

October 2026 NEWSLETTER

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

Pumpkins, Spices



And Apple Cider Time of Year!



Find your favorite cider mill by following this link:

<https://thesuntimesnews.com/cider-mills-across-county-kick-off-season-with-donuts-apples/>

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It is also time to bundle up a little and take care of ourselves by making sure our health is protected. On **October 1, 2026, 10 am - 1 pm**, **Kroger Pharmacy will sponsor a vaccination clinic** in the Activities Room at YSC! 💉

Necessary forms for participation are available at the receptionist desk with a multitude of vaccines available, including flu, Covid, pneumonia.

Also on **October 1st, 12:30 - 1:30 pm**, **DTE Energy** will hold a presentation about energy and cost-saving tips. **Free kits will be handed out.** YSC will receive a donation based upon attendance! *Please come and support us.* 🍁

Monday, October 12, 2026 at 6:00 pm, the **Ypsilanti District Library (Whitaker)**, the **League of Women Voters of Washtenaw County**, and **Alpha Kappa Alpha Sorority Incorporated, Delta Psi Omega Chapter**, will hold an in-person **candidates forum** where residents can learn about political positions and ask questions of the candidates that are running for Congress in Michigan's 6th Congressional District, for the **November General Election on November 3, 2026**. This forum will also be livestreamed and recorded. The recording will be available on the LWV-WC YouTube channel shortly after the event. Please plan on voting. As a polling site, the Ypsilanti Senior Center (YSC) will be closed on election day.



More information about voting:

<https://www.michigan.gov/sos/elections/voting>

There is very important information on page two of this newsletter.

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 Manager | S. McKinney, Special Projects/Nutrition

Director's Note

Thank you to everyone who attended our recent information session (9/17/26) regarding the potential opportunity for YSC to expand and possibly relocate to the HighScope building at 600 North River Place, Ypsilanti, MI 48198 . Based on the feedback we received, many members expressed interest in learning more about the possibility and what this could mean for the future growth of the Senior Center.

YSC is planning to schedule a tour of the HighScope building before the end of October for YSC members who are interested in seeing the facility firsthand. If you would like to participate in the tour, please email me at director@ypsiseniorcenter.org, or stop by the Center to let us know.

I also want to emphasize that no final decision has been made. We are still in the preliminary stages of exploring this opportunity and want to remain transparent with our members, Board, staff, and community throughout the process. Our members are at the heart of YSC, and your feedback is an important part of any conversation about our future growth.

Thank you to the Board members who attended the information session and showed their support. Their input, along with the voices of our members, is vital as we continue exploring what may be possible for YSC.

YSC will not participate in the quilt raffle fundraiser this year. But as we continue expanding our fundraising efforts, there will instead be a donation table at the Artisan Market, December 19, 2026. We are also excited to share that the Ypsilanti Artisan Market is planning to partner with YSC to host its first Spring Market at the Center in 2027! Be on the lookout for additional details in upcoming newsletters!

Thank you for continuing to be part of the YSC community.

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/>.

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, October 16, 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 **October 15, 2026, at 11:45 am**. The main dish will be **chicken pot pie**. Guest presenters will be speaking about end-of-life processes and care. 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! See crafts and arts created hanging in the Great Room.

Crochet/Knitting Group: This group, facilitated 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! **October 21, 2026, 2-4 pm or right after Bingo.** 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. 🎴

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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!**

Games and Such! Thursday afternoons, 12:30 - 3:00 pm, (except for October 1st) 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.

Joyful Improvisation Theater, a monthly fun and interactive mental wellness workshop, will be held on **October 22, 2026 from 3-4:00 pm**. Led by **Miriam Kirscht**, this workshop has inspired greater well-being and joy in participants.

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, October 2, 2026, at 10256 Willis Rd, Willis, 48191**. The restaurant phone number is **(734) 461-9250**. *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: Ask us, we'll find the answers and direct you to where more information can be located. 💡💬

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. Registrations due by Friday, October 9, 2026.

TAI CHI with KARLA G.

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

2:30 TO 3:30 PM

NEW Skip Date: 10/12/26

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>
 CATHOLIC CHARITIES WASHTENAW COUNTY 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

October 14 - *The Ghost and Mr. Chicken*

Doors open at 1:00pm. Snacks, film facts, and fun begin at 1:15pm. **The movie begins at 2:00 pm.**

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>

Magic, Mischief, & Mystery Artisan Market: **October 4, 2026**, **Holy Bones** returns to the historic Michigan Firehouse Museum for a magical, mysterious, and mischievous marketplace experience! **There will be 65 independent artisans, makers, and creators showcasing their work across two floors of the museum.** Expect a vibrant showcase of original handmade art, dark aesthetics, and unique oddities. Come explore the firehouse! More information:

<https://www.ecurrent.com/calendar/details/magic-mischief-mystery-artisan-market/19642918/2026-10-04T13/>



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

and Housing Bureau for Seniors presents:

SENIOR LIVING WEEK, with kick-off **Saturday, October 10, 2026 | 9:00 am to 1:00 pm**, at **Washtenaw Community College Morris Lawrence Building**. There will be health screenings, information, & refreshments. For more information or to register:

<https://www.michiganmedicine.org/community/community-health-services/housing-bureau-seniors/senior-living-week>

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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. 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/>



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 Holiday - October 12, 2026. The second Monday in October is a federal holiday celebrated throughout the country, and previously known as "Columbus Day." In November 2015, **Washtenaw County Commissioners passed a resolution renaming this holiday in Washtenaw County to "Indigenous People's Day."** This region sits on the ancestral, traditional, and contemporary lands of the Anishinaabe—including the Odawa, Ojibwe, and Potawatomi—as well as the Wyandot people. **YSC is closed in observance.**

Ypsi Food Co-op will hold a **Community Celebration and Fall Festival with Potluck** on **Saturday, October 15, 2026, from 1- 5:00 pm**. The Co-op is the official Michigan host for the **Interdependence Relay** For more information:

<https://www.annarbor.org/event/ypsi-co-op-fall-festival/25505/>

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<u>Ypsilanti District Library Events</u> <u>October 2026</u> Please see the library website to <u>register</u>, for listings of additional classes, or for more information: https://attend.ypsilibrary.org/events Senior Advisory Board Meeting October 15th 1:00 PM	<u>Ypsilanti Zine Club</u> <u>Thursday October 8th 6-8 pm</u> YDL - Michigan Work on zines, share techniques and ideas, and make zine-making friends. Basic art materials provided. Registration required.
<u>Racial Justice Reading Group</u> <u>Wednesday October 14th 7-8:30 pm</u> YDL - Michigan Discuss readings that explore racism, privilege, discrimination social justice, and democracy. Register by emailing Joy Cichewicz at worksofjoy@gmail.com.	<u>Fellowship of the Fiber</u> <u>Tuesdays in October 6 - 8:00 pm</u> YDL - Whittaker Knitting, crochet, embroidery and needlecraft, spinners, lacemakers, and more, join us with any craft you can carry. Open to all!
<u>YDL Guitar Club</u> <u>Saturdays October 3, 17, & 31 10-12 pm</u> YDL - Whittaker Practice your guitar skills, learn new songs, and play in a group. 🎸	<u>Restorative Sound Healing:</u> <u>Gong Bath with Candice Wu</u> <u>Wednesday October 21st 6:30 pm</u> Please arrive 5-10 minutes early to set up a comfy space with any blankets, pillows, etc that you have for comfort. Rest comfortably with resonant sounds and vibrations.
<u>Read It & Eat It: Cookbook Club</u> <u>Monday October 5th 6-7:30 pm</u> YDL - Whittaker Each month, participants will choose a recipe from a specific book or theme, prepare it, and bring the dish to share and discuss. Oct 5: Small Victories by Julia Turshen	<u>Pumpkin Carving Arts & Crafts</u> <u>Saturday October 24th 11 - 2 pm</u> 1765 Norfolk Ave (Norfolk Park) Pumpkin-carving, arts, crafts, and snacks. 

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October 2026 Activities Calendar

<u>Mon 9/28</u> <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Euchre</u> 12:30 - 2:15 pm <u>WCC Tai Chi w/Karla</u> 3:00 - 4:15 pm Community Conversation with MI House Rep Jimmie Wilson 7-8 :00 pm YSC	<u>Tues 9/29</u> <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</u> <u>w/Ellie</u> 3:00 - 4:00 pm UM Caregiving Event 4:30	<u>Wed 9/30</u> <u>WCC Fitness</u> <u>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>Thurs 10/01</u> <u>Freestyle Activities</u> 9:30 - 11:30 am <u>Vaccination Clinic</u> 10 am - 1:00 pm <u>DTE Energy Presents</u> 12:30 - 1:30 pm <u>Games and Such</u> 1:30 - 3 00 pm <u>Open for Presentations</u> 3:00 - 4:15 pm	<u>Fri 10/02</u> <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Art w/Lynn</u> 12:30 - 2:30 pm
<u>Mon 10/05</u> <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Euchre</u> 12:30 - 2:15 pm <u>WCC Tai Chi w/Karla</u> 3:00 - 4:15 pm	<u>Tues 10/06</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</u> <u>w/Ellie</u> 3:00 - 4:00 pm	<u>Wed10/07</u> <u>WCC Fitness</u> <u>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>Thurs 10/08</u> <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	<u>Fri 10/09</u> <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Art w/Lynn</u> 12:30 - 2:30 pm
<u>Mon 10/12</u> <u>YSC Closed</u> <u>Indigenous People's Day</u> <u>No Classes</u>	<u>Tues 10/13</u> <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</u> <u>w/Ellie</u> 3:00 - 4:00 pm	<u>Wed 10/14</u> <u>WCC Fitness</u> <u>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>Thurs 10/15</u> <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	<u>Fri 10/16</u> <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>
<u>Mon 10/19</u> <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Euchre</u> 12:30 - 2:15 pm <u>WCC Tai Chi w/Karla</u> 3:00 - 4:15 pm <u>Schedule Repeats 10/26</u>	<u>Tues 10/20</u> <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 10/27</u>	<u>Wed 10/21</u> <u>WCC Fitness</u> <u>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> 2:15- 4:15 pm <u>Schedule Repeats 10/28</u>	<u>Thurs 10/22</u> <u>Mahjong, Chess & Freestyle Activities</u> 9:30 - 11:30 am <u>Games and Such</u> 12:30 - 3 00 pm <u>JOYFUL IMPROV THEATRE w/Miriam</u> 3:00 - 4:00 pm <u>Schedule Repeats 10/29</u>	<u>Fri 10/23</u> <u>Gentle Chair Fitness</u> 10:30 - 11:30 am <u>Art w/Lynn</u> 12:30 - 2:30 pm <u>Schedule Repeats 10/30</u> <u>Except cardgames</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

			10/1 Meatloaf Mashed Potato Mixed Vegetables Mixed Fruit	10/2 Meaty Ragu Green Beans Strab. Applesauce
10/5 Meatballs Brown Rice Cauliflower Papaya/Mango	10/6 Roasted Turkey Mashed Potatoes Broc/Caul/Carrot Blend Trop. Fruit Salad	10/7 Oven Roasted Tilapia Citrus Lentil Rice Broccoli Mandarin Oranges	10/8 Chicken Parmesan Green Beans Apple	10/9 Black Bean Burger Cilantro Creme Sauce Mixed Veggies Pineapple
10/12 No Senior Cafe' Meals YSC Closed	10/13 Chicken Lentil Soup Crackers Side Salad Pineapple	10/14 Dijon Baked Salmon Seasoned Black Beans Malibu Veg Blend Peaches	10/15 POTLUCK Chicken Pie 11:45pm - 12:30pm	10/16 Beef Goulash California Blend Orange
10/19 Turkey Barley Soup Side Garden Salad Papaya & Mango	10/20 Roasted Chicken Thigh Mashed Potatoes Green Beans Diced Pears	10/21 Beef Chili WW Crackers Cherry Tomatoes Orange	10/22 Chicken Tenders Quinoa Green Beans Peaches	10/23 Quinoa Corn Cake Tofu Sauce Mixed Veggies Trop. Fruit Blend
10/26 Cheesy Broccoli Rice Soup Side Salad Applesauce	10/27 Mediterranean Chicken w/Rice Garden Veg. Blend Papaya/Mango	10/28 BBQ Chicken Breast Broc & Caul Tomato/Cuc Salad Pineapple	10/29 Meatloaf Mashed Potato Mixed Vegetables Mixed Fruit	10/30 Meaty Ragu Green Beans Strab. 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

Website: www.ypsiseniorcenter.org | **Email:** info@ypsiseniorcenter.org | **Social:** Facebook

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