

Eastside Senior Center Newsletter July 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

OFFICE HOURS

Monday–Friday

8:00 am to 4:00 pm

Funding Source

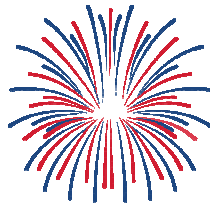
The Eastside Senior Citizens Center is funded by: Genesee County and the Genesee County Board of Commissioners, Charter Township of Genesee, Kearsley Community School District, Genesee County Senior Services Millage, Eastside Senior Citizens Center, Endowment Fund of the Community Foundation of Greater 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.



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



Arthritis Exercise (Instructor)

Fridays at 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/Flexibility/Mobility

Thursdays at 9:30am-10:30am

The Balance/Flexibility/Mobility class is an exercise class all individuals can do at any part in their fitness journey to help improve strength, movement, and getting in touch with what your body needs. These 3 parts of exercise are important to do to stay healthy and fit. This class is fun and gets your body moving and your heart beating!!!!Sponsored by Maxwell Therapy Lead by instructor.

Balance Exercise Video

Wednesday 10:00am-11:00 am

Exercise video designed to reduce the risk of falling.

Exercise Video

Mondays at 10:00 am

Video led chair exercise.

Line Dancing

Tuesdays at 10:00am

Beginner's easy steps led by Brandy.

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.



Hearing Screening

Thursday, July 13

By Your Hearing Solution

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

Bible Study

Fridays 10:30am-11:30 am

Join a friendly group for a time of reflection.

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 or Thursdays at 1:00pm

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 1:00pm

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, July 11 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 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

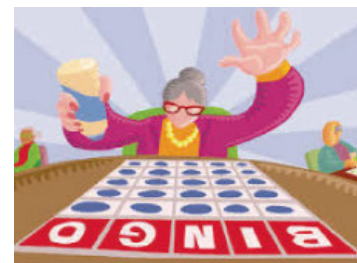
Bunco
Wednesdays
5:30—9:00

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

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, July 7

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, July 24

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, July 11

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.



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, July 12

****New members welcome****

Join the local red hat group at 1 pm.
Order our GCCARD lunch or bring your own sack lunch and beverage.
Tuesday, July 18 at 12:00 pm
Bring hobby/craft to share.
Provide your own lunch.

Caregiver's Art Program / Painting Through Grief

Wednesday, July 26 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.*



July 2023

Monday

Tuesday

Wednesday

Thursday

Friday

3

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

CLOSED



10

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

11

9:30 Sewing & Crotchet
10:00 Landscape Painting
10:00 Line Dancing
11:30 Lunch—GCCARD
12:00 Skip-Bo
1:00 Commodities
1:00 Bingo
3:15 Chair Yoga
4:30 Duplicate Bridge
5:00 Bid Euchre
6:30 Chess Club

5

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

12

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

6

9:30 Cribbage
9:30 Balance/Flexibility/
Mobility Class
11:30 Lunch—GCCARD
12:00 Skip-Bo
1:00 Duplicate Bridge
1:00 Make It, Take It

13

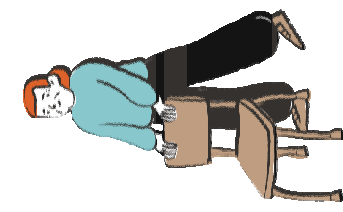

9:30 Cribbage
9:30 Balance/Flexibility/
Mobility Class
10:00 Hearing Screening
11:30 Lunch—GCCARD
12:00 Skip-Bo
1:00 Duplicate Bridge
1:00 Make It, Take It

7

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

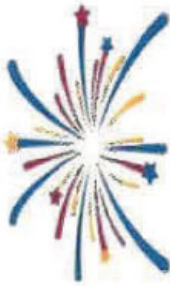





14

9:30 Arthritis Exercise
(Instructor)
10:30 Bible Study
11:30 Blood Pressure
Checks
11:30 Lunch—GCCARD
12:00 Skip-Bo
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17	9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee	18 9:30 Sewing & Crochet 10:00 Line Dancing 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	19 9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	20 9:30 Cribbage 9:30 Balance/Flexibility/ Mobility Class 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It	21 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
24	9:00 Veteran's Services 9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee	25 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	26 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	27 9:30 Cribbage 9:30 Balance/Flexibility/ Mobility Class 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It	28 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
31	9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee	Upcoming Events: <u>Stability Class</u> Where: Eastside Senior Center When: 8/16/23 - 9/20/23 Time: 10 AM - 11 AM Call office to sign up and register 810-250-5000			
					

CONGREGATE MEAL MENU - JULY 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stuffed Peppers Sliced Beets Diced Carrots Pineapple Tidbits WW Roll Margarine Milk	4 	5 Grilled Chicken Sandwich Chuck Wagon Vegetables Chopped Broccoli WG Bun Mixed Fruit Cup Margarine/Mayo Milk	6  Polish Sausage Battered Potatoes Sliced Carrots WG Hotdog Bun Strawberry Applesauce Margarine 100% Fruit Juice	7 Ravioli w/Shrimp & Sauce Steamed Broccoli Roasted Veggies Garlic Roll Fruit Cocktail Margarine Milk
10 Meatball Sub w/cheese Sweet Peas Diced Potatoes Sub Bun Fruit Cup Margarine Milk	11 Chef Salad w/Romaine Turkey, Eggs & Cheese Carrots Sticks Diced Peas Wheat Roll Salad Dressing 100% Fruit Juice	12 Tangerine Chicken w/Rice Green Beans Diced Carrots Hawaiian Roll Applesauce Fortune Cookie Milk	13 HM Sloppy Joes Garden Blend Veggie Pasta Cauliflower WG Bun Golden Apple Margarine 100% Fruit Juice	14 Chinese Pepper Steak w/Rice Succotash Mixed Fruit Cup Potato Roll Margarine Milk
17 Honey Glazed Chicken Breast Lima Beans Scalloped Potatoes Corn Muffin Fresh Apple Margarine Milk	18 Turkey Tetrazzini Riviera Blend Veggies Steamed Cauliflower Dinner Roll Pineapples Margarine 100% Fruit Juice	19 Pub Burger w/Cheese Potato Salad Veggie Blend WW Bun, Mayo, Mustard Fruit Salad Lettuce, Tomato Milk	20 Turkey & Cheese Sub Fresh Snap Peas Fresh Cauliflower WG Bun-Fresh Pear Birthday Cake Mayo, Mustard, Veggie Dip 100% Fruit Juice	21 Mac & Cheese French Cut Green Beans Corn Potato Roll Margarine Fresh Banana Milk
24 HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cockta Milk	25 BBQ Pulled Pork Cole Slaw Baked Beans Wheat Bun Peaches Milk	26 Fiesta Lime Chicken Roasted Corn & Black Beans Brown Rice Peaches Flatbread Margarine Milk	27 Philly Chicken w/Cheese Diced Potatoes Normandy Blend Vegetables Wheat Sub Bun Tropical Fruit Salad Margarine-Cookie 100% Fruit Juice	28 Oven Fried Fish Au Gratin Potatoes Tomatoes & Zucchini Hawaiian Roll Diced Peaches Margarine & Tartar Sauce Milk
31 HM Deluxe Fried Rice w/ Beef, Chicken, Ham & Peas and Carrots Steamed Broccoli Fresh Orange Breadsticks Margarine 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.



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

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!**

Name: _____

Date: _____

Independence Day

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

Word List:

AMERICA
CELEBRATE
FLAG
HOME OF THE BRAVE
LIBERTY
PHILADELPHIA
SPARKLERS
UNCLE SAM

BARBECUES
COLONIES
FOURTH
INDEPENDENCE
OLD GLORY
PICNICS
STARS
UNITED

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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

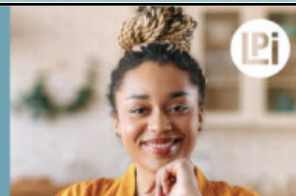


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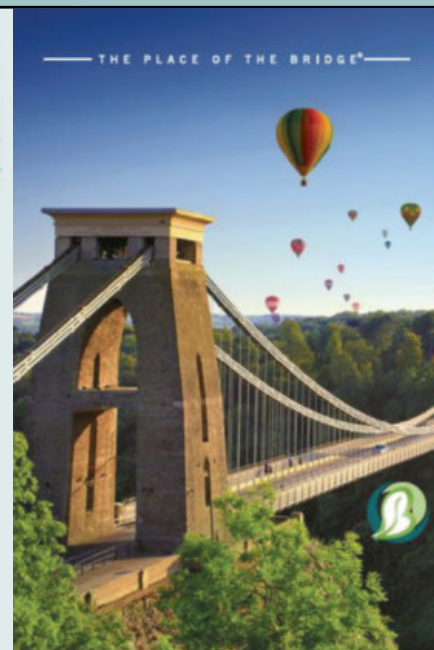
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EASTSIDE SENIOR CENTER NEWSLETTER

JULY 2023



thank you!

Walker Farm for donating flowers
for the front entrance! Beautiful as
always!



Save the Date: **Senior Day at the Genesee County Fair**

Tuesday, August 22 (9:00 am to 2:00 pm)
Parking & Admission Are FREE
Activities Under The Community Tent Are FREE!
Plus: Coffee & Donuts, Entertainment All Morning,
Door Prizes, Wagon Rides, Scavenger Hunt, and All
the Many Genesee County Fair Activities and Exhibits
To Explore!