

Eastside Senior Center Newsletter July 2020



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

EASTSIDE SENIOR CITIZENS ASSOCIATION

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Program Coordinator:

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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, 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.*



The senior center office will be open normal business hours. We will continue offering essential services in addition to the programs featured in this newsletter. Please only come to your scheduled activities, staff needs time to clean and prepare for all programs. Social gatherings will not be permitted indoors during this time. Please read carefully as we have made many changes. As time goes on we will slowly add more of our programs. We will be following the governor's orders, and our schedule is subject to change.

- **Please call in advance to sign up for any program you plan to attend.** Due to social distancing, capacity is limited and we would appreciate you also calling to cancel so we are able to serve as many people as possible.
- **Anyone entering the building will be required to wear a mask.** The senior center will have masks available if you need one. Please be sure to clean your masks properly. If you choose to wear gloves, please make sure they are clean.
- **Upon entering, you will be asked to use hand sanitizer, have your temperature checked** with a zero touch thermometer and answer a few questions for the safety of our participants.
- **Exercise classes will be held outdoors, in the shade.**

Balance Exercise with Sara*Mondays 1:00pm-2:00pm*

(\$1 Donation)

Instructor led exercise designed to reduce the risk of falling. Instructor will give a sample of the different exercises she will be using for this new class.

Bible Study*Fridays 12:30 pm-1:30 pm*

Join a friendly group for a time of reflection.

Blood Pressure Screenings*Comfort Keepers*

Thursdays 11:30 am - 12:00 pm

Caregiver's Art Program / Painting Through Grief*Wednesday, July 22*

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.*

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.

Hearing Screening*Tuesday, July 7***By Your Hearing Solution**

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

Landscape Painting - \$20*Tuesday, July 14*

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!

Make It, Take It*Wednesdays at 1:00 pm Thursdays at 9:30 am*We will be making a new craft **every****Wednesday**, we repeat that craft on **Thursday**.**Outdoor Exercise***Tuesdays at 10:00am, Wednesday & Thursday at 1:00pm*

Staff will be leading chair exercise outdoors in the shade. Masks are not required while exercising outdoors. Please call to register.

Yoga with Janet (Chair Yoga)*Wednesdays at 3:15pm*

Thanks to the Silver Sneakers Program, you may have the opportunity to try chair yoga for FREE. Stop by to talk with Janet to see if your insurance is a participating plan. If not, you are welcome to join us for just \$3.00.

Walking Club*Mondays, and Fridays*

9:30-10:30am.

Our club meets here to walk at 9:30. Join us for some fresh air!

**You must PREREGISTER for ALL programs.
Please let the office know by calling(810)250-5000.**

Legal Services of Eastern Michigan

Friday, July 24

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, July 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 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*



We offer FREE notary services .
Please call to make an 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+ \$3.00

Cost for those under 60, or living outside

Genesee County: \$6.00

***At this time 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 July:

Date: Tuesday July 14


Time: 1:00 pm—3:00 pm

At this time, GCCARD meals will continue to be served to go.



(810) 239-7671

JULY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Thank you!</i></p> <p>To Walker Farms for the flowers and vegetable plant donations,</p> <p>Special thank you to Lonnie and AA Genesee Roofing & Siding for repairing our raised vegetable garden beds!</p>		<p>1</p> <p>Chicken Sandwich</p> <p>10:00 Exercise Outdoors 11:30 Lunch – GCCCARD 1:00 Make It, Take It 3:15 Chair Yoga</p>	<p>2</p> <p>BBQ Pulled Pork</p> <p>9:30 Make It Take It 11:30 Blood Pressure 11:30 Lunch – GCCCARD 1:00 Exercise Outdoors</p>	<p>3</p> <p>Closed</p> 
		<p>8</p> <p>Philly Steak</p> <p>10:00 Exercise Outdoors 11:30 Lunch – GCCCARD 1:00 Make It, Take It 3:15 Chair Yoga</p>	<p>9</p> <p>Taco Salad</p> <p>9:30 Make It Take It 11:30 Blood Pressure 11:30 Lunch – GCCCARD 1:00 Exercise Outdoors</p>	<p>10</p> <p>Chef Salad</p> <p>9:30 Walking Club 11:30 Lunch – GCCCARD 12:30 Bible Study</p>
<p>6</p> <p>Turkey Burger</p> <p>9:30 Walking Club 11:30 Lunch – GCCCARD 12:00 MMAP Counselor 1:00 Balance with Sara</p>	<p>7</p> <p>Sloppy Joes</p> <p>10:00 Exercise Outdoors 11:00 Hearing Screening 11:30 Lunch – GCCCARD 1:00 Coloring</p>			

<p>13</p> <p>Tangerine Chicken</p> <p>9:30 Walking Club 11:30 Lunch– GCCARD 12:00 MMAP Counselor 1:00 Balance with Sara</p>	<p>14</p> <p>Roasted Turkey</p> <p>10:00 Exercise Outdoors 11:30 Lunch– GCCARD 1:00 Commodities 1:00 Paint Class 1:00 Coloring</p>	<p>15</p> <p>Beef Steak</p> <p>10:00 Exercise Outdoors 11:30 Lunch– GCCARD 1:00 Make It, Take It 3:15 Chair Yoga</p>	<p>16</p> <p>Chicken & Veggies</p> <p>9:30 Make It Take It 11:30 Blood Pressure 11:30 Lunch– GCCARD 1:00 Exercise Outdoors</p>	<p>17</p> <p>Oven Fried Fish</p> <p>9:30 Walking Club 11:30 Lunch– GCCARD 12:30 Bible Study</p>
<p>20</p> <p>Turkey Sub</p> <p>9:30 Walking Club 11:30 Lunch– GCCARD 12:00 MMAP Counselor 1:00 Balance with Sara</p>	<p>21</p> <p>Beef Lasagna Roll</p> <p>10:00 Exercise Outdoors 11:30 Lunch– GCCARD 1:00 Coloring</p>	<p>22</p> <p>Honey Chicken</p> <p>10:00 Exercise Outdoors 11:30 Lunch– GCCARD 1:00 Make It, Take It 1:00 Grief Paint 1:00 Caregiver Paint 3:15 Chair Yoga</p>	<p>23</p> <p>Turkey Tetrazzini</p> <p>9:30 Make It Take It 11:30 Blood Pressure 11:30 Lunch– GCCARD 1:00 Exercise Outdoors</p>	<p>24</p> <p>Mac & Cheese</p> <p>9:30 Walking Club 11:30 Lunch– GCCARD 12:30 Bible Study 1:00 Legal Services</p>
<p>27</p> <p>Fiesta Lime Chicken</p> <p>9:30 Veterans Services 9:30 Walking Club 11:30 Lunch– GCCARD 12:00 MMAP Counselor 1:00 Balance with Sara</p>	<p>28</p> <p>Meatball Sub</p> <p>10:00 Exercise Outdoors 11:30 Lunch– GCCARD 1:00 Coloring</p>	<p>29</p> <p>Pub Burger</p> <p>10:00 Exercise Outdoors 11:30 Lunch– GCCARD 1:00 Make It, Take It 3:15 Chair Yoga</p>	<p>30</p> <p>Deluxe Fried Rice</p> <p>9:30 Make It Take It 11:30 Blood Pressure 11:30 Lunch– GCCARD 1:00 Exercise Outdoors</p>	<p>31</p> <p>Chicken Salad Sandwich</p> <p>9:30 Walking Club 11:30 Lunch– GCCARD 12:30 Bible Study</p>

ADDITIONAL SERVICES AVAILABLE

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!

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

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.

Computers

Monday– Friday 9am-4pm

Our computer room is sanitized and measured for 4 computers to be used at a time. We also have, a printer and wireless internet if you would like to bring your own laptop.

Book & Puzzle Library

Everyday

Plenty of puzzles & books to exchange or borrow.

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.

****Coupons are limited.****

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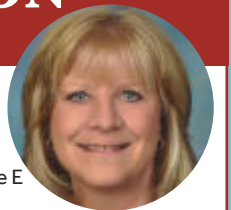
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EASTSIDE SENIOR CENTER NEWSLETTER

JULY 2020

Please do not come in to the center if you are experiencing the following symptoms::

- New or worsening cough
- Shortness of breath
- Sore throat
- Diarrhea
- New loss of taste or smell
- Subjective fever (felt feverish)



Ice Cream Party
Friday, July 17 at 4:00pm
Join us for a parking lot Ice Cream Social!
bring your lawn chairs
SPONSORED BY
HEARTLAND BRIARWOOD AND HEARTLAND HOMECARE AND HOSPICE