

# Eastside Senior Center Newsletter April 2023



*AGE CONFIDENTLY...AGE COMFORTABLY...AGE CREATIVELY*

## EASTSIDE SENIOR CITIZENS ASSOCIATION

### Executive Director:

Janet Supernaw

### Administrative Specialist :

Brandy Boardway

### Program Coordinator:

Marsha Anderson

### Office Assistant:

Rebecca Rivard

### Van Driver:

Sandra Brown

**PHONE:** 810-250-5000

**FAX:** 810-250-9033

### WEBSITE

[www.eastsideseniorcenter.com](http://www.eastsideseniorcenter.com)

### OFFICE HOURS

Monday–Friday

8:00 am to 4:00 pm

## Funding Source

The Eastside Senior Citizens Center is funded by: Genesee County and the Genesee County Board of Commissioners, Charter Township of Genesee, Kearsley Community School District, Genesee County Senior Services Millage, Eastside Senior Citizens Center, Endowment Fund of the Community Foundation of Greater Flint and many individual donations. Senior Center fund raisers are also held throughout the year. We appreciate all who have made a difference! This program and/or service is fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.



**GENESEE COUNTY**  
OFFICE OF SENIOR SERVICES

## Upcoming Events

### Mother's Day Brunch

Friday, May 12, 2023

\$4 per person

Starting at 11:00 a.m.

**RSVP by Friday, May 5**



### Senior Power Day

Wednesday

May 24, 2023

9 a.m. to 2 p.m.

\$5 per person

Crossroads Village

Stop by the office to grab your tickets



## Arthritis Exercise (Instructor)

*Fridays at 9:30am-10:30 am*

Join us for this low impact workout that will help reduce pain and decrease stiffness, so you feel stronger and more confident! The Valley Area Agency on Aging uses gentle range of motion exercises to help people of all fitness levels keep joints flexible and muscles strong, sleep better, increase energy, improve overall well being.

## Balance/Flexibility/Mobility

*Thursdays at 9:30am-10:30am*

The Balance/Flexibility/Mobility class is an exercise class all individuals can do at any part in their fitness journey to help improve strength, movement, and getting in touch with what your body needs. These 3 parts of exercise are important to do to stay healthy and fit. This class is fun and gets your body moving and your heart beating!!!!Sponsored by Maxwell Therapy Lead by instructor Alysia.

## Balance Exercise Video

*Wednesday 10:00am-11:00 am*

Exercise video designed to reduce the risk of falling.

## Exercise Video

*Mondays at 10:00 am*

Video led chair exercise.

## Line Dancing

*Tuesdays at 10:00am*

Beginner's easy steps led by Brandy.

## Yoga with Janet (Chair Yoga)

*Tuesdays at 3:15 pm*

Experience better breathing techniques and reduce your stress. Silver Sneakers Program plus these other insurance plans are accepted: Peerfit, Silver&Fit, and Renew Active. If not, you are welcome to join us for just \$3.00.



## Hearing Screening

*Tuesday, April 4*

By **Your Hearing Solution**

Free hearing tests & minor hearing aid repair. Please call the office to make an appointment.

## Bristol Hospice Grief Gathering

*Tuesday, April 18 at 10:00 am-11:00 am*

For those who are grieving the death of a loved one. This group allows participants time to share their stories, learn new information regarding the grieving process, and connect with others.

## Bible Study

*Fridays 10:30am-11:30 am*

Join a friendly group for a time of reflection.

## Blood Pressure Checks

*Fridays 11:30a.m.-12:30 pm*

Eastside staff will provide blood pressure checks.





## Make It, Take It

*Mondays at 9:30 am Thursdays at 1:00pm*

We will be making a new craft **every Monday**, we repeat that craft on **Thursday**.

## Yahtzee

*Mondays at 1:00pm*

We will supply dice for each participant— there will be no shared items.

## Computers

*Monday– Friday 9am-4pm*

Our computer room is equipped with six computers, a printer and wireless internet.

## Book & Puzzle Library

*Everyday*

Plenty of puzzles & books to exchange or borrow.

## Landscape Painting - \$20

*Tuesday, April 11 at 10:00am*

Join us for a few hours of fun and painting! Our instructor Steve guides us every step of the way from blank canvas to work of art.

Register in the office, must pay in advance.

## Sew & Crochet

*Tuesdays at 9:30am*

Join the group if you would like to share your talents, and ideas and socialize, or if you need assistance sewing or crocheting.

## Bid Euchre

*Tuesdays  
5:00—8:00*

## Bingo

*Tuesdays  
1:00—3:00  
Wednesdays:  
1:00—3:00*

## Extra Fast Bingo

*Fridays  
1:00—3:30*

## Bunco

*Wednesday  
5:30—9:00*

## Chess Club

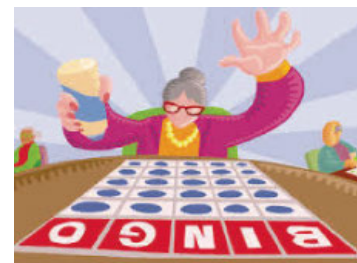
*Tuesdays  
6:30—9:00*

## Cribbage

*Thursdays  
9:30—11:30*

## Cornhole

*Mondays  
3:30—5:00*



## Duplicate Bridge

*Thursdays  
1:00—5:00  
Tuesday Evenings  
4:30—9:00*

## Double Pinochle

*Monday  
12:30—2:30*

## Euchre

*Wednesdays  
5:15—9:00*

## Pinochle

*Wednesdays  
9:30—11:30*

## Pool Table

*Everyday  
9:00—4:00  
(with exclusions to  
leagues  
Tues-Thurs  
11:00-2:00)*

## Skip-Bo

*Monday-Fridays  
12:00—3:00*



## Legal Services of Eastern Michigan

*Friday, April 21*

Free legal services available to seniors 60 and over, here at the senior center. Make an appointment for assistance regarding wills, power of attorney, social security, etc.

*Please call for appointment*

## Veterans Services

*Monday, April 24*

A Veteran Services Officer will be here to file claims for compensation and pension.

*Please call for appointment*



## MiCAFE Program-Bridge Card

*Certification and Recertification*

If you are age 60 and older, need food assistance and meet the income limits (single: \$2,148.00, married \$2,904.00 and assets: \$15,000.00); please call the Center to set up an appointment with our representative. (810) 250-5000.

## Medicare/Medicaid Services

**Appointments** available every Thursday

- Identify resources for prescription drugs
- Explain Medicare Health Plan Options
- Understand doctor & hospital bills and Medicare summary notices
- Understand Medicare/Medicaid eligibility, enrollment, coverage, claims and appeals
- Enroll in Medicare Savings Programs
- *Please call for appointment*



If you or someone you know is in trouble, please do not hesitate to speak up! Elder Abuse Hotline can help! Please call 810-257-3422!



## Daily Congregate Lunch

**Provided by the Genesee County Community Action Resource Department**

Enjoy a great lunch each week day. The main course is featured on our calendar or you can visit our office to pick up a menu.

**When:** Monday through Friday

**Time:** Served 11:30 am - 12:00 pm

**Reserve:** Call by 1:00 p.m. the day before

**Requested Donation:** 60+ \$3.00

*Cost for those under 60, or living outside Genesee County: \$6.00*

GCCARD meals will continue to be served either to go or eat in.

## Commodity Food Program

For low income seniors aged 60+ and live in Genesee County. Please call the office for eligibility requirements. Must apply in advance.

**Date:** Tuesday, April 11

**Time:** 1:00 pm—3:00 pm



**(810) 239-7671**





You can find the resource directory at <http://coaweb.com/directory/>

### Dementia Support Group

Are you caring for a loved one with dementia? Come and join other care givers for a time of sharing your experiences and exchanging techniques that work for you. Periodically we will have guest speakers. On Fridays, once a month at 1:00pm.

### Senior Dental Program

Genesee Health Plan is now offering a FREE senior dental program. Dental coverage benefits include: Dental cleanings, oral exams, fillings, x-rays, dental health education, extractions. For more information, call Corey (810)232-7740 ext. 253



### Red Hat Society

*Wednesday, April 12 at 1:00 pm*

**\*\*New members welcome\*\***

Join the local red hat group at 1 pm. Order our GCCARD Lunch or bring your own sack lunch and beverage.

### Advance Directives

Making a plan for future medical care is important. Your family, friends and doctors need to know how to best care for you if you are too sick to let them know. You can make an appointment to complete your advance directives right here at the Senior Center by calling (810)908-5972. There is no charge for this service!



### Caregiver's Art Program / Painting Through Grief

*Wednesday, April 26 at 1:00pm*

If you are caring for a loved one, or if you are experiencing grief due to the loss of a loved one, this class is for you! Our instructor, Steve Wood, will bring all of the supplies for you and provide assistance while you paint a picture. You will be able to take your completed "Masterpiece" home the same day. This program is being offered free of charge; must be at least 60 years old, and live in Genesee County. *Please call the office to sign up.*



# April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:30 Make It Take It <b>10:00 Stability Class</b> 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Double Pinochle 1:00 Yahtzee	<b>4</b> AARP Tax Program <b>Computer Room Closed</b> 9:30 Sewing & Crotchet <b>10:00 Hearing Screening</b> 10:00 Line Dancing 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club	<b>5</b> 9:30 Pinochle <b>10:00 Cooking For One</b> 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	<b>6</b> 9:30 Cribbage 9:30 Balance/Flexibility/ Mobility Class 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It	<b>CLOSED FOR GOOD FRIDAY</b>
<b>10</b> 9:30 Make It Take It <b>10:00 Stability Class</b> 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Double Pinochle 1:00 Yahtzee	<b>11</b> AARP Tax Program <b>Computer Room Closed</b> 9:30 Sewing & Crotchet <b>10:00 Landscape Painting</b> 10:00 Line Dancing 11:30 Lunch—GCCARD 12:00 Skip-Bo <b>1:00 Commodities</b> 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club	<b>12</b> 9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Red Hats 5:15 Euchre 5:30 Bunco	<b>13</b> 9:30 Cribbage 9:30 Balance/Flexibility/ Mobility Class 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It	<b>14</b> 9:30 Arthritis Exercise (Instructor) 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Extra Fast Bingo

<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
9:30 Make It, Take It <b>10:00 Stability Class</b> 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Double Pinochle 1:00 Yahtzee	9:30 Sewing & Crochet <b>10:00 Grief Gathering</b> 10:00 Line Dancing 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club	9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	9:30 Cribbage 9:30 Balance/Flexibility/ Mobility Class 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It	9:30 Arthritis Exercise (Instructor) <b>9:30 Legal Services</b> 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 12:00 Skip-Bo <b>1:00 Dementia Class</b> 1:00 Extra Fast Bingo
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>9:00 Veteran's Services</b> 9:30 Make It, Take It <b>10:00 Stability Class</b> 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Double Pinochle 1:00 Yahtzee	9:30 Sewing & Crochet 10:00 Line Dancing 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club	9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo <b>1:00 Grief &amp; Caregiver            Painting</b> 1:00 Bingo 5:15 Euchre 5:30 Bunco	9:30 Cribbage 9:30 Balance/Flexibility/ Mobility Class 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It	9:30 Arthritis Exercise (Instructor) 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Extra Fast Bingo



Smart DriverTEK Workshop  
 Eastside Senior Center  
 Monday, May 8th at 10:30 am.

Technology is changing the driving experience! The Smart DriverTEK Workshop will keep you in the know about the latest high-tech safety features in your current or future car. Learn with your peers about Blind Spot Warnings, Forward Collision Warnings, Smart Headlights and more in a FREE, interactive, 90-minute workshop. Space is limited. Register now!





# Congregate April Menu 2023

Menu Subject to Change Based on Product Availability and Quality Standards				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Swedish Meatballs Brown Rice Veggie Blend Pear Cup Flatbread Margarine Milk	<b>4</b> Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantaloupe Chunks WG Bun Ketchup & Mustard 100% Fruit Juice	<b>5</b> Antipasto Salad w/Pepperoni Salami, Ham & Cheese Carrot Sticks Pineapple Tidbits Crunchy Bread Sticks Salad Dressing Milk	<b>6</b> <b>EASTER LUNCHEON</b> Lemon & Herb Chicken Breast Glazed Carrot Rounds Roasted Veggies Strawberry Applesauce Garlic Roll Margarine 100% Fruit Juice	<b>7</b> 
<b>10</b> Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Margarine Mango & Papaya Milk Fortune Cookie	<b>11</b> HM Chicken Parmesan w/Spaghetti Steamed Broccoli Sliced Pears Mixed Vegetables Wheat Roll Margarine 100% Fruit Juice	<b>12</b> Ham & Turkey Sub Lettuce, Tomato, Red Onion HM Pasta Salad Peaches WG Sub Bun Dressing Packet Milk	<b>13</b> BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange WW Roll Margarine 100% Fruit Juice	<b>14</b> HM Beef & Bean Burrito Mexican Rice Chuck Wagon Blend Fruit Cocktail Tortilla Shell Margarine Milk
<b>17</b> Italian Breaded Chicken Breast Veggie Blend Rice Pilaf Mixed Fruit Potato Roll Margarine Milk	<b>18</b> Turkey Tetrazzini Sweet Peas Sliced Carrots Fresh Pear Sliced Bread Margarine 100% Fruit Juice	<b>19</b> Spaghetti & Meatballs Steamed Cauliflower Italian Green Beans Applesauce Garlic Bread Margarine Milk	<b>20</b> HM Chicken Salad Sandwich Cucumber Salad Baked Beans Fresh Banana Sliced Croissant 100% Fruit Juice Cookie of the Month	<b>21</b> HM Mac & Cheese French Cut Green Beans Tomatoes & Zucchini Fruit Salad WG Roll Margarine Milk
<b>24</b> Ham & Cheese Frittata Roasted Redskin Potatoes Baked Apples Mini Muffins Milk	<b>25</b> Salisbury Steak California Veggie Blend Sweet Peas Tropical Fruit Salad WG Dinner Roll Margarine 100% Fruit Juice	<b>26</b> Turkey Polish Dog Potato Wedges Mixed Veggies Diced Pears Hotdog Bun Mustard Packet Milk	<b>27</b> HM Stuffed Peppers Sliced Beets Diced Carrots Pineapple Tidbits WW Roll Margarine 100% Fruit Juice	<b>28</b> Fish Taco w/Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapple Cup Tortilla Shell Lemon Juice Packet Milk
				

\* All Holiday lunches require 2 WEEK NOTICE. RSVP by March 24 for Easter lunch.\*



# HOUSING OPPORTUNITIES & TRANSPORTATION

*These properties are fully or partially owned by The Eastside Senior Citizens Association.*

## **Kearsley Daly Villa**

Kearsley Daly Villa (KDV) is a 100 unit apartment complex physically connected to Eastside Senior Citizens Center. Within this complex you will find a library, game area, and beauty salon. This complex has both one and two bedroom units with either one or two bathrooms. Each floor has a laundry facility. It is unique in that residents do not have to step foot outside to access the senior center. Everything is under one roof and “in-house”. For leasing information, please contact our manager, Brenda at 810-250-1000.

## **Eastside Village**

Eastside Village, located on the west side of our campus, is designed for independent living. Each of the 50 units have two bedrooms, two baths, an attached garage, patio and laundry room. This complex is located adjacent to the senior center and residents are able to enjoy the same amenities as Kearsley Daly Villa. For leasing opportunities and information about Eastside Village call Brenda at 810-250-1000.



“Keep a phone outside shower. After reading a horrible slip and fall story, my husband and I (both seniors) agreed to take a phone and place it outside the shower when showering at home alone. I actually think everyone should do this.” **When alone, take your phone!**

APARTMENTS  
AVAILABLE NOW!

## Transportation Available

**Days:** Monday through Friday

**Time:** 8:30 am to 4:30 pm

**Call:** 250-1000 for scheduling and fee.

Our van is available to transport seniors 60 and over to the senior center, drug stores, doctor's appointments, beauty salons, voting polls, etc.

Information for both transportation and housing can be found at the Senior Center. However, scheduling for the van and apartment rentals are managed through Kearsley Daly Villa. KDV is connected to the Senior Center and can be reached at 250-1000



Call :(810) 250-1000  
For a ride!



# ESTATE PLANNING SEMINAR

W/ Seth Neblock, Senior Law Advocate  
Legal Services of Eastern Michigan

**WHEN:** Monday, May 15<sup>th</sup> @ 12:30 p.m.

**WHERE:** Eastside Senior Center

**Come join us for light refreshments as Seth shares:**

- \* How to protect the assets you leave behind.
- \* Ensuring your family does not encounter unforeseen legal challenges.
- \* Making your wishes about healthcare decisions known to your loved ones.
- \* The importance of naming power of attorney agents so the decision is not left up to the courts.



Please RSVP by May 12th,



## TOPICS INCLUDE

WILLS  
VS.  
TRUSTS

POWER OF  
ATTORNEY

LADY BIRD  
DEEDS

POTENTIAL  
ELDER ABUSE

## EASTSIDE SENIOR CENTER

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**Valley Area  
Agency On Aging**  
 Answers, Action & Advocacy  
 for All Things Senior

- In Home Services
- Health Access Information
- Wellness Programs

**Resources for older adults and persons with disabilities.**

Valley Area Agency on Aging is a non-profit agency serving persons age 60 and older and/or disabled individuals in Genesee, Lapeer, and Shiawassee Counties. If you are living with disabilities or concerned about the well-being of an older adult please contact us for more information on our programs and services.

**Call (810) 239-7671**  
**www.valleyareaaging.org**

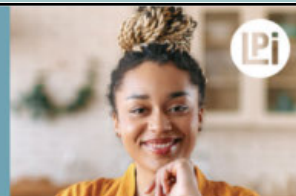


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**efrazier@lpicommunities.com**

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Fax  
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# EASTSIDE SENIOR CENTER NEWSLETTER

## APRIL 2023

Volunteer Appreciation Week  
April 16-22  
Eastside Staff would like to thank you for all you do!



a truly amazing

# Volunteer

IS SELFLESS, GENEROUS,  
HELPFUL, THOUGHTFUL, VALUABLE



also

PATIENT, KIND & GIVING.

