Eastside Senior Center Newsletter February 2021

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

EASTSIDE SENIOR CITIZENS ASSOCIATION

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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

The senior center will continue offering essential services. We ask that you only come to your registered activities. Staff needs time to clean and prepare for all programs. Our schedule is subject to change due to the governor's orders regarding social distancing. We will be adding programs per governor's updated orders. The staff here at the center is missing everyone and is looking forward to seeing you all in 2021!!

COVID-19 updates regarding vaccine visit web page www.gchd.us/covid19vaccine/

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.

The Senior Center will be closed on:
Friday—February 12
Monday—February 15

Arthritis Exercise
Fridays 9:30am-10:30am
Join us for this low impact workout that will help reduce pain and decrease stiffness, so you feel stronger and more confident! The Arthritis Foundation Exercise Program 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.

Armchair Conditioning with Nikki
Wednesdays 10:00am-11:00am
Low impact instructor led exercise class. Free of charge thanks to Absolute Home Health & Hospice.

Balance Exercise with Sara
Wednesdays 1:00pm-2:00pm
($1 Optional Donation)
Instructor led exercise designed to reduce the risk of falling. Instructor will be collecting optional $1 donation for the food bank.

Book & Puzzle Library
Everyday
Plenty of puzzles & books to exchange or borrow.

Bible Study
Fridays 12:30 pm-1:30 pm
Join a friendly group for a time of reflection.

Coloring for Relaxation
Tuesdays from 1:00 pm – 2:00 pm
Adult coloring books have recently gained popularity for their stress-relieving abilities. All supplies are provided.

Computers
Monday– Friday 9am-4pm
Our computer room is sanitized and measured for 4 computers to be used at a time. Printer, and wireless internet also available.

Hearing Screening
Tuesday, February 2
By **Your Hearing Solution**
Free hearing tests & minor hearing aid repair. Please call the office to make an appointment.

Heartland Hospice Grief Gathering
Thursday, February 11 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.

Landscape Painting - $20
Tuesday, February 9 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!

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.**

Armchair Exercise
Tuesday at 10:00am
Video led chair exercise. Please call to register. Thank you to Heartland Homecare/ Briarwood for the bottled water donations!

Yahtzee
Mondays at 1:00pm
We will supply dice for each participant– there will be no shared items. Please call to RSVP!

Yoga with Janet (Chair Yoga)
Wednesdays at 3:15pm
Thanks to the Silver Sneakers Program, you may have the opportunity to try chair yoga for FREE. Stop by to talk with Janet to see if your insurance is a participating plan. If not, you are welcome to join us for just $3.00.

Legal Services of Eastern Michigan

Friday, February 5

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 Assistance

Monday, February 22

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 limit, call the Center to set up an appointment with our representative. (810)250-5000

Medicare/Medicaid Services

Phone appointments available every Monday

- 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*

Caregiver's Art Program / Painting Through Grief

Wednesday, February 24 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.*

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

At this time, GCCARD meals will continue to be served to go.

Commodity Food Program

For low income seniors aged 60+, please call the office for eligibility requirements. Must apply in advance. Pick up for February:
Date: Tuesday February 9
Time: 1:00 pm—3:00 pm

Meals on Wheels **(810) 239-7671**

February 2021

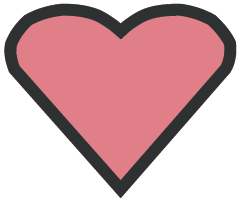
Monday	Tuesday	Wednesday	Thursday	Friday
1 **HM Meatloaf W/Gravy** 9:30 Make It Take It 11:30 Lunch– GCCARD 1:00 Yahtzee	2 **Chef Salad** 10:00 Exercise Video **11:00 Hearing Screening** 11:30 Lunch– GCCARD 1:00 Bingo 1:00 Coloring	3 **Turkey Burger W/ Cheese** **10:00 Armchair w/ Nikki** 11:30 Lunch– GCCARD 1:00 Balance Class 3:15 Chair Yoga	4 **Asian Chicken Bowl** 11:30 Lunch– GCCARD 1:00 Make It Take It	5 **Open Face Turkey Sandwich** 9:30 Arthritis Exercise 11:30 Lunch– GCCARD 12:30 Bible Study **1:00 Legal Services** 2:00 Bingo
8 **HM White Chicken Chili** 9:30 Make It Take It 11:30 Lunch– GCCARD 1:00 Yahtzee	9 **HM Goulash** **10:00 Landscape Paint** 10:00 Exercise Video 11:30 Lunch– GCCARD **1:00 Commodities** 1:00 Bingo 1:00 Coloring	10 **Pub Burger W/Cheese** **10:00 Armchair w/ Nikki** 11:30 Lunch– GCCARD 1:00 Balance Class 3:15 Chair Yoga	11 **HM Lasagna Rolls** **10:00 Grief Gathering** 11:30 Lunch– GCCARD 1:00 Make It Take It	CLOSED

CLOSED 	16 **Philly Sub Sandwich** 10:00 Exercise Video 11:30 Lunch– GCCARD 1:00 Bingo 1:00 Coloring	17 **HM Sloppy Joes** **10:00 Armchair w/ Nikki** 11:30 Lunch– GCCARD 1:00 Balance Class 3:15 Chair Yoga	18 **HM Chicken Noodle Soup** 11:30 Lunch– GCCARD **12:30 Card making** 1:00 Make It Take It	19 **Baked Salmon W/ Cream Sauce** 9:30 Arthritis Exercise 11:30 Lunch– GCCARD 12:30 Bible Study 2:00 Bingo
22 **HM Beef Pot Pie** **9:30 Veterans Services** 9:30 Make It Take It 11:30 Lunch– GCCARD 1:00 Yahtzee	23 **Cheese Ravioli W/Meat Sauce** 10:00 Exercise Video 11:30 Lunch– GCCARD 1:00 Bingo 1:00 Coloring	24 **Tangerine Chicken** **10:00 Armchair w/ Nikki** 11:30 Lunch– GCCARD **1:00 Grief & Caregiver Paint** 3:15 Chair Yoga	25 **Baked BBQ Chicken Wings** 11:30 Lunch– GCCARD 1:00 Make It Take It	26 **Artisan Mac & Cheese** 9:30 Arthritis Exercise 11:30 Lunch– GCCARD 12:30 Bible Study 2:00 Bingo

Full Menu can be picked up at the office, or downloaded from our website:
eastsideseniorcenter.com

AARP Tax Appointments
As far as how we do taxes, there are several models being developed to try to find ways to do it safely with obvious safety protocols due to Covid-19.

HAPPY VALENTINES DAY!



ADDITIONAL SERVICES AVAILABLE

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.

American House North

Eastside Senior Citizens Association is also part owner in American House North located on Linden Road. We are proud to include this beautiful assisted living facility on our list of housing opportunities. At American House North, 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 Dan at 810-733-8900.

APARTMENTS AVAILABLE NOW!

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

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.

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

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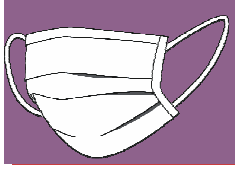
EASTSIDE SENIOR CENTER NEWSLETTER
FEBRUARY 2021

Please do not come in to the center if you are experiencing any of the following:

- New or worsening cough
- Shortness of breath
- Sore throat
- Diarrhea
- Subjective fever (felt feverish)
- New loss of taste or smell
- Congestion/Runny nose
- Chills/Sweating

- **Call in advance to sign up for any program you plan to attend.** Due to social distancing, capacity is limited and we would appreciate you also calling to cancel so we are able to serve as many people as possible.
- **Anyone entering the building will be required to wear a mask**. The senior center will have masks available if you need one. Please be sure to clean your masks properly. If you choose to wear gloves, make sure they are clean.