

# Eastside Senior Center Newsletter August 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

### **Newsletter Update**

We will be updating our newsletter mailing list in June. If you don't receive a newsletter and would like to receive one by mail, please contact our office.



### **Pavilion Project**

On behalf of the Eastside Senior Citizens Association's Board of Directors, members, and staff, we would like to thank Genesee County's Board of Commissioners, and Genesee County Senior Services staff for their support in the construction of our new beautiful pavilion that will most certainly enhance the lives of our area senior citizens. In addition, we would also like to take this opportunity to thank Genesee Township Officials for their continued support of the Eastside Senior Center and our ongoing projects which help us to better serve our community seniors.

**Pavilion and Front Entrance landscaping project will be getting underway mid/late July!**



## Arthritis Exercise (Instructor)

*Fridays at 9:30 am -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 Exercise Video

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

Exercise video designed to reduce the risk of falling.

## Exercise Video

*Mondays at 9:30 am*

*Thursday at 9:30 am*

Video led chair exercise.

## 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.

## Line Dancing

*Tuesdays at 10:00 am*

Beginner's easy steps led by Brandy.



## Hearing Screening

*Tuesday, August 1*

**By Your Hearing Solution**

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

## Bible Study

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

Join a friendly group for a time of reflection.

## Blood Pressure Checks

*Fridays 11:30 am -12:30 pm*

Eastside staff will provide blood pressure checks.





## Make It, Take It

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

We will be making a new craft **every Monday**, we repeat that craft on **Thursday**. Money donations are appreciated to help supply craft projects.

## Yahtzee

*Mondays at 1:00 pm*

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

## Computers

*Monday– Friday 9:00 am- 4:00 pm*

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, August 8 at 10:00 am*

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 9:30 am*

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

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

## Extra Fast Bingo

Fridays  
1:00—3:30

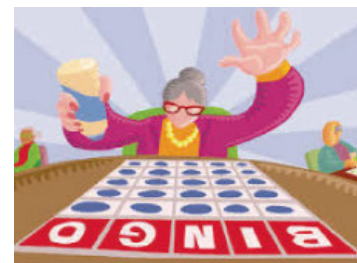
**Bunco**  
Wednesdays  
5:30—9:00

**Chess Club**  
Tuesdays  
6:30—9:00

**Cribbage**  
Thursdays  
9:30—11:30

## Duplicate Bridge

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



## Double Pinochle

Mondays  
12:30—2:30

**Euchre**  
Wednesdays  
5:15—9:00

**Card Games**  
Tuesdays  
5-8:30

**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**  
Tuesdays-Fridays  
12:00—3:00

## Legal Services of Eastern Michigan

*Friday, August 4*

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, August 28*

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 gross (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, August 8

**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.

**\*No meeting for August\***

### Senior Dental Program

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



**Red Hat Society**  
*No Meeting for August*

### 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, August 23 at 1:00 pm*

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.*



# August 2023

Monday

Tuesday

Wednesday

Thursday

Friday

	<p><b>1</b></p> <p>9:30 Sewing &amp; Crochet  <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 Card Games            6:30 Chess Club</p>	<p><b>2</b></p> <p>9:30 Pinochle            10:00 Balance Video            11:30 Lunch—GCCARD            12:00 Skip-Bo            5:15 Euchre            5:30 Bunco</p>	<p><b>3</b></p> <p>9:30 Cribbage            9:30 Exercise Video            11:30 Lunch—GCCARD            12:00 Skip-Bo            1:00 Duplicate Bridge            1:00 Make It, Take It</p>	<p><b>4</b></p> <p>9:30 Exercise Video  <b>9:30 Legal Services</b>            10:30 Bible Study            11:30 Blood Pressure Checks            11:30 Lunch—GCCARD            12:00 Skip-Bo            1:00 Extra Fast Bingo</p>
<p><b>7</b></p> <p>9:30 Make It Take It            9:30 Exercise Video            11:30 Lunch—GCCARD            12:30 Double Pinochle            1:00 Yahtzee</p>	<p><b>8</b></p> <p>9:30 Sewing &amp; Crochet  <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 Card Games            6:30 Chess Club</p>	<p><b>9</b></p> <p>9:30 Pinochle            10:00 Balance Video            11:30 Lunch—GCCARD            12:00 Skip-Bo            5:15 Euchre            5:30 Bunco</p>	<p><b>10</b></p> <p>9:30 Cribbage            9:30 Exercise Video            11:30 Lunch—GCCARD            12:00 Skip-Bo            1:00 Duplicate Bridge            1:00 Make It, Take It</p>	<p><b>11</b></p> <p>9:30 Exercise Video            10:30 Bible Study            11:30 Blood Pressure Checks            11:30 Lunch—GCCARD            12:00 Skip-Bo            1:00 Extra Fast Bingo</p>

<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
9:30 Make It, Take It 9:30 Exercise Video 11:30 Lunch—GCCARD 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 Card Games 6:30 Chess Club	9:30 Pinochle <b>10:00 Stability Class</b> 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	9:30 Cribbage 9:30 Exercise Video 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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
9:30 Make It, Take It 9:30 Exercise Video 11:30 Lunch—GCCARD 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 Card Games 6:30 Chess Club	9:30 Pinochle <b>10:00 Stability Class</b> 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 Exercise Video 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
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<b>9:00 Veteran's Services</b> 9:30 Make It, Take It 9:30 Exercise Video 11:30 Lunch—GCCARD 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 Card Games 6:30 Chess Club	9:30 Pinochle <b>10:00 Stability Class</b> 11:30 Lunch—GCCARD <b>12:00 Diabetes's Path</b> 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	9:30 Cribbage 9:30 Exercise Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It	

# CONGREGATE MEAL MENU - AUGUST 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HM Chicken & Penne Alfredo French Green Beans Diced Carrots Fruit Cocktail Baked Bread Stick Margarine 100% Fruit Juice	Meatloaf w/gravy Mashed Potatoes Sweet Peas Tropical Fruit Potato Roll Margarine Milk	HM Beef Stroganoff Sicilian Veggie Blend Succotash Wheat Roll Fresh Pear Margarine 100% Fruit Juice	Chicken Caesar Salad w/Romaine Cucumber Slices Pita Pocket Half Caesar Dressing Pkt. Fruit Cocktail Milk
7 BBQ Pulled Chicken Sandwich Italian Blend Vegetables Scalloped Potatoes Diced pears Burger Bun Margarine Milk	8 HM Mini Beef Tacos Mexican Rice Chuck Wagon Pineapple Tidbits Sub Bun 100% Fruit Juice	9 Turkey Polish Sausage Veggie Blend Potato Wedges Tropical Fruit Salad Whole Wheat Bun Margarine & Mustard Milk	10 BBQ Chicken Thighs Sweet Corn Key West veggie Blend Strawberry Applesauce Wheat Roll Margarine 100% Fruit Juice	11 Turkey Burger w/Cheese Broccoli Florets Mixed Vegetables Whole Wheat Bun Tropical Fruit Salad Milk
14 Boneless Rib in sauce Baked Beans Peas & Carrots Whole Grain Bun Diced Peaches Milk	15 Spaghetti & Meatballs Steamed Cauliflower Hawaiian Dinner Roll Apple Margarine 100% Fruit Juice	16 Smothered Fried Chicken Really?! Green Beans Rice Pilaf Corn Muffin Mandarin Orange Margarine Milk	17 Sloppy Joe Rosemary Potatoes Winter Blend Vegetables Wheat Bun Golden Apple Margarine 100% Fruit Juice Birthday Cake	18 Macaroni & Cheese Lima Beans Broccoli Florets Pineapple Tidbits Dinner Roll Margarine Milk
21 BBQ Boneless Chicken Wings Whole Kennel Corn Roasted Sweet Potatoes Potato Roll Sliced Peaches Margarine Milk	22 HM Chicken & Cheese Fajitas Refried Beans Spanish Rice with Corn Tortilla Shell Mango & Papaya 100% Fruit Juice Taco Sauce pkt	23 Pork Chop w/Gravy Mashed Sweet Potatoes Sliced Beets Corn Bread Fresh Orange Margarine Milk	24 Pepper Steak w/Midori blend Veg Asian Rice Blend Succotash Veggie Blend Wheat Roll Tropical Fruit Salad Margarine 100% Fruit Juice Cookie of The Month	25 Fish Taco w/Roasted Corn Salsa Scalloped Potatoes Cole Slaw Mixed Fruit Salad Tortilla shell Lemon Juice pk Milk
28 Pork Burger w/Hickory Sauce Redskin Potatoes Sliced Carrots Whole Grain Bun Fresh Orange Milk	29 HM Beef Goulash Cauliflower Scandinavian Blend Veggies Garlic Roll Fresh Orange Margarine 100% Fruit Juice	30 Chicken Tenders Potato Wedges Green Beans Pineapple Chunks Potato Roll Milk	31 Open Face Turkey Sandwich Mashed Potatoes Northwest Blend Veggies Mixed Fruit Cup Half-Slice Texas Toast 1% Milk	



# 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.

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



## *Summer Wellness Tip for Seniors*



### **Benefits of Drinking Water**

#### **Water helps your body:**

- Keep a normal temperature
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements

#### **Tips to Drink More Water**

- Carry a water bottle with you and refill it throughout the day
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long
- Opt for water when eating out. You'll save money and reduce calories
- Add a wedge of lime or lemon to your water. This can help improve the taste



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



**SENIOR DAY AT**

**DOOR  
PRIZES**

# **THE GENESEE COUNTY FAIR TUESDAY, AUGUST 22ND**

## **SCHEDULE OF EVENTS**

**9:00am– Free Coffee & Donuts (while supplies last)**

**9:00am-12:00pm– Vendor Fair**

**10:00am– “Old Blue Eyes”**

**11:00am- “Elvis”**

**12:00pm– Scavenger Hunt– Teams of 2-4 people**

**1:30pm– Free Ice Cream**

**Rides and Fair Food are not free**



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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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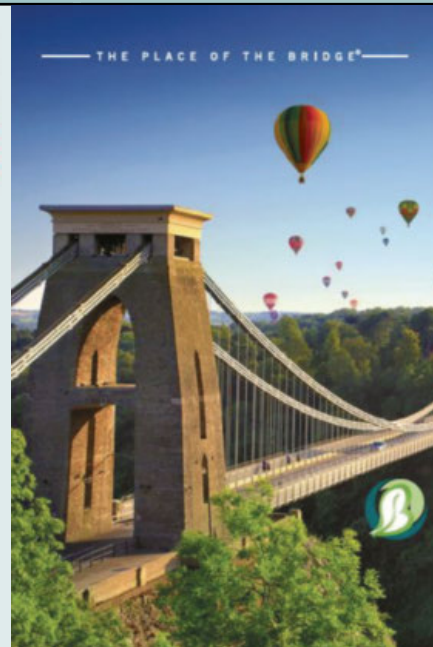
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# EASTSIDE SENIOR CENTER NEWSLETTER


## AUGUST 2023



### Project Fresh Coupons

Coupons are available at the senior center to those meeting income requirements. These can be used at participating Farmers' Markets for Michigan grown fruits and vegetables. Please call the office to make an appointment.

To be eligible to receive **Senior Project Fresh** coupons, you must be at least 60 years of age, **or at least** 55 years of age and a member of a Federally recognized Indian Tribe or Urban Tribal Group in Michigan, meet the income guidelines which are based on 185% of the Federal Poverty Guidelines for 2023 during the current fiscal year and apply for coupons at the lead agency that represents your county of residence. Your signature indicates that you have seen, or have been given a copy of the current annual income guidelines which **are as follows, not to exceed:**  
For 1 person: \$26,973 For 2 people: \$36,482



### Upcoming Events:

#### Stability Class

Where: Eastside Senior Center

When: 8/16/23 - 9/20/23

Time: 10 AM - 11 AM

Call office to sign up and register

#### Diabetes Path

Wednesday: August 30 from 12 pm - 2:00 pm

Wednesdays: September 6, 13, 20, 27 from  
12 pm - 2:00 pm

Wednesday: October 4 from 12 pm - 2:00 pm

To register call: Eastside Senior Center at  
(810) 250-5000

No Cost