

# Eastside Senior Center Newsletter February 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



## AARP INCOME TAX APPOINTMENTS

We **WILL NOT** return any messages about tax appointments. Please call only during business hours. Office hours are  
Monday - Friday from  
8:00 - 4:00 P.M.

## Eastside Senior Center

The holidays have come and gone, and we are busy getting ready for the new year. We are offering Free AARP income tax preparation on Tuesdays by appointment only. Along with our regular events located in our newsletter, Facebook and website, we will be hosting three Senior Winter Games Events:

Wednesday, February 8, Jigsaw Puzzles @ 9:00  
Spades @ 1:00 P.M.

Monday, February 27, Name That Song @ 10:00

Hope to see you in this 2023 New Year

Eastside Staff

## 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, February 7*

By **Your Hearing Solution**

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

## Bristol Hospice Grief Gathering

*Tuesday, February 21 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*

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, February 14 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

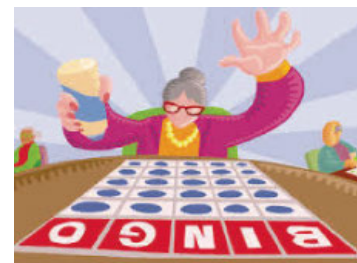
*Tuesdays  
6:30—9:00*

## 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, February 3*

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, February 27*

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, February 14

**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.

Eastside presents Living With Alzheimer's:  
For Caregivers—Mid Stage.  
3 part session from 1-3 P.M.:  
Friday January 20, 2023  
Friday February 17, 2023  
Friday March 17, 2023

### 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

*Wednesday, February 8*  
Valentines Party - Potluck  
\*\*New members welcome\*\*  
Join the local red hat group at 1 pm.  
*Tuesday, February 21 @ 12:00 pm*  
Bring hobby/craft to share.  
Provide your own lunch.


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


*Wednesday, February 22 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.*



# February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<div></div> <div>Stability Class</div> <div>If you would like to be stronger, improve your balance, and decrease your risk of falling ... SilverSneakers Stability™ is for you! Come join us at Eastside Senior Center starting Monday, March 6, 2023 - Monday, April 24, 2023! From 10:00 A.M. - 11:00A.M. Please call the center to sign up</div>		<div>1</div> <div>9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco</div>	<div>2</div> <div>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</div>	<div>3</div> <div>9:30 Arthritis Exercise (Instructor) 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 12:00 Skip-Bo <b>1:00 Legal Services</b> 1:00 Extra Fast Bingo</div>
<div>6</div> <div>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</div>	<div>7 AARP Tax Program Computer Room Closed</div> <div>9:30 Sewing &amp; 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 5:00 Bid Euchre 6:30 Chess Club</div>	<div>8</div> <div><b>9:00 SWG Jigsaw Puzzles</b> 9:30 Pinochle 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Red Hats <b>1:00 SWG Spades</b> 5:15 Euchre 5:30 Bunco</div>	<div>9</div> <div>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</div>	<div>10</div> <div>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</div>

13	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	<b>14 Computer Room</b>  <b>Closed</b> 9:30 Sewing & 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 5:00 Bid Euchre 6:30 Chess Club	<b>15</b> 9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	<b>16</b> 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	<b>17</b> 9:30 Arthritis Exercise (Instructor) 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
20	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	<b>21 Computer Room</b> <b>Closed</b> 9:30 Sewing & Crochet <b>10:00 Grief Gathering</b> 10:00 Line Dancing 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:00 Red Hats 1:00 Bingo 3:15 Chair Yoga 5:00 Bid Euchre 6:30 Chess Club	<b>22</b> 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	<b>23</b> 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	<b>24</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
27	<b>9:00 Veteran's Services</b> 9:30 Make It Take It <b>10:00 SW/G Name That Song</b> 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Double Pinochle 1:00 Yahtzee	<b>28 Computer Room</b> <b>Closed</b> 9:30 Sewing & Crochet 10:00 Line Dancing 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 3:15 Chair Yoga 5:00 Bid Euchre 6:30 Chess Club	Cooking For One  Over the course of six lessons, you will: Learn ways to make cooking for one simple & enjoyable, discuss helpful tips & tricks to making healthy choices, like eating well & being active, watch cooking demonstrations & taste-test recipes in every class. Starting Wednesday, March 1 2023 - Wednesday, April 5, 2023 from 10:00 A.M. - 11:00 A.M. Please call our office to sign up!		

## Menu Subject to Change Based on Product Availability and Quality Standards

February



# HOUSING OPPORTUNITIES & TRANSPORTATION

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

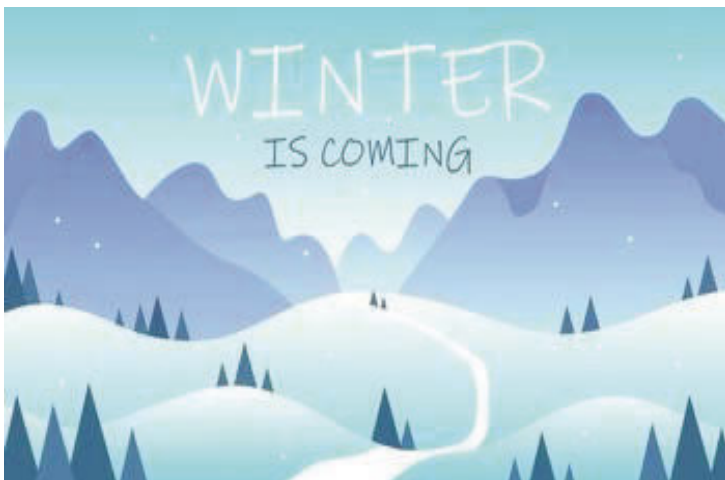
## **Kearsley Daly Villa**

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!

## Valentine Words

E E O C D B T R A E H T E E W S H G R  
 O R J U N E R G B H G S M H R S T N A  
 E I R S P M A I C E T F Q E I O N I E  
 T S K U E I E R F A R N R R O S N L B  
 A E I O N N H D P I N K E R I P E R Y  
 L D S R D E D A E S O H E E D U C A D  
 O R S O E S D N S W C R E E T R S D D  
 C O E M A O D E Y A I B V E O R L H E  
 O S S A R S N N N M G O E M R S U G T  
 H E N E M R H D D D T T A L I E V O L  
 C S S S E I Y A I I V N T E O T C B F  
 O H G D N S T P O S C Z V A M V U F R  
 C U N M T E U N N E M B R A C E E Y E  
 H E L E R C D N O I T C E F F A D D D  
 T I E C E C A N D L E L I G H T P W V  
 A W E S D R I B E V O L T E U Q U O B  
 S S S R E W O L F K E J E W O R R A X  
 V E U D M C A R D S X F E B R U A R Y  
 R C B U R E H C Y E N O H E S R M K Z

### Word List:

ADORE	AFFECTION	AMOROUS	ARROW
BELOVED	BEMINE	BOUQUET	CANDLELIGHT
CANDY	CARDS	CHERISH	CHERUB
CHOCOLATE	CUPID	DARLING	DEAR
DESIRE	DEVOTION	EMBRACE	ENDEARMENT
FEBRUARY	FLOWERS	FOURTEENTH	FRIENDS
HEART	HONEY	HUGS	KISSES
LOVE	LOVEBIRDS	PINK	POEM
RED	ROMANCE	ROSES	SECRETADMIRER
SWEETHEART	SWEETS	TEDDYBEAR	TENDERNESS

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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**

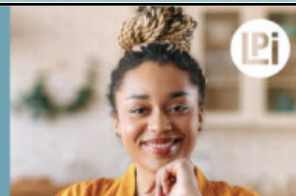


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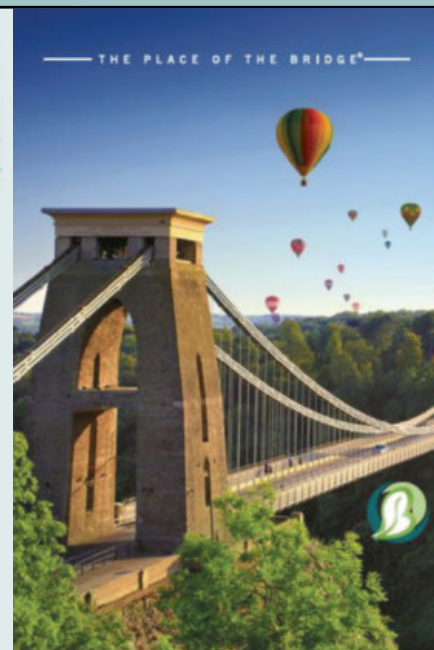
**efrazier@lpicommunities.com**

**(800) 477-4574 x6309**

  
**Bristol Hospice**  
 embracing a reverence for life.  
 MID MICHIGAN

Phone  
**(810) 243-1910**

Fax  
**(810) 228-7592**



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**Grand Blanc, MI 48439**

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**Flint, MI 48506-2151**

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# EASTSIDE SENIOR CENTER NEWSLETTER

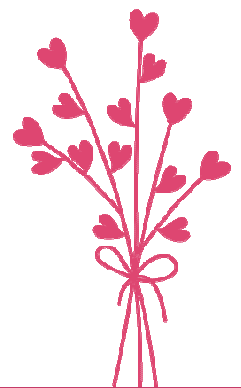
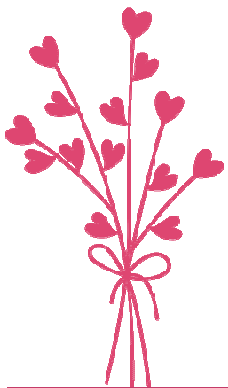
## FEBRUARY 2023

The Alzheimer's Association logo, featuring the text "alzheimer's" in a lowercase sans-serif font and "association" in a smaller lowercase sans-serif font below it. To the right of the text is a stylized icon of two interlocking loops, resembling a ribbon or a heart shape.

Eastside presents Living With Alzheimer's:  
For Caregivers—Mid Stage.

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

3 part session from 1-3 P.M.:  
Friday January 20, 2023  
Friday February 17, 2023  
Friday March 17, 2023



*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.*