

Eastside Senior Center Newsletter December 2022



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

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

Check out our special event on Page 10!

AARP INCOME TAX APPOINTMENTS

Eastside will not be taking any appointments until January 9th 2023. Due to high call volume we **WILL NOT** return any messages about tax appointments; just keep calling. Office hours are Monday - Friday from 8:00 - 4:00 P.M.

SENIOR WINTER GAMES IS BACK!!

Registration will be at your local senior center.
Monday, November 7 through
Thursday, January 12 2023

Holiday Food Baskets

We will be collecting monetary donations rather than canned goods for this year's Holiday Food Box.

These donations will be used to purchase grocery store gift cards for low income members of the Center for the Holidays. Donations accepted up to December 12.



Arthritis Exercise (Instructor)

Fridays 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 Exercise Video

Wednesday 10:00am-11:00 am

Exercise video designed to reduce the risk of falling.

Bible Study

Fridays 10:30am-11:30 am

Join a friendly group for a time of reflection.

Exercise Video

Mondays & Thursdays at 10:00 am

Video led chair exercise.

Line Dancing

Tuesdays at 10:00 am

Beginner's easy steps led by Brandy.



Hearing Screening

Tuesday, December 6

By **Your Hearing Solution**

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

Bristol Hospice Grief Gathering

Tuesday, December 20 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.

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.

Blood Pressure Checks

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

All American Home Health & Hospice Care will provide blood pressure checks by Maureen Kline.





Make It, Take It

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

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, December 13 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 9:30 am

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

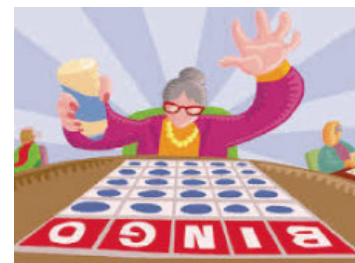
*Tuesdays
6:30—9:00*

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, December 2

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. Keep in mind, our appointments may be booked well into the next few months, as we only have four appointments available per month.

Please call for appointment

Veterans Services

Monday, December 12

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, December 13

Time: 1:00 pm—3:00 pm



TEFAP is this month— this is a quarterly distribution for those in need with a slightly higher income.



(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.

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!



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
Meeting at Golden Corral
On Miller Rd

December 14th at 1:00 P.M.
Gift Exchange is optional \$10.

****New members welcome****

Additionally, we will be meeting at
Eastside Senior Center on December 20th
at Noon

Caregiver's Art Program / Painting Through Grief

Wednesday, December 28
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.*



December 2022

Monday

Tuesday

Wednesday

Thursday

Friday

Eastside Senior Citizens Writing Group

Today, we are the teacher's—the leader's of the new generation, our grandchildren, and great grandchildren and any to come after. How wonderful, if we could impart upon others the lessons we've learned, or just to read our life stories. Everyone has a story, or a thousand adventures we can share. If you've ever thought of leaving your impressions upon someone else, now is the time. We need to know if there is interest in leaving a writing legacy for you. If so call Eastside and leave your name.

1

9:30 Cribbage
10:00 Exercise Video
11:30 Lunch—GCCARD
12:00 Skip-Bo
1:00 Duplicate Bridge
1:00 Make It, Take It

2

9:30 Arthritis Exercise (Instructor)
10:30 Bible Study
11:30 Blood Pressure Checks
11:30 Lunch—GCCARD
12:00 Skip-Bo
1:00 Legal Services
1:00 Extra Fast Bingo

5

9:30 Make It Take It
10:00 Exercise Video
11:30 Lunch—GCCARD
12:00 Skip-Bo
12:30 Double Pinochle
1:00 Yahtzee

6

9:30 Sewing & Crotchet
10:00 Hearing Screening
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

7

9:30 Pinochle
10:00 Balance Video
11:30 Lunch—GCCARD
12:00 Skip-Bo
1:00 Bingo
5:15 Euchre
5:30 Bunco

8

9:30 Cribbage
10:00 Exercise Video
11:30 Lunch—GCCARD
12:00 Skip-Bo
1:00 Duplicate Bridge
1:00 Make It, Take It

9

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

<p>12</p> <p>9:00 Veteran's Services 9:30 Make It Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Double Pinochle 1:00 Yahtzee</p>	<p>13</p> <p>9:30 Sewing & Crochet 10:00 Landscape Painting 10:00 Line Dancing 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Commodities/TEFAP 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club</p>	<p>14</p> <p>9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>15</p> <p>9:30 Cribbage 10:00 Exercise Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It Take It</p>	<p>16</p> <p>9:30 Arthritis Exercise (Instructor) 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Dementia Class 1:00 Extra Fast Bingo</p>
<p>19</p> <p>9:30 Make It Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Double Pinochle 1:00 Yahtzee</p>	<p>20</p> <p>9:30 Sewing & Crochet 10:00 Line Dancing 10:00 Grief Gathering 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:00 Red Hats 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club</p>	<p>21</p> <p>9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>22</p> <p>9:30 Cribbage 10:00 Exercise Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It Take It</p>	<p>CLOSED</p> <p><i>Christmas Eve</i></p> 
<p>CLOSED</p>  <p><i>Merry Christmas</i></p>	<p>27</p> <p>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</p>	<p>28</p> <p>9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Grief & Caregiver Painting 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>29</p> <p>9:30 Cribbage 10:00 Exercise Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It Take It</p>	<p>CLOSED</p> <p>HAPPY NEW YEAR'S EVE</p> 

Congregate December Menu 2022

Menu Subject to Change Based on Product Availability and Quality Standards				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 5 Baked Chicken Breasts w/ Stewed Vegetables-8 oz Lima Beans-4 oz Mandarin Oranges-4 oz Potato Roll Margarine Milk	 6 Lasagna w/Beef Steamed Spinach Baby Carrots Corn Bread-4 oz Margarine Cherry Applesauce-4 oz Milk Chef's Choice 	 7 BBQ Chicken Thighs Roasted Potatoes-4 oz Mixed Vegetables-4 oz Diced Pears-4 oz Hawaiian Roll Margarine-1 ea 100% Fruit Juice	1 Ham Steak w/Pineapples Roasted Brussel Sprouts Rosemary Potatoes Diced Pears Whole Grain Muffin Margarine Milk	2 
12 Chicken & Cheese Enchiladas Spanish Rice Roasted Mexi Corn Diced Peaches Margarine Milk	13 Pot Pie w/Peas, Carrots, Potatoes Italian Green Beans Fresh Apple margarine Biscuit 100% Fruit Juice	14 HM Chicken & Penne Alfredo Steamed Broccoli Diced Carrots (4 oz) Fresh Pear 1 ct) Bread Stick(1 ct) Margarine (1 ct) Milk	15 Stuffed Green Pepper In Sauce Vegetable Blend-4 oz Steamed Cauliflower-4 oz Pineapple Chunks-4 oz WG Crackers Margarine 100% Fruit Juice-4 oz	16 Antipasto Salad w/ Ham, Pepperoni & Salami Carrot Sticks w/dip Sliced Pears-4 oz Wheat Roll Salad Dressing Milk
19 Turkey Burger w/Cheese Potato Wedges Green Beans Fruit Cocktail-4 oz WG Bun Ketchup /Mustard Milk	20 CHRISTMAS LUNCHEON Glazed Pork Loin-3 oz Roasted Veggie Medley Candied Yams HM Holiday Brownie Apple Crisp Wheat Roll & Margarine 100% Fruit Juice 	21 Salisbury Steak in Broth-1 ea Steamed Spinach-4 oz Corn-4 oz Diced Peaches-4 oz Multi - Grain Roll Margarine Milk	22 HM Chicken Parmesan-1 ea Steamed Spaghetti-2 oz Veggie Blend Whole Grain Garlic Bread-1 ct Margarine-1 ct Diced Pears-4 oz 100% Fruit Juice	23 
26  OBSERVANCE	27 Country Style Chicken Sweet Peas Diced Potatoes Dinner Roll Margarine Diced Peaches 100% Fruit Juice	28 Steak Fajitas Chuck Wagon Veggies Spanish Rice Tortilla Shell Margarine-1 ct Pineapple Cup Milk	29 HM Mac & Cheese-8 oz French Cut Green Beans-4 oz Sliced Carrots-4 oz Mixed Fruit Potato Roll Margarine 100% Fruit Juice	30  OBSERVANCE

REMINDER:
 All Holiday lunches require 2 WEEK
 NOTICE. RSVP by December 2nd
 for Christmas 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.

Lockwood of Genesee

Eastside Senior Citizens Association is also part owner in Lockwood of Genesee located on Linden Road. We are proud to include this beautiful assisted living facility on our list of housing opportunities. At Lockwood of Genesee, there are one or two bedroom apartments, with a menu of optional services that include daily meals, housekeeping services, and laundry services. This property features a movie-theatre, fitness center, card and game gallery, chapel, beauty salon, library, and much more. Call at 810-733-8900.

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!



Holly Jolly Dinner

Eastside Senior Center

Friday, December 9, 2022 at 5:00 P.M.

Olive Garden - Catering

Create Your Own Pasta Station \$8.00

Entertainer Gene Kelly 6:00 P.M.

RSVP by Friday, December 2, 2022



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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

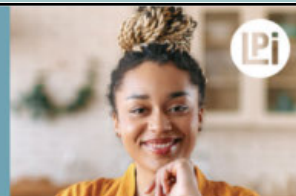


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EASTSIDE SENIOR CENTER NEWSLETTER

DECEMBER 2022



OPEN ENROLLMENT!

We will have our MMAP counselor
available on Thursdays from
October 20-December 1st. Please call our
office to schedule an appointment.

Keep in mind, if Kearsley Schools are closed due to inclement weather conditions, for your safety, the Eastside Senior Center is also closed. Announcements will be made on Channel 12, NBC 25, and our Facebook page.