Eastside Senior Center Newsletter December 2023



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

EASTSIDE SENIOR CITIZENS ASSOCIATION

Executive Director:

Janet Supernaw

Administrative Specialist:

Brandy Boardway

Program Coordinator:

Marsha Anderson

Van Driver:

Sandra Brown

Virginia Inglot

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 Millage funds. Your tax dollars

and/or service is fully or partially funded by Genesee County Senior OPEN ENROLLMENT!

Medicare & Medicaid

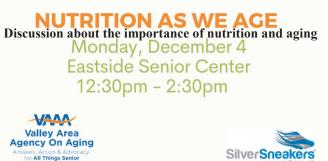
October 19-December 7th



1:30-3:00 p.m.

The arts & crafts room will be available to use for gift wrapping with friends! We will also have our staff members available to help wrap. We will provide supplies for gift wrapping.









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.

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 10:00am-11:00am Exercise video designed to reduce the risk of falling.

Exercise Video

Mondays at 10:00 am Thursdays 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.

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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.





GAMES & CRAFTS



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, December 12 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



SENIOR SERVICES

Legal Services of Eastern Michigan

Friday, December 15

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 will no longer will be at the Senior Centers each month.

Statement from Veterans Service:

"Effective Immediately, we will no longer have a VSO at the senior centers each month. We have learned that we can provide a better and more efficient experience when servicing veterans in our office rather than doing it remotely. We know our senior veterans and spouses have become accustomed to the convenience of us being at the center once a month. But now we are able to make it a little more convenient for them by offering FREE transportation to our office through the Vets to Wellness Program with MTA. Once the veteran/spouse is enrolled, we will reach out to schedule them an appointment in our office."

Applications for the Vets to Wellness

Applications for the Vets to Wellness Program can be picked up at Eastside Senior Center.

Call Veterans Service for appointments 810-257-3068.

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.

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!



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 12

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

ADDITIONAL PROGRAMS AVAILABLE



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 the **third** Friday (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 (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 Wednesday, December 13 **New members welcome** Join the local red hat group at 1 pm for their Christmas Party! \$10 Gift Exchange is optional Please bring dish to pass

Caregiver's Art Program / Painting Through Grief Wednesday, December 27 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.

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Monday

Tuesday

Wednesday

Thursday

Friday

monetary donations rather than canned goods for this year's Holiday Food Box. used to purchase grocery These donations will be income members of the Center for the Holidays. store gift cards for low We will be collecting Ends December 8th.

more about the program by visiting our website at aarp.org/taxaide. In addition, if you let the folks know at the senior center that you might be interested, they can put you in Holiday Food Baskets

The income tax assistance program facilitated by the AARP Foundation is looking for Senior Centers throughout Genesee County from February through April each year. If you are good with numbers and interested in helping people, this can be a very rewarding opportunity to volunteer and give back to the community. You can find out contact with one of our current volunteers who will be more than happy to talk with new volunteers. We assist tax payers with income tax preparation at many of the Volunteers Wanted! you about the program and to answer any

9:30 Arthritis Exercise

(Instructor)

11:30 Blood Pressure

Checks

10:30 Bible Study

questions you might have.

Flint District Coordinator **AARP Tax Aide Program** Contact Information:

Eastside Senior Center 810-250-5000

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11:30 Lunch—GCCARD

Kitchen

The Learning

11:45

1:00 Extra Fast Bingo

12:00 Skip-Bo

9:30 Sewing & Crotchet 4:30 Duplicate Bridge 5:00 Card Games 3:15 Chair Yoga 1:00 Bingo 12:00 12:30 Nutrition As We Age 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:30 Gift Wrap with 9:30 Make It, Take It 10:00 Stability Class 1:00 Yahtzee

Line Dancing Lunch—GCCARD

Skip-Bo

Chess Club

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

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

11:30 Lunch—GCCARD 9:30 Arthritis Exercise 11:30 Blood Pressure Bible Study (Instructor) Checks 10:30

1:00 Extra Fast Bingo 11:45 The Learning Kitchen 12:00 Skip-Bo

11	12	13	14	15
9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee 1:30 Gift Wrap with Friends	9:30 Sewing & Crochet 10:00 Line Dancing 10:00 Landscape Painting 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 Card Games 6:30 Chess Club	9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 1:00 Red Hats 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) 9:30 Legal Services 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 11:45 The Learning Kitchen 12:00 Skip-Bo 1:00 Dementia Class 1:00 Extra Fast Bingo
18	19	20	21	22
9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee 1:30 Gift Wrap with Friends	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 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 Exercise Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It	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
		27	28	29
		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	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 Exercise Video 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Extra Fast Bingo

Congregate December Menu 2023

Menu Subject to Change Based on Product Availability and Quality Standards

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FRIDAY	BBQ Chicken Thighs Roasted Brussel Sprouts Mixed Vegetables-4 oz Diced Pears-4 oz Hawaiian Roll Margarine-1 ea	Baked Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw -4 oz Potato Roll Mixed Fruit-4 oz Milk	Antipasto Salad w/ Ham, Pepperoni & Salami Carrot Sticks w/dip Sliced Pears-4 oz Wheat Roll Salad Dressing	Country Style Chicken Sweet Peas Diced Potatoes Dinner Roll Diced Peaches Milk	HM Mac & Cheese-8 oz French Cut Green Beans-4 oz Sliced Carrots-4 oz Mixed Fruit Potato Roll Margarine
THURSDAY	Nointes.	Baked Chicken Breasts w/ Stewed Vegetables-8 oz Lima Beans-4 oz Mandarin Oranges-4 oz Potato Roll Margarine	HM Stuffed Green Pepper Vegetable Blend-4 oz Steamed Cauliflower-4 oz Pineapple Chunks-4 oz WG Crackers Margarine 100% Fruit Juice-4 oz	CHRISTMAS LUNCHEON Glazed Pork Loin Roasted Veggie Medley Candied Yams HM Holiday Brownie Apple Crisp Wheat Roll & Margarine 100% Fruit Juice	HM Chicken Salad 3 Bean Salad Sugar Snap Peas Sliced croissant Ranch Dressing Pineapple Cup 100% Fruit Juice
WEDNESDAY	Valley Area Agency On Aging Answers, Action & Advocacy for All Things Senior	HM Lasagna w/Beef Steamed Broccoli Baby Carrots Garlic Stick Margarine Margarine Milk	HM Chicken Chili Steamed Broccoli Diced Carrots (4 oz) Fresh Pear 1 ct) Bread Stick(1 ct) Margarine (1 ct)	Salisbury Steak in Broth Steamed Spinach-4 oz Corn-4 oz Diced Peaches-4 oz Multi - Grain Roll Margarine	Steak Fajitas Chuck Wagon Veggies Spanish Rice Tortilla Shell Margarine-1 ct Milk
TUESDAY	Section South	Chef's Choice	HM Beef Stew w/Peas, Carrots, Potatoes Italian Green Beans Fresh Apple Fresh Apple Biscuit 100% Fruit Juice	Chicken Parmasan-1 ea Steamed Spaghetti-2 oz Veggie Blend Whole Grain Garlic Bread-1 ct Margarine-1 ct Diced Pears-4 oz	26 Christmas Christmas OBSERVANCE
MONDAY	Commanua Resource Commanua Com	Beef Dippers w/gravy Redskin potatoes-4 oz Sweet Peas-4 oz Fresh Apple-1 ea Corn Bread Margarine 100% Fruit Juice-4 oz	Beef Tacos Spanish Rice Roasted Mexi Corn Diced Peaches Tortilla Shells (2)	1 urkey Burger w/Cheese Potato Wedges Green Beans Fruit Cocktail-4 c WG Bun Milk	OBSERVANCE

All Holiday lunches require 2 WEEK NOTICE. RSVP by December 7th 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.

Safe Travels



APARTMENTS AVAILABLE NOW!

Transportation Available

Days: Monday through Friday **Time:** 8:30 am to 4:30 pm

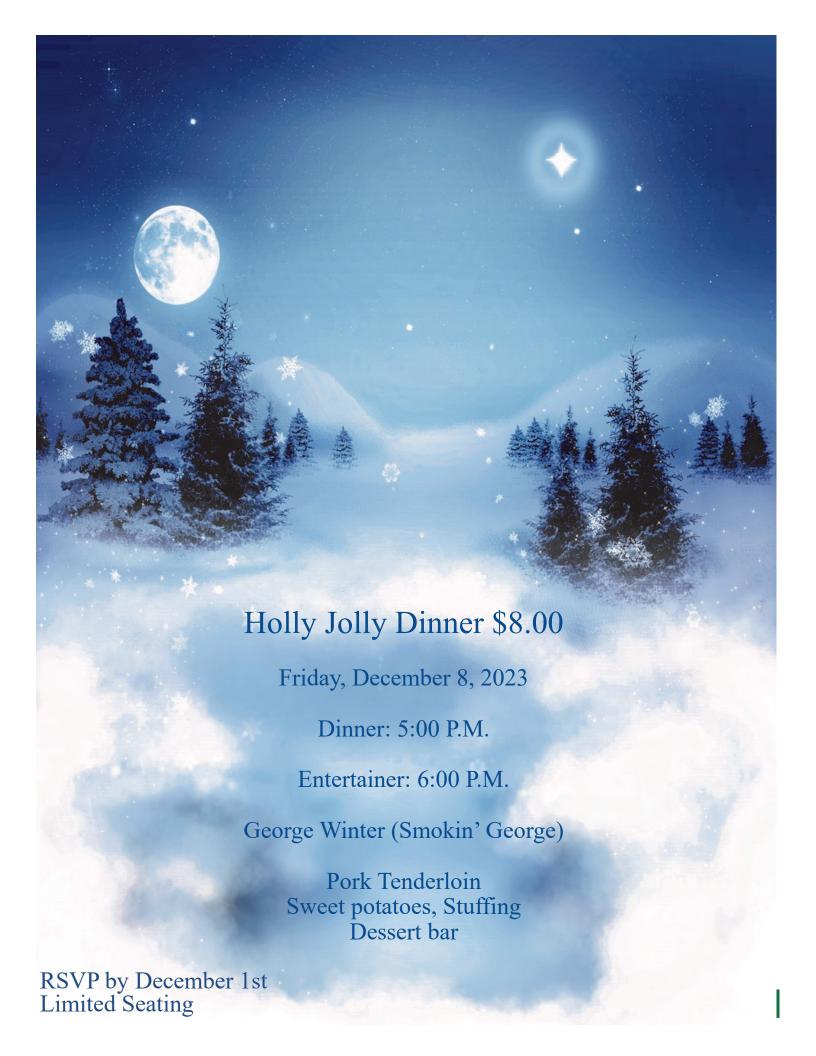
Call: 250-1000 for scheduling and fee.

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!



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EASTSIDE SENIOR CENTER NEWSLETTER **DECEMBER 2023**



REGISTRATION **MONDAY, NOVEMBER 13 THROUGH THURSDAY, JANUARY 11** COST: \$12.00 PER PERSON INCLUDES: T-SHIRT, UNLIMITED EVENTS, **OPENING CEREMONY AND CLOSING BANQUET** LUNCHEON

2024 EVENTS:

PIE EATING, DARTS, CORN HOLE, JIGSAW PUZZLE, SPADES, CHECKERS, SCRABBLE, YAHTZEE, HAND KNEE FOOT, SHUFFLEBOARD, COMPETITIVE TABLE TENNIS, RECREATIONAL PING PONG, CRIBBAGE, PINOCHLE, SUDOKU, SENIOR GRAND PRIX, SOFTBALL TOSS, FREE THROW, EUCHRE, BAKING, PICKLEBALL, MINIATURE GOLF, LINE DANCING, MEXICAN TRAIN DOMINOES, SPELLING BEE, ARTS & CRAFTS, NAME THAT SONG, POOL, FRISBEE TOSS AND LADDER GOLF

2024 EVENT DATES: MONDAY, FEBRUARY 5-THURSDAY, FEBRUARY 29