

Eastside Senior Center Newsletter November 2020



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

EASTSIDE SENIOR CITIZENS ASSOCIATION

Executive Director:

Janet Supernaw

Administrative Specialist :

Brandy Boardway

Program Coordinator:

Marsha Anderson

Van Driver:

Samantha Johnston

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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.*

Many Thanks...

Our Health & Resource fair was a success despite some major changes this year! We would like to thank all who attended and especially all who supplied information, goodies, food and most importantly, immunizations for our event...

The Genesee County Health Department Heartland Healthcare & Hospice / Briarwood, Oak Street Health Kearsley Daly Villa, Your Hearing Solution, Martin Funeral Home, Veterans Services, MMAP, MTA, Genesys Pace and Caption Call.

We would also like to thank Walker Farms for always keeping our entrance beautiful with the gorgeous seasonal flower donations.



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
- New loss of taste or smell
- Subjective fever (felt feverish)



GENESEE COUNTY
OFFICE OF SENIOR SERVICES

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, November 3

By **Your Hearing Solution**

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

Landscape Painting - \$20

Tuesday, November 10 @ 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. Masks are required while exercising indoors. Please call to register. Thank you to Heartland Homecare/ Brairwood for the bottled water donations!

Yahtzee (NEW)

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)

Wednesdays 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, November 6

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 Assistance

Monday, November 23

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, November 25 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.

Open Enrollment

Please call our office for an appointment.
(810)250-5000

Commodity Food Program

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

Must apply in advance. Pick up for November:

Date: Tuesday November 10

Time: 1:00 pm—3:00 pm



(810) 239-7671

NOVEMBER 2020

Monday

Tuesday

Wednesday

Thursday

Friday

2

White Chicken Chili

9:30 Make It Take It
11:30 Lunch – GCCARD
1:00 Yahtzee



3

Cobb Salad

10:00 Exercise Video
11:00 **Hearing Screening**
11:30 Lunch – GCCARD
1:00 Bingo
1:00 Coloring

4

Baked Mostacciolo

10:00 **Armchair w/ Nikki**
11:30 Lunch – GCCARD
1:00 Balance Class
3:15 Chair Yoga

5

New Orleans Chicken Stir Fry

11:30 Lunch – GCCARD
1:00 Make It Take It

6

Grilled Chicken

9:30 Arthritis Exercise
11:30 Lunch – GCCARD
12:30 Bible Study
1:00 **Legal Services**
2:00 Bingo

9

Cheese Ravioli w/ Shrimp

9:30 Make It Take It
11:30 Lunch – GCCARD
1:00 Yahtzee

10

Fiesta Chicken w/ Onions & Peppers

10:00 **Landscape Paint**
10:00 Exercise Video
11:30 Lunch – GCCARD
1:00 **Commodities**
1:00 Bingo
1:00 Coloring



12

Salisbury Steak


10:00 **Grief Gathering**
11:30 Lunch – GCCARD
1:00 Make It Take It


13

Pork Burger

9:30 Arthritis Exercise
11:30 Lunch – GCCARD
12:30 Bible Study
2:00 Bingo

<p>16</p> <p>Beef & Broccoli</p> <p>9:30 Make It Take It 11:30 Lunch- GCCARD 1:00 Yahtzee</p>	<p>17</p> <p>Crispy Chicken Salad</p> <p>10:00 Exercise Video 11:30 Lunch- GCCARD 1:00 Bingo 1:00 Coloring</p>	<p>18</p> <p>Cobb Salad</p> <p>10:00 Armchair w/ Nikki 11:30 Lunch- GCCARD 1:00 Balance Class 3:15 Chair Yoga</p>	<p>19</p> <p>Chicken & Rice Burrito</p> <p>11:30 Lunch- GCCARD 1:00 Make It Take It</p>	<p>20</p> <p>Chili</p> <p>9:30 Arthritis Exercise 11:30 Lunch- GCCARD 12:30 Bible Study 2:00 Bingo</p>
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<p>23</p> <p>Bean Soup w/ Ham</p> <p>9:30 Veterans Services 9:30 Make It Take It 11:30 Lunch- GCCARD 1:00 Yahtzee</p>	<p>24</p> <p>Thanksgiving Dinner</p> <p>10:00 Exercise Video 11:30 Lunch- GCCARD 1:00 Bingo 1:00 Coloring</p>	<p>25</p> <p>Pub Burger with Cheese</p> <p>10:00 Armchair w/ Nikki 11:30 Lunch- GCCARD 1:00 Grief & Caregiver Paint 3:15 Chair Yoga</p>	
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<p>30</p> <p>Chili</p> <p>9:30 Make It Take It 11:30 Lunch- GCCARD 1:00 Yahtzee</p>	<p>Thanksgiving Dinner</p> <p>Turkey Breast W/Gravy Mashed Potatoes Southern Style Green Beans HM Mac & Cheese Wheat Roll w/Margarine HM Holiday Cookie 100% Fruit Juice-4</p> 	<ul style="list-style-type: none"> • 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.
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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: 9:00 am to 4:00 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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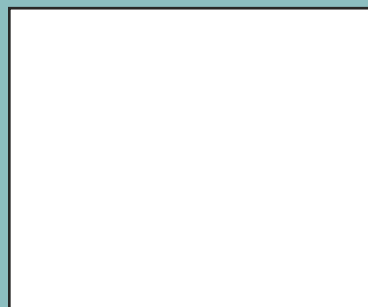
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EASTSIDE SENIOR CENTER NEWSLETTER

NOVEMBER 2020

Returning This Month...

Balance Exercise with Sara

Wednesdays 1:00-2:00pm

(\$1 Donation)

Instructor led exercise designed to reduce the risk of falling. Instructor will give a sample of the different exercises she will be using for this new class.

Bingo

Tuesdays 1:00-3:00pm

Fridays 2:00-3:30pm

Paper bingo cards and daubers will be provided.

Heartland Hospice Grief Gathering

Second Thursday of the month 10:00 am-11:00 am

A weekly time 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.

Pool Room

Open 9:00am-4:00pm

You **MUST** preregister to use the pool room.

Call the office (810)250-5000.