



Williamston Area Senior Center

Come as guests, stay as friends!



Rod Sadler and Chief Weiss!



Happy Volunteers Day Paula!



Students of the Wilson Talent Center, in Mason came to the Center for Arm & Hand Massages!



Happy "102" Violet!

May - June 2026
Newsletter

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.



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.



We will be sending out reminders to those of you who haven't renewed your 2026 membership! Your annual membership helps support the programs, activities, and connections that make the Williamston Area Senior Center such a special place.

We are grateful for your continued involvement and look forward to another wonderful year together.

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 (2026)
Sharon Basil (2026)
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, Nate Lott
Wheatfield Township Supervisor, Troy Leonard
Williamstown Township Supervisor, Ron Poth



WISHLIST

- Black Tea Bags
- Flavored Liquid Creamer
- 12oz & 16oz Styrofoam Cups
- Small Styrofoam Bowls
- Small & Large to-go Containers
- 13 Gallon Kitchen Garbage Bags
- Chinet Dinner Plates
- Small Dessert Plates
- Copy Paper
- Dinner Napkins
- Batteries AA
- 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!



Chi Rising class led by Dr Simone Raines from Williamston Wellness!

From the Director's Desk



As we head into May and June, it's hard not to feel excited about all that summer brings; longer days, warmer weather, and more opportunities to gather together.

One thing I'd like to highlight is that our Senior Center is available to rent! Whether you're planning a graduation party, family celebration, shower, or special event, our building offers a warm and welcoming place to bring people together. If you or someone you know is looking for a venue, we'd be happy to share more details.

As always, thank you for being such an important part of our community, you're what makes this place so special.

Julie Rudd, WASC Executive Director

wascdirector01@gmail.com



The President's Post



I'm so glad that I have been coming to our Monday, Wednesday, and Thursday exercise classes. They have gotten me in shape for all the yardwork and gardening that needs to be done. At least my stamina and strength are better and my muscles aren't screaming at me at the end of the day. If Mother Nature allows maybe we can have a few exercise classes outside on the patio before it gets too hot.

Welcome to all the new members. Be sure to check out the activities and event calendars for May and June. Come or stay after lunch and support the presenters. A lot of effort goes into making these activities available to us. There is no fee for you to attend. Just come and have fun learning and trying new things.

Looking forward to seeing you this spring at the Senior Center.

Jolene Gustafson, WASC Board President

THANK YOU & HAPPY BIRTHDAY

February 2026

- Russ & Susan Cockerill
- Kim Doan, in Memory of Bob Estes
- Marguerite & Marvin Martin
- Patricia Tome, in Memory of Dee Fate
- John Taschner, in Memory of Dee Fate and in Memory of Bob Estes
- Brenda Arnoczky, in Memory of Dee Fate
- Brenda Hill
- Tina Maurer
- Darlene Kittle
- Karen Bollman
- Karen Spak
- Jeanette Robertson
- Karleen & Warren Dimick
- Nancy Williams
- Anis Ahmed
- Brenda Arnoczky



March 2026

- Violet Lentz, in Memory of Dee Fate
- Pamela Schroeder, in Memory of Bob Estes
- Jeanene Bruner, in Memory of Bob & Norma Ward
- Bradley & Mary Lou Sharp
- Lea Estes, in Memory of Bob & Norma Ward and in Memory of Dee Fate
- Marjorie & Rafael Davis
- Ray & Ann Lemmen, in Memory of Bob & Norma Ward and in Memory of Bob Estes
- Tina Maurer, in Memory of Dee Fate
- Mark Talbot, in Memory of Toni Talbot
- Michael & Julia O'Connor in Memory of Leo Sheets
- John Taschner, in Memory of Virginia Taschner
- And thanks to all of our wonderful ***VOLUNTEERS!***

Happy Birthday!

May

- Susan Anderson
- Mike Brown
- Jack Canfield
- Patricia Cate
- August Colandrea
- Tami Egeler
- Claudia Fillwock
- Mike Freeman
- Sheila Freeman
- Lori Grimes
- Sharon Harrison
- Marlowe Hart
- Ann Lemmen
- John Lepeak
- Sandie Litchfield
- Lori Morris
- Shirley Pettis
- Jeanette Robertson
- Margo Rudd
- Mary Schneider
- William Smith
- John Sura
- Bob Thompson
- Scott Tomlinson
- Brenda Towery
- Ken West

June

- Norma Andrews
- Gerry Beach
- Susan Bisard
- Karen Bollman
- John Bollman
- Joan Boylan
- Cindy Dansby
- Pat Flint
- Wayne Gregg
- Kathy Hall
- Linda Higgason
- Sandy Hopkins
- Roxanne Houghton
- Robert Kruch
- John Manack
- Marvin Martin
- Melanie Pletcher
- Marian Schade
- William Sleight
- Tammy Voss
- Mary Waterhouse
- Michael Willcock
- Sharon Wilson-Dureich
- Kim Wiseman
- Wilma Whitehead



MARK YOUR CALENDAR!

Bike Club

Our bike club will be starting up again Tuesday, May 26 at 9am in the WASC parking lot! This is a great opportunity to get outside, enjoy some fresh air, and spend time with friends while exploring our beautiful local surroundings.

Whether you're an experienced rider or just looking for a relaxed, leisurely ride, everyone is welcome. Our group focuses on fun, safety, and riding at a comfortable pace, with plenty of time to visit and take in the scenery.



Don't hesitate to call us if you have any questions. We're looking forward to another great season on two wheels!

Michigan Author Series



We're excited to introduce a Michigan Author Series at the Senior Center! Over the next couple of months, we'll be welcoming talented authors from across Michigan to share their stories, discuss their books and connect with our community. This is a wonderful opportunity to support Michigan writers while enjoying engaging conversations. We hope you'll join us!

Thursday, May 7th

Pam Withrow will present her memoir "Madam Warden" and autobiography "Welfare to Warden". Named Warden of the Year by the North American Association of Wardens Superintendents and Inducted into the Michigan Women's Hall of Fame, Pam will be here to share her journey of her 25 year career with Michigan correctional facilities and experiences.

Thursday, June 11th

John Addis will share his first full-length novel "The Eaton" an Amazon and Audible best-seller as well as his book "The Paper" a more autobiographical piece diving into local Michigan history and horror fiction on each. He will also discuss the process of Indie Publications

MAY 2026 Williamston Area Senior Center Activities & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>4) 9-11:45 Cards</p> <p>10:00 Blood Pressure Check</p> <p>10:30 Exercise</p> <p>11:45 LUNCH</p> <p>12:30 Mothers Day Crafts w Pat</p> <p>11) 9-11:15am Table Massage</p> <p>9-11:45 Cards</p> <p>10:30 Exercise</p> <p>11:45 LUNCH</p> <p>12:30 Forester Woods Adult Care w Robert</p>	<p>5) 9-930 Chi Rising</p> <p>9-11:45 Cards</p> <p>1130 Celebrate Cinco de Mayo w Christy, The Willows</p> <p>11:45 LUNCH (Tacos w Christy)</p> <p>12) 9-930 Chi Rising</p> <p>9-11:45 Cards</p> <p>11:45 LUNCH</p> <p>19) 9-930 Chi Rising</p> <p>9-11:45 Cards</p> <p>11:45 LUNCH</p> <p>12:30 Mind Benders w/ Jackie CADL</p> <p>26) 9-11 WASC Biking Group</p> <p>9-930 Chi Rising</p> <p>9-11:45 Cards</p> <p>11:45 LUNCH</p>	<p>6) 9-11:45 Cards</p> <p>9:30 Chair Exercise</p> <p>10:30 Exercise</p> <p>11:45 LUNCH</p> <p>12:30 Ukettes Music</p> <p>1:00-3:00 Needle Work</p> <p>13) 9-11:45am: Cards</p> <p>9:30 Chair Exercise</p> <p>10:30 Exercise</p> <p>11:45 LUNCH</p> <p>12:30 "Hiking the Appalachian Trail" adventures w Joe/Linda Pulver</p> <p>1:00-3:00 Needle Work</p> <p>20) 9-11:45 Cards</p> <p>9:30 Chair Exercise</p> <p>10:30 Exercise</p> <p>11:45 LUNCH</p> <p>12:30 Drum Circle</p> <p>1:00-3:00 Needle Work</p> <p>27) 9-11:45 Cards</p> <p>9:30 Chair Exercise</p> <p>10:30 Exercise</p> <p>11:45 LUNCH</p> <p>Noon Nurse Chat w/ Michelle</p> <p>12:30 "Michigan Fresh at the Farmers Market" w MSU Extension Shannon</p> <p>1:00-3:00 Needle Work</p>	<p>7) MAY BIRTHDAY BASH</p> <p>9-11:45 Cards</p> <p>10:30 Exercise</p> <p>11:45 LUNCH</p> <p>12:30 "Madam Warden" w Michigan Author Pam Withrow</p> <p>14) 9-11:45 Cards</p> <p>10:30 Exercise</p> <p>11:45 LUNCH</p> <p>12:30 Crossroads Elder Care Options w Taylor</p> <p>21) 9-11:45 Cards</p> <p>10:30 Exercise</p> <p>11:45 LUNCH</p> <p>Enjoy the long weekend!</p> <p>28) 9-11:45 Cards</p> <p>10:30 Exercise</p> <p>11:45 LUNCH</p> <p>1230 Bingo w Chief Weiss</p> <p>12:45 Book Club "The Things we Leave Unfinished" by Rebecca Yarrows</p>
<p>25</p> <p>MEMORIAL DAY</p> <p>CLOSED</p>			

*Unfortunately, there may be times that activities are subject to change.

June 2026 Williamston Area Senior Center Activities & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>1) 9-11:45 Cards 10:00 Blood Pressure Check 10:30 Exercise 11:45 LUNCH 12:30 Local Museum Programs and Email Community w Mitch Lutzke</p>	<p>2) 9-11:45 Cards 9-930 Chi Rising 11:45 LUNCH 1230 Glass Crafts w Pat</p>	<p>3) 9-11:45 Cards 9:30 Chair Exercise 10:30 Exercise 11:45 LUNCH 12:00 Dewey Longuski – musician 1:00 -3:00 Needle Work</p>	<p>4) JUNE BIRTHDAY BASH 9-11:45 Cards 10:30 Exercise 11:45 LUNCH 12:30 K-9 Unit w Deputy Belanger</p>
<p>8) 9-11:45 Cards 10:30 Exercise 11:45 LUNCH 12:30 “Caring for the Elderly” w Dr LaBerge</p>	<p>9) 9-11:45 Cards 9-930 Chi Rising 11:45 LUNCH 12:30 WASC Board Meeting</p>	<p>10) 9-11:45am: Cards 9:30 Chair Exercise 10:30 Exercise 11:45 LUNCH 12:30 “Pain Free Summer” w Dr Katherine Romeo 1:00 -3:00 Needle Work</p>	<p>11) 9-11:45 Cards 10:30 Exercise 11:45 LUNCH 12:30 “The Eaton” & “The Paper” & The Process of Indie Publications w Michigan Author John Addis</p>
<p>15) 9-11:45 Cards 9am Chair Massage 10:30 Exercise 11:45 LUNCH 12:00 Long Term Care w American Senior Benefits/Marli 1230 Healing Foods for Body Type -Ayurvedic Diet w Amy</p>	<p>16) 9-11:45 Cards 9-930 Chi Rising 11:45 LUNCH 12:30 Mind Benders w Jackie CADL</p>	<p>17) 9-11:45 Cards 9:30 Chair Exercise 10:30 Exercise 11:45 LUNCH 12:30 Drum Circle 1:00 -3:00 Needle Work</p>	<p>18) 9-11:45 Cards 10:30 Exercise 11:45 LUNCH 12:30 Filmmaking Processes w Jack Schaberg</p>
<p>22) 9am Table Massage 9-11:45am Cards 10:30 Exercise 1045-1145 CADL Tech Support 11:45 LUNCH</p>	<p>23) 9-11:45 Cards 9-930 Chi Rising 11:45 PICNIC LUNCH at McCormick Park</p>	<p>24) 9-11:45 Cards 9:30 Chair Exercise 10:30 Exercise 11:45 LUNCH Noon Nurse Chat w/ Michelle 12:30 MSU Extension “Make Your Own Salt Free Spices” w Shannon 1:00 -3:00 Needle Work</p>	<p>25) 9-11:45 Cards 10:30 Exercise 11:45 LUNCH 12:30 Virtual Museum Visit to The Louvre w Disability Network 12:45 Book Club</p>
<p>29) 9-11:45 Cards 10:30 Exercise 11:45 LUNCH 12:30 Voices of Ingham Human Library w G Murati</p>	<p>30) 9-11:45 Cards 9-930 Chi Rising 11:45 LUNCH</p>		

*Unfortunately, there may be times that activities are subject to change.

MAY 2026 MENU		Williamston Area Senior Center	
Monday	Tuesday	Wednesday	Thursday
4	5	6	7
Brats, Baked Beans, Pasta Salad, Dessert \$4 per person	Baked Ham, Sweet Potatoes, Cauliflower, Blueberry Muffin, Strawberry Applesauce	Sloppy Joe on Bun, Carrots, Potato Salad, Pineapple	Soup, Toasted Cheese, Tuna- melts, Salad, Dessert \$4 per person
11	12	13	14
Taco Bar, Spanish Rice, Salad, Dessert \$4 per person	Chicken Breast, Peas, Carrots, Fresh Melon	Macaroni & Cheese, Stewed Tomatoes, Cauliflower, Bread, Pineapple	Cashew Chicken, Rice, Salad, Dessert \$4 per person
18	19	20	21
Quiche, Salad, Dessert \$4 per person	Roast Turkey, Sweet Potatoes, Green Beans, Fresh Orange	Baked Ham, Scalloped Potatoes, Brussel Sprouts, Blueberry Muffin, Banana	Stick of Butter Chicken & Rice, Broccoli, Salad, Dessert \$4 per person
25	26	27	28
Closed – Memorial Day!	Cheese Omelet, Carrots, Seasoned Potatoes, Orange	Pork Chop, Broccoli, Mashed Potatoes, Bread, Strawberry Applesauce	Chicken with Pasta- Asparagus-Mushroom, Salad, Dessert \$4 per person

**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