

# Eastside Senior Center Newsletter June 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

### Newsletter Update

We will be updating our newsletter mailing list in June. If you don't receive a newsletter and would like to receive one by mail, please contact our office.



### Father's Day Breakfast

Friday, June 16, 2023

\$5 per person

Starting at 10:30 a.m.

**RSVP by Monday, June 12**



### Project Fresh Coupons

Coupons will be available at the senior center to those meeting income requirements. These can be used at participating Farmers' Markets for Michigan grown fruits and vegetables. Please call the office to be put on the waiting list until they become available— *usually* the beginning of June!

## Arthritis Exercise (Instructor)

*Fridays at 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/Flexibility/Mobility

*Thursdays at 9:30am-10:30am*

The Balance/Flexibility/Mobility class is an exercise class all individuals can do at any part in their fitness journey to help improve strength, movement, and getting in touch with what your body needs. These 3 parts of exercise are important to do to stay healthy and fit. This class is fun and gets your body moving and your heart beating!!!!Sponsored by Maxwell Therapy Lead by instructor Alysia.

## Balance Exercise Video

*Wednesday 10:00am-11:00 am*

Exercise video designed to reduce the risk of falling.

## Exercise Video

*Mondays at 10:00 am*

Video led chair exercise.

## Line Dancing

*Tuesdays at 10:00am*

Beginner's easy steps led by Brandy.

## 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.



## Hearing Screening

*Tuesday, June 6*

**By Your Hearing Solution**

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

## Bible Study

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

Join a friendly group for a time of reflection.

## Blood Pressure Checks

*Fridays 11:30a.m.-12:30 pm*

Eastside staff will provide blood pressure checks.





## Make It, Take It

*Mondays at 9:30 am or Thursdays at 1:00pm*

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, June 13 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 9:30am*

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

**Bingo**  
Tuesdays  
1:00—3:00  
Wednesdays:  
1:00—3:00

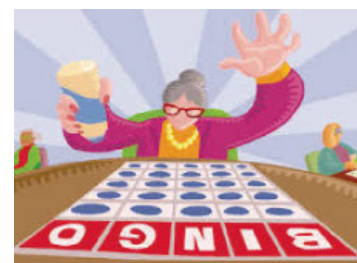
**Extra Fast Bingo**  
Fridays  
1:00—3:30

**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, 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 Services

*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 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, June 13

**Time:** 1:00 pm—3:00 pm



\*\*\*TEFAP is this month— this is a quarterly distribution for those in need with a slightly higher income.\*\*\*



**(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.



### 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 (GHP) is now provides FREE senior dental program. Dental coverage benefits include: Dental cleanings, oral exams, fillings, x-rays, dental health education, extractions. For more information, call GHP (810) 232-7740



### Red Hat Society

*Wednesday, June 14*

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

Join the local red hat group at 1 pm.  
Order our GCCARD Lunch or bring your own sack lunch and beverage.  
*Tuesday, June 20 at 12:00 pm*  
Bring hobby/craft to share.  
Provide your own lunch.

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

*Wednesday, June 28 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.*



# June 2023

Monday

Tuesday

Wednesday

Thursday

Friday

JUNETEENTH

what **is** juneteenth?

JUNETEENTH IS A FEDERAL  
HOLIDAY COMMEMORATING  
OF THE ENDING OF SLAVERY  
IN THE UNITED STATES

**HAPPY  
FATHER'S  
Day**



1

9:30 Cribbage  
9:30 Balance/Flexibility/  
Mobility Class  
11:30 Lunch—GCCARD  
12:00 Skip-Bo  
1:00 Duplicate Bridge  
1:00 Make It, Take It

2

9:30 Arthritis Exercise  
(Instructor)  
**9:30 Legal Services**  
10:30 Bible Study  
11:30 Blood Pressure  
Checks  
11:30 Lunch—GCCARD  
12:00 Skip-Bo  
1:00 Extra Fast Bingo

5

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

6

9:30 Sewing & Crotchet  
**10:00 Hearing Screening**  
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

7

9:30 Pinochle  
10:00 Balance Video  
11:30 Lunch—GCCARD  
12:00 Skip-Bo  
5:15 Euchre  
5:30 Bunco

8

9:30 Cribbage  
9:30 Balance/Flexibility/  
Mobility Class  
11:30 Lunch—GCCARD  
12:00 Skip-Bo  
1:00 Duplicate Bridge  
1:00 Make It, Take It

9

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

12	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	13	9:30 Sewing & Crochet <b>10:00 Landscape Painting</b> 10:00 Line Dancing 11:30 Lunch—GCCARD 12:00 Skip-Bo <b>1:00 Commodities/TEFAP</b> 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club	14	9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 1:00 Red Hats 5:15 Euchre 5:30 Bunco	15	9:30 Cribbage 9:30 Balance/Flexibility/Mobility Class 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It	16	9:30 Arthritis Exercise (Instructor) <b>10:30 Father's Day Breakfast</b> 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 12:00 Skip-Bo <b>1:00 Dementia Class</b> 1:00 Extra Fast Bingo
Closed For Juneteenth		20	9:30 Sewing & Crochet 10:00 Line Dancing 11:30 Lunch—GCCARD 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	21	9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	22	9:30 Cribbage 9:30 Balance/Flexibility/Mobility Class 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It	23	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
26	<b>9:00 Veteran's Services</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	27	9:30 Sewing & Crochet 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	28	9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo <b>1:00 Grief &amp; Caregiver Painting</b> 1:00 Bingo 5:15 Euchre 5:30 Bunco	29	9:30 Cribbage 9:30 Balance/Flexibility/Mobility Class 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It	30	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



# CONGREGATE MEAL MENU - JUNE 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p>"Your tax dollars are at work"</p>		<b>1</b>	<b>2</b>
Italian Sub w/ salami, ham red onion, banana peppers Potato salad Sub Bun Fresh Apple Dressing Packet Milk	<b>5</b> Chicken Tacos w/HM Pico Mexican Rice Fiesta Corn Wheat Roll Sliced Peaches Taco Sauce 100% Fruit Juice	<b>6</b> Chef's Choice 	<b>7</b> Boneless BBQ Rib Cole Slaw Riviera Blend Sliced Sub Bun Strawberry Applesauce 100% Fruit Juice Cookie of the Month	<b>8</b> BBQ Chicken Thighs Mixed Greens Stewed Tomatoes Dinner Roll Banana Margarine Milk
<b>12</b> Breaded Chicken Breast Cauliflower Diced Potatoes Dinner Roll w/Margarine Applesauce Milk	<b>13</b> Ravioli W/Beef Sauce Vegetable Blend Roasted Vegetables Potato Roll w/Margarine Fresh Orange 100% Fruit Juice	<b>14</b> Grilled Chicken Salad Romaine, tomatoes, cheese Cucumber Slices w/dip Mandarin Oranges Crunchy Bread Sticks Salad Dressing Milk	<b>15</b> HM Beef & Broccoli Lo Mein Oriental Veggie Blend Flatbread Pineapple Cup 100% Fruit Juice Birthday Brownie	<b>16</b> Oven Fried Fish Au Gratin Potatoes Cole Slaw Hawaiian Roll Diced Peaches Margarine & Tartar Sauce Milk
<b>19</b> 	<b>20</b> Sloppy Joes Potato Puffs Veggie Blend Applesauce WG Bun Margarine 100% Fruit Juice	<b>21</b> BBQ Pulled Pork Chuck Wagon Vegetables Green Beans Dinner Roll Diced Peaches Margarine Milk	<b>22</b> HM Spanish Rice w/Beef Broccoli Florets Sweet Corn Potato Roll Fresh Pear Margarine 100% Fruit Juice	<b>23</b> White Cheddar Mac & Cheese Zucchini & Tomatoes Mixed greens Corn Muffin Margarine Pineapple Tidbits Milk
<b>26</b> Grilled Turkey Burger Succotash Wheat bun Peaches Mayo & Mustard Milk	<b>27</b> HM Goulash Spinach Baby Carrots Fresh Golden Apple Corn Bread Margarine 100% Fruit Juice	<b>28</b> Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Margarine Mango & Papaya cup Milk Fortune Cookie	<b>29</b> Chicken Tenderloins Creamy Cavatappi Pasta French-Style Green Beans Sliced Carrots Potato Roll w/Margarine Fresh Orange 100% Fruit Juice	<b>30</b> Philly Steak w/Cheese Diced Potatoes Normandy Blend Vegetables Wheat Sub Bun Tropical Fruit Salad Margarine Milk



# 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.

## ★ *Spring Wellness* ★ *Tip for Seniors*

### **Put Some Step in Your Spring**

Get the OK from your physician and start walking! The spring weather makes taking a walk a very pleasant activity and is great exercise.

### **Eat Well**

Spring has always marked a new beginning, so why not renew your commitment to a healthy diet? Emphasize fruits and vegetables. Think lean poultry. Add in fish with omega-3 fatty acids with a side of leafy green vegetables.

## 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!**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## National BBQ Day

E R A O N R M E H R U B R B G S  
S M O K E D E N I I A T E O N M  
R L P O R K S I C R O A D S A O  
N T I B Q E Q R K I N T B B Q K  
K E D D R K U B O S O I A W M E  
E S E E E R I N R H C N T A E T  
U A L C A R T R Y D I P R L L E  
Q S L U L B E M E L R I N S P K  
E N U A A K A P O E N T N E P S  
B A P S O O P R G A E I I L A I  
R K T M G O A R D X K P A O S R  
A E S R H C U E A E C S N C L B  
B E I C R B S S B S I H P M E M  
R L D A M P T A Q O H O A K L C  
L I A A O I B I G O C R I B S U  
P E H M P S R C H E R R Y N C D

### Word List:

BBQ

MESQUITE

HAMBURGER

PORK

RIBS

COLESLAW

CAROLINA

SMOKER

KANSAS

DIP

BARBEQUE

OAK

HOTDOG

CHICKEN

MOP

BASTE

TEXAS

SPIT

KEBABS

SMOKED

APPLE

BRISKET

SAUCE

RUB

GRILL

PIT

BARK

SLIDER

HICKORY

CHERRY

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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**

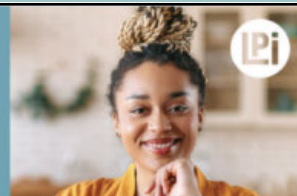


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# EASTSIDE SENIOR CENTER NEWSLETTER

## JUNE 2023

### Simple Spring Cleaning Tips for Seniors

**Work in small chunks of time** We've all done it – we let some things go in the cold, dark months of winter, and now we're staring at a massive cleaning project. It can be overwhelming, and honestly, intimidating. Not sure where to start? Simple– anywhere. Spring cleaning does not need to be completed in one day. Instead, break up tasks into small chunks of time throughout the week, weeks, or month. This will make cleaning up much more manageable and motivating.

**Make getting rid of clutter a priority** When is the last time you decluttered your home? Or, do you have a certain room or closet deemed as the “dump room” where you tend to throw items into without order? Now is the time to go through it! Decluttering helps you free up space, decrease stress, and even relieve insomnia. Removing clutter from your home also reduces your risk of tripping and falling. Ask a friend or family member to help you separate items into three categories: keep, donate, and trash. Organize the items you keep in the space with appropriate-sized containers and shelving.

**Check your medicine cabinets** One often overlooked area to pay attention to is your medicine cabinet. This is important to spring clean because it houses the things that keep us healthy. Check the expiration dates on all of your medications, both prescription and over the counter. If you find expired medications or medications you no longer need, properly dispose of them.