Eastside Senior Center Newsletter January 2019

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

ASSOCIATION

Executive Director:
Janet Supernaw
Director:
Jamie Rodriguez
Administrative Specialist
Brandy Boardway
Program Coordinator:
Marsha Anderson
Van Driver:
Samantha Johnston
Office Volunteers:
Virginia Smith
Mary Lou Garant

PHONE: 810-250-5000
FAX: 810-250-9033
WEBSITE
www.eastsideseniorcenter.com

OFFICE HOURS
Monday–Friday
9:00 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, Valley Area Agency on Aging, 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.*

Up & Coming….

Silver Sneakers Stability

Wednesdays, January 9—February 13
10:00am-11:00am
If you would like to be stronger, improve your balance, and decrease your risk of falling, this class is for you! Protects one of your most valuable assets, your independence! There is no cost for Silver Sneakers fitness members, otherwise is $20 for the 6 week class. Space is limited, please call (810)250-5000 to sign up!

●●●●●●●AARP - Free Tax Help ●●●●●●●
When: Every Tuesday, February - April
Where: Eastside Senior Center
How: Call for an appointment
AARP volunteers will be here on Tuesdays to help file taxes.

WE WILL NOT BE MAKING APPOINTMENTS UNTIL JANUARY 3.
****Please call during business hours****

The center will be closed on the following days :
Tuesday, January 1
Monday, January 21

Armchair Exercise
Wednesdays 10:00am-11:00am
Low impact video led seated exercise.

Balance Exercise
Mondays 1:00pm-2:00pm
Video led exercise designed to reduce the risk of falling.

Blood Pressure Screenings
Comfort Keepers
Thursdays 10:30 am - 11:30 am

Chair Yoga– video
Tuesdays at 3:15pm
Cheri, our yoga instructor will be away for the winter. She has provided us with her yoga video to use for class until she returns in April. This class will be free of charge.

Exercise Equipment
We have a treadmill & bike available for use.

Hearing Screening
Tuesday, January 8
Fluke Hearing
Free hearing tests & minor hearing aid repair. Please call the office to make an appointment.

Heartland Hospice Grief Gathering
Thursdays 11:00 am-12:00 pm
A weekly time for those who are grieving the death of a loved one to gather together to offer each other support, encouragement and hope. This group allows participants time to share their stories, learn new information regarding the grieving process, and connect with others who have similar experiences.

Line Dancing
Mondays and Thursdays 9:00 - 11:00 am
Beginners and Advanced ($1 donation).

Sit, Stand and Stretch with Julie
Fridays 9:00 am -10:00 am
($1 Donation)
This is a safe, low impact exercise for anyone to try! Unfortunately, because the funding for this class has run out, the senior center is asking for a donation of $1 going forward. If you are thinking about trying our exercise classes, please give this a try! Our members have all given great feedback and we are sure you will love it too!

Drums Alive!
Wednesday, January 2– Make up class!
Tuesdays 10:00am-11:00 am
($1 Donation)
Drums Alive® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. **Drums Alive®** is a program that fosters a healthy balance physically, mentally, emotionally and socially!

Drums Alive can help:
- Strengthen bones and muscles diminishing stress on the joints
- Improve flexibility, muscle tone, coordination
- Improve posture and balance which can help prevent falls
- Reduce stress and tension
- Boost immune system
- Improve socialization, group interaction and cooperation, and builds confidence!
- Reduce burnout and boredom

It's F U N!!

Walking Club
Mondays, Wednesdays and Fridays
9:30-10:30am.
Our walking club meets here at 9:30. Due to the colder weather, the group now walks in the Courtland Center mall. If you would like to join, please call beforehand to make sure we have walkers that day!.

Bible Study
Fridays 10:30 am-11:30 am
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.

Cooking Class
Tuesday, January 22 at 12:30 pm
Join us for a quick and easy cooking class! Please call office to register.

Make It, Take It
Wednesdays at 9:30 am Thursdays at 12:30 pm
We will be making a new craft **every Wednesday,** we repeat that craft on **Thursdays**. Check the bulletin board for upcoming crafts and sign up in advance.

Book & Puzzle Library
Everyday
Browse through shelves of puzzles & books. and exchange or borrow.(*We will not be accepting more than 2 puzzles at a time)*

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.

Sing-A-Long
Wednesday, January 2 at 3:00 –4:30pm
Come and join us for an afternoon of fun while singing songs of days gone by, or maybe even learn a few new ones. The benefits of singing and music are many!

Social Bridge
Mondays at 12:30
If you enjoy the game of Bridge, please join this group Mondays at 12:30. There is no fee!

Bid Euchre
Tuesdays
6:00 - 9:00

Bingo
Tuesdays:
1:00 - 3:00
Wednesdays:
1:00 - 3:00

Bingo (Extra Fast)
Fridays:
1:00 - 3:30

Brain Games
Fridays:
12:30

Bridge (Social)
Mondays:
12:30

Bunco
Thursdays:
6:00 - 8:30

Chess Club
Tuesdays:
6:00 - 9:30

Cribbage
Thursdays:
9:30 - 11:30

Double Pinochle
Mondays:
6:00 - 9:00
Thursdays:
12:30

Duplicate Bridge
Mondays
& Thursdays
1:00 - 5:30
Tuesdays
5:30 - 9:00
Wednesdays
12:00

Euchre
Wednesdays
6:00 - 8:30

Euchre Tournament
Canceled this month

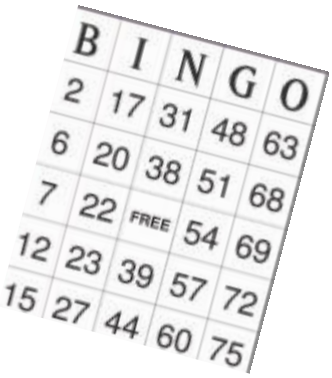
Hand, Knee & Foot
Saturdays
12:30 - 4:00

Mahjong
Tuesdays
12:30-3:00

Pinochle
Wednesdays
9:30 - 11:30

Pool Table
Everyday
9:00 – 4:00
(with exclusions to leagues)

Skip-bo
Everyday 1:00 - 3:00



Volunteer Opportunities

Monthly Newsletters

January 16 & 17 All day 9:00 am -4:00 pm
We are always looking for extra help preparing monthly newsletters for mailing.

Bingo Caller

We would like to hear from anyone that might be interested in calling bingo for us on a regular basis, once a week, or occasionally as a substitute. Please call for more details!

Kitchen Help.

We are looking for help in the following areas:
Setting tables • Dishing out meals •
Serving food • Clean up
We would like volunteers who are able to commit at least one day a week. All volunteers handling food are required to have a Tuberculosis test. Lunch is served from 11:30 -12:00, set up at 11:00 and clean up is complete by 12:30. If you think you may be interested in helping out, we would love to hear from you. Please stop by the office or give us a call (810)250-5000..

Donations & Fundraising

Pop Can & Bottle Deposit Fundraiser

If it is a hassle to return your pop cans and bottles for deposit, let us do it for you and you'll help the Eastside Senior Center!

General Donations Needed

Coffee (decaf/regular), computer paper, stamps, Kleenex, napkins, paper towels, coupons., box tops, gallon ziplock bags and scotch tape.

Medical Equipment Program

Donations of the following medical equipment are accepted: wheelchairs, walkers, canes, commodes, shower chairs and toilet seat raisers. This equipment is available for seniors to borrow, free of charge.

Special Thanks

To all who donated to our Holiday Food Baskets efforts last year, thank you!! We were able to provide 13 low income seniors with grocery store gift cards to help them prepare a fresh, healthy meal for the Holidays..

Free Bagels & Coffee Hour

Mondays 9:30-10:30
All are welcome to gather in our card room for coffee hour & bagels. Please understand that there are times when the bagels are not available. Sincere thanks to Big Apple Bagels of Davison for the weekly donations.

Legal Services of Eastern Michigan

Friday, January 4

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, January 28

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

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*

Every other Thursday, the senior center has a case worker available to meet with seniors with questions or concerns regarding State Assistance, including food assistance, understanding benefits letters, re-certifications and emergency assistance. Please call (810)250-5000 for appointment.

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+ $2.00, Under 60, or living outside Genesee County $3.50

Meals on Wheels

(810) 239-7671

A friendly reminder regarding congregate meals...

We do not require payment for meals. However, we strongly encourage you to support this program and pay the requested donation if you are able. Thank you!

Commodity Food Program

For low income seniors aged 60+, please call the office for eligibility requirements.
Must apply in advance. Pick up for January:

Date: Tuesday January 8
Time: 1:00 pm—3:00 pm

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		Pork Ham 2 9:30 Make It, Take It 9:30 Pinochle **9:30 Walking Club** **10:00 Drums Alive** 11:30 Lunch– GCCARD 12:00 Duplicate Bridge 1:00 Bingo 1:00 Skip-Bo **3:00 Sing A Long** 6:00 Euchre	**Beef Tips** 3 9:30 Cribbage 10:30 Blood Pressure Clinic 11:00 Grief Gathering 11:30 Lunch– GCCARD 12:30 Double Pinochle 12:30 Make It, Take It 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Bunco	**Mac & Cheese** 4 **9:00 Sit, Stand, Stretch** **9:30 Walking Club** 10:30 Bible Study 11:30 Lunch—GCCARD **12:30 Brain Games** **1:00 Legal Services** 1:00 Skip-Bo 1:00 Extra Fast Bingo
Chicken Parm 7 9:00 MMAP Counselor 9:00 Line Dancing-Beginner **9:30 Walking Club** 10:00 Line Dance– Advanced 11:30 Lunch– GCCARD **12:30 Social Bridge** 1:00 Skip-Bo 1:00 Duplicate Bridge **1:00 Balance & Fall Exercise** 2:45 Computer Mentoring 6:00 Double Pinochle	**Beef Pasty** 8 9:00 Sew & Crochet **10:00 Drums Alive** **11:00 Hearing Screening** 11:30 Lunch– GCCARD **1:00 Commodities** **1:00 Landscape Painting** 1:00 Color For Relaxation 1:00 Skip-Bo 1:00 Bingo 3:15 Chair Yoga 5:30 Duplicate Bridge 6:00 Chess Club 6:00 Bid Euchre	**Turkey Breast** 9 9:30 Make It, Take It 9:30 Pinochle **9:30 Walking Club** **10:00 Stability Class** 11:30 Lunch– GCCARD 12:00 Duplicate Bridge 1:00 Bingo 1:00 Skip-Bo 6:00 Euchre	**Barley Soup** 10 **9:00 MDHHS Case Worker** 9:00 Line Dance– Beginning 9:30 Cribbage 10:00 Line Dance– Advanced 10:30 Blood Pressure Clinic 11:00 Grief Gathering 11:30 Lunch– GCCARD 12:30 Double Pinochle 12:30 Make It, Take It 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Bunco	**Stuffed Pepper** 11 **9:00 Sit, Stand, Stretch** **9:30 Walking Club** 10:30 Bible Study 11:30 Lunch– GCCARD **12:30 Brain Games** 1:00 Skip-Bo 1:00 Extra Fast Bingo

ChickenCordon 14 9:00 MMAP Counselor 9:00 Line Dancing-Beginner **9:30 Walking Club** 10:00 Line Dance– Advanced 11:30 Lunch– GCCARD **12:30 Social Bridge** **1:00 Balance & Fall Exercise** 1:00 Skip-Bo 1:00 Duplicate Bridge 2:45 Computer Mentor 6:00 Double Pinochle	**Tetrazzini 15** 9:00 Sew & Crochet **10:00 Drums Alive** 11:30 Lunch– GCCARD 1:00 Color For Relaxation 1:00 Skip–Bo 1:00 Bingo 3:15 Chair Yoga 5:30 Duplicate Bridge 6:00 Chess Club 6:00 Bid Euchre	**Chicken Patty 16** **9:00 Newsletter Help** 9:30 Make It, Take It 9:30 Pinochle **9:30 Walking Club** **10:00 Stability Class** 11:30 Lunch– GCCARD 12:00 Duplicate Bridge 1:00 Skip-Bo 1:00 Bingo 6:00 Euchre	**Pot Roast 17** **9:00 Newsletter Help** 9:00 Line Dancing-Beginner 9:30 Cribbage 10:00 Line Dance– Advanced 10:30 Blood Pressure Screening 11:00 Grief Gathering **11:30 Birthday Celebration** 11:30 Lunch– GCCARD 12:30 Double Pinochle 12:30 Make It, Take It 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Bunco	**Alaskan Pollock 18** **9:00 Sit, Stand, Stretch** **9:30 Walking Club** 10:30 Bible Study 11:30 Lunch– GCCARD **12:30 Brain Games** 1:00 Skip-Bo 1:00 Extra Fast Bingo
Closed 21 	**Pepper Steak 22** 9:00 Sew & Crochet **10:00 Drums Alive** 11:30 Lunch– GCCARD **12:30 Cook Class** 1:00 Color For Relaxation 1:00 Skip–Bo 1:00 Bingo 3:15 Chair Yoga 5:30 Duplicate Bridge 6:00 Chess Club 6:00 Bid Euchre	**Turkey Coney 23** 9:30 Make It, Take It 9:30 Pinochle **9:30 Walking Club** **10:00 Stability Class** 11:30 Lunch– GCCARD 12:00 Duplicate Bridge **1:00 Grief & Caregiver Paint** 1:00 Skip-Bo 1:00 Bingo 6:00 Euchre	**Chicken Potpie 24** **9:00 MDHHS Case Worker** 9:00 Line Dancing-Beginner 9:30 Cribbage 10:00 Line Dance– Advanced 10:30 Blood Pressure Screening 11:00 Grief Gathering 11:30 Lunch– GCCARD 12:30 Double Pinochle 12:30 Make It, Take It 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Bunco	**Veggie Lasagna 25** **9:00 Sit, Stand, Stretch** **9:30 Walking Club** 10:30 Bible Study 11:30 Lunch—GCCARD **12:30 Brain Games** 1:00 Skip-Bo 1:00 Extra Fast Bingo
Chili 28 9:00 MMAP Counselor **9:00 Veterans Services** 9:00 Line Dancing– Beginner **9:30 Walking Club** 10:00 Line Dance– Advanced 11:30 Lunch– GCCARD **12:30 Social Bridge** **1:00 Balance & Fall Exercise** 1:00 Skip-Bo 1:00 Duplicate Bridge 2:45 Computer Mentor 6:00 Double Pinochle	**Beef Liver 29** 9:00 Sew & Crochet **10:00 Drums Alive** 11:30 Lunch– GCCARD 1:00 Color For Relaxation 1:00 Skip–Bo 1:00 Bingo 3:15 Chair Yoga 5:30 Duplicate Bridge 6:00 Chess Club 6:00 Bid Euchre	**Chicken Breast 30** 9:30 Make It, Take It 9:30 Pinochle **9:30 Walking Club** **10:00 Stability Class** 11:30 Lunch– GCCARD 1:00 Skip-Bo 1:00 Bingo 6:00 Euchre	**31** 9:00 Line Dancing-Beginner 9:30 Cribbage 10:00 Line Dance– Advanced 10:30 Blood Pressure Screening 11:00 Grief Gathering **11:30 Name That Tune** 11:30 Lunch– GCCARD 12:30 Double Pinochle 12:30 Make It, Take It 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Bunco	**Full menu is available in the office!**

Genesee County Senior Millage
Telephone Intake and Screening Program

The Telephone Intake and Screening Program is funded by the Genesee County Senior Millage and is open to individuals age 60 and older that live in Genesee County. The Valley Area Agency on Aging Telephone Intake and Screening Program will provide screening for all seniors in an effort to mainstream and utilize all programs and services available to seniors in Genesee County.

Hours of operation: Monday – Friday 8am-5pm
Telephone Number: 1-810-249-6531

Valley Area
Agency On Aging
Answers, Action, & Advocacy
for
All Things Senior

"These programs and/or services are fully or partially funded by the Genesee County Senior Millage. Your tax dollars at work."

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

Brain Games

Fridays 12:30–4:30pm

We will be meeting in the Arts & Crafts Room to play various games including Sudoku, Puzzles, Boggle, Scrabble and more! Keep your mind sharp and have fun!

Caregiver's Art Program

Wednesday, January 23

This exciting opportunity is designed for you if you are caring for a loved one, you are at least 60 years old, and live in Genesee County, you need to spend time doing something for you! If the above criteria applies to you, you are invited and encouraged to take two hours each month and participate in the "Anyone Can Paint Class" for FREE! *Please call the office to sign up.*

Computers

Computer room is open daily 9am-4pm unless otherwise noted.

Our computer room is equipped with six computers, a printer and wireless internet.

Computer Mentoring

Mondays at 2:45pm

Jamie will be available to give one on one help every Monday in our computer room. We have six computers available in the computer lab, feel free to bring in a personal laptop if you prefer.

Landscape Painting - $20

Tuesday, January 8

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!

Monthly Birthday Celebration

Thursday, January 17

Join us for lunch and celebrate our friends born this month. We will have a drawing for a bouquet of flowers provided by Bentley Florist, and GCCARD provides dessert!

Name That Tune

Thursday, January 31

Join us for some lunchtime fun brought to us by our friend, Pat Molter. Pat will be playing a variety of tunes for us to name for a prize!

Painting Through Grief Class

Wednesday, January 23

If you are experiencing grief due to the loss of a loved one, please consider joining this class. We are able to offer this to program to you without cost due to funding from a memorial donation. You absolutely do not need any special talent to attend this class. Our instructor, Steve Wood, will bring all of the supplies for you and provide assistance while you paint a picture. And, you will be able to take your completed "Masterpiece" home the same day.

Senior Dental Program

Genesee Health Plan is now offering a FREE senior dental program to help you keep your smile and body healthy. Dental coverage benefits include: Dental cleanings, oral exams, fillings, x-rays, dental health education, extractions. For more information or to enroll, call Corey (810)232-7740 ext. 253. Corey is able to meet at the senior center for appointments.

HOUSING OPPORTUNITES & 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.

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 Katie at 810-733-8900.

Transportation Available

Days: Monday through Friday
Time: 9:00 am to 4:00 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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Please call to make an appointment.

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EASTSIDE SENIOR CENTER NEWSLETTER
JANUARY 2019

Senior Winter Games of Genesee County 2019

Date: February 4, 2019– February 28, 2019
Registration: November 5, 2018-January 17, 2019
Registration Fee: $12.00 includes an unlimited number of events, banquet, and t-shirt.

Eastside will be hosting the following events:

Wednesday, February 6
Jigsaw at 9:00 am
Spades at 1:00 pm

Monday, February 25
Name That Song at 10:00 am

2019 Events Include:

Pie Eating • Bowling • Jigsaw Puzzle • Spades • Softball Toss
Lawn Bowling • Soccer-Free Kick • Cribbage • Pinochle
Darts • Bean Bag Toss • Shuffleboard • Baking • Fitness Walk Free Throw
Volleyball • Archery • Euchre • Frisbee Toss • Hand, Knee & Foot • Pool
Line Dancing • Table Tennis • Karaoke • Dominoes (Mexican Train)
Arts & Crafts • Pickle ball • Yahtzee • Sudoku • Michigan Trivia Game
Miniature Golf • Ladder Golf • Name That Song • Ping Pong

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, our website and our Facebook page.