



Williamston Area Senior Center

Come as guests, stay as friends!



Fun times at National Night Out!



Ribbey Road Flower Farm donated flowers for the seniors to make arrangements!



Nothing like lunch on the patio!



Join us for exercise class, Monday, Wednesday, & Thursday, 10:30am !

September - October 2026

Newsletter

ABOUT THE WASC, MISSION, PURPOSE

Lunch Program

The **Williamston Area Senior Center** is open Monday-Thursday for lunch. Monday and Thursday our kitchen provides homemade meals, the cost is \$4 per person, per meal.

Tuesday and Wednesday lunch is provided by **Tri-County Office on Aging**, with a suggested donation of \$4 per person, per meal.

Please call at least 24 hours in advance to make reservations for lunch at 517-655-5173.

For additional information please check out the WASC Newsletter or Website. And if you are homebound and need meals delivered to you call **Meals on Wheels** at 888-224-3030, option 4.

Where to find the WASC

If you are looking for information on the WASC, please check out our Website and Facebook. If you have any questions please don't hesitate to call or email for more information.

Website: www.williamstonseniorctr.org
Facebook: Williamston Area Senior Center
Phone: 517-655-5173
Email: williamstonseniorctr@gmail.com

Hours of Operation

Monday - Thursday, 9am - 3pm

WASC Location

The WASC is located at:
500 Williamston Center Rd.
Williamston, Michigan 48895

*We have reserved handicap parking & automatic front doors.

And don't forget, the WASC serves as a heating and cooling Center during our regular business hours, Monday - Thursday, 9am - 3pm. And because we have a generator, we can remain open during power outages when conditions require a safe place to escape the heat or cold.

WASC Mission

The Williamston Area Senior Center shall be a "go-to" resource where aging adults and their families find support, guidance, educational, and social programs assisting seniors 60 years of age and older for navigating life transitions, and continuing to be active, healthy, and engaged in the community.

Our mission is reflected in our motto:

Come as guests, stay as friends!

WASC Purpose

The WASC shall provide educational, enrichment, health awareness, and social programs; shall serve as a resource for individuals needing assistance with medical and social service networks; and shall collaborate with other community agencies, local government, and trained professionals to meet the needs of the senior population.

Your Event, Our Beautiful Space

Looking for the perfect place to host your next event? The Williamston Area Senior Center is available to rent! Whether you're planning a meeting, wedding, graduation party, birthday celebration, family gathering, our beautiful venue is designed to help bring your vision to life!



Staff

Executive Director: Julie Rudd

Events/Activities Coordinator: Tamara West

Kitchen Coordinator: Pat Cookingham

Administrative Assistant: Dawn Harris

Board of Directors

President: Jolene Gustafson

Vice President: Mark Steinberg

Secretary: Margie Stephenson

Treasurer: Ray Lemmen

Board Members

Ann Lemmen (2029)

Sharon Basil (2029)

Karleen Dimick (2028)

Jill Cutshaw (2028)

Sharon LaPointe (2027)

City / Township Officials

City of Williamston Mayor, Tammy Gilroy

Leroy Township Supervisor, Earl Griffes

Locke Township Supervisor, Bruce Miller

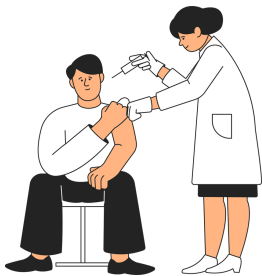
Wheatfield Township Supervisor, Troy Leonard

Williamstown Township Supervisor, Ron Poth



- Black Tea Bags
- Flavored Liquid Creamer
- 12oz & 16oz Styrofoam Cups
- Small Styrofoam Bowls
- Small Styrofoam Containers
- Large Styrofoam Containers
- 13 Gallon Kitchen Garbage Bags
- Chinet Dinner Plates
- Small Dessert Plates
- Copy Paper
- Dinner Napkins
- Bingo Prizes: Non-Perishable Food Items and Individual Snack Packs
- Gift Cards: Gordon Food Service, Walmart, Meijer, Costco, Amazon, Home Depot and Local Area Restaurants and Businesses
- And We're Always Looking for Volunteers!

MARK YOUR CALENDAR!



Central Pharmacy will be at the WASC offering flu shots on Monday, September 21, 2026, from 11:00a.m. - 1:00p.m. Stop by the Senior Center and get your flu shot while you're here!



The Michigan Secretary of State Mobile Office is coming to the WASC, Monday, October 12 from 10am - 1pm. Book a visit to complete your Secretary of State transactions.

From the Director's Desk



*Emberly, our Duck Ticket Sales
Supervisor & Julie*

As we welcome September and the beautiful beginning of fall, I look around the WASC, and I'm reminded of just how special this place has become. September is National Senior Center month, and it is the perfect time to celebrate what senior centers truly mean to our communities. We are so much more than a building where activities take place. We are a place where friendships are made, stories are shared, new experiences begin, and people can feel connected and valued.

One of my favorite things about the WASC is seeing the friendships that have grown here. Whether it's over lunch, during an exercise class, at an event, or simply sitting together playing cards. Those everyday moments are what make this place special.

And none of it would be possible without our incredible members, volunteers, donors, community partners, and local businesses who continue to support us. I am continually amazed by the generosity and willingness of so many people to help make a difference for our seniors.

Julie Rudd, WASC Executive Director

The President's Post



As September arrives and fall is in the air I find myself wondering what kind of projects I can get involved in with the coming months. I just finished painting and refreshing a house that was originally built in 1860. For me it was fun discovering all the pieces of the house that have lived through 166 years. Wooden floors, heat-vent covers and doors. It was gratifying to bring them back to life. Fresh paint can make the roughest plaster wall look good. And the built-in knick knack shelves are now ready for displaying someone's treasures.

The senior center finds itself with openings for activities many days from 1-3pm. Would you be interested in getting together and sharing some of your activities with others? We could do a recipe exchange, or travel discussions, or sewing demo's on patching jeans. Just a friendly get together in the afternoon after a busy morning. We have the tables on the deck that are begging to be used. Please share your ideas.

Jolene Gustafson, WASC Board President

THANK YOU & HAPPY BIRTHDAY

June 2026

- Jane Weiss, in Memory of Dee Fate
- Christine Kennedy
- Violet Lentz
- Nancy Williamst
- Chris Knapp
- Bunny Dobias
- Ann Daniels
- Karen Eisele
- Mary Rubus
- Debbie Dennis
- Carole Oesterle
- Tina Maurer
- Candace Person
- Dianna Frank
- Diane Gauss



September

- Jayne Bauer
- Ruth Black
- Pamela Burgard
- Kenneth Bush
- Andrea Bongvillo
- Don Dornbush
- Steve Drake
- Janet Eyster
- Judy Fleser
- David Grainger
- Michael Grant
- Mary Lu Hickner
- Sylvia Hindi
- David Liams
- Mary Jakubiak
- Carol Kilway
- Ian LeVine
- Jan Litchfield
- Emilee Marks
- Ted Nastel
- Patti Norton
- Kris Pecora
- Curtis Smith
- Gerald Smith
- Kathy Smith
- Sandra Smith
- Sandy Thornburn
- Daniel Utley
- Julie Walker
- Tammy Walker
- Hazel Watson
- Jerrel Webb
- Ben Westrate
- Jill Westrate
- Darlene Whitbeck
- Dawn Whitbeck
- Jill Westmoreland Ayers
- Nancy Ann Westmoreland Ayers



October

- Sharon Acuss
- Fran Anderson
- Terri Austin
- John Barkham
- Christopher Boylan
- Betty Crandall
- Bunny Dobias
- Gary Foster
- Diane Gauss
- Tina Griffin
- Kurt Guter
- Fred Haring
- Ron Harris
- Sally Hartley
- Karen Higbee
- Brenda Hill
- Ray Holtz
- Bill Irvine
- Marti Kloeopher
- Connie Lenkowski
- Ray Lenkowski
- Janette Lester
- Corky Little
- Ruth Ann Matthews
- Kathleen McKay
- John O'Connor
- Kathy Redmond
- Jim Reed
- Marcia Reed
- Phyllis Ried
- Bob Ross
- Debra Sackett
- Carolyn Shaft
- Sharon Shaft
- David Sherrard
- Julie Thomas
- Gino Venturi
- Joan Wright

July 2026

- Jan Bowman
- Carolyn Schuster, in Memory of Nancy Chapman
- Joel Washington
- Violet Lentz
- Mary Rubus
- Carl Minnis
- Mickie Manley
- Steve Wing
- Fran Anderson
- Marilyn Thompson
- Claudia Philwock
- Karen Eisele
- Joan Bement

And to all of our wonderful
VOLUNTEERS!

*Thank you for
going above
& beyond.*



Williamston - Capital Area District Library

Do you need a little extra help with technology? The Williamston Library is here to help! In addition to our monthly tech help sessions, we offer one-on-one appointments through our Book a Librarian program. Whether you're learning how to use a new device, setting up an email account, downloading eBooks, navigating online resources, or looking for help with research, a librarian can provide personalized help. We'll work with you at your own pace and do our best to answer your questions in a friendly, relaxed setting. Call the Williamston Library at 517-655-1191 to schedule your appointment.

Jacalyn McDonald, Library Assistant

mcdonaldj@cadl.org

www.cadl.org



Michigan Author Series

Monday, September 29th our guest will be Dr. Nicole Cain, ND, MA, a Naturopathic Physician and EMD Trained Psychotherapist. Her book “Panic Proof” goes beyond traditional methods to focus on the body’s role in managing anxiety and panic. Dr. Cain bridges naturopathic medicine, trauma-informed psychotherapy including EMDR and psychedelic-assisted treatment. She has been a keynote speaker at Integrative Medicine for Mental Health and Academy of Integrative Health & Medicine, featured in Psychology Today, Health Magazine, Forbes and Oprah Daily, sharing her expertise.

Monday, October 12th Williamston resident and Michigan Author Stephen Rheame will join us to share his book “Nokee The Last of the Great Lakes Mound Builders.” Stephen is a thirteenth-generation descendant of Louis Herbert, New France’s first European apothecary and farmer. Rheame’s scientific background informs his narrative work, often weaving together themes of cultural preservation, natural history and Indigenous knowledge systems. “Who will remember my people when I am gone?” Nokee is suspenseful and lyrical, a novel that tells the story of one young man racing against time to save a civilization-and discover his own destiny.

SEPTEMBER 2026 Williamston Area Senior Center Activities & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<i>National Senior Center Month</i>	1) 9-11:45 Cards 11:45 LUNCH 12:30 BINGO w/Bonnie!	2) 9-11:45 Cards 9:30 Chair Exercise 10:30 Exercise 11:45 LUNCH 12:30 Premier Travel w/Tracey 1:00 -3:00 Needle Work	3) SEPTEMBER BIRTHDAY BASH 9-11:45 Cards 10:30 Exercise 11:45 LUNCH <i>Enjoy the Holiday Weekend!</i>
7)  CLOSED FOR LABOR DAY	8) 9-9:30 Chi Rising 9-11:45 Cards 11:45 LUNCH 12:30 FLOOR VOLLEYBALL! 12:30 WASC Board Meeting	9) 9-11:45am: Cards 9:30 Chair Exercise 10:30 Exercise 11:45 LUNCH 12:30 Nature Discovery: A Michigan Wildlife Sampler w/McGraths 1:00 -3:00 Needle Work	10) 9-11:45 Cards 10:30 Exercise 11:45 LUNCH 12:30 "Building Brain-Healthy Habits" w/Alzheimer's Assoc, Bertha
14) 9-11:45 Cards 10:00 Blood Pressure Check 10am-1pm State of Michigan Mobile Office 10:30 Exercise 11:45 LUNCH 12:00 Medicare Talk w/Marli American Senior Benefits	15) 9-9:30 Chi Rising 9-11:45 Cards 11:45 LUNCH 12:30 Mind Benders w/Jackie CADL	16) 9-11:45 Cards 9:30 Chair Exercise 10:30 Exercise 11:45 LUNCH 12:30 Drum Circle 1:00 -3:00 Needle Work	17) 9-11:45 Cards 10:30 Exercise 11:45 LUNCH 12:30 The Ukettes
21) 9am Chair Massage 9-11:45am Cards 10:30 Exercise 11:45 LUNCH 12:30 Delta Retirement Ctr w/Tom	22) 9-9:30 Chi Rising 9-11:45 Cards 11:45 LUNCH 12:30 BINGO w/Bonnie!	23) 9-11:45 Cards 9:30 Chair Exercise 10:30 Exercise 11:45 LUNCH Noon Nurse Chat w/ Michelle 12:30 St Croix Hospice w/Andrew 1:00 -3:00 Needle Work	24) 9-11:45 Cards 10:30 Exercise 11:45 LUNCH 12:45 Book Club
28) 9am Table Massage 9-11:45am Cards 10:30 Exercise 10:45-11:45 CADL Tech Support 11:45 LUNCH 12:30 "Panic Proof" w/ Author Dr. Nicole Cain	29) 9-9:30 Chi Rising 9-11:45 Cards 11:45 LUNCH 12:30 FLOOR VOLLEYBALL!	30) 9-11:45 Cards 9:30 Chair Exercise 10:30 Exercise 11:45 LUNCH 12:30 BINGO! w/Chief Weiss 1:00 -3:00 Needle Work	*Unfortunately, there may be times when activities are subject to change.

Williamston Area Senior Center Activities & Events

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<i>*Unfortunately, there may be times when activities are subject to change.</i>			1) OCTOBER BIRTHDAY BASH 9-11:45 Cards 10:30 Exercise 11:45 LUNCH 12:30 Dewey Longuski, Musician
5) 9-11:45 Cards 10 Blood Pressure Check 10:30 Exercise 11:45 LUNCH 12:30 "Your Life. Your Legacy." Preplanning w/Gorsline Runciman	6) 9-11:45 Cards 11:45 LUNCH 12:30 BINGO w Bonnie!	7) 9-11:45am: Cards 9:30 Chair Exercise 10:30 Exercise 11:45 LUNCH 12:30 An Ayurvedic Sampler w/Peace & Prosperity (Sign-up sheet) 1:00 -3:00 Needle Work	8) 9-11:45 Cards 10:30 Exercise 11:45 LUNCH 12:30 Chess w/Chess Coach Tyler Hug
12) 9-11:45 Cards 10am-1pm State of Michigan Mobile Office 10:30 Exercise 11:45 LUNCH 12:30 "The Nokee" w/MI Author Stephen Rheume	13) 9-11:45 Cards 11:45 LUNCH 12:30 Floor Volleyball	14) 9-11:45 Cards 9:30 Chair Exercise 10:30 Exercise 11:45 LUNCH 12:30 Antique Road Show w/Bob Howe (hand carry items only) 1:00 -3:00 Needle Work	15) 9-11:45 Cards 10:30 Exercise 11:45 LUNCH 12:30 Cooking with Lentils -MSU Extension w/Shannon
19) 9am Chair Massage 9-11:45am Cards 10am-3pm sign up for Medicare Review & Changes w/Marli Schnepp, American Senior Benefits 10:30 Exercise 11:45 LUNCH 12:30 Care Patrol w/Dennis	20) 9-11:45 Cards 11:45 LUNCH 12:30 Mind Benders w/CADL/Jackie	21) 9-11:45 Cards 9:30 Chair Exercise 10:30 Exercise 11:45 LUNCH 12:30 Drum Circle 1:00 -3:00 Needle Work	22) 9-11:45 Cards 10:30 Exercise 11:45 LUNCH 12:45 Book Club
26) 9am Table Massage 9-11:45am Cards 10am-3pm sign up for Medicare Review & Changes w/Marli Schnepp, American Senior Benefits 10:30 Exercise 1045-1145 CADL Tech Support 11:45 LUNCH 12:30 Card Crafting with Sandra - Sign up!	27) 9-11:45 Cards 11:45 LUNCH 12:30 BINGO w Bonnie!	28) 9-11:45 Cards 9:30 Chair Exercise 10:30 Exercise 11:45 LUNCH Noon Nurse Chat w/ Michelle 12:30 Haunted Homes in Michigan w/ Mason Area Historical Society 1:00 -3:00 Needle Work	29) 9-11:45 Cards 10:30 Exercise 11:45 LUNCH 12:30 HALLOWEEN FUN 

SEPTEMBER 2026 MENU		Williamston Area Senior Center	
MONDAY	Tuesday	Wednesday	Thursday
	1	2	3
	Chicken Quesadilla, Corn Shell, Chicken, Cheese, Black Beans, Spanish Rice, Banana	Turkey Burger, Baked Beans, Coleslaw, Orange	Shrimp Scampi, Roasted Carrots, Rice, Dessert \$4 per person
7	8	9	10
Center Closed Labor Day	Cheese Omelet, Seasoned Potatoes, Broccoli, Apple Sauce	Shepherd's Pie, Green Beans, Cauliflower, Sliced Bread, Orange	Stick of Butter Chicken & Rice, Broccoli, Dessert \$4 per person
14	15	16	20
Sloppy Joes, Potato Salad, Dessert \$4 per person	Baked Turkey Ham, Sweet Potatoes, Broccoli, Blueberry Muffin, Apple Sauce	Roast Turkey, Beets, Peas	Spaghetti, Cucumber-Tomato Salad, Garlic Bread, Dessert \$4 per person
21	22	23	24
Tacos, Spanish Rice, Coleslaw, Dessert \$4 per person	Baked Fish, Broccoli, Green Bean Casserole, Roll, Orange	Macaroni & Cheese, Cauliflower, Carrots, Bread, Plums	Soup, Toasted Cheese, Tuna-Melts, Apple Spinach Salad, Dessert \$4 per person
28	29	30	
Chicken Alfredo, Celery Parmesan Date Salad, Garlic Bread, Dessert \$4 per person	Baked Salmon, Carrots, Baked Potato, Roll, Clementine	Ham/Potato Casserole, Broccoli, Blueberry Muffin, Banana	

*Please call 517-655-5173 for lunch reservations 24 hours in advance.



WILLIAMSTON AREA
SENIOR CENTER

Williamston Area Senior Center
500 Williamston Center Rd.
Williamston, MI 48895

**NON-PROFIT
U.S. POSTAGE
PAID
Permit #3**

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WASC / Phone: 517-655-5173

Check out our Facebook page!
And don't hesitate to call the
center with questions about
activities-events or to make
reservations for lunch.



WILLIAMSTON AREA SENIOR CENTER MEMBERSHIP DUES 2026

Cost is \$12/year per person. Please complete the
information below and return to WASC along with your payment.

PRINT CLEARLY



NAME: _____
ADDRESS: _____
CITY _____ STATE: _____ ZIP _____
TOWNSHIP: _____
HOME PHONE: _____ CELL : _____
EMAIL ADDRESS: _____
EMERGENCY CONTACT NAME: _____
EMERGENCY CONTACT PHONE: _____
ARE YOU A NEW MEMBER _____ RENEWING MEMBER _____
BIRTH DATE: _____
ARE YOU A VETERAN YES _____ NO _____
I GIVE THE WASC MY PERMISSION TO USE ANY PHOTOS/VIDEOS TAKE
OF ME: YES _____ NO _____
WOULD YOU LIKE TO VOLUNTEER: YES _____ NO _____

Initials _____ Date _____ Check # or Cash _____ Amount _____ Newsletter _____

Please complete form and return with your payment to:
Williamston Area Senior Center
500 Williamston Center Rd.
Williamston, MI 48895