

Eastside Senior Center Newsletter May 2021



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:

Samantha Johnston

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.*



GENESEE COUNTY
OFFICE OF SENIOR SERVICES

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!



Mother's Day Brunch
Friday May 7th at 10am
\$3 Per person

RSVP by May 3rd, limited space available!

Sponsors

Heartland Briarwood
CaptionCall –Represented by Shelbi DeGrande



Senior Power Day!

The Board of Directors has decided **not** to hold our Senior Power Day event this year. We apologize for any disappointment; however, our primary concerns are health and safety.

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 10:30am-11:30am

Join a friendly group for a time of reflection.

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.

Armchair Exercise Video

Tuesday at 10:00am (Except 2nd Tuesdays)

Video led chair exercise. Please call to register.

Hearing Screening

Tuesday, May 4

By Your Hearing Solution

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

Heartland Hospice Grief Gathering

Thursday, May 13 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, May 11 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**.

Senior Beats (\$1 Donation)

Thursdays at 10:00am

Combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm.

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

Silver Sneakers Program, experience better breathing techniques and reduce your stress. 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, May 7

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, May 24

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, May 26 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 May:

Date: Tuesday May 11

Time: 1:00 pm—3:00 pm

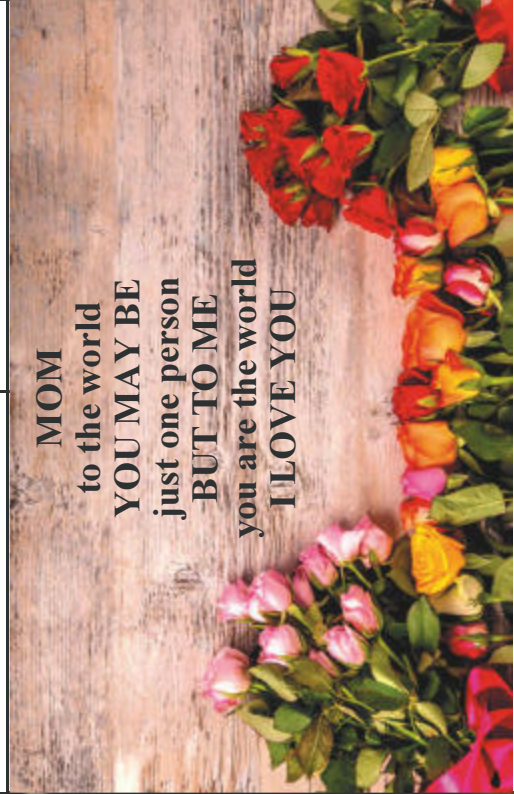


(810) 239-7671

May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3 HM Chicken & Penne Alfredo 9:30 Make It Take It 11:30 Lunch—GCCARD 1:00 Yahtzee	4 HM Meatloaf W/ Gravy 10:00 Exercise Video 11:00 Hearing Screening 11:30 Lunch—GCCARD 1:00 Bingo 1:00 Coloring 3:15 Chair Yoga	5 Mexican Chicken & Rice Soup 10:00 Armchair Conditioning w/Nikki 11:30 Lunch—GCCARD 1:00 Balance Class	6 Pub Burger W/Cheese 10:00 Senior Beats 11:30 Lunch—GCCARD 1:00 Make It Take It	7 Au Gratin Potatoes 10:00 Mother's Day Brunch 11:30 Lunch—GCCARD 1:00 Legal Services 2:00 Bingo
10 Chinese Pepper Steak 9:30 Make It Take It 11:30 Lunch—GCCARD 1:00 Yahtzee	11 Grilled Chicken Sandwich 10:00 Landscape Painting 11:30 Lunch—GCCARD 1:00 Commodities 1:00 Bingo 1:00 Coloring 3:15 Chair Yoga	12 Baked Herb Pork Chop 10:00 Armchair Conditioning w/Nikki 11:30 Lunch—GCCARD 1:00 Balance Class	13 HM Chicken Pastry Pie 10:00 Senior Beats 10:00 Grief Gathering 11:30 Lunch—GCCARD 1:00 Make It Take It	14 Ravioli W/Beef & Sauce 9:30 Armchair Video 10:30 Bible Study 11:30 Lunch—GCCARD 2:00 Bingo

<p>17</p> <p>Maple-Glazed Chicken</p> <p>9:30 Make It Take It 11:30 Lunch—GCCARD 1:00 Yahtzee</p>	<p>18</p> <p>HM Beef Chili</p> <p>10:00 Exercise Video 11:30 Lunch—GCCARD 1:00 Bingo 1:00 Coloring 3:15 Chair Yoga</p>	<p>19</p> <p>Chicken Cordon Bleu Casserole</p> <p>10:00 Armchair Conditioning w/ Nikki 11:30 Lunch—GCCARD 1:00 Balance Class</p>	<p>20</p> <p>HM Roasted Pork Loin W/Gravy</p> <p>10:00 Senior Beats 11:30 Lunch—GCCARD 1:00 Make It Take It</p>	<p>21</p> <p>Tangerine Chicken</p> <p>9:30 Arthritis Exercise 10:30 Bible Study 11:30 Lunch—GCCARD 2:00 Bingo</p>
<p>24</p> <p>Roasted Turkey Breast</p> <p>9:00 Veterans Services 9:30 Make It Take It 11:30 Lunch—GCCARD 1:00 Yahtzee</p>	<p>25</p> <p>HM Beef Stroganoff</p> <p>10:00 Exercise Video 11:30 Lunch—GCCARD 1:00 Bingo 1:00 Coloring 3:15 Chair Yoga</p>	<p>26</p> <p>Chicken Caesar Wrap</p> <p>10:00 Armchair Conditioning w/ Nikki 11:30 Lunch—GCCARD 1:00 Grief & Caregiver Painting 1:00 Balance Class</p>	<p>27</p> <p>HM Spaghetti & Meatballs</p> <p>10:00 Senior Beats 11:30 Lunch—GCCARD 1:00 Make It Take It</p>	<p>28</p> <p>Citrus Teriyaki Salmon Bowl</p> <p>9:30 Arthritis Exercise 10:30 Bible Study 11:30 Lunch—GCCARD 2:00 Bingo</p>



Full Menu can be picked up at the office, or downloaded from our website: Eastsideseniorcenter.com

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

MAY 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.

