

# Eastside Senior Center Newsletter June 2017



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

## EASTSIDE SENIOR CITIZENS ASSOCIATION

**Executive Director:** Debra Gilbert

**Interim Executive Director:** Janet Supernaw

**Director:** Jamie Rodriguez

**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](http://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 Drivers:** Kathy Mosher

Samantha Johnston

## Creating Confident Caregivers

A program for family members caring for a loved one with dementia and /or memory loss.

*June 6– July 18, 2017, from 1:00pm-3:00pm*

**This is a 6 week course, the cost is \$10:00**

Learn about dementia and it's effects on the brain. Managing behaviors, and improving caregiver skills. You will also learn how to handle everyday activities more easily and how to take care of yourself to better care for your loved one. Free respite care for your family member with memory loss can be provided free of charge so that you may attend the class sessions.

To register, please call Jennifer at (810)239-7671 Ext. 281.



## Diabetes Path

Diabetes Self Management for Older Adults

*June 7–July 19, 2017, 1:00 pm-3:30pm*

This is a class geared towards diabetes self management. It provides education for older adults; topics include monitoring, healthy eating, preventing diabetes related complications, exercise, monitoring blood sugar and medications. This class is led by a registered Dietician.

Come to the office to preregister.

## 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.*



## Blood Pressure Screenings

*Comfort Keepers*

Thursdays 10:30 am - 11:30 am

## Hearing Screening

*Tuesday, June 6*

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.

## 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.

## Exercise Equipment

We have a treadmill & bike available for use.

## Armchair Exercises

*Wednesdays: 10:30 am - 11:00 am*

A low impact seated exercise video.

## Balance Exercise

*Starts up again Monday, June 5 @ 1:00pm*

Video led exercise designed to reduce the risk of falling.

## Chair Yoga with Cheri

*Tuesdays at 3:15pm*

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 welcome to join us for just \$3.00.

## Line Dancing

*Mondays and Thursdays : 9:00 - 11:00 am*

Beginners and Advanced (\$1 donation).

## Sit, Stand and Stretch with Gina

*Fridays 10:00 am -11:00 am*

This class is being offered free of charge by Mid Michigan Home Health and Hospice, This is safe, low impact exercise for anyone to try!

## Strengthening Exercise

*Tuesdays from 10:00 am -11:00 am*

This FREE seated exercise class is offered by Comfort Keepers. Join us for stretching, arm and leg warm ups as well as weights and stretchy bands, cool downs and breathing exercises. Weights and stretchy bands provided.

### 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, June 20 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.

### Sit ‘N Stitch

*Every Thursday at 9:00 am*  
 Join the group if you would like share your talents, and ideas and socialize, or come learn to knit or crochet.

### Sewing and Quilting

*Tuesdays 9:00 am-12:00 pm*  
 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!

### Musical Breathing

*Mondays 2:00 pm-3:00 pm*  
 Join us for this new program taught by our intern. Tekyra will be teaching us how to play musical recorders. This is a fun way to get a little breathing exercise while increasing your awareness of breath.

### 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

### Bingo (Progressive)

Thursdays:  
 6:00 - 8:30

### 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

### Euchre

Wednesdays  
 6:00 - 8:30

### Hand, Knee & 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  
 (with exclusions to leagues)

### Skip-bo

Everyday  
 1:00 - 3:00

### Sing-A-Long

*Wednesday, June 7 from 3:00 pm-5:00 pm*  
 . Come and join us for a 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.....brightens mood, sharpens memory, improves movement, relieves stress, lowers blood pressure, eases pain, and aids in stroke recovery.

## Legal Services of Eastern Michigan

*Friday, June 2*

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 Assistance

*Monday, June 26*

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*

## 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 - 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



**(810) 239-7671**

## 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 June 13

**Time:** 1:00 pm—3:00 pm

**TeFap Quarterly Distribution this month!**



## Up & Coming



### Quilt Raffle

A new quilt will be raffled at this year's car cruise on July, 28. Tickets are \$1 and are sold in the office.

### 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 or call if you are interested in gardening with us. No experience necessary.



### Coupon Class

*Fridays 10:00am-11:00am*

Our intern, Tekyra will be leading this new couponing class. We would appreciate any donations of coupons to help out!

### 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.\*\*

### Genesee County

#### Home Improvement Program

This program is designed to help low income seniors make necessary improvements to their home with little or no out of pocket expenses. The program is for seniors age 62 and older. All housing improvements are based on HUD's minimum Housing Quality Standards which assure that housing will be decent, safe and sanitary. For more information, contact the Genesee County Metropolitan Planning Commission at 810-257-3010. Ask for the Home Improvement Program. We also have brochures available in the Senior Center office.

### Genesee County

#### Case Management & Referral Services (810)780-4163

The Alzheimer's Association / Genesee County Case Management and Referral Program has emergency funds available for clients living in Genesee County who are 60 years or older. The funds can be used for various emergency needs.

### Dispensary of Hope

**(810)232-7740 ext. 207**

This program helps those who qualify get the medications they need and provides short-term assistance for those who are uninsured or those who are underserved and have limited income.

### Genesee County

#### Case Management & Referral Services (810)780-4163

# June 2017

Monday

Tuesday

Wednesday

Thursday

Friday

Save The Date  
Annual Car Cruise  
Friday, July 28

5

**Chicken**

**Tenderloins**

9:00 MMAP Counselor  
9:00 Line Dancing  
9:30 **Nutrition Class**  
11:30 Lunch—GCCARD  
1:00 Skip-Bo  
1:00 Duplicate Bridge  
1:00 Balance Exercise  
2:00 **Musical Breathing**  
6:00 Double Pinochle

6

**Pork Chop**

9:00 Sew & Quilt  
10:00 Strengthening Exercise  
11:30 Lunch—GCCARD  
11:00 **Hearing Screening**  
1:00 Color For Relaxation  
1:00 Skip-Bo  
1:00 Bingo  
1:00 **Confident Caregivers**  
3:15 Chair Yoga  
5:30 Duplicate Bridge  
6:00 Chess Club  
6:00 Bid Euchre

7

**Salisbury Steak**

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

**Turkey Tetrazzini** 8

9:00 Sit 'N Stitch  
9:00 Line Dance—Beginning  
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  
6:00 **Progressive Bingo**

9

**Beef Lasagna**

Exercise Canceled  
Father's Day Breakfast  
10:00 **Coupon Class**  
10:00 **Sit, Stand, Stretch**  
10:30 Bible Study  
11:30 Lunch—GCCARD  
1:00 Skip-Bo  
1:00 Bingo - Extra Fast  
1:00 Bid Euchre  
1:00 **Grief Paint Class**

**Turkey Burger** 1

9:00 Sit 'N Stitch  
9:00 Line Dance  
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  
6:00 **Progressive Bingo**

2

**Veal Steak**

10:00 **Coupon Class**  
10:00 **Sit, Stand, Stretch**  
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

## Steak Fingers 12

9:00 MMAP Counselor  
9:00 Line Dancing  
**9:30 Nutrition Class**  
11:30 Lunch - GCCARD  
1:00 Balance Exercise  
1:00 Skip-Bo  
1:00 Duplicate Bridge  
**2:00 Musical Breathing**  
6:00 Double Pinochle

## Pork Stir Fry 13

9:00 Sew & Quilt  
10:00 Strengthening Exercise  
11:30 Lunch - GCCARD  
**1:00 Landscape Painting**  
**1:00 Commodities & TeFAP**  
1:00 Color For Relaxation  
1:00 Skip-Bo  
1:00 Bingo  
**1:00 Confident Caregivers**  
3:15 Chair Yoga  
5:30 Duplicate Bridge  
6:00 Chess Club  
6:00 Bid Euchre

## Philly 14

### Cheese Steak

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 Diabetes Class**  
1:00 Skip-Bo  
1:00 Bingo  
6:00 Euchre

## Chicken Wings 15

9:00 Sit 'N Stitch  
9:00 Line Dance  
9:30 Cribbage  
**10:00 Newsletter Production**  
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  
**6:00 Progressive Bingo**

## Baked Fish 16

Exercise Canceled  
Father's Day Breakfast

**10:00 Coupon Class**  
10:30 Bible Study  
11:30 Lunch - GCCARD  
1:00 Skip-Bo  
1:00 Bingo - Extra Fast  
1:00 Bid Euchre

## Chicken Breast 19

9:00 MMAP Counselor  
9:00 Line Dancing  
**9:30 Nutrition Class**  
11:30 Lunch - GCCARD  
1:00 Balance Exercise  
1:00 Skip-Bo  
1:00 Duplicate Bridge  
**2:00 Musical Breathing**  
6:00 Double Pinochle

## Pork Burger 20

9:00 Sew & Quilt  
10:00 Strengthening Exercise  
11:30 Lunch - GCCARD  
**12:30 Cook Class**  
1:00 Color For Relaxation  
1:00 Skip-Bo  
1:00 Bingo  
**1:00 Confident Caregivers**  
3:15 Chair Yoga  
5:30 Duplicate Bridge  
6:00 Chess Club  
6:00 Bid Euchre

## Sloppy Joe 21

9:30 Make It, Take It  
9:30 Pinochle  
10:00 Armchair Exercise  
11:30 Lunch - GCCARD  
1:00 Skip-Bo  
1:00 Bingo  
**1:00 Diabetes Class**  
6:00 Euchre

## Turkey Steak 22

9:00 Sit 'N Stitch  
9:00 Line Dance  
9:30 Cribbage  
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  
**6:00 Progressive Bingo**

## Mac & Cheese 23

**10:00 Coupon Class**  
**10:00 Sit, Stand, Stretch**  
10:30 Bible Study  
11:30 Lunch - GCCARD  
1:00 Skip-Bo  
1:00 Bingo - Extra Fast  
1:00 Bid Euchre

## Chicken 26

9:00 MMAP Counselor  
9:00 Line Dancing  
**9:00 Veterans Services**  
11:30 Lunch - GCCARD  
1:00 Balance Exercise  
1:00 Skip-Bo  
1:00 Duplicate Bridge  
**2:00 Musical Breathing**  
6:00 Double Pinochle

## Boneless Rib 27

9:00 Sew & Quilt  
10:00 Strengthening Exercise  
11:30 Lunch - GCCARD  
1:00 Color For Relaxation  
1:00 Skip-Bo  
1:00 Bingo  
**1:00 Confident Caregivers**  
3:15 Chair Yoga  
5:30 Duplicate Bridge  
6:00 Chess Club  
6:00 Bid Euchre

## Grilled Chicken 28

9:30 Make It, Take It  
9:30 Pinochle  
10:00 Armchair Exercise  
11:30 Lunch - GCCARD  
**1:00 Caregiver Art Class**  
1:00 Skip-Bo  
1:00 Bingo  
**1:00 Diabetes Class**  
6:00 Euchre

## Beef Ravioli 29

9:00 Sit 'N Stitch  
9:00 Line Dance  
9:30 Cribbage  
10:30 Blood Pressure Screening  
11:00 Grief Gathering  
11:30 Lunch - GCCARD  
**11:30 Name That Tune**  
12:30 Double Pinochle  
12:30 Make It, Take It  
1:00 Skip-Bo  
1:00 Duplicate Bridge  
6:00 Bunco  
**6:00 Progressive Bingo**

## BBQ Chicken 30

**10:00 Coupon Class**  
**10:00 Sit, Stand, Stretch**  
10:30 Bible Study  
11:30 Lunch - GCCARD  
1:00 Skip-Bo  
1:00 Bingo - Extra Fast  
1:00 Bid Euchre

## Bible Study

*Fridays: 10:30 am-11:30 am*

Join a friendly group for a time of reflection.

## Book & Puzzle Exchange or Borrow

Everyday

Browse through shelves of puzzles & books. and exchange or borrow.

## Computers

Everyday (Check the calendar for exceptions)

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

## Computer Mentor

Our intern will be available Mondays and Fridays to assist our members with computer, laptop, tablet or cell phone questions.

## Landscape Painting - \$20

*Tuesday, June 13*

Call the office to sign up, must pay in advance.

## Name That Song

*Thursday, June 29*

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!

## Caregiver's Art Program

*Wednesday, June 28 at 1:00 pm*

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.*

## Monthly Birthday Celebration

*Thursday, June 15*

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!



## Painting Through Grief Class

*Friday, June 9*

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.

## Equipment Repair & Adjustments

*Wednesday, June 14 11:00 am-1:00 pm*

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. First come, first served.



## Volunteer Opportunities

We are always 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

June 14 & 15 All day 9:00 am to 4:00 pm

We are always looking for extra help preparing monthly newsletters for mailing.

### Volunteer Receptionist Wanted

We are looking for someone to volunteer at our front desk for a few hours one day a week. Responsibilities include answering phones, greeting people and providing general information at the front desk.

## 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, hard candy, and COUPONS!

### Craft Supplies Needed

Old scrabble games— boards or tiles. White cardstock paper, old nail polish, buttons, and wooden embroidery hoops.

### Coca Cola caps and codes

We are still saving Coke product codes - they come on the caps of bottles or somewhere inside on the boxes of cans. Please help us with this fundraising venture.

## Thank You

We would like to send a special thank you to Walker Farms for the donation of flowers and vegetables for our garden this year. We would also like to thank Outdoor Solutions for replenishing the compost for our garden, free of charge! One more special thank you to Big Apple Bagels in Davison, we LOVE our Bagel Mondays!

# 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, doctor's appointments, beauty salons, drug stores, 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 (810)250-1000.



We are now offering notary services for a nominal fee.

*Please call to make an appointment.*

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**HOME SECURITY TEAM**  
ADT AUTHORIZED DEALER

**THIS SPACE IS AVAILABLE**

**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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North  
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Davison, MI 48423

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Foot Specialist  
New Patients Welcome  
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