

JULY 2026 NEWSLETTER

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

July 1st is National Creative Ice Cream Day! Visit **Cold Comfort Ice Cream** at 10 N Washington St, Ypsilanti 48197 for some nice treats: <https://www.cold-comfort.co/>



July 4th is Independence Day, a holiday that acknowledges the **American Colonies’** signing the **Declaration of Independence** from **Britain**. It is not a celebration of freedom for all U.S. citizens. The center will be closed for this national holiday on **Friday, June 3, 2026**. **American Legion Post 282** will host their annual **4th of July Parade** from **11 - 12:30 pm**, starting at **303 N Summit, Ypsilanti 48197**



The Director’s Corner:

The **YSC Resources and Wellness Fair** was a real success that impacted this community just as we had hoped! It provided our members and other guests with the opportunity to get information in one place and to ask questions of 19 different organizations. The Ypsilanti District Library brought the Bookmobile and handouts of seeds. Participants were even able to get a wellness check and needed vaccinations! Thank you to all the organizations and their representatives who brought free raffle prizes!

This month, the **YSC annual fundraiser**, formerly known as “The Corn Roast,” and now known as the **YSC Summer Grill & Chill**, will take place from **2 - 6 PM on Saturday July 25, 2026**, in **Recreation Park** and the **Ypsilanti Senior Center** building. The building address is in the footer of this newsletter. There will be great food, including vegetarian options; community entertainment, games, and lots of fun. Come on out and get to know us better!

Volunteers are needed to help with set-up, greeting guests, and clean-up after the party. If you or your organization are able to help, please contact us. Thank you!

~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 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 also invite you and community friends to visit us soon.

To donate, please follow this link:

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

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YSC is Proud to Present Our
Biggest Fundraiser of the Year!

YSC GRILL & CHILL

★ (Formerly Known as the Corn Roast) ★

Join us for an afternoon of community,
great food, and summer fun
while **supporting YSC!**



★ EVENT DETAILS ★

 **Saturday, July 25, 2026**

 **2:00 PM – 6:00 PM**

 **1015 N. Congress St.
Ypsilanti, MI 48197**

 **Music, games,
and fun for all
to enjoy!**

 **Delicious food**
available for purchase,
including hot dogs,
hamburgers, and more!



**Come out and
support the Ypsilanti
Senior Center!**

**YOUR
SUPPORT
MAKES A
DIFFERENCE!**

~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 and Card Party Evening: Friday, July 17, 2026, 3 - 7:30 pm, a board games and card party potluck will be hosted by **Donna S.** Please bring a dish, dessert, or drinks to share and come on for a fun evening out!

Bridge to Better Health Series: Tuesdays, July 7 through August 11, 2026, a **Summer Senior Bridge to Better Health** series of classes will be facilitated by **Tanya Towler.** Class topics include: **Awareness & Hope; Small Steps, Big Impact; Restoring Calm & Energy; Connection & Meaning; What's Working & What Needs Tweaking?;** and **Keeping the Bridge Strong.** For more information, please see the Community Bulletin Board inside YSC.

Community Potluck: Third Thursday Potluck is cancelled for the month of July. Please attend the annual **fundraiser** formerly known as the Corn Roast: **YSC Grill & Chill, Saturday, 7/25/26, 2 - 6 pm** at the center and in **Recreation Park.**

Crafting Class: Tuesday afternoons, 12:30 - 2:00 pm facilitated by volunteer **Lynn E.** Let the facilitator know what you would like to create!



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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 *Activities Room*. All are welcome, regardless of skill level! 🧶

Cybersecurity! Facilitated by **Askevin** (Shannon) through Turner Senior Resource Center and grant -funded; this class will be on **Tuesdays in July 10:00 - 11:30 am.** Computer & smartphone scam prevention, etc. Bring your computer or smart phone. **Sign-up at the receptionist desk.** Please see the Activities calendar and the flyer on the Community Bulletin Board for more information.



www.askevin.com

Diamond Art! **Donna S.** facilitates this wonderful craft class on **Wednesday July 22, 2026, 2 - 4 pm.** This session, suncatchers will be created! **Sign up is at the receptionist desk. Here is a sample:**



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: **Thursdays in July, 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!** There are crossword books, puzzles and word-find books available all day, every day, just ask. If you enjoy playing, simply come meet up with others!

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

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** Due to the July 4th holiday, the **First Friday Luncheon Group** coordinated by rotating YSC volunteers will meet next on **Friday, July 10, 2026, at Red Lobster**, 2420 Carpenter Rd, Ann Arbor, 48108 from **11:30 am - until**. The restaurant phone number is (734) 971-4412 . *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.*

Resources & Information: If information is needed about community resources, please ask a staff member. If health insurance guidance or public benefits information is needed, we can provide you with some direction.

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.**



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Walk Club Monday & Friday mornings 9:30 - 10:30 am - no facilitator. Meet outside the front entrance to YSC. Walk around Recreation Park together for a brisk walk and fellowship with other seniors! Come on back!



YSC Grill & Chill Fundraiser - This annual event, formerly known as the Corn Roast, will be held at YSC and Recreation Park on Saturday, July 25, 2026, from 2-6 pm. Meals will sell for \$20.00/adults; \$8.00/children under 18. Meals will include hamburgers, hotdogs, corn on the cob, salad, lemonade, and cookies. Volunteers are needed. If interested, please contact the center. Music, games, visiting politicians, 50-50 raffle.

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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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. Registration is now closed.

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

July 8 - *Hairspray* (2007 version)

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.)

Disability Network Washtenaw Monroe Livingston will celebrate the **Americans with Disabilities Act on Saturday, July 25, 2026**, at 3941 Research Park Drive, Ann Arbor, MI 48108. The time is from **12:00 - 4:00 pm**. For more information, please see: <https://dnwml.org/event/save-the-date-ada-celebration/>



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>

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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/>



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/>



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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. 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.**

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 information about **YMOW's fundraiser on July 11, 2026**, please see the above website link. 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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The Ypsilanti Senior Center thanks the following individuals and organizations for their donations and/or financial contributions to our events and fundraising efforts:

The Ann Arbor Host Lions Club | The Bank of Ann Arbor | The Downton Family | Lora Durham | Costco | Gordon Foods | Home Depot | Meijer Stores| Sells Nursery & Crafts | Menard’s Ann Arbor | Raymond James | Standard Printing | The City of Ypsilanti | The many individuals who handed us cash donations!



~THANK YOU~

<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 July 16, 2026 1:00 - 2:00 PM</p>	<p><u>Read it and Eat it - Cookbook Club</u> Monday, July 6th 6 - 7:30 pm YDL - Whitaker</p> <p>Six Seasons: A New Way with Vegetables By Joshua McFadden with Martha Holmberg Each month participants read a recipe from a book, prepare it, and bring the dish to share and discuss.</p>
<p><u>Sew Social</u> Monday July 6th 7-8:00 pm YDL - Superior</p> <p>Cross-stitch, embroider, knit or crochet, get inspired, share project ideas, see advice, and work with fellow crafters. All skill levels are welcome.</p>	<p><u>YDL Guitar Club</u> Saturdays, July 11th & 25th 10 - 12 pm YDL - Michigan</p> <p>Practice your skills, learn new songs, and play in a group.</p>

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Activities Calendar

		<p>Wed 7/1 Chair Exercise w/Michelle Skip Date</p> <p>Line Dance Skip Date</p> <p>Bingo w/Deb 12:30 - 2:30 pm</p> <p>Freestyle Activities 2:30 - 4:30 pm</p>	<p>Thurs 7/2 Mahjong, Chess & Freestyle Activities 9:30 - 11:30 am</p> <p>Games and Such 12:30 - 3 00 pm</p> <p>Open for Presentations 3:15 - 4:15 pm</p>	<p>Fri 7/3 INDEPENDENCE DAY HOLIDAY OBSERVANCE</p> <p>YSC CLOSED</p>
<p>Mon 7/6 Walk Club 9:30 - 10:15 am</p> <p>Gentle Chair Fitness 10:30 - 11:30 am</p> <p>Euchre 12:30 - 2:30 pm</p> <p>WCC Tai Chi w/Karla 2:30 - 3:30 pm</p>	<p>Tues 7/7 Cybersecurity 101 Scams & Viruses 10:00 - 11:30 am</p> <p>Plarn/Knitting/Crochet 10 - 11:30 & 12:30 - 2:00 pm</p> <p>Senior Bridge to Better Health, 2:00 - 3:00 pm</p> <p>Crafts w/Lynn 12:30 - 2:30 pm</p>	<p>Wed 7/8 Chair Exercise w/Michele 9:30 - 10:30 am</p> <p>Line Dance Skip Date</p> <p>Bingo w/Deb 12:30 - 2:30 pm</p> <p>Freestyle Activities 2:30 - 4:15 pm</p>	<p>Thurs 7/9 Mahjong, Chess & Freestyle Activities 9:30 - 11:30 am</p> <p>Games and Such 12:30 - 3 00 pm</p> <p>Open for Presentations 3:15 - 4:15 pm</p>	<p>Fri 7/10 Walk Club 9:30 am</p> <p>Gentle Chair Fitness 10:30 - 11:30 am</p> <p>Art w/Lynn 2:00 - 4:00 pm</p>
<p>Mon 7/13 Walk Club 9:30 - 10:15 am</p> <p>Gentle Chair Fitness 10:30 - 11:30 am</p> <p>Euchre 12:30 - 2:30 pm</p> <p>WCC Tai Chi w/Karla 2:30 - 3:30 pm</p>	<p>Tues 7/14 Cybersecurity 102 Data Hacks & Privacy 10:00 - 11:30 am</p> <p>Plarn/Knitting/Crochet 10 - 11:30 & 12:30 - 2:00 pm</p> <p>Senior Bridge to Better Health, 2:00 - 3:00 pm</p> <p>Crafts w/Lynn 12:30 - 2:30 pm</p>	<p>Wed 7/15 Chair Exercise w/Michele 9:30 - 10:30 am</p> <p>Line Dancing w/Dee 10:30 - 11:30 am</p> <p>Bingo w/Deb 12:30 - 2:30 pm</p> <p>Diamond Art 2:30 - 4:15pm</p>	<p>Thurs 7/16 Mahjong, Chess & Freestyle Activities 9:30 - 11:30 am</p> <p>Games and Such 12:30 - 3 00 pm</p> <p>Open for Presentations 3:15 - 4:15 pm</p>	<p>Fri 7/17 Walk Club 9:30 am</p> <p>Gentle Chair Fitness 10:30 - 11:30 am</p> <p>Art w/Lynn 2:00 - 4:00 pm</p> <p>Cards & Games Night 3 - 7:30 PM</p>
<p>Mon 7/20 Walk Club 9:30 - 10:15 am</p> <p>Gentle Chair Fitness 10:30 - 11:30 am</p> <p>Euchre 12:30 - 2:30 pm</p> <p>WCC Tai Chi w/Karla 2:30 - 3:30 pm</p>	<p>Tues 7/21 Cybersecurity 103 Password Peril 10:00 - 11:30 am</p> <p>Plarn/Knitting/Crochet 10 - 11:30 & 12:30 - 2:00 pm</p> <p>Senior Bridge to Better Health, 2:00 - 3:00 pm</p> <p>Crafts w/Lynn 12:30 - 2:30 pm</p>	<p>Wed 7/22 Chair Exercise w/Michele 9:30 - 10:30 am</p> <p>Line Dancing w/Dee 10:30 - 11:30 am</p> <p>Last semester classes</p> <p>Bingo w/Deb 12:30 - 2:00 pm</p> <p>Diamond Art 2:00 - 4:00pm</p>	<p>Thurs 7/23 Mahjong, Chess & Freestyle Activities 9:30 - 11:30 am</p> <p>Games and Such 12:30 - 3 00 pm</p>	<p>Fri 7/24 Walk Club 9:30 am</p> <p>Gentle Chair Fitness 10:30 - 11:30 am</p> <p>Art w/Lynn 2:00 - 4:00 pm</p> <p>Sat 7/26 Summer Grill & Chill</p>
<p>Mon 7/27 Monday Schedule Repeats</p> <p>WCC Tai Chi w/Karla 2:30 - 3:30 pm</p> <p>Last semester class</p>	<p>Tues 7/28 Tuesday Schedule Repeats</p> <p>Cybersecurity 104 AI Scams</p> <p>Senior Bridge to Better Health, 2:00 - 3:00 pm</p>	<p>Wed 7/29 Wednesday Schedule Repeats Freestyle, Except Diamond Art.</p>	<p>Thurs 7/30 Thursday Schedule Repeats</p>	<p>Fri 7/31 Friday Schedule Repeats</p>

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

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

		<u>7/1</u> Alt: Turkey Sandwich Chicken A La King Egg Noodles Carrots Gala Apple	<u>7/2</u> Alt: Chicken Noodle Sloppy Joe Mix WW Bun Baby Carrots Mixed Fruit	<u>7/3</u> INDEPENDENCE DAY HOLIDAY OBSERVANCE No Lunches
<u>7/6</u> Alt: Roast Beef Sandwich Chicken Fettuccine Alfredo Prince Charles Blend Peaches	<u>7/7</u> Alt: Turkey Barley Soup Pot Roast Sweet Potatoes California Blend Gala Apple	<u>7/8</u> Alt: Tuna Salad Sandwich Chicken Chili Crackers Salad Orange	<u>7/9</u> Alt: Chili Chicken Pasta w/Veg Broccoli/Cauliflower Mandarin Oranges	<u>7/10</u> Alt: Chicken Sandwich Paprika Chicken Mashed Potatoes Green Beans/Carrots Peaches Cup
<u>7/13</u> Alt: Egg Salad Sandwich Potato Crusted Pollack Sweet Potato Peas & Carrots Strawber/Applesauce	<u>7/14</u> Alt: Turkey Sandwich Chicken Rice Soup Potato Salad Coleslaw Mandarin Oranges	<u>7/15</u> Alt: Chicken Chili Hamburger Stroganoff Peas & Onions Mixed Fruit	<u>7/16</u> Alt: Chicken Noodle Salisbury Steak Rosemary Roasted Potatoes Mixed Vegetables Pineapple	<u>7/17</u> Alt: Chicken Salad Sandwich Tikka Masala Jasmine Rice Green Beans Apple
<u>7/20</u> Alt: Cottage Cheese/Fruit Shepherds Pie Mixed Vegetables Pears	<u>7/21</u> Alt: Roast Beef Sandwich Stir Fry Steak Brown Rice Oriental Vegetables Mixed Fruit	<u>7/22</u> Alt: Tuna Salad Sandwich Chicken Pasta Salad Peas & Carrots Strawberry Applesauce	<u>7/23</u> Alt: Turkey Barley Soup Vegetable Lasagna Baby Carrots Mandarin Oranges	<u>7/24</u> Alt: Chicken Sandwich Beef Barley Casserole Carrots Orange
<u>7/27</u> Alt: Egg Salad Sand. Ginger & Garlic Beef Brown Rice Broccoli Mandarin Oranges	<u>7/28</u> Alt: Chicken Chili Maple Chicken Cooked Cabbage Roasted Potatoes Peaches	<u>7/29</u> Alt: Turkey Sandwich Chicken A La King Egg Noodles Carrots/Gala Apple	<u>7/30</u> Alt: Chicken Noodle Soup Sloppy Joe Mix/ Bun Baby Carrots Mixed Fruit	<u>7/31</u> Alt: Chicken Salad Sandwich Chicken Enchilada Mixed Vegetables Pineapple

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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