

# Eastside Senior Center Newsletter January 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

Eastside will not be taking any appointments until January 9th 2023. Due to high call volume we **WILL NOT** return any messages about tax appointments; just keep calling. Office hours are  
Monday - Friday from  
8:00 - 4:00 P.M.

## SENIOR WINTER GAMES IS BACK!!

Registration will be at your local senior center.

Monday, November 7 through  
Thursday, January 12, 2023.

*thank you!*

For the donations towards our holiday grocery gift cards! It is our pleasure to provide help for those in need. We hope everyone has a safe and wonderful year.

## 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, January 3*

By **Your Hearing Solution**

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

## Bristol Hospice Grief Gathering

*Tuesday, January 17 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*

All American Home Health & Hospice Care will provide blood pressure checks by Deann





## 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**.

## 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, January 10 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 9:30 am*

Join the group if you would like to share your talents, and ideas and socialize, or if you need assistance sewing or crocheting.

## 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

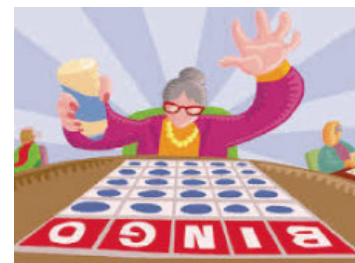
*Tuesdays  
6:30—9:00*

## 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, January 6*

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 Services

*Monday, January 23*

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, January 10

**Time:** 1:00 pm—3:00 pm



**(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 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, January 11*

**\*\*New members welcome\*\***

Join the local red hat group at 1 pm.  
Order our GCCARD Lunch or bring your own sack lunch and beverage


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


*Wednesday, January 25 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.*










# January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Closed</b> 	<b>3</b> 9:30 Sewing & 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 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club	<b>4</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>5</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>6</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 Legal Services</b> 1:00 Extra Fast Bingo
<b>9</b> 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>10</b> 9:30 Sewing & Crotchet <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 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club	<b>11</b> 9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Red Hats 1:00 Bingo 5:15 Euchre 5:30 Bunco	<b>12</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>13</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

<div data-bbox="61 1686 115 1934">CLOSED</div> 	<div data-bbox="61 1524 115 1583">17</div> <div data-bbox="159 1253 488 1583">           9:30 Sewing &amp; Crochet  <b>10:00 Grief Gathering</b>            10:00 Line Dancing            11:30 Lunch—GCCCARD            12:00 Skip-Bo            1:00 Bingo            3:15 Chair Yoga            4:30 Duplicate Bridge            5:00 Bid Euchre            6:30 Chess Club         </div>	<div data-bbox="61 1125 115 1184">18</div> <div data-bbox="159 854 391 1184">           9:30 Pinochle            10:00 Balance Video            11:30 Lunch—GCCCARD            12:00 Skip-Bo            1:00 Bingo            5:15 Euchre            5:30 Bunco         </div>	<div data-bbox="61 737 115 795">19</div> <div data-bbox="159 466 358 795">           9:30 Cribbage            10:00 Exercise Video            11:30 Lunch—GCCCARD            12:00 Skip-Bo            1:00 Duplicate Bridge            1:00 Make It Take It         </div>	<div data-bbox="61 338 115 396">20</div> <div data-bbox="159 69 456 396">           9:30 Arthritis Exercise (Instructor)            10:30 Bible Study            11:30 Blood Pressure Checks            11:30 Lunch—GCCCARD            12:00 Skip-Bo  <b>1:00 Dementia Class</b>            1:00 Extra Fast Bingo         </div>
<div data-bbox="618 1955 672 2013">23</div> <div data-bbox="716 1663 943 2013"> <b>9:00 Veteran's Services</b>            9:30 Make It Take It            10:00 Exercise Video            11:30 Lunch—GCCCARD            12:00 Skip-Bo            12:30 Double Pinochle            1:00 Yahtzee         </div>	<div data-bbox="618 1524 672 1583">24</div> <div data-bbox="716 1253 1045 1583">           9:30 Sewing &amp; Crochet            10:00 Line Dancing            11:30 Lunch—GCCCARD            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         </div>	<div data-bbox="618 1125 672 1184">25</div> <div data-bbox="716 846 1013 1184">           9:30 Pinochle            10:00 Balance Video            11:30 Lunch—GCCCARD            12:00 Skip-Bo  <b>1:00 Grief &amp; Caregiver Painting</b>            1:00 Bingo            5:15 Euchre            5:30 Bunco         </div>	<div data-bbox="618 737 672 795">26</div> <div data-bbox="716 466 915 795">           9:30 Cribbage            10:00 Exercise Video            11:30 Lunch—GCCCARD            12:00 Skip-Bo            1:00 Duplicate Bridge            1:00 Make It Take It         </div>	<div data-bbox="618 338 672 396">27</div> <div data-bbox="716 69 980 396">           9:30 Arthritis Exercise (Instructor)            10:30 Bible Study            11:30 Blood Pressure Checks            11:30 Lunch—GCCCARD            12:00 Skip-Bo            1:00 Extra Fast Bingo         </div>
<div data-bbox="1110 1955 1164 2013">30</div> <div data-bbox="1208 1677 1403 2013">           9:30 Make It Take It            10:00 Exercise Video            11:30 Lunch—GCCCARD            12:00 Skip-Bo            12:30 Double Pinochle            1:00 Yahtzee         </div>	<div data-bbox="1110 1524 1164 1583">31</div> <div data-bbox="1208 1253 1505 1583">           9:30 Sewing &amp; Crochet            10:00 Line Dancing            11:30 Lunch—GCCCARD            12:00 Skip-Bo            1:00 Bingo            3:15 Chair Yoga            4:30 Duplicate Bridge            5:00 Bid Euchre            6:30 Chess Club         </div>			

## Congregate January Menu 2023

Menu Subject to Change Based on Product Availability and Quality Standards

Menu subject to change based on Product Availability and/or Quantity Shortages				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>CLOSED</div> <div></div>	2 Chicken Cacciatore Mixed Greens Spaghetti Diced Peas Corn Bread Margarine 100% Fruit Juice	3 HM Liver & Onions w/Gravy Mashed Potatoes Sweet Peas Biscuit Applesauce Milk Margarine	4 Pork Chops w/Mushrooms Sugar Snap Peas Roasted Potatoes Sliced Wheat Bread Margarine Fresh Apple 100% Fruit Juice	5 BBQ Chicken Tenders Spinach Yams & Apples Whole Wheat Roll Margarine Fresh Orange Milk
9 HM Sweet & Sour Meatballs Brown Rice Green Beans Mixed Vegetables Flatbread Pineapple Tidbits Margarine Milk	10 Chicken Caesar Wrap W/ Romaine & Parmesan Cucumber Slices w/dip Fruit Cocktail Tortilla Wrap Caesar Salad Dressing Pkt 100% Fruit Juice	11 Open-Face Pot Roast Sweet Peas Mashed Potatoes Texas Toast Half Margarine Diced Peaches Milk	12 HM Chili Whole Kernel Corn Sliced Potatoes Fresh Pear Buttermilk Biscuit w/honey Margarine/Salad Dressing 100% Fruit Juice	13 Grilled Chicken Breast w/Cream Sauce Chopped Broccoli Glazed Carrots Mixed Fruit Potato Roll Margarine Milk
16 	17 HM Mexican Chicken & Rice Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	18 Creole Steak European Veggies Sliced Beets Tropical Fruit Salad Potato Roll Margarine Milk	19 Beef Fajitas w/ Peppers/Onions w/Peppers & Onions Mexican Rice Corn Fruit Cocktail Tortilla Shell 100% Fruit Juice Cookie Of the Month 	20 Crispy Fish Taco w/Fresh Corn Salsa Au gratin Potatoes Cole Slaw Pineapples Tortilla Shell Milk 
23 Ham, Bacon & Cheese Frittata w/ Peppers & Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mini Muffin Milk 8 oz	24 HM Chicken Salad on Croissant Fresh HM Cucumber Salad Fresh Broccoli Bites Golden Apple 100% Fruit Juice	25 Roasted Chicken Breast Italian Veggie Blend Roasted Potatoes Fresh Pear Hawaiian Roll Margarine Milk	26 Turkey Burger w/Cheese Potato Wedges Vegetable Blend Diced Peas Multi-Grain Bun Ketchup & Mustard 100% Fruit Juice Birthday Cake	27 HM Mac and Cheese French Cut Green Beans Sliced Carrots Wheat Roll Mandarin Oranges Margarine Milk
30 HM Goulash Spinach Baby Carrots Fresh Apple Corn Bread Margarine Milk	31 HM Sloppy Joes Garden Pasta Veggie Blend Broccoli Florets Golden Apple WG Bun Margarine 100% Fruit Juice			 Valley Area Agency On Aging <i>for</i> Juniata, Adams & Liberty <i>All Things Senior!</i>



# 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!

# Winter Wonderland

E F R B Y R E P P I L S C H I L L Y  
 P R E R S F F U M R A E F W D L O C  
 S O T T I N S Y B S L E Y Y D N I W  
 T Z N R O N L E C A L P E R I F O I  
 O E I B E C L H P S H O V E L V J E  
 O N W T O O A L M T Y R A U R B E F  
 B S T A W T O G L O V E S T D E L S  
 B I T Z O W C D Y R E T S U L B N S  
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## Word List:

BELOWZERO  
 BOOTS  
 COCOA  
 FIREPLACE  
 FROZEN  
 HIBERNATE  
 JACKFROST  
 SHIVER  
 SLED  
 SNOWSTORM

BLANKET  
 CABINFEVER  
 COLD  
 FLURRIES  
 GLOVES  
 ICICLE  
 MITTENS  
 SHOVEL  
 SLIPPERY  
 SNOWSUIT

BLIZZARD  
 CHILLY  
 EARMUFFS  
 FROSTY  
 HAT  
 ICY  
 PLOW  
 SKATING  
 SNOW  
 WINDY

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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**

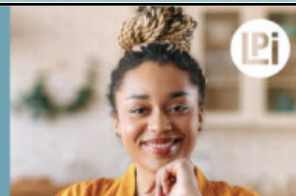


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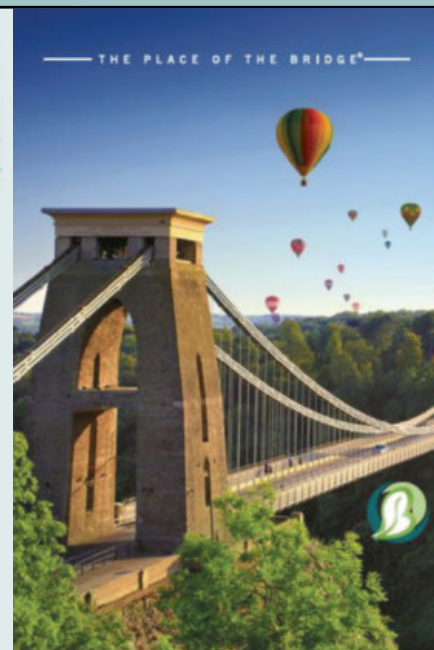
**efrazier@lpicommunities.com**

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**Flint, MI 48506-2151**

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# **EASTSIDE SENIOR CENTER NEWSLETTER**

## **JANUARY 2023**

The Alzheimer's Association logo, featuring the text "alzheimer's association" in a sans-serif font, with a stylized icon of two interlocking loops to the right of the word "alzheimer's".

**alzheimer's  
association**

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.*