

SENIOR NEWS



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

EASTSIDE SENIOR CITIZENS ASSOCIATION

Executive Director: Debra Gilbert
Director: Jamie Rodriguez
Program Coordinator: Janet Supernaw
Programming Assistant: Kathy Blue
Office Assistant: Brandy Boardway
Office Volunteer: Virginia Smith
Office Volunteer: 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

KEARSLEY DALY VILLA & EASTSIDE VILLAGE

810-250-1000

Manager: Brenda Fulton
Maintenance: Brandon Brow
Van Driver: Tonya Alvarez

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.



Bring Your Friends and Family!

Admission: Free

Friday, July 29, 2016

11:00 am to 2:00 pm

3065 N. Genesee Rd Flint, MI 48506

Hot Dogs & Chips \$2.00

(FREE if your bring your classic car!)

DJ Bob Steel

Sponsored by Comfort Keepers

Bring your Classic Car to the cruise



After Lunch & Learn with Lea Anne (and cookies!)

Genesys PACE of Genesee County

Please join us for this brief informational presentation about the new option for those who need extra help to stay in their home, apartment or continue living with family.

Learn more to help us reach those who can benefit.

Thursday, August 18 at 12:30

Free raffle for those attending!

Armchair Exercises

Wednesdays & Fridays: 10:00 - 11:00 am
A low impact seated exercise video.

Arthritis Exercise

Fridays 10:00-10:30 am
Instructor led exercise class to improve mobility, strength & functional ability.

Balance Exercise

Mondays: 1:00 pm
Exercises designed to reduce the risk of falling.

Exercise Equipment

We have a treadmill, & bike available

Line Dancing

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

Healthy Eating for Successful Living



Healthy Eating is a workshop for people who want to feel and look better by making small changes to the foods they eat and the exercise they do.

Workshops meet once a week for six weeks

Friday, July 8—August 12, 2016

1:00pm—3:30pm

Please register in the office (810)250-5000

Strengthening Exercise



This is a FREE seated exercise class consisting of stretching, and arm and leg warm ups as well as weights and stretchy bands, cool downs and breathing exercises. Weights and stretchy bands will be provided. Participants are welcome to bring your own supplies.

When: Tuesdays from 10:00-11:00

Equipment Repair and Adjustment Service

A tech will be here from Adaptive Modification Solutions to perform adjustments and repairs to walkers and wheelchairs. This service is being offered FREE of charge; however, if your repair requires a part you will be responsible for the cost of that part. Generally parts that may need replacing include batteries, tippers, and walker parts.



When: Wednesday, July 20 & August 17

Time: 11:00 am-1:00 pm

How: First come, first served

Chair Yoga with Cheri



Thanks to the Silver Sneakers Program, you may have the opportunity to try chair yoga for FREE. Many health insurances offer Silver Sneakers as a free benefit. Call the office to check if your insurance is a participating plan. If not, you are still welcome to join us for just \$3.00

When: Every Tuesday at 4:00 pm

Make It, Take It

We will be making a new craft **every Wednesday**, if you can't attend Wednesday, we repeat that craft on **Thursdays**. Check the bulletin board for upcoming crafts and sign up in advance so that we can provide enough supplies. Donations always welcome, but this class is FREE unless otherwise noted.

When: Wednesdays at 9:30 and Thursdays at 1:00

Sit 'N Stitch

Join the group if you would like share your talents, and ideas and socialize, or come learn to knit or crochet. We are currently crocheting plastic mats for the homeless.

When: Every Thursday at 9:00

Sewing and Quilting

Our sewing and quilting group is currently working on a quilt made from fabrics donated to the center, if you enjoy quilt, come by and lend a hand!

When: Tuesdays 9:00-12:00.

Cooking Class

Join us for a quick and easy cooking class! Please call office to register.

Date: Tuesday, July 26 & August 23

Time: 12:30 pm

Coloring for Relaxation

Adult coloring books have recently gained popularity for their stress-relieving abilities. All supplies are provided.

When: Tuesdays from 1:00– 2:00

Wednesday Programs

Sing-A-Long

Join us an afternoon of singing fun! If you play an instrument, please bring it along!

When: Wednesday, July 6 & August 3 from 3-5pm

Scrapbook Day

The room will be open all day for scrapbooking. Feel free to bring your projects, tools and ideas.

When: Wednesday, July 13 & August 10

Spades

Game is played according to the Senior Winter Games rule book.

When: Wednesday, July 20 & August 17 from 3-5pm

Bid Euchre

Tuesdays
6:00 - 9:00
Fridays:
1:00 - 4:00

Bingo

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

Bingo (Extra Fast)

Fridays:
1:00 - 3:30

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

Duplicate Bridge

Mondays
& Thursdays
1:00 - 5:30
Tuesdays
5:30 - 9:00

Euchre
Wednesdays
6:00 - 8:30

Hand & Foot

Saturdays
1:00 - 4:00

Mahjong
Tuesdays
12:30-3:00

Pinochle
Wednesdays
9:30 - 11:30

Pool Table
Everyday
9:00 - 4:00

Skip-bo
Everyday
1:00 - 3:00

Monthly Birthday Celebration

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 a cupcake for dessert!

Date: Thursday, July 14
Thursday, August 18

RSVP: By 1:00 pm day before

SENIOR SERVICES

Legal Services of Eastern Michigan

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.

When: Friday, July 1 & August 5

How: 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 Assistance Program

- 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

When: Our MMAP counselor is available Mondays, by appointment only

Veterans Services Officer

A Veteran Services Officer will be here to file claims for compensation and pension.

Date: Monday, July 25 & August 22

How: Please call for appointment

HEALTH SERVICES

Blood Pressure Screenings

By Comfort Keepers

Thursdays 10:30 am - 11:30 am

Hearing Screenings *By Fluke Hearing*

Free hearing tests & minor hearing aid repair

Tuesday, July 5 & August 2

*Appointment required

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. This is an open, ongoing group that is free of charge and welcomes the public.

Medical Equipment Closet

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

FOOD PROGRAMS

Daily Lunch - Congregate Hot Meal

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 - Friday

Time: Served 11:30 am - 12:00 pm

Reserve: Call by 1:00 p.m. the day before

Donation: 60+ \$2.00, Under 60 \$3.50

GCCARD Commodity Food Program

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

Second Tuesday of the month

Date: Tuesday July 12 & August 9

Time: 1:00 pm to 3:00 pm

Bible Study

Fridays: 10:30-11:30 am

Join a friendly group for a time of reflection.

Book & Puzzle Exchange or Borrow

Everyday

Browse through shelves of puzzles, books, books on CDs & Tapes and exchange or borrow a book.

Computers

Everyday (Check the calendar for exceptions)

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

Landscape Painting - \$20

Second Tuesday of the month @ 1:00 pm
Please call the office to sign up, must pay in advance.

Name That Song

Last Thursday of every month

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!

Raised Vegetable Garden

Would you like to take part in a community vegetable garden? This is a great opportunity for those of you who may not have the space, or energy to maintain a garden on your own. Please come by the office if you are interested in gardening with us. No experience necessary.

ThAnK yOu *Walker Farms*

For donating all of the vegetable plants and beautiful flowers!



Caregiver's Art Program

This exciting opportunity is designed for you if you are caring for a loved one, you are at least 60 years old, you need to spend time doing something for you! If you answered yes to any of the above questions, you are invited and encouraged to take two hours each month and participate in the "Anyone Can Paint Class", FREE of charge!

When: Wednesday, July 27 & August 24

Time: 1:00 pm

Please sign up by calling (810)250-5000

Free Financial Consultation

A Financial Advisor will be available once a month by appointment to answer any questions you may have. This is a free service.

When: Monday, July 11 & August 8

How: Call for appointment



We are now offering notary services for a nominal fee.

Please call to make an appointment.

Register of Deeds

You can access the register of deeds online during business hours in our computer lab:

www.gc4me.com

JULY 2016

Monday

Tuesday

Wednesday

Thursday

Friday

Quilt Raffle

Our talented quilters have made another beautiful quilt to raffle at our annual Car Show. The quilt will be displayed in the lunch room, please do not touch! Tickets available until the day of the drawing.

Drawing: Friday, July 29

Cost: \$1 per ticket

(You do not have to be present to win)

Meatball Sub 1

- 10:00 Arthritis Exercise
- 10:30 Armchair Exercise
- 10:30 Bible Study
- 11:30 Lunch—GCCARD
- 1:00 Legal Services
- 1:00 Skip-Bo
- 1:00 Extra Fast Bingo
- 1:00 Bid Euchre

CLOSED

4



Chicken Sandwich 5

- 9:00 Sew & Quilt
- 10:00 Strengthening Exercise
- 11:00 Hearing Screening
- 11:30 Lunch—GCCARD
- 12:30 Mahjong
- 1:00 Color For Relaxation
- 1:00 Skip-Bo
- 1:00 Bingo
- 4:00 Chair Yoga
- 5:30 Duplicate Bridge
- 6:00 Chess Club
- 6:00 Bid Euchre

Pub Burger 6

- 9:30 Make It, Take It
- 9:30 Pinochle
- 10:00 Armchair Exercise
- 11:30 Lunch—GCCARD
- 1:00 Bingo
- 1:00 Skip-Bo
- 3:00 Sing A Long
- 6:00 Euchre

Chicken Strips 7

- 9:00 Sit 'N Stitch
- 9:00 Line Dance—Beginning
- 10:00 Line Dance-Advanced
- 9:30 Cribbage
- 10:30 Blood Pressure Clinic
- 11:00 Grief Gathering
- 11:30 Lunch—GCCARD
- 1:00 Make It, Take It
- 1:00 Skip-Bo
- 1:00 Duplicate Bridge
- 6:00 Bunco

Alaskan Cod 8

- 10:00 Arthritis Exercise
- 10:30 Armchair Exercise
- 10:30 Bible Study
- 11:30 Lunch—GCCARD
- 1:00 Healthy Eating
- 1:00 Skip-Bo
- 1:00 Extra Fast Bingo
- 1:00 Bid Euchre

<p>Steak & Gravy 11</p> <p>9:00 MMAP Counselor 9:00 Line Dancing - Beginners 10:00 Line Dancing - Advanced 11:30 Lunch- GCCARD 1:00 Financial Consultation 1:00 Balance Exercise 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Double Pinochle</p>	<p>Beef Turnover 12</p> <p>9:00 Sew & Quilt 10:00 Strengthening Exercise 11:30 Lunch- GCCARD 12:30 Mahjong 1:00 Landscape Painting 1:00 Commodities 1:00 Color For Relaxation 1:00 Skip-Bo 1:00 Bingo 4:00 Chair Yoga 5:30 Duplicate Bridge 6:00 Chess Club 6:00 Bid Euchre</p>	<p>Salisbury Steak 13</p> <p>9:00 Scrapbooking Day 9:30 Make It, Take It 9:30 Pinochle 10:00 Armchair Exercise 11:30 Lunch- GCCARD 1:00 Skip-Bo 1:00 Bingo 6:00 Euchre</p>	<p>Teriyaki Chicken 14</p> <p>9:00 Sit 'N Stitch 9:00 Line Dance- Beginning 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 1:00 Make It, Take It 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Bunco</p>	<p>Philly Steak 15</p> <p>10:00 Arthritis Exercise 10:30 Armchair Exercise 10:30 Bible Study 11:30 Lunch- GCCARD 1:00 Healthy Eating 1:00 Skip-Bo 1:00 Bingo - Extra Fast 1:00 Bid Euchre</p>
<p>Breaded Chicken 18</p> <p>9:00 MMAP Counselor 9:00 Line Dancing - Beginners 10:00 Line Dancing - Advanced 11:30 Lunch- GCCARD 1:00 Balance Exercise 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Double Pinochle</p>	<p>Pulled Pork 19</p> <p>9:00 Sew & Quilt 10:00 Strengthening Exercise 11:30 Lunch- GCCARD 12:30 Mahjong 1:00 Color For Relaxation 1:00 Skip-Bo 1:00 Bingo 4:00 Chair Yoga 5:30 Duplicate Bridge 6:00 Chess Club 6:00 Bid Euchre</p>	<p>Sloppy Joe 20</p> <p>9:30 Make It, Take It 9:30 Pinochle 10:00 Armchair Exercise 11:30 Lunch- GCCARD 11:00 Equipment Repair 1:00 Skip-Bo 1:00 Bingo 3:00 Spades 6:00 Euchre</p>	<p>Mac & Cheese 21</p> <p>9:00 Sit 'N Stitch 9:00 Line Dance- Beginning 10:00 Line Dance-Advanced 9:30 Cribbage 10:30 Blood Pressure Screening 11:00 Grief Gathering 11:30 Lunch- GCCARD 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Bunco</p>	<p>Lasagna 22</p> <p>10:00 Arthritis Exercise 10:30 Armchair Exercise 10:30 Bible Study 11:30 Lunch- GCCARD 1:00 Healthy Eating 1:00 Skip-Bo 1:00 Bingo - Extra Fast 1:00 Bid Euchre</p>
<p>Steak Fingers 25</p> <p>9:00 MMAP Counselor 9:00 Line Dancing - Beginners 9:00 Veterans Services 10:00 Line Dancing - Advanced 11:30 Lunch- GCCARD 1:00 Balance Exercise 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Double Pinochle</p>	<p>Chicken Salad 26</p> <p>9:00 Sew & Quilt 10:00 Strengthening Exercise 11:30 Lunch- GCCARD 12:30 Mahjong 12:30 Cook Class 1:00 Color For Relaxation 1:00 Skip-Bo 1:00 Bingo 4:00 Chair Yoga 5:30 Duplicate Bridge 6:00 Chess Club 6:00 Bid Euchre</p>	<p>Ravioli 27</p> <p>9:30 Make It, Take It 9:30 Pinochle 10:00 Armchair Exercise 11:30 Lunch- GCCARD 1:00 Caregiver's Art Program 1:00 Skip-Bo 1:00 Bingo 6:00 Euchre</p>	<p>Grilled Chicken 28</p> <p>9:00 Sit 'N Stitch 9:00 Line Dance- Beginning 10:00 Line Dance-Advanced 9:30 Cribbage 10:30 Blood Pressure Screening 11:00 Grief Gathering 11:30 Lunch- GCCARD 1:00 Make It, Take It 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Bunco</p>	<p>Hot Dogs 29</p> <p>10:00 Arthritis Exercise 10:30 Armchair Exercise 10:30 Bible Study 11:30 Lunch- GCCARD 1:00 Healthy Eating 1:00 Skip-Bo 1:00 Bingo - Extra Fast 1:00 Bid Euchre</p>

August 2016

Monday


Tuesday

Wednesday

Thursday

Friday

<p>1</p> <p>9:00 MMAP Counselor 9:00 Line Dancing - Beginners 10:00 Line Dancing - Advanced 11:30 Lunch- GCCARD 1:00 Balance Exercise 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Double Pinochle</p>	<p>2</p> <p>9:00 Sew & Quilt 10:00 Strengthening Class 11:00 Hearing Screening 11:30 Lunch- GCCARD 12:30 Mahjong 1:00 Color For Relaxation 1:00 Skip-Bo 1:00 Bingo 4:00 Chair Yoga 5:30 Duplicate Bridge 6:00 Chess Club 6:00 Bid Euchre</p>	<p>3</p> <p>9:30 Make It, Take It 9:30 Pinochle 10:00 Armchair Exercise 11:30 Lunch- GCCARD 3:00 Sing Along 1:00 Bingo 1:00 Skip-Bo 6:00 Euchre</p>	<p>4</p> <p>9:00 Sit 'N Stitch 9:00 Line Dance- Beginning 10:00 Line Dance-Advanced 9:30 Cribbage 10:30 Blood Pressure Clinic 11:00 Grief Gathering 11:30 Lunch- GCCARD 1:00 Make It, Take It 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Bunco</p>	<p>5</p> <p>10:00 Arthritis Exercise 10:30 Armchair Exercise 10:30 Bible Study 11:30 Lunch- GCCARD 1:00 Legal Services 1:00 Healthy Eating 1:00 Skip-Bo 1:00 Extra Fast Bingo 1:00 Bid Euchre</p>
<p>8</p> <p>9:00 MMAP Counselor 9:00 Line Dancing - Beginners 10:00 Line Dancing - Advanced 11:30 Lunch- GCCARD 1:00 Financial Consultation 1:00 Balance Exercise 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Double Pinochle</p>	<p>9</p> <p>9:00 Sew & Quilt 10:00 Strengthening Class 11:30 Lunch- GCCARD 12:30 Mahjong 1:00 Color For Relaxation 1:00 Landscape Painting 1:00 Commodities 1:00 Skip-Bo 1:00 Bingo 4:00 Chair Yoga 5:30 Duplicate Bridge 6:00 Chess Club 6:00 Bid Euchre</p>	<p>10</p> <p>9:00 Scrapbook Day 9:30 Make It, Take It 9:30 Pinochle 10:00 Armchair Exercise 11:30 Lunch- GCCARD 1:00 Bingo 1:00 Skip-Bo 6:00 Euchre</p>	<p>11</p> <p>9:00 Sit 'N Stitch 9:00 Line Dance- Beginning 10:00 Line Dance-Advanced 9:30 Cribbage 10:30 Blood Pressure Clinic 11:00 Grief Gathering 11:30 Lunch- GCCARD 1:00 Make It, Take It 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Bunco</p>	<p>12</p> <p>10:00 Arthritis Exercise 10:30 Armchair Exercise 10:30 Bible Study 11:30 Lunch- GCCARD 1:00 Healthy Eating 1:00 Skip-Bo 1:00 Extra Fast Bingo 1:00 Bid Euchre</p>

<p>15</p> <p>9:00 MMAP Counselor 9:00 Line Dancing - Beginners 10:00 Line Dancing - Advanced 11:30 Lunch—GCCARD 1:00 Balance Exercise 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Double Pinochle</p>	<p>16</p> <p>9:00 Sew & Quilt 10:00 Strengthening Class 11:30 Lunch—GCCARD 12:30 Mahjong 1:00 Color For Relaxation 1:00 Skip-Bo 1:00 Bingo 4:00 Chair Yoga 5:30 Duplicate Bridge 6:00 Chess Club 6:00 Bid Euchre</p>	<p>17</p> <p>9:30 Make It, Take It 9:30 Pinochle 10:00 Newsletter Production 10:00 Armchair Exercise 11:00 Equipment Repair 11:30 Lunch—GCCARD 1:00 Skip-Bo 1:00 Bingo 3:00 Spades 6:00 Euchre</p>	<p>18</p> <p>9:00 Sit 'N Stitch 9:00 Line Dance—Beginning 9:30 Cribbage 10:00 Line Dance-Advanced 10:00 Newsletter Production 10:30 Blood Pressure Screening 11:00 Grief Gathering 12:30 PACE Presentation 11:30: Birthday Celebration 11:30 Lunch—GCCARD 1:00 Make It, Take It 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Bunco</p>	<p>19</p> <p>10:00 Arthritis Exercise 10:30 Armchair Exercise 10:30 Bible Study 11:30 Lunch—GCCARD 1:00 Skip-Bo 1:00 Bingo - Extra Fast 1:00 Bid Euchre</p>		
<p>22</p> <p>Senior Day Genesee County Fair</p> <p>9:00 MMAP Counselor 9:00 Veterans Services 9:00 Line Dancing - Beginners 10:00 Line Dancing - Advanced 11:30 Lunch—GCCARD 1:00 Balance Exercise 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Double Pinochle</p>	<p>23</p> <p>9:00 Sew & Quilt 10:00 Strengthening Class 11:30 Lunch—GCCARD 12:30 Mahjong 12:30 Cook Class 1:00 Color For Relaxation 1:00 Skip-Bo 1:00 Bingo 4:00 Chair Yoga 5:30 Duplicate Bridge 6:00 Chess Club 6:00 Bid Euchre</p>	<p>24</p> <p>9:30 Make It, Take It 9:30 Pinochle 10:00 Armchair Exercise 11:30 Lunch—GCCARD 1:00 Caregiver's Art Program 1:00 Skip-Bo 1:00 Bingo 6:00 Euchre</p>	<p>25</p> <p>9:00 Sit 'N Stitch 9:00 Line Dance—Beginning 10:00 Line Dance-Advanced 9:30 Cribbage 10:30 Blood Pressure Screening 11:00 Grief Gathering 11:30 Lunch—GCCARD 1:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It 6:00 Bunco</p>	<p>26</p> <p>10:00 Arthritis Exercise 10:30 Armchair Exercise 10:30 Bible Study 11:30 Lunch—GCCARD 1:00 Skip-Bo 1:00 Bingo - Extra Fast 1:00 Bid Euchre</p>		
<p>29</p> <p>9:00 MMAP Counselor 9:00 Line Dancing - Beginners 10:00 Line Dancing - Advanced 11:30 Lunch—GCCARD 1:00 Balance Exercise 1:00 Skip-Bo 1:00 Duplicate Bridge 6:00 Double Pinochle</p>		<p>30</p> <p>9:00 Sew & Quilt 10:00 Strengthening Class 11:30 Lunch—GCCARD 12:30 Mahjong 1:00 Color For Relaxation 1:00 Skip-Bo 1:00 Bingo 4:00 Chair Yoga 5:30 Duplicate Bridge 6:00 Chess Club 6:00 Bid Euchre</p>		<p>31</p> <p>9:30 Make It, Take It 9:30 Pinochle 10:00 Armchair Exercise 11:30 Lunch—GCCARD 1:00 Skip-Bo 1:00 Bingo 6:00 Euchre</p>		<p>31</p> <p>The full GCCARD lunch menu is available in the Office.</p>
<p>Meals on Wheels</p>  <p>(810) 239-7671</p>						

VOLUNTEER OPPORTUNITIES

We are in need of volunteers for our congregate meal program.

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 at your convenience.

Monthly Newsletters

We are looking for some extra hands to help prepare next month's newsletters for mailing.

Date: August 17 & 18

Time: 9:00 am to 4:00 pm

Computer Mentor

We are looking for someone who is available to help out in the computer room. We would like to have someone commit to a few hours a week assisting our members and or teaching basic computer lessons. If interested, please visit the office or call (810)250-5000.

FUNDRAISING & DONATIONS

Bob Evans Gift Card Fundraiser

\$10 Gift Cards are available for purchase in the office, a great special occasion gift!

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!

Donations Needed for Eastside Center

Coffee (decaf/regular), computer paper, stamps, Kleenex, napkins, paper towels, hard candy.

Craft Supplies Needed

Metal jar lids, buttons, brown paper bags, pillow or doll material panels.

PROJECT FRESH COUPONS

Coupons are to be used at the Farmer's Market on Michigan grown fruits and vegetables. Coupons will be available at the senior center to those meeting income requirements.

* * * Please call for more information. * * *

TRANSPORTATION

Days: Monday through Friday

Time: 8:00 am to 4:00 pm

Call: 250-1000 for scheduling and fee

Our van is available transport seniors 60 and over to the senior center, doctor's appointments, beauty salons, drug stores, voting polls, etc. We also provide the following group trips:

Shopping (Kroger/ VGs)

Every Wednesday

Depart 9:00

Return: 11:00

Dollar General

Every Wednesday

Depart 11:00

Return: 1:00

Shopping (Walmart)

Every Wednesday

Depart 1:00

Return 3:00

Shopping (Meijer)

Every Thursday

Depart 12:30

Return 2:30

Davison Farmer's Market

Senior Discount Day

Every Tuesday

Depart 11:00 Return 1:00

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FAMILY Physical Therapy

810-250-6112 - Kearsley Area
Earl Mayhew, PT • Amber Mayhew, PT

Heartland of Briarwood

810.736.0600
heartlandnursing.com/Briarwood

Michigan Vision
INSTITUTE OPTICAL

Edward P. Stack, M.D.
Atheer M. Alrawi, M.D.
Kelly C.K. Tierney, O.D.
John F. Labaza, O.D.

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 - Macular Degeneration
 - Diabetic Retinopathy
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Eastside Senior Center Newsletter July / August 2016

PLEASE CALL EASTSIDE SENIOR CENTER (810) 250-5000 WITH ANY QUESTIONS.

Business Hours: Monday through Friday, 9:00 am - 4:00 pm

You can also check our website www.eastsideseniorcenter.com for updates

Don't forget to "LIKE" us on Facebook!



Senior Day at the Genesee County Fair

Tuesday, August 22 from 9:00 am to 2:00 pm

Parking & Admission are FREE

Parking passes available at Eastside (shuttle bus available to/from parking lot)

9:00 am– Free Donuts & Coffee (while supplies last)
provided by VG's

9:00 am to Noon– Visit with vendors from Genesee
County Senior Services

9:00 am to Noon– Free fun entertainment

9:00 am– Mountain Echo Dulcimer Band

10:00 am– T.J. Craven

11:00 am–Smokin George

Lunch– Bring a Sack lunch or purchase food at the Genesee County Fair. Shaded tables and chairs are available in the tent, eat lunch and enjoy the entertainment. Cool water and lemonade available while supplies last.

Games with Prizes

Noon– Scavenger Hunt (up to 4 people per team)

1:00 pm– Bean Bag Toss, Hot Potato, Ping Pong Ball Toss, Ladder Golf & Frisbee Toss