

Eastside Senior Center Newsletter March 2021



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

EASTSIDE SENIOR CITIZENS ASSOCIATION

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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, 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

Here at Eastside Senior Center we had jigsaw puzzle competitions for one of our Senior Winter Games. With Senior Winter games being cancelled this year due to COVID-19 safety precautions, we are reaching out to our puzzlers! We are going to have another version of jigsaw puzzles here at the center with one person per puzzle with more time for completion. Prizes will be presented for 1st & 2nd place! This event will take place while keeping the centers social distancing requirements of 10 spots per time slot. Please call our office to reserve your name and time!

March 11th 8:30-11:00 or 2:30-5:00

COVID-19 Vaccine Updates:

Visit Web Page

www.gchd.us/covid19vaccine/

Arthritis Exercise

Fridays 9:30am-10:30am

Join us for this low impact workout that will help reduce pain and decrease stiffness, so you feel stronger and more confident! The Arthritis Foundation Exercise Program 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.

Armchair Conditioning with Nikki

Wednesdays 10:00am-11:00am

Low impact instructor led exercise class. Free of charge thanks to Absolute Home Health & Hospice.

Balance Exercise with Sara

Wednesdays 1:00pm-2:00pm

(\$1 Optional Donation)

Instructor led exercise designed to reduce the risk of falling. Instructor will be collecting optional \$1 donation for the food bank.

Book & Puzzle Library

Everyday

Plenty of puzzles & books to exchange or borrow.

Bible Study

Fridays 12:30 pm-1:30 pm

Join a friendly group for a time of reflection.

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.

Computers

Monday– Friday 9am-4pm

Our computer room is sanitized and measured for 4 computers to be used at a time. Printer, and wireless internet also available.

Hearing Screening

Tuesday, March 2

By **Your Hearing Solution**

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

Heartland Hospice Grief Gathering

Thursday, March 11 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.

Landscape Painting - \$20

Tuesday, March 9 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!

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**.

Armchair Exercise

Tuesday at 10:00am

Video led chair exercise. Please call to register. Thank you to Heartland Homecare/ Briarwood for the bottled water donations!

Yahtzee

Mondays at 1:00pm

We will supply dice for each participant– there will be no shared items. Please call to RSVP!

Yoga with Janet (Chair Yoga)

Tuesdays 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.

Legal Services of Eastern Michigan

Friday, March 5

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, March 22

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

Phone 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*

Caregiver's Art Program / Painting Through Grief

Wednesday, March 24 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.*

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, GCCARD meals will continue to be served to go.

Commodity Food Program

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

Must apply in advance. Pick up for March:

Date: Tuesday March 9

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

March 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>HM Chicken Alfredo</p> <p>9:30 Make It Take It 11:30 Lunch—GCCARD 1:00 Yahtzee</p>	<p>2</p> <p>HM Liver & Onions W/Gravy</p> <p>10:00 Exercise Video 11:00 Hearing Screening 11:30 Lunch—GCCARD 1:00 Bingo 1:00 Coloring 3:15 Chair Yoga</p>	<p>3</p> <p>BBQ Pulled Pork</p> <p>10:00 Armchair Conditioning w/ Nikki 11:30 Lunch—GCCARD 1:00 Balance Class</p>	<p>4</p> <p>Chicken Marsala</p> <p>11:30 Lunch—GCCARD 1:00 Make It Take It</p>	<p>5</p> <p>Pub Burger W/Cheese</p> <p>9:30 Arthritis Exercise 11:30 Lunch—GCCARD 12:30 Bible Study 1:00 Legal Services 2:00 Bingo</p>
<p>8</p> <p>Smothered Pork Chops</p> <p>9:30 Make It Take It 11:30 Lunch—GCCARD 1:00 Yahtzee</p>	<p>9</p> <p>HM Sloppy Joes</p> <p>10:00 Landscape Paint 11:30 Lunch—GCCARD 1:00 Commodities & TEFAP 1:00 Bingo 1:00 Coloring 3:15 Chair Yoga</p>	<p>10</p> <p>Cobb Salad</p> <p>10:00 Armchair Conditioning w/ Nikki 11:30 Lunch—GCCARD 1:00 Balance Class</p>	<p>11</p> <p>Miss Donna's Oven Fried Chicken</p> <p>8:30 Jigsaw Puzzle Competition 10:00 Grief Gathering 11:30 Lunch—GCCARD 1:00 Make It Take It 2:30 Jigsaw Puzzle Competition</p>	<p>12</p> <p>Korean Beef Bowl W/ Rice</p> <p>9:30 Arthritis Exercise 11:30 Lunch—GCCARD 12:30 Bible Study 2:00 Bingo</p>

<p>15</p> <p>Beef Sirloin Tips W/ Mushrooms</p> <p>9:30 Make It Take It 11:30 Lunch—GCCARD 1:00 Yahtzee</p>	<p>16</p> <p>HM Meatball Sub</p> <p>10:00 Exercise Video 11:30 Lunch—GCCARD 1:00 Bingo 1:00 Coloring 3:15 Chair Yoga</p>	<p>17</p> <p>Country Style Chicken</p> <p>10:00 Armchair Conditioning w/ Nikki 11:30 Lunch—GCCARD 1:00 Balance Class</p>	<p>18</p> <p>HM Stuffed Peppers</p> <p>11:30 Lunch—GCCARD 1:00 Make It Take It</p>	<p>19</p> <p>Breaded Fish Sandwich</p> <p>9:30 Arthritis Exercise 11:30 Lunch—GCCARD 12:30 Bible Study 2:00 Bingo</p>
<p>22</p> <p>Ham, Bacon & Cheese Frittata</p> <p>9:30 Veterans Services 9:30 Make It Take It 11:30 Lunch—GCCARD 1:00 Yahtzee</p>	<p>23</p> <p>HM Beef Stew</p> <p>10:00 Exercise Video 11:30 Lunch—GCCARD 1:00 Bingo 1:00 Coloring 3:15 Chair Yoga</p>	<p>24</p> <p>Boneless BBQ Riblet</p> <p>10:00 Armchair Conditioning w/ Nikki 11:30 Lunch—GCCARD 1:00 Grief & Caregiver Paint</p>	<p>25</p> <p>HM Chicken Salad Sandwich</p> <p>11:30 Lunch—GCCARD 1:00 Make It Take It</p>	<p>26</p> <p>HM Mac & Cheese</p> <p>9:30 Arthritis Exercise 11:30 Lunch—GCCARD 12:30 Bible Study 2:00 Bingo</p>
<div style="background-color: #008000; color: white; padding: 20px; text-align: center;">  <p>HAPPY ST. PATRICK'S DAY!</p> </div>				
<p>29</p> <p>Spaghetti & HM Meatballs</p> <p>9:30 Make It Take It 11:30 Lunch—GCCARD 1:00 Yahtzee</p>	<p>30</p> <p>HM White Chicken Chili</p> <p>10:00 Exercise Video 11:30 Lunch—GCCARD 1:00 Bingo 1:00 Coloring 3:15 Chair Yoga</p>	<p>31</p> <p>Open Face Roast Beef Sandwich</p> <p>10:00 Armchair Conditioning w/ Nikki 11:30 Lunch—GCCARD 1:00 Balancing Class</p>		

ADDITIONAL SERVICES AVAILABLE

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 Dan at 810-733-8900.

APARTMENTS AVAILABLE
NOW!

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.

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

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EASTSIDE SENIOR CENTER NEWSLETTER

MARCH 2021

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

- New or worsening cough
 - Shortness of breath
 - Sore throat
 - Diarrhea
- Subjective fever (felt feverish)
 - New loss of taste or smell
 - Congestion/Runny nose
 - Chills/Sweating

- **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, make sure they are clean.

