

# Eastside Senior Center Newsletter November 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

Virginia Inglot

**PHONE:** 810-250-5000

**FAX:** 810-250-9033

### **WEBSITE**

[www.eastsideseniorcenter.com](http://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  
MICHIGAN



## OPEN ENROLLMENT! Medicare & Medicaid

We will have our MMAP counselor available on Thursdays from October 19-December 7th. Please call our office to schedule an appointment.

### SilverSneakers Stability Class

Mondays, November 6—December 4

From 10am—11am

Call our office to sign up!

*thank you*

For supporting our Senior Center!  
Walkers Farm for the beautiful Mums at the front entrance!

Health Department - Flu Shot Clinic  
Vendors attending our Health and Resource Fair!

## Arthritis Exercise (Instructor)

*Fridays at 9:30 am -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-11:00am*

Exercise video designed to reduce the risk of falling.

## Exercise Video

*Mondays at 10:00 am*

*Thursdays at 9:30 am*

Video led chair exercise.

## 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.

## Line Dancing

*Tuesdays at 10:00 am*

Beginner's easy steps led by Brandy.



## Hearing Screening

*Tuesday, November 7*

### By Your Hearing Solution

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

## Bible Study

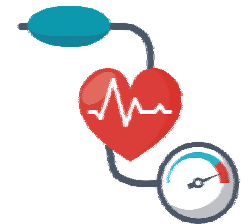
*Fridays 10:30 am-11:30 am*

Join a friendly group for a time of reflection.

## Blood Pressure Checks

*Fridays 11:30 am -12:30 pm*

Eastside staff will provide blood pressure checks.





## Make It, Take It

*Mondays at 9:30 am or Thursdays at 1:00 pm*

We will be making a new craft **every Monday**, we repeat that craft on **Thursday**. Money donations are appreciated to help supply craft projects.

## Yahtzee

*Mondays at 1:00 pm*

We will supply dice for each participant— there will be no shared items.

## Computers

*Monday– Friday 9:00 am- 4:00 pm*

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 14 at 10:00 am*

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 socialize and share your talents and ideas; or if you need assistance with sewing or crocheting.

**Bingo**  
Tuesdays  
1:00—3:00  
Wednesdays:  
1:00—3:00

## Extra Fast Bingo

Fridays  
1:00—3:30

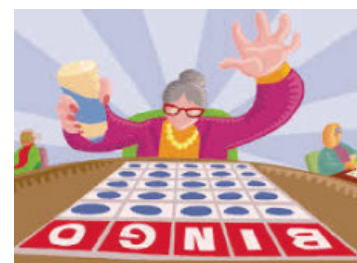
**Bunco**  
Wednesdays  
5:30—9:00

**Chess Club**  
Tuesdays  
6:30—9:00

**Cribbage**  
Thursdays  
9:30—11:30

## Duplicate Bridge

Thursdays  
1:00—5:00  
Tuesday Evenings  
4:30—9:00



## Double Pinochle

Mondays  
12:30—2:30

**Euchre**  
Wednesdays  
5:15—9:00

**Card Games**  
Tuesdays  
5-8:30

**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**  
Tuesdays-Fridays  
12:00—3:00

## Legal Services of Eastern Michigan

*Friday, November 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 will no longer will be at the Senior Centers each month.

Statement from Veterans Service:

*“Effective Immediately, we will no longer have a VSO at the senior centers each month. We have learned that we can provide a better and more efficient experience when servicing veterans in our office rather than doing it remotely. We know our senior veterans and spouses have become accustomed to the convenience of us being at the center once a month. But now we are able to make it a little more convenient for them by offering FREE transportation to our office through the Vets to Wellness Program with MTA. Once the veteran/spouse is enrolled, we will reach out to schedule them an appointment in our office.”*

**Applications for the Vets to Wellness Program can be picked up at Eastside Senior Center.**

**Call Veterans Service for appointments  
810-257-3068.**

## 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.

## MiCAFE Program-Bridge Card

*Certification and Recertification*

If you are age 60 and older, need food assistance and meet the income gross (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!



## 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 14

**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 the **third** Friday (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 (GHP) now provides FREE senior dental program. Dental coverage benefits include: Dental cleanings, oral exams, fillings, x-rays, dental health education, extractions. For more information, call GHP (810) 232-7740



### Red Hat Society

*Wednesday, November 8*

**\*\*New members welcome\*\***

Join the local red hat group at 1 pm.  
Order our GCCARD lunch or bring your own sack lunch and beverage.

### Caregiver's Art Program / Painting Through Grief

*Wednesday, November 22 at 1:00 pm*

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 2023

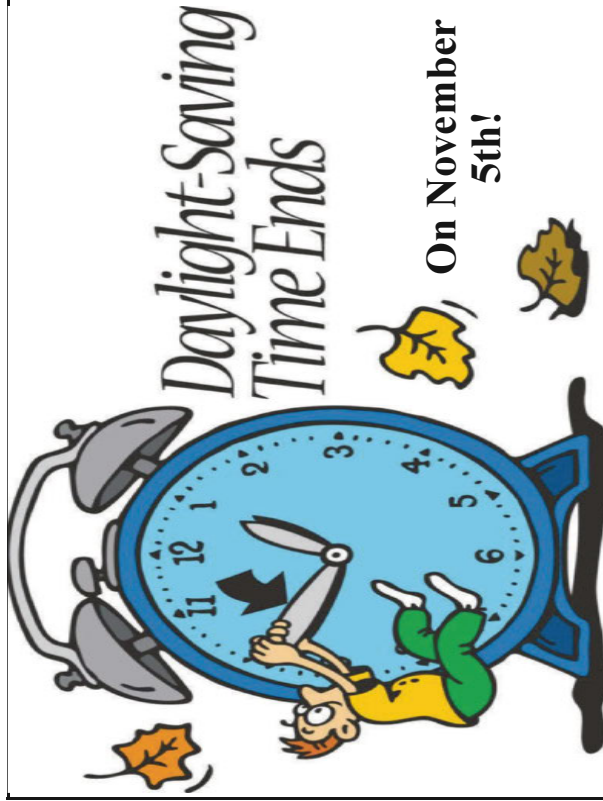
Monday

Tuesday

Wednesday

Thursday

Friday



1

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

2

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

3

9:30 Arthritis Exercise (Instructor)  
**9:30 Legal Services**  
10:30 Bible Study  
11:30 Blood Pressure Checks  
**11:45 The Learning Kitchen**  
11:30 Lunch—GCCARD  
12:00 Skip-Bo  
1:00 Extra Fast Bingo

6

9:30 Make It, Take It  
**10:00 Stability Class**  
11:30 Lunch—GCCARD  
12:30 Double Pinochle  
1:00 Yahtzee

7

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 Card Games  
6:30 Chess Club

8

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

9

9:30 Cribbage  
9:30 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



13	9:30 Make It, Take It <b>10:00 Stability Class</b> 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee	9:30 Sewing & Crochet 10:00 Line Dancing <b>10:00 Landscape Painting</b> 11:30 Lunch—GCCARD 12:00 Skip-Bo <b>1:00 Commodities</b> 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 5:00 Card Games 6:30 Chess Club	15 9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	16 9:30 Cribbage 9:30 Exercise Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It	17 9:30 Arthritis Exercise (Instructor) 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD <b>11:45 The Learning Kitchen</b> 12:00 Skip-Bo <b>1:00 Dementia Class</b> 1:00 Extra Fast Bingo
20	9:30 Make It, Take It <b>10:00 Stability Class</b> 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee	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 Card Games 6:30 Chess Club	22 9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo <b>1:00 Grief &amp; Caregiver Painting</b> 1:00 Bingo 5:15 Euchre 5:30 Bunco		
27	9:30 Make It, Take It <b>10:00 Stability Class</b> 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee	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 Card Games 6:30 Chess Club	29 9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	30 9:30 Cribbage 9:30 Exercise Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It	<b>Holiday Food Baskets</b> 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. Ends December 8th.



**Congregate November Meal Menu 2023**

Menu Subject to Change Based on Product Availability and Quality Standards				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		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
6 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	7 Fiesta Chicken w/onions & Peppers Roasted Corn & Black Beans WG Roll Pineapple Tidbits-4 oz Margarine-1 ea 100% Fruit Juice-4 oz	8 Salisbury Steak w/Gravy Mashed Potatoes-4 oz Mixed Vegetables-4 oz Biscuit Fruit Cocktail-4 oz Margarine-1 ea Milk-8 oz	9 Asian Turkey Burger Sweet Potato Wedges Steamed Cauliflower-4 oz WG Bun Cinnamon Applesauce-4 oz 100% Fruit Juice-4 oz	10 
13 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	14 Pub Burger w/Cheese Potato Wedges Lettuce/Tomato/Onion Fruit Cocktail-4 oz WG Bun Ketchup/Mustard 100% Fruit Juice	15 Italian Wedding Soup Sweet Peas Buttermilk Biscuit Honey Packet Margarine Fresh Pear Milk	16 Chicken Fajitas Chuck Wagon Veggie Blend-4 oz Black Beans-4 oz Flour Tortilla Shells Birthday Cake Pineapple Cup 100% Fruit Juice-4 oz	17 Glazed Citrus Salmon Rice Pilaf Mixed Veggies WG Roll Margarine Mixed Fruit Cup Milk-8 oz
20 Swedish Meatballs Brown Rice-4 oz Green Beans-4 oz Mandarin Oranges-4 oz Crunchy Breadsticks-1 pkt Milk	21 Turkey Breast w/Gravy Mashed Potatoes Chef Garey's Famous Green Beans HM Mac & Cheese Wheat Roll w/Margarine HM Holiday Cookie 100% Fruit Juice-4 oz	22 Crispy Chicken Salad w/Apples & Cranberries Cole Slaw-4 oz Potato Roll Diced Peas Milk-8 oz	23 	24 
27 Chili w/Ground Beef Veggie Blend Corn Bake Strawberry Applesauce Milk	28 Creamy Turkey & Wild Rice Soup Sliced Potatoes-4oz Sweet Peas Wheat Roll w/Margarine Fresh Apple 100% Fruit Juice	29 HM Beef & Bean Burrito-1 Sweet Corn w/Peppers-4oz Fresh Apple-1 Spanish Rice-4oz Margarine Milk	30 Philly Chicken w/Cheese Potato Wedges Veggie Blend Sub Bun Margarine-1 ea 100% Fruit Juice	

**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.



## *Fall Wellness Tip for Seniors*



### **Beware of falling leaves:**

While colorful leaves are part of the beauty of autumn in many regions, they can present a safety hazard. When wet, they can become slippery and pose a fall risk. And piles of leaves can hide potentially dangerous obstacles. Be sure to remove them regularly from porches, sidewalks and key walkways for older adults.

## 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!**



**REGISTRATION**  
**MONDAY, NOVEMBER 13 THROUGH**  
**THURSDAY, JANUARY 11**  
**COST: \$12.00 PER PERSON**  
**INCLUDES: T-SHIRT, UNLIMITED EVENTS,**  
**OPENING CEREMONY AND CLOSING BANQUET**  
**LUNCHEON**

**2024 EVENTS:**

PIE EATING, DARTS, CORN HOLE, JIGSAW PUZZLE, SPADES, CHECKERS,  
SCRABBLE, YAHTZEE, HAND KNEE FOOT, SHUFFLEBOARD, COMPETITIVE  
TABLE TENNIS, RECREATIONAL PING PONG, CRIBBAGE, PINOCHLE,  
SUDOKU, SENIOR GRAND PRIX, SOFTBALL TOSS, FREE THROW, EUCHRE,  
BAKING, PICKLEBALL, MINIATURE GOLF, LINE DANCING, MEXICAN  
TRAIN DOMINOES, SPELLING BEE, ARTS & CRAFTS, NAME THAT SONG,  
POOL, FRISBEE TOSS AND LADDER GOLF

**2024 EVENT DATES:**  
**MONDAY, FEBRUARY 5-THURSDAY, FEBRUARY 29**



**DAY NIGHT** **MARK S. MORGAN**

**Heating • Cooling  
Plumbing Repair**

*We also Love Boilers & Water Heaters!*

**(810) 742-3361**

*Since 1984*

*We accept most major credit cards*

  
**A Better ROOF For Less!**  
**810-687-3599**  
*Repair, Recover or Replace*  
**Life Time Warranty**  
**FREE ESTIMATES**

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,  
ad-supported  
print and digital  
newsletters to reach  
your community.

Visit [lpicommunities.com](http://lpicommunities.com)

**OUR COMMUNITY  
NEWSLETTER**  
OCTOBER EDITION



Scan to  
contact us!

**VAA**  
**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](http://www.valleyareaaging.org)**



*Studio, One & Two-Bedroom  
Apartments with Private Patios Available!*

**Hampton Manor  
of Burton**

**Burton's Premier  
Independent,  
Assisted & Memory  
Care Community**

**2105 South Center Rd., Burton, MI 48519**  
**810-553-3355 • [burtonassistedliving.com](http://burtonassistedliving.com)**

***Call Now to Lock in Your Rate for 2 Years!***



**Ask About Our Holly  
Location! Assisted  
& Memory Care  
Available**



For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

15-0669



Eastside Senior Citizens Association  
3065 N Genesee Rd  
Flint, MI 48506-2151

PSRT STD  
U.S. POSTAGE  
**PAID**  
FLINT, MI  
PERMIT NO.284

# EASTSIDE SENIOR CENTER NEWSLETTER

## NOVEMBER 2023

### The Learning Kitchen

#### Free Six Week Nutrition Education Program

Classes include:

- Weekly Recipe Tastings
- Weekly Nutrition Topics  
(MyPlate, Sugar, Salt, Meal Planning, etc.)
- Giveaways
- Physical Activity Demonstrations and more!

Starting Fridays, November 3 - December 15  
**(Skipping the week of Thanksgiving)**  
From 11:45am - 12:45pm  
At Eastside Senior Center

If you are interested in joining, please register with Eastside Senior Center.

### Volunteers Wanted!

The income tax assistance program facilitated by the AARP Foundation is looking for new volunteers. We assist tax payers with income tax preparation at many of the Senior Centers throughout Genesee County from February through April each year. If you are good with numbers and interested in helping people, this can be a very rewarding opportunity to volunteer and give back to the community. You can find out more about the program by visiting our website at [aarp.org/taxaide](http://aarp.org/taxaide). In addition, if you let the folks know at the senior center that you might be interested, they can put you in contact with one of our current volunteers who will be more than happy to talk with you about the program and to answer any questions you might have.

Thanks!  
Flint District Coordinator  
AARP Tax Aide Program  
Contact Information:  
Eastside Senior Center 810-250-5000

