

AUGUST 2026 NEWSLETTER

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



August 21, 2026

This day recognizes seniors that have impacted society and created better lives. It started when President Ronald Reagan, signed a proclamation in 1988 which honored people aged 60 and older that have impacted others' lives for the better.

At YSC, we also honor those that contribute to the well-being of others. Our volunteers are exceptional. The plarn (plastic bag yarn) group creates mats for people that are unhoused. Other volunteers help us distribute the YSC newsletter to senior apartment buildings. We have volunteers that help us at special events. **Thank you to all those that inspire and serve others.**

We hope you are enjoying your summer. At the center, most programming is on break this month, but there are some special events.

The "*dog days of summer*" refer to the hot, sultry, and typically uncomfortable 40-day period running from **July 3 to August 11**. The phrase originated from ancient times when civilizations associated the sweltering heat with the alignment of the Earth and Sirius—the "Dog Star"—the brightest star in the constellation Canis Major. While ancient Romans believed the star added extra heat to the Sun, the intense mid-summer temperatures are actually caused by the tilt of the Earth's axis receiving more direct sunlight.

~

We hope you took advantage of great tips for better well-being. The “Better Health” series of classes taught by Tanya Towler will end August 18, 2026. Tuesday, August 4th, no class.

~

From the Director:

We had a great turn out for the YSC Summer Grill and Chill Fundraiser that was held on Saturday, July 25, 2026. A huge “thank you” to our sponsors (display board at the event), donors, and all who came out and supported us or volunteered to make the event a success. The Ypsilanti Senior Center is growing and has been a steady part of this community for a long-time. It is our hope that the residents of 48197 and 48198 feel welcome, and that the center is a valuable resource in their lives.

~ **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 | Joyce Blair, Program Manager | Sarah McKinney, Special Projects/Nutrition



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. We 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 also invite you and community friends to visit us soon. To make a contribution to the YSC, please write a check to Ypsilanti Senior Center or follow this link: <https://ypsilanti-senior-center.networkforgood.com/>.

Alternately, this QR code may be used to connect to **Network for Good**:



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YPSILANTI SENIOR CENTER

Connect. Support. Thrive.

MAKING A
DIFFERENCE
IN THE LIVES
OF SENIORS
AND OUR
COMMUNITY!

YSC is
HIRING!

MEMBER SERVICE SPECIALIST

We're looking for a friendly, reliable, and compassionate individual to join our team and support the daily operations and members of the Ypsilanti Senior Center.

BE PART OF A PURPOSE THAT MATTERS!

Help us create a welcoming environment and meaningful experiences for seniors every day.



KEY RESPONSIBILITIES

- Greet members and visitors in a warm and welcoming manner
- Assist with member registration, program sign-ups, and general inquiries
- Answer phones and respond to emails professionally
- Maintain accurate records and member information
- Support program staff with event setup and daily activities
- Help promote programs and services in the community
- Other duties as assigned



QUALIFICATIONS

- High school diploma or GED required
- Basic computer and phone skills
- Excellent communication and customer service skills
- Ability to lift 25–50 lbs. occasionally
- ServSafe certification preferred or willingness to complete (paid for by YSC)
- Passion for serving seniors and the community



WHAT WE OFFER

- Meaningful work that makes a difference
- Supportive team environment
- Part-time position (15 hours per week max)
- Opportunities for growth and development

WANT MORE DETAILS?



Call the Center

734-483-5014



Email Us

jasmine@ypsiseniorcenter.org

Together, we can help seniors live healthy, active, and connected lives. 

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~Ypsilanti Senior Center (YSC) Activ:ities, News, & Events~

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

Aubrey's: Friday, August 7, 2026, from 11 am to 11 pm, **Aubrey's Pizzeria & Grill Restaurant**, located at 39 E Cross Street, Ypsilanti, will sponsor a **fundraiser** for the YSC! A portion of sales proceeds (20%) will be donated to the center.

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.

Board Games & Card Party: The Schwartz Family will host a Board Games and Card Party on Friday evening, **August 21, 2026, from 3:00 to 7:30 PM.**

Community Potluck: Third Thursday Potluck will be on **August 20th, at 11:45 am.** The main dish will be **chicken pasta salad.** Members and guests, please bring a complimentary side, dessert, or drinks to share.

Crafting Class: Tuesday afternoons, 12:30 - 2:30 pm facilitated by volunteer **Lynn E.** Let the facilitator know what you would like to create!

Crochet/Knitting Group: This group, led by member **Jenny V.**, takes place **Tuesdays from 12:30 - 2 pm.** Fiber arts, and needle crafts take place in the **Rocking Chair Circle** or the **Activities Room.** All are welcome, regardless of skill level! 🧶

Diamond Art: Facilitated by Donna S. Supplies are provided. Come relax and be creative! **Wednesday, August 12, 2026, 2-4 pm.**



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: Mahjong, Chess, Crosswords, Puzzles and Wordfind: Tuesdays and Thursdays in August, 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!**

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Games and Such! Thursday afternoons, 12:30 - 3:00 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.

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.** If Judy is absent, the staff will select a facilitator amongst those present or put on an exercise video to follow.

Memory Cafe' meets on the **2nd Tuesday of the month, 2:00 - 4:00 pm**, but is 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. For more information: <https://dfamerica.org/what-is-memory-cafe/> 💡

The **Out-To-Eat Bunch:** To support YSC fundraising efforts, the first Friday luncheon group coordinated by rotating YSC volunteers will meet next on **Friday, August 7, 2026, at Aubree's Pizzeria & Grill, 39 Cross St, Ypsilanti,, from 11:30 am - until.** The restaurant phone number is (734) 483-1870 . *All are welcome. (BYOM).* 🍔 🥗

Puzzles & Crosswords: Monday thru Friday, except for other activities or classes. Independent or group activity. **Two 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.*

Senior Nutrition Café Lunch Meals: Meals, along with snacks and alternate meals, are available 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 M.**, 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 - no facilitator. Please just 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]) and the Fiber Arts groups facilitated by Jenny V. meet 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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Volunteers L to R: Marilyn, Jenny, Lynn, Carolyn
Live photo taken with permission

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WASHTENAW COMMUNITY COLLEGE

YSC SENIOR FOCUS CLASSES (10 weeks

FALL 2026 SCHEDULE

For liability reasons, each participant of these classes must complete a WCC registration form every semester, and a one-time YSC Membership form. Please see your instructor on the 1st day of class.

TAI CHI with KARLA G.

MONDAYS, BEGINNING SEPT 14, 2026 – NOV 23, 2026

2:30 TO 3:30 PM

Skip Date: 10/19/26

MUSIC THEORY with ELLIE C.

TUESDAYS, BEGINNING SEPT 15, 2026 - NOV 17, 2026

3:00 TO 4:00 PM

Skip Date 10/27/2026

STRENGTH & CONDITIONING EXERCISE with MICHELE W.

WEDNESDAYS, BEGINNING SEPT 9, 2026 – NOV 18, 2026

9:30 – 10:30 am

Skip Date: 10/17/2026

LINE DANCING with DEE G.

10:30 am – 11:30 am

WEDNESDAYS, BEGINNING SEPT 9, 2026 – NOV 11, 2026

No Skip Date



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

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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	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. <i>A health insurance counselor is available at YSC by appointment only.</i>
 https://ccwewashtenaw.org/seniors/senior-resource-directory/ Senior Resource Connect 925 Packard Street Ann Arbor, MI 48108 PH: (734) 971-9781	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
 Movie Theatre https://w.cinemark.com/theatres/mi-ypsilanti/cinemark-ann-arbor-20-and-imax	Cinemark Ann Arbor 20 (734) 973-8424 (located in Ypsilanti off Carpenter Rd) ● 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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www.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

August 12, 2026: Pat and Mike

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.)

Elections 2026 As YSC is a voting site, **member services and classes at YSC are closed** for the **MI Primary Election on Tuesday, August 4, 2026** and the **MI General Election on November 3, 2026**. For **voter registration**, up to the day of the election, please visit your city or township clerk's office. More information about voting in Washtenaw County and about the candidates running for state and local offices can be found at this link:

<https://www.washtenaw.org/4448/Current-Election-Information>

Special Announcement

John E. Lawrence Summer Jazz Festival

The 2026 John E. Lawrence Summer Jazz Festival. Dates: July 31, 2026 - August 28, 2026
9075 S Huron River Dr Ypsilanti, MI 48197 Time: **7:00 PM to 9:00 PM every Friday**

<https://www.johnelawrencejazz.com/>



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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 their 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/>



The University of Michigan, **Turner African American Services Council** will host **Senior Fun Day** at the **Ypsilanti Senior Center** (stop by the center to register or visit Turner Senior Resource Center to scan the QR code). The event will be held **Saturday, August 15, 2026** from **2:00 to 4:00 pm**. Dancing, music, comedy, refreshments, information, and more!



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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.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. Read about **Lessons from the Blue Zones** and receive ideas for great healthy living. For more information, please check-out the website.

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/>. For general inquiries, please call (734) 487-9669.

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/>



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<u>Ypsilanti District Library Events</u> <u>August 2026</u> Please see the library website to register, for listings of additional classes, or for more information: https://attend.ypsilibrary.org/events Senior Advisory Board Meeting Cancelled this month	<u>Downtown Repair Clinic</u> Saturday August 8 2 - 3:30 pm Friday August 28 10:30 - 12:00 pm YDL - Michigan Get help with mending or other sewing repairs! 
<u>Michigan Works! Southeast Community Outreach</u> August 12th 12 - 2:00 pm YDL - Whitaker A representative from MI Works! Will answer your questions and provide assistance on job leads, employment, job fairs, and career guidance.	<u>Italian Keys: The Giacomuzzi Siblings on the Piano</u> August 1st 11 am - 12:00 pm YDL - Whitaker Hear internationally recognized pianists Jacopo and Maddalena Giacomuzzi perform solo and four-hand piano at a morning concert.
<u>Read it & Eat It: Cookbook Club</u> August 10th 6 -7:30 pm YDL - Whitaker Each month, participants choose a recipe from a specific book or theme, prepare it, and bring the dish to share or discuss.	<u>Vegetable Succession Planting and Season Extenders</u> August 23rd 2 - 4:00 pm YDL - Whitaker Learn techniques for successive plantings and season extenders from Master Gardener Carol Brodbeck.
<u>Introduction to Rain Gardens</u> August 10th 6 - 7:00 pm YDL - Superior Learn about rain gardens and how you can solve local water problems by installing one. Register online.	<u>Document Shredding</u> August 8th 10 am - 1:00 pm Whitaker Free community shredding day. A truck will be on hand. Supported by the Friends of the Library.

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Activities Calendar

Mon 8/3 <u>Walk Club</u> 9:30 - 10:15 am <u>Gentle Chair Fitness</u> 10:30 - 11:30 am AFTERNOON GROUPS CANCELLED TO PREPARE FOR 8/4	Tues 8/4 Election Primary Center Closed	Wed 8/5 <u>Chair Exercise Practice Freestyle</u> 9:30 - 10:30 am <u>Line Dance Music Freestyle Practice</u> 10:30 - 11:30 am <u>Bingo w/Deb</u> 12:30 - 2:30 pm <u>Open Activities</u> 2:00 - 4:15 pm	Thurs 8/6 <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am <u>Games and Such</u> 12:30 - 3 00 pm Open for Presentations 3:15 - 4:15 pm	Fri 8/7 <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
Mon 8/10 <u>Walk Club</u> 9:30 - 10:15 am <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Euchre</u> 12:30 - 3:00 pm Open Activities 3:00 - 4:15 pm	Tues 8/11 <u>Plarn/Knitting/Crochet</u> 10 - 11:30 & 12:30 - 2:00 pm <u>Senior Bridge to Better Health</u> , 2:30 - 3:30 pm <u>Crafts w/Lynn</u> 12:30 - 2:30 pm <u>Open Activities</u> 3:30 - 4:15 pm	Wed 8/12 <u>Chair Exercise Practice Freestyle</u> 9:30 - 10:30 am <u>Line Dance Music Freestyle Practice</u> 10:30 - 11:30 am <u>Bingo w/Deb</u> 12:30 - 2:30 pm <u>Diamond Art</u> 2:00 - 4:00 pm	Thurs 8/13 <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am <u>Games and Such</u> 12:30 - 3 00 pm Open for Presentations 3:15 - 4:15 pm	Fri 8/14 <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
Mon 8/17 <u>Walk Club</u> 9:30 - 10:15 am <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Euchre</u> 12:30 - 3:00 pm Open Activities 3:00 - 4:15 pm	Tues 8/18 <u>Legal Presentation</u> 10 - 11:30 am <u>Senior Bridge to Better Health</u> , 2:30 - 3:30 pm <u>Plarn/Knitting/Crochet</u> 10 - 11:30 & 12:30 - 2:00 pm <u>Crafts w/Lynn</u> 12:30 - 2:30 pm <u>Open Activities</u> 2:30 - 4:15 pm	Wed 8/19 <u>Chair Exercise Practice Freestyle</u> 9:30 - 10:30 am <u>Line Dance Music Freestyle Practice</u> 10:30 - 11:30 am <u>Bingo w/Deb</u> 12:30 - 2:30 pm	Thurs 8/20 <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am ~POTLUCK~ <u>Games and Such</u> 12:30 - 3 00 pm YSC Board Meeting 6:30 pm	Fri 8/21 <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
Mon 8/24 <u>Walk Club</u> 9:30 - 10:15 am <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Euchre</u> 12:30 - 2:30 pm	Tues 8/25 <u>Health Insurance Day</u> <u>Plarn/Knitting/Crochet</u> 10 - 11:30 & 12:30 - 2:00 pm <u>Crafts w/Lynn</u> 12:30 - 2:30 pm <u>Open Activities</u> 2:30 - 4:15 pm	Wed 8/26 <u>Chair Exercise Practice Freestyle</u> 9:30 - 10:30 am <u>Line Dance Music Freestyle Practice</u> 10:30 - 11:30 am <u>Bingo w/Deb</u> 12:30 - 2:30 pm	Thurs 8/28 <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am <u>Games and Such</u> 12:30 - 3 00 pm Open for Presentations 3:15 - 4:15 pm	Fri 8/29 <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

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

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

<u>8/3</u> Cheesy Broccoli Soup Side Salad Applesauce	<u>8/4</u> Election Primary Center Closed	<u>8/5</u> BBQ Chicken Breast Broc & Caul Tomato/Cuc Salad Pineapple	<u>8/6</u> Meatloaf Mashed Potatoes Mixed Veggies Mixed Fruit	<u>8/7</u> Meaty Ragu Green Beans Strawberry Applesauce
<u>8/10</u> Meatballs Cauliflower Papaya/Mango	<u>8/11</u> Roasted Turkey Mashed Potatoes Vegetable Blend Trop.Fruit Salad	<u>8/12</u> Tilapia Citrus Lentil Rice Broccoli Mandarine Oranges	<u>8/13</u> Chicken Parmesan Green Beans Apple	<u>8/14</u> Black Bean Burger Brown Lentils Mixed Veggies Pineapple
<u>8/17</u> Cheesy Squash Bake Broccoli ButNut Squash Apple	<u>8/18</u> Chicken Lentil Soup Side Salad Pineapple	<u>8/19</u> Baked Salmon Seasoned Black Beans Malibu Veg Blend Peaches	<u>8/20</u> POTLUCK Chicken Pasta Salad 10:45pm - 12:30pm	<u>8/21</u> Beef Goulash California Blend Orange
<u>8/24</u> Turkey Barley Soup Side Salad Papaya & Mango	<u>8/25</u> Herb Chicken Thigh Mashed Potatoes Green Beans Diced Pears	<u>8/26</u> Beef Chili Cherry Tomatoes Orange	<u>8/27</u> Chicken Tenders Green Beans Peaches	<u>8/28</u> Corn Cake Mixed Veggies Trop. Fruit Blend
<u>8/31</u> Cheesy Broccoli Soup Side Salad Applesauce				

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

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

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