mixed Veggies Trop Fruit Blend Alt:Chicken Salad Snack:Ranch/Carrots</p>
<p>6/8 Cheesy Broccoli Soup Salad Applesauce Alt:Roast Beef Sand. Snack: Cheese/Crackers</p>	<p>6/9 Mediterranean Chicken Garden Vegetable Blend Papaya/Mango Alt:Turkey Soup Snack:Diabetic Muffin</p>	<p>6/10 BBQ Chicken Breast Broc/Caul Tomato/Cuc Salad Pinapple Alt:Chili Snack: Falafel</p>	<p>6/11 Meatloaf Mashed Potato Mixed Vegetables Mixed Fruit Alt:Tuna Salad Snack:Egg Bites</p>	<p>6/12 Meaty Ragu Green Beans Strawberry Applesauce Alt:Chicken Sand. Snack: Yogurt Parfait</p>
<p>6/15 Meatballs Cauliflower Papaya/Mango Alt:Egg Salad Sand. Snack:Chick/Bites & Guacamole</p>	<p>6/16 Roasted Turkey Mashed Potatoes Broc/Caul/Carrot Blend Tropical Fruit Salad Turkey Sandwich Snack:Diabetic Cookie</p>	<p>6/17 Tilapia Broccoli Mandarine Oranges Alt:Chicken Noodle Snack:Graze Kit</p>	<p>6/18 POTLUCK 11:45AM - 12:30PM Build-Your-Own Taco Salad</p>	<p>6/19 Center Closed Juneteenth Holiday</p>
<p>6/22 Cheesy Squash Bake Broccoli Apple Alt:Chili Snack:Cot/Cheese & Fruit</p>	<p>6/23 Chicken Lentil Soup Salad Pinapple Alt:Roast Beef Sand. Snack:Banana/Yogurt</p>	<p>6/24 Dijon Salmo Seasoned Black Beans Malibu Veg Blend Peaches Alt:Tuna Salad Snack:Protein Balls</p>	<p>6/25 Tuna Noodle Casserole Malibu Blend Veggies Papaya/Mango Ant:Turkey Barley Snack:Trail Mix</p>	<p>6/26 Beef Goulash California Blend Orange Alt:Chicken Sand' Snack:Hummus/Pita</p>
<p>6/29 Turkey Barley Soup Salad Papaya/Mango Alt:Egg Salad Sand. Snack:Butter/Crackers</p>	<p>6/30 Roasted Chicken Thigh Mashed Potatoes Green Beans Diced Pears Alt:Chicken Chili Snack:Chips/Yogurt</p>			

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

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

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

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