

Eastside Senior Center Newsletter May 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.*



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.

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!

Senior Power Day

Wednesday

May 24, 2023

9 a.m. to 2 p.m.

\$4 per person

Crossroads Village

Tickets include Lunch and Train Ride
Stop by the office to grab your tickets

Mother's Day Brunch

Friday, May 12, 2023

\$4 per person

Starting at 11:00 a.m.

RSVP by Friday, May 5



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, May 2

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, May 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.

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

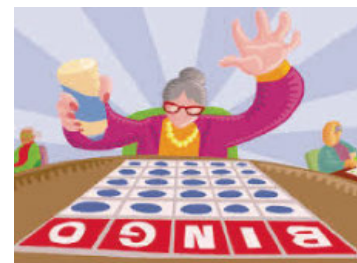
*Tuesdays
6:30—9:00*

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*

Legal Services of Eastern Michigan

Friday, May 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.

Please call for appointment

Veterans Services

Monday, May 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 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, May 9

Time: 1:00 pm—3:00 pm



(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.

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



Red Hat Society

****No Meeting for May****

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!



Caregiver's Art Program / Painting Through Grief

Wednesday, May 31 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.*



May 2023

Monday

Tuesday

Wednesday

Thursday

Friday

1	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	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	3 9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	4 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	5 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
8	9:30 Make It Take It 10:00 Exercise Video 10:30 Smart DriverTEK Workshop 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Double Pinochle 1:00 Yahtzee	9:30 Sewing & Crotchet 10:00 Landscape Painting 10:00 Line Dancing 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Commodities 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club	10 9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 5:15 Euchre 5:30 Bunco	11 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	12 9:30 Arthritis Exercise (Instructor) 10:30 Bible Study 11:30 Blood Pressure Checks 11:00 Mother's Day Brunch 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Extra Fast Bingo

15	<p>9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Estate Planning Seminar 12:30 Double Pinochle 1:00 Yahtzee</p>	16	<p>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</p>	17	<p>9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	18	<p>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</p>	19	<p>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</p>
22	<p>9:00 Veteran's Services 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</p>	23	<p>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</p>	24	<p>9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	25	<p>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</p>	26	<p>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</p>
		30	<p>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</p>	31	<p>9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Grief & Caregiver Painting 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>				

CONGREGATE MEAL MENU - MAY 2023

Menu Subject to Change Based on Product Availability and Quality Standards

1	2	3	4	5
Tangerine Chicken Shrimp Fried Rice Winter Blend Veggies Pineapple Cup Margarine Flatbread Milk	HM Meatloaf w/Gravy Mashed Potatoes Sweet Peas Cinnamon Applesauce Wheat Roll Margarine 100% Fruit Juice	Pub Burger w/Cheese Leaf Lettuce & Sliced Tomato Cole Slaw Ranch Potato Wedges Fruit Salad Whole Wheat Bun Margarine Milk	Chef Salad w/Cheese, Tomatoes Ham & Turkey Cole Slaw Fruit Salad Flatbread Dressing 100% Fruit Juice	Beef Tacos w/HM Pico Vegetable Blend Corn & Black Beans Diced Peaches Corn Muffin Margarine 100% Fruit Juice
Chinese Pepper Steak Sicilian Veggie Blend Succotash Fruit Cocktail Brown Rice Wheat Roll Margarine Milk	Breaded Chicken Sandwich Diced Potatoes Winter Blend Veggies Wheat Bun Margarine 100% Fruit Juice	Baked Herb Pork Chop Green Bean Casserole Sweet Corn Potato Roll Mixed Fruit Cup Margarine Milk	Chef's Choice Ravioli W/Beef & Sauce Roasted Brussel Sprouts Steamed Cauliflower Potato Roll Margarine Fresh Pear Milk	12
Maple-Glazed Chicken w/ Roasted Sweet Potatoes & Broccoli Blend Garlic Bread Mandarin Orange Cup Margarine Milk	HM Beef Chili Chuck Wagon Blend Italian Vegetables Peach Cup Corn Muffin Margarine 100% Fruit Juice	Chicken & Penne Alfredo French Cut Green Beans Diced Carrots Crunchy Breadsticks Fresh Apple Margarine Milk	Beef Pot Roast Mixed Greens Mashed Sweet Corn Bread Fruit Salad Margarine 100% Fruit Juice Birthday Cake	19
Roast Beef Slice Veggie Blend Roasted Potatoes Wheat Roll Pear Cup Margarine Milk	HM Beef Stroganoff Egg Noodles Garlic Veggie Blend Fresh Orange Wheat Roll Margarine 100% Fruit Juice	HM Spaghetti & Meatballs Steamed Broccoli Italian Veggie Blend Garlic Bread Cinnamon Applesauce Margarine 100% Fruit Juice Cookie of the Month	Citrus Teriyaki Salmon Bowl Lo Mein Noodles Onions, Peppers, Pineapples Broccoli Florets Crunchy Bread Stick Fresh Pear Margarine Milk	26
Thank You!	HM Sloppy Joes Garden Pasta Veggie Blend Cauliflower Fresh Apple WG Bun Margarine 100% Fruit Juice	Turkey Burger w/ Cheese Potato Wedges Key West Veggie Blend Cantaloupe Chunks WG Bun Ketchup & Mustard Milk	HM Spaghetti & Meatballs Steamed Broccoli Italian Veggie Blend Garlic Bread Cinnamon Applesauce Margarine 100% Fruit Juice Cookie of the Month	25
	30	31	25	26



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

After getting the OK from your physician, walking is a great exercise, and typically the weather in spring, when it's not raining, makes taking a walk a very pleasant activity.

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!



ESTATE PLANNING SEMINAR

W/ Seth Neblock, Senior Law Advocate
Legal Services of Eastern Michigan

WHEN: Monday, May 15th @ 12:30 p.m.

WHERE: Eastside Senior Center

Come join us for light refreshments as Seth shares:

- * How to protect the assets you leave behind.
- * Ensuring your family does not encounter unforeseen legal challenges.
- * Making your wishes about healthcare decisions known to your loved ones.
- * The importance of naming power of attorney agents so the decision is not left up to the courts.



Please RSVP by May 12th,



TOPICS INCLUDE

WILLS
VS.
TRUSTS

POWER OF
ATTORNEY

LADY BIRD
DEEDS

POTENTIAL
ELDER ABUSE

EASTSIDE SENIOR CENTER

3065 N Genesee
Flint, MI 48506
(810)250-5000



Smart DriverTEK Workshop

Eastside Senior Center
Monday, May 8th at 10:30 am.

Technology is changing the driving experience! The Smart DriverTEK Workshop will keep you in the know about the latest high-tech safety features in your current or future car. Learn with your peers about Blind Spot Warnings, Forward Collision Warnings, Smart Headlights and more in a FREE, interactive, 90-minute workshop. Space is limited. Register now!

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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

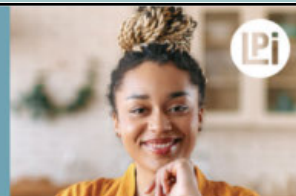


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EASTSIDE SENIOR CENTER NEWSLETTER

MAY 2023

FREE Document Shredding Event for Genesee County Senior Citizens

Mundy Miracle Commons
1286 W Hill Road, Flint, MI 48507

Thursday, May 4, 2023
10AM - 1PM

Bring this bag filled with your confidential
documents for **FREE, SAFE, & CONTACTLESS**
on-site shredding and recycling!

Recycling Questions?

www.gcmprc.org/environmental or (810) 762-7744

This event is paid for by the Genesee County Senior Millage
& Solid Waste Ordinance Funds



Bags Available in Office