Eastside Senior Center Newsletter March 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

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.





New Classes Starting in March

Stability Class

If you would like to be stronger, improve your balance, and decrease your risk of falling ...

SilverSneakers StabilityTM is for you! Come join us at Eastside Senior Center starting

Monday, March 6, 2023 - Monday, April 24, 2023!

From 10:00 A.M. - 11:00 A.M.



New Exercise Class

Instructor led exercise class Sponsored by Maxwell Therapy Balance/Flexibility/Mobility Thursdays 9:30 A.M. - 10:30 A.M.

Cooking For One



Over the course of six lessons, you will: Learn ways to make cooking for one simple & enjoyable; discuss helpful tips & tricks to making healthy choices, like eating well & being active; watch cooking demonstrations & taste-test recipes in every class.

Starting

Wednesday, March 1, 2023 - Wednesday, April 5, 2023 from 10:00 A.M. - 11:00 A.M. Please call our office to sign up!

HEALTH & EXERCISE

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 Instructor led exercise class Sponsored by Maxwell Therapy



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 10:00 am 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, March 7

By Your Hearing Solution

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

Bristol Hospice Grief Gathering

Tuesday, March 21 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.

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.





GAMES & CRAFTS



Make It, Take It

Mondays at 9:30 am 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, March 14 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.

Bid Euchre Tuesdays 5:00—8:00

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



SENIOR SERVICES

Legal Services of Eastern Michigan

Friday, March 3

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, March 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 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, March 14

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.

Eastside presents Living With Alzheimer's:
For Caregivers—Mid Stage.
3 part session from 1-3 P.M.:
Friday January 20, 2023
Friday February 17, 2023
Friday March 17, 2023

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 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

New members welcome
Join the local red hat group at 1 pm.

**Tuesday, March 21@ 12:00 pm

Bring hobby/craft to share.

Provide your own lunch.

Caregiver's Art
Program / Painting
Through Grief

Wednesday, March 22 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*.



	Friday	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	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
2023	Thursday	2 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	9:30 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
15 15 15 15 15 15 15 15 15 15 15 15 15 1	Wednesday	9:30 Pinochle 10:00 Cooking For One 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	9:30 Pinochle 10:00 Cooking For One 11:30 Lunch—GCCARD 12:00 Skip-Bo 5:15 Euchre 5:30 Bunco
Joh	Tuesday	AARP INCOME TAX APPOINTMENTS We WILL NOT return any messages about tax appointments. Please call only during business hours. Office hours are hours are Monday - Friday from 8:00 - 4:00 P.M.	7 AARP Tax Program Computer Room Closed 9:30 Sewing & Crotchet 10:00 Line Dancing 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 3:15 Chair Yoga 5:00 Bid Euchre 6:30 Chess Club
	Monday	Summer Summer Time Daylight Savings Time MARCH 12	9:30 Make It Take It 10:00 Stability Class 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Double Pinochle 1:00 Yahtzee

9:30 Arthritis Exercise (Instructor) 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Dementia Class 1:00 Extra Fast Bingo	24 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	31 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
16 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 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 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
15 9:30 Pinochle 10:00 Cooking For One 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	9:30 Pinochle 10:00 Cooking For One 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Grief & Caregiver Painting 1:00 Bingo 5:15 Euchre 5:30 Bunco	29 9:30 Pinochle 10:00 Cooking For One 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco
14 Computer Room Closed Closed 9:30 Sewing & Crochet 10:00 Landscape Painting 10:00 Line Dancing 11:30 Lunch—GCCARD 12:00 Skip-Bo 11:00 Skip-Bo 1:00 Commodities/ TEFAP 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club	21 Computer Room Closed 9:30 Sewing & Crochet 10:00 Grief Gathering 10:00 Line Dancing 11:30 Lunch—GCCARD 12:00 Skip-Bo 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	28 Computer Room Closed 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
9:30 Make It, Take It 10:00 Stability Class 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Double Pinochle 1:00 Yahtzee	20 9:30 Make It, Take It 10:00 Stability Class 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Double Pinochle 1:00 Yahtzee	9:00 Veteran's Services 9:00 Veteran's Services 9:30 Make It, Take It 10:00 Stability Class 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Double Pinochle 1:00 Yahtzee

Congregate March Menu 2023

inge Based on Product Avai	Menu Subject to Change Based on Product Availability and Quality Standards MONDAY TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3 Pub Burger w/Cheese
	SIN WIS	Baked Potato Mixed Vegetables Fresh Orange Mini Sub Bun Margarine & Sour Cream Milk	French Green Beans Vegetable Blend Dinner Roll Margarine Fruit Cup	Potato Salad Peas & Carrots Fruit Cocktail WG Bun Mayo & Mustard Milk
	Beet Goulash Lima Beans Caulitlower Golden Apple Potato Roll Margarine 100% Fruit Juice	Cobb Salad W/Turkey, Cheese, Egg, Bacon Pasta Salad Peaches Breadstick Salad Dressing	Miss Donna's Oven Fried Chicken Chuck Wagon Blend Oven Roasted Potatoes Fresh Orange WG Roll Margarine 100% Fruit Juice	Korean Beet Bowl w/Rice w/Snap Peas, Peppers, Onions & Broccoli Peas & Carrots Pineapples Hawaiian Roll Fortune Cookie
	Meatball Sub Potato Wedges Sweet Peas Pineapple Tidbits Sub Bun Margarine 100% Fruit Juice	Chicken Fried Steak w/gravy Steamed Broccoli Roasted Veggies Mixed Fruit Wheat Roll Margarine Milk	Stuffed Peppers Steamed Beets Cauliflower Applesauce Dinner Roll Margarine 100% Fruit Juice Birthday Cake	Pecan Crusted Tilapia Au Gratin Potatoes Corn Pineapples Hawaiian Roll Margarine Milk
	Beef Stew Spinach Fresh Orange Corn Bread Muffin Margarine 100% Fruit Juice	Boneless BBQ Riblet Mixed Vegetables Redskin Potato Wedges Fruit Cup Sliced Sub Bun Diced Peaches Milk		Artisan Mac & Cheese French Cut Green Beans Sliced Carrots Fruit Cocktail Crunchy Breadsticks Margarine
	White Chicken Chili Whole Kernel Corn Mixed Greens Mango & Papaya Fruit Cup Corn muffin Salad Dressing 100% Fruit Juice	Salisbury Steak w/gravy Mashed Potatoes Sliced Carrots Tropical Fruit Salad WG Roll Margarine	Beef Fajitas W/ Peppers/Onions Mexican Rice w/Corn & Tomatoes Black Beans Fruit Cocktail Tortilla Shell 100% Fruit Juice	BBQ Chicken Tenders Mixed Veggies Potato Wedges Pineapples Hawaiian Roll 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 <u>designed for independent living</u>. 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.



"Keep a phone outside shower. After reading a horrible slip and fall story, my husband and I (both seniors) agreed to take a phone and place it outside the shower when showering at home alone. I actually think everyone should do this." When alone, take your phone!

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!



RECYCLE HOUSEHOLD BATTERIES

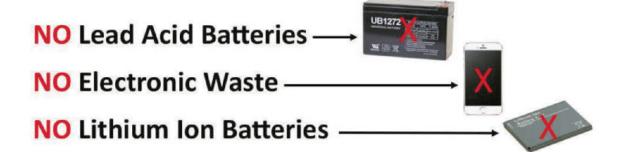
ACCEPTED Household Batteries:

AA, AAA, AAAA, C, D, 9V, CR123A, Button Batteries, All Other Alkaline Batteries

TAPE Both Ends of Button Batteries So Ends Do Not Touch Other Batteries

Button batteries can be found in devices like hearing aids, watches, cameras, and key fobs ——





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Valley Area

Agency On Aging

Answers, Action & Advocacy

for All Things Senior

- In Home Services
- Health Access Information
- Wellness Programs

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE



www.4lpi.com/careers

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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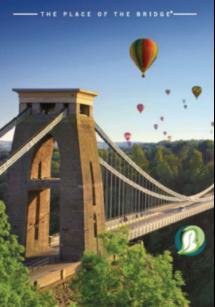
CONTACT ME Eileen Frazier

efrazier@lpicommunities.com (800) 477-4574 x6309



Phone (810) 243-1910

(810) 228-7592



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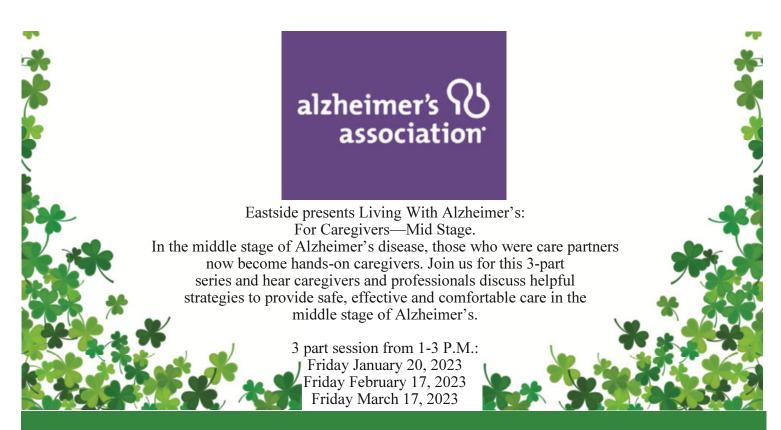


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EASTSIDE SENIOR CENTER NEWSLETTER MARCH 2023



Keep in mind, if Kearsley Schools are closed due to inclement weather conditions, for your safety, the Eastside Senior Center is also closed. Announcements will be made on Channel 12, NBC 25, and our Facebook page.