



SEPTEMBER 2026 NEWSLETTER

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

National Grandparents Day is Sunday, September 13, 2026. It is a day to honor and celebrate family bonds and generations of grandparents or significant elders in our lives who paved the way for us. Also, the **National Council on Aging** promotes **National Senior Center Month** each September. The theme this year is “**Happier Birthdays Happen Here**” and it celebrates the dynamic role that senior centers play in fostering creativity, connection, purpose and resilience in later life. It all starts with community.

At the Ypsilanti Senior Center (YSC) we strive to create inclusive and engaging spaces where older adults thrive. We also strive to create a space where the entire community feels welcome to engage in intergenerational activities. Through our mission, our purpose is to create wonderful social connections, promote health and wellness, provide useful resources, hold creative and cultural engagement activities that bring joy, plus channel access to services that support well-being and life with dignity.



Announcing a YSC Information Session Q&A (Topic TBA)

~Save the Date~

**Staff and Board will Present
“A Conversation with Members”**

Thursday | September 17, 2026

11:45 am - 12:45 pm

1015 N Congress

**More information will be forthcoming soon.
We want to know what you think!**

~

Washtenaw Community College Senior Focus Classes will resume at YSC this month. A new class, taught by instructor Ellie C., is **Music Theory**. 🎵 🎹 Other WCC classes here are: **Tai Chi** (Karla G.), **Senior Fitness** (Michelle W.), and **Line Dancing** (Dee G.). Please see the schedule further in this newsletter. Registration (each 10-week session) is required the first day of class. Forms will be provided. For more information, please ask at the receptionist desk or see the **YSC Bulletin Board**.



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

Executive Director's Corner

Happy September, YSC Family!

Last month, we held our **first Volunteer Appreciation Luncheon**, and it was a wonderful opportunity to thank the amazing people who give their time to help serve our community. We truly appreciate all that you do! Some volunteers have served over 20 years and the newest 2026 is their first time serving!

As we move into a new season, I want to thank our members, volunteers, staff, community partners, and supporters for continuing to make the Ypsilanti Senior Center such a welcoming and active place. Each month brings new opportunities to connect, learn, stay healthy, and enjoy one another's company.

September is a wonderful time to reconnect with familiar faces, try something new, and invite a friend to visit the Center. We have many exciting programs and activities ahead, and I encourage everyone to stay involved and continue sharing your ideas with us. Your feedback helps us make YSC even better!

Michigan Fun Fact: September is the beginning of one of Michigan's favorite seasons—**apple and cider season!** Michigan is well known for its apple orchards, and September is a popular time to enjoy fresh apples, cider, donuts, and the first signs of fall color. For more information, please follow this link:

<https://annarborwithkids.com/articles/ann-arbor-apple-orchards-cider-mills/>

Here's to a safe, healthy, and enjoyable September. I look forward to seeing you around the Center!

Warmly,

Jasmine Figgins

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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 (YSC) Activities, News, & Events~

Art: Facilitated by volunteer **Lynn E.** on **Fridays, 12:30 - 2:30 pm.** Come be creative! 🎨 If there is something you would like to create and need materials, please let us know.

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! Facilitated by the **Schwartz Family,** on **Friday, September 25, 2026,** join us at YSC for board games, fellowship, and card games. **Bring a snack or food to share and your own beverage.** No alcohol.

Community Potluck: **Third Thursday Potluck** will be on **September 17, 2026, at 11:45 am.** The main dish will be **fried chicken wings.** 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, September 9, 2026, 2-4 pm.** Sign up at the receptionist desk.



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 the Great Room 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. **Kids are welcome after 3:00!**

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:** The first Friday luncheon group will meet on the 2nd Friday this month due to the Labor Day holiday. The group is coordinated by rotating YSC volunteers. The next meet-up will be **Friday, September 11, 2026, at Dos Fuentes Restaurant, 1960 Whitaker Road, Ypsilanti.** The restaurant phone number is (734) 627-6756. *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.**

Resources and Information: Facilitated by staff, tell us about the information you need. We will research the answers and provide you with resources. **Fridays, September 4th & 18th, 2:00 pm in the Great Room. Bring your questions, we will try to find answers or direct you to an organization that can help!**

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.**

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.** 🧶 🧵

Special Request: Please do not drop off donated items without speaking to staff. No donations are needed at this time. Help us to maintain a welcoming space. Thank you.

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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), or senior resources, please contact <u>MI Options Medicare Assistance Program</u> 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. YSC will participate in Medicare Open Enrollment, 10/15 - 12/07/26.</i>
 https://ccwcwashtenaw.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	<u>Cinemark Ann Arbor 20</u> (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

September 9 - Gidget

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 General Election on November 3, 2026**. For **voter registration**, or early voting, **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>

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. 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/>



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

Wiard's Orchards: Second Annual **Food Truck Rally** on **Saturday and Sunday, September 12-13, 2026**. **Fall Car/Jeep Show**, **Saturday, September 19, 2026**.



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>September 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 Sept 17th 1:00 PM	<u>Ypsi Farmers and Gardeners</u> <u>An Enduring Legacy Exhibit</u> <u>Through September 28, 2026</u> YDL - Superior BIPOC and working-class farmers and gardeners in Ypsi share their stories with the community and future generations.
<u>Classic Movie Night</u> Wednesday September 9th 6:30 pm Join us to watch some classic movies. Sep 9: The Asphalt Jungle (1950) directed by John Huston (Noir)	<u>Fellowship of the Fiber</u> Tuesdays in September 6:00 pm YDL - Whitaker Knitting, crochet, embroidery and needlecraft, spinners, lacemakers, and more, join us with any craft you can carry. Open to all, any handcraft welcome!
<u>Read it & Eat It: Cookbook Club</u> Monday, September 14th 6:00 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>EMU - Fall Prevention</u> <u>One-on-One Guide</u> <u>Thursday September 24th 9:30AM</u> Join us for a dynamic, hands-on workshop designed to reduce your fall risks, boost your balance, and give you the peace of mind you deserve.
<u>Canva 101: Intro to Canva</u> Saturday, September 19th 11:00AM YDL - Superior Explore Canva, a free graphic design tool for creating flyers, social media posts, presentations, and more. In this introductory class, create a flyer and learn the basics of Canva's interface, tools, and features.	<u>Author Talk: Gerald McBride's</u> <u>"God & the DJ Talk"</u> Wednesday September 30th 7:00 PM Stories are shared from his powerful memoir, God and the DJ. He never imagined his life would take him from spinning records in his brother's nightclub to becoming the voice behind commercials for music legends like Prince, Luther Vandross, Earth, Wind & Fire, Janet Jackson, and countless other superstars.

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Activities Calendar

Mon 8/31 <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Euchre</u> 12:30 - 3:00 pm <u>Open Activities</u> 3:00 - 4:15 pm	Tues 9/1 <u>AM Open</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 9/2 <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 - 2:00 pm	Thurs 9/3 <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am <u>Games and Such</u> 12:30 - 3 00 pm <u>Open for Presentations</u> 3:00 - 4:15 pm	Fri 9/4 <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Art w/Lynn</u> 12:30 - 2:30 pm <u>Resources & Info</u> Great Room 2 PM
Mon 9/7 <u>YSC Closed</u> <u>Labor Day Holiday</u>	Tues 9/8 <u>AM Open</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 9/9 <u>WCC Fitness w/Michelle</u> 9:30 - 10:30 am <u>WCC Line Dancing w/Dee</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 9/10 <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am <u>Games and Such</u> 12:30 - 3 00 pm <u>Open for Presentations</u> 3:00 - 4:15 pm	Fri 9/11 <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Art w/Lynn</u> 12:30 - 2:30 pm
Mon 9/14 <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	Tues 9/15 <u>AM Open</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>WCC Music Theory w/Ellie</u> 3:00 - 4:00 pm	Wed 9/16 <u>WCC Fitness w/Michelle</u> 9:30 - 10:30 am <u>WCC Line Dancing w/Dee</u> 10:30 - 11:30 am <u>Bingo w/Deb</u> 12:30 - 2:30 pm	Thurs 9/17 <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am <u>~POTLUCK~</u> <u>11:45 AM</u> <u>Games and Such</u> 12:30 - 3 00 pm <u>YSC Board Meeting</u> 6:30 pm	Fri 9/18 <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Art w/Lynn</u> 12:30 - 2:30 pm <u>Resources & Info</u> Great Room 2 PM
Mon 9/21 <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 <u>Schedule Repeats 9/28</u>	Tues 9/22 <u>AM Open</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>WCC Music Theory w/Ellie</u> 3:00 - 4:00 pm <u>Schedule Repeats 9/29</u>	Wed 9/23 <u>WCC Fitness w/Michelle</u> 9:30 - 10:30 am <u>WCC Line Dancing w/Dee</u> 10:30 - 11:30 am <u>Bingo w/Deb</u> 12:30 - 2:30 pm <u>Open</u> 2:30 - 4:15 pm <u>Schedule Repeats 9/30</u>	Thurs 9/24 <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am <u>Games and Such</u> 12:30 - 3 00 pm <u>Open for Presentations</u> 3:00 - 4:00 pm	Fri 9/25 <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Art w/Lynn</u> 12:30 - 2:30 pm <u>Board Games & Card Party 3 - 7:00pm</u>

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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>9/1</u> Pot Roast Roasted Sweet Potatoes California Blend Gala Apple	<u>9/2</u> White Bean Chicken Chili Side Salad Orange	<u>9/3</u> Chicken Pasta W/Veggies Broc/Caul Mandarine Oranges	<u>9/5</u> Paprika Chicken Mashed Potatoes Green Beans Peaches in a Cup
<u>9/7</u> CLOSED LABOR DAY	<u>9/8</u> Chicken Rice Soup Potato Salad Creamy Coleslaw Mandarine Oranges	<u>9/9</u> Hamburger Stronganoff Peas & Pearl Onions Mixed Fruit	<u>9/10</u> Salisbury Steak Rosemary Roasted Potatoes Mixed Vegetables Pineapple	<u>9/11</u> Tikka Masala Jasmine Rice Green Beans Apple
<u>9/14</u> Shepherds Pie Mixed Vegetables Pears	<u>9/15</u> Stir Fry Steak Brown Rice Oriental Vegetables Mixed Fruit	<u>9/16</u> Chicken Pasta Salad Peas & Carrots Strawberry Applesauce	<u>9/17</u> POTLUCK Chicken Wings 11:45pm - 12:30pm	<u>9/18</u> Beef Barley Casserole Carrots Orange
<u>9/21</u> Ginger & Garlic Beef Brown Rice Broccoli Mandarine Oranges	<u>9/22</u> Maple Glazed Chicken Roasted Potatoes Cabbage Peaches	<u>9/23</u> Chicken A La King Carrots Gala Apple	<u>9/24</u> Sloppy Joe Mix WW Bun Baby Carrots Mixed Fruit	<u>9/25</u> Chicken Enchilada Brown Rice Mixed Vegetables
<u>9/28</u> Chicken Fettuccine Alfredo Prince Charles Blend Peaches	<u>9/29</u> Pot Roast Roasted Sweet Potato California Blend Gala Apple	<u>9/30</u> White Bean Chicken Chili Side Salad Orange		

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.

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