

Eastside Senior Center Newsletter November 2022



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

Check out our special event on Page 10!

Energy Smart Seniors with Consumers Energy
Presentation

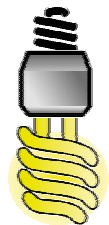
Eastside Senior Center

November 10th @ 11:00 A.M

RSVP by November 4th to receive your free kit!

A 15-minute introduction of energy efficiency tips to help save energy and money! Participants will be gifted a free kit! Free Consumers Energy Kit includes:

- 3 LED A-line Bulbs
- Door Weatherstripping
- A High Efficiency Showerhead
- Bathroom & Kitchen Aerators
- Water Pipe Insulation & more!



SAVE THE DATE

HOLLY JOLLY DINNER

When: Friday, December 9, 2021

Time: 5:00 pm.

More information will be in December's
newsletter!

Arthritis Exercise (Instructor)

Fridays 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 Exercise Video

Wednesday 10:00am-11:00 am

Exercise video designed to reduce the risk of falling.

Bible Study

Fridays 10:30am-11:30 am

Join a friendly group for a time of reflection.

Exercise Video

Mondays & Thursdays at 10:00 am

Video led chair exercise.

Line Dancing

Tuesdays at 10:00 am

Beginner's easy steps led by Brandy.



Hearing Screening

Tuesday, November 1

By **Your Hearing Solution**

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

Bristol Hospice Grief Gathering

Tuesday, November 15 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.

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.

Blood Pressure Checks

Fridays 11:30a.m. -12:30 pm

All American Home Health & Hospice Care will provide blood pressure checks by Maureen Kline.





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**.

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, November 8 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 9:30 am

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

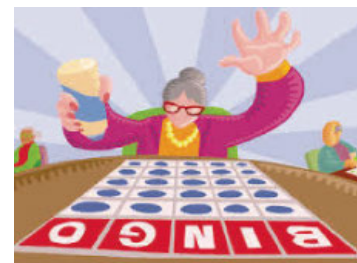
*Tuesdays
6:30—9:00*

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, November 4

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, November 28

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, November 8

Time: 1:00 pm—3:00 pm



(810) 239-7671



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.

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



Red Hat Society
Meeting at Golden Corral
On Miller Rd

****New members welcome****

Join the local red hat group at **Noon on November 9th.**

Caregiver's Art Program / Painting Through Grief

Wednesday, November 23
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.*



November 2022

Monday

Tuesday

Wednesday

Thursday

Friday

Holiday Food Baskets

We will be collecting monetary donations rather than canned goods for this year's Holiday Food Box. These donations will be used to purchase grocery store gift cards for low income members of the Center for the Holidays. Donations accepted up to December 12.

1

9:30 Sewing & Crochet
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

2

9:30 Pinochle
 10:00 Balance Video
 11:30 Lunch—GCCARD
 12:00 Skip-Bo
 1:00 Bingo
 5:15 Euchre
 5:30 Bunco

3

9:30 Cribbage
 10:00 Exercise Video
 11:30 Lunch—GCCARD
 12:00 Skip-Bo
 1:00 Duplicate Bridge
 1:00 Make It, Take It

4

9:30 Arthritis Exercise (Instructor)
 10:30 Bible Study
 11:30 Blood Pressure Checks
 11:30 Lunch—GCCARD
 12:00 Skip-Bo
1:00 Legal Services
 1:00 Extra Fast Bingo

7

9:30 Make It Take It
10:00 Stability Class
10:00 Eat Healthy, Be Active
 11:30 Lunch—GCCARD
 12:00 Skip-Bo
 12:30 Double Pinochle
 1:00 Yahtzee

8

9:30 Sewing & Crochet
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

9

9:30 Pinochle
 10:00 Balance Video
 11:30 Lunch—GCCARD
 12:00 Skip-Bo
 1:00 Bingo
 5:15 Euchre
 5:30 Bunco

10

9:30 Cribbage
 10:00 Exercise Video
 11:30 Lunch—GCCARD
 12:00 Skip-Bo
 1:00 Duplicate Bridge
 1:00 Make It, Take It


CLOSED




Thank You
VETERANS

HONORING ALL WHO SERVED



14	9:30 Make It Take It 10:00 Stability Class 10:00 Eat Healthy, Be Active 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Double Pinochle 1:00 Yahtzee	15	9:30 Sewing & Crochet 10:00 Grief Gathering 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	16	9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	17	9:30 Cribbage 10:00 Exercise Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It Take It	18	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
21	9:30 Make It Take It 10:00 Stability Class 10:00 Eat Healthy, Be Active 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Double Pinochle 1:00 Yahtzee	22	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	23	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				
28	9:00 Veteran's Services 9:30 Make It Take It 10:00 Exercise Class 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:30 Double Pinochle 1:00 Yahtzee	29	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	30	9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco				

Congregate November Meal Menu 2022

Menu Subject to Change Based on Product Availability and Quality Standards				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Philly Chicken w/Cheese Potato Wedges Veggie Blend Sub Bun Margarine-1 ea 100% Fruit Juice	1 Cobb Salad w/Turkey, Cheese, Egg, Bacon Pasta Salad Fruit Muffin-1 ea Mandarin Oranges-4 oz Salad Dressing Pkt-1 ea Milk-8 oz	2 Baked Mostaccioli w/Meat Sauce French Green Beans Steamed Corn Fresh Pear Breadstick 100% Fruit Juice-4 oz	3 Honey Glazed Chicken Fillets Parsley Potatoes-4 oz California Vegetable Blend WG Sweet Roll-1 ea Margarine-1 ea Fruit Cocktail-4 oz Milk-8 oz	
7 Cheese Ravioli w/Sauce Italian Veggie Blend-4 oz Roasted Potatoes-4 oz Potato Roll-1 ea Margarine-1 ea Fresh Pear-1 ea Milk-8 oz	8 Fiesta Chicken w/onions & Peppers Roasted Corn & Black Beans WG Roll Pineapple Tidbits-4 oz Margarine-1 ea 100% Fruit Juice-4 oz	9 Salisbury Steak w/Gravy Parsley Mashed Potatoes-4 oz Mixed Vegetables-4 oz Biscuit Fruit Cocktail-4 oz Margarine-1 ea Milk-8 oz	10 Asian Chicken Burger Sweet Potato Wedges Steamed Cauliflower-4 oz WG Bun Cinnamon Applesauce-4 oz 100% Fruit Juice-4 oz	11 
14 New Orleans Chicken Stir-fry Over Lo Mein Noodles Vegetable Blend-4 oz Hawaiian Roll Apricots-4oz Margarine-1 ea Milk-8 oz Fortune Cookie-1 ea	15 Pub Burger w/Cheese Potato Wedges Lettuce/Tomato/Onion Fruit Cocktail-4 oz WG Bun Ketchup/Mustard 100% Fruit Juice	16 Italian Wedding Soup Steamed Spinach Buttermilk Biscuit Honey Packet Margarine Fresh Pear Milk	17 Chicken Fajitas Chuck Wagon Veggie Blend-4 oz Black Beans-4 oz Flour Tortilla Shells Birthday Cake Pineapple Cup 100% Fruit Juice-4 oz	18 Glazed Citrus Salmon Rice Pilaf Mixed Veggies WG Roll Margarine Mixed Fruit Cup Milk-8 oz
21 Crispy Chicken Salad w/Apples & Cranberries Cole Slaw-4 oz Potato Roll Diced Pears Milk-8 oz	THANKSGIVING DINNER Turkey Breast w/Gravy Mashed Potatoes Chef Garey's Famous Green Beans HM Mac & Cheese Cranberry Sauce Wheat Roll w/Margarine HM Holiday Cookie 100% Fruit Juice-4 oz	23 Swedish Meatballs Brown Rice-4 oz Green Beans-4 oz Mandarin Oranges-4 oz Crunchy Breadsticks-1 pkt Milk	24 	25 
28 Chili W/Ground Beef Veggie Blend Corn Bake Strawberry Applesauce Milk	29 Creamy Turkey & Wild Rice Soup Sliced Potatoes-4oz Sweet Peas Wheat Roll w/Margarine Fresh Apple 100% Fruit Juice	30 HM Beef & Bean Burrito-1 Sweet Corn w/Peppers-4oz Fresh Apple-1 Spanish Rice-4oz Margarine Milk		

REMINDER:
 All Holiday lunches require 2 WEEK
 NOTICE. RSVP by November 7th
 for Thanksgiving lunch.

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.

Lockwood of Genesee

Eastside Senior Citizens Association is also part owner in Lockwood of Genesee located on Linden Road. We are proud to include this beautiful assisted living facility on our list of housing opportunities. At Lockwood of Genesee, 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 at 810-733-8900.

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!



**SENIOR WINTER GAMES IS BACK!!
REGISTRATION**

**MONDAY, NOVEMBER 7 THROUGH
THURSDAY, JANUARY 12**

COST: \$12.00 PER PERSON

**INCLUDES: T-SHIRT, UNLIMITED EVENTS,
OPENING CEREMONY WITH
ENTERTAINMENT AND CLOSING BANQUET
LUNCHEON**

2023 EVENTS:

PIE EATING, BOWLING, JIGSAW PUZZLE, SPADES, SOFTBALL
TOSS, BOCCE BALL, SOCCER FREE KICK, YAHTZEE, HAND KNEE
AND FOOT, SHUFFLEBOARD, SENIOR GRAND PRIX,
RECREATIONAL PING PONG, FRISBEE TOSS, LADDER GOLF,
FITNESS WALK, PICKLEBALL, EUCHRE, FREE THROW, SUDUKO,
BAKING, POOL, CRIBBAGE, PINOCHLE, LINE DANCING, MEXICAN
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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

NOVEMBER 2022

Smart DriverTEK Workshop



Eastside Senior Center
Thursday, November 3rd at 10:00am.
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!

OPEN ENROLLMENT!

We will have our MMAP counselor
available on Thursdays from
October 20-December 1st. Please call
our office to schedule an appointment.

thank you!

Walkers Farm for the flowers for the
front entrance and to the Health Fair
Vendors for your support!