

# Eastside Senior Center Newsletter October 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**

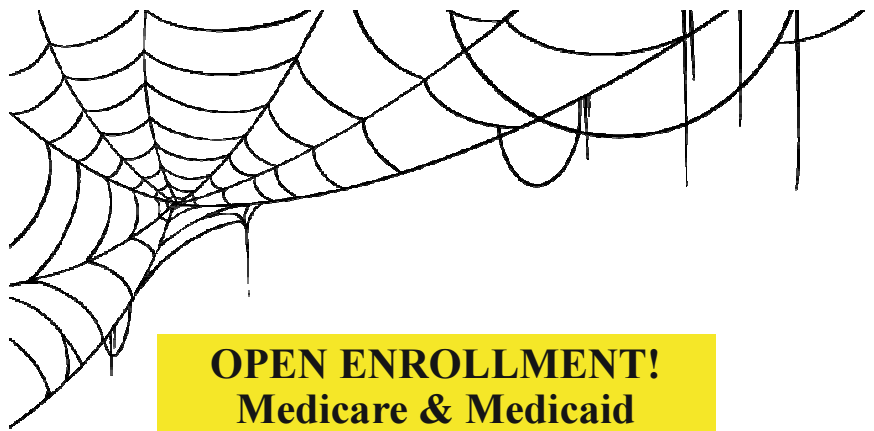
Monday–Friday

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.*



## **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.

## **Eastside Senior Center - Health & Resource Fair**

Wednesday, October 11, 2023

Time: 10:00 – 12:00

Health Department:

Flu shots, High dose flu shots 65 & older,

HEP B for Diabetes and COVID

Vendors with Resources

Free Sack Lunch

**\*\*Limited Lunches\***



## 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*

*Thursday 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, October 3*

**By Your Hearing Solution**

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

## Bible Study

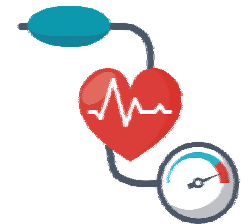
*Fridays 10:30 am-11:30 am*

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, October 10 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

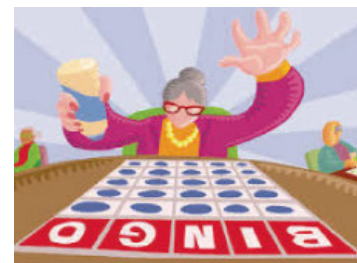
**Bunco**  
Wednesdays  
5:30—9:00

**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, October 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.

*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, October 10

**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.

Alzheimer's guest speaker  
tips for caregivers on  
Late-stage Alzheimer's  
October 20 at 1:00 pm

### 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, October 11*

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

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

*Tuesday, October 17 at 12:00 pm*

**Halloween Party**

Bring finger food to share.  
Costumes Optional.

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

*Wednesday, October 25 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.*



# October 2023

Monday


Tuesday

Wednesday

Thursday

Friday

2	9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee	9:30 Sewing & Crotchet <b>10:00 Hearing Screening</b> 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	4 9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD <b>12:00 Diabetes Path</b> 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	5 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	6 9:30 Arthritis Exercise (Instructor) <b>9:30 Legal Services</b> 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Extra Fast Bingo
9	9:30 Make It, Take It <b>10:00 Smart DriverTEK</b> <b>10:30 Cell Phone Class</b> 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee <b>1:30 Pick Up Cell Phone</b>	10 9:30 Sewing & Crotchet <b>10:00 Landscape Painting</b> 10:00 Line Dancing 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	11 9:30 Pinochle <b>10:00 Health &amp; Resource Fair—Free Sack Lunch (limited)</b> 12:00 Skip-Bo 1:00 Red Hats 1:00 Bingo 5:15 Euchre 5:30 Bunco	12 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	13 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

16	9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee	17 9:30 Sewing & Crochet 10:00 Line Dancing 11:30 Lunch—GCCARD 12:00 Skip-Bo 12:00 Red Hats 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 5:00 Card Games 6:30 Chess Club	18 9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	19 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	20 9:30 Arthritis Exercise (Instructor) 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 12:00 Skip-Bo <b>1:00 Late-Stage Alzheimer's Class</b> 1:00 Extra Fast Bingo
23	9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee	24 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	25 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	26 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	27 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
30	9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee	31 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	<div>  <div> <p>FREE Breast Screening!</p> <p>Thursdays, October 12, 2023            From 5:00 PM - 7:00 PM            No appointment or registration needed, walk-ins available! Call 810-762-8226 for more information.</p> </div> </div>	<div> <p><u>Smart DriverTEK Workshop</u>            Eastside Senior Center            Monday, October 9 at 10:00 am</p> <p>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!</p> </div>	



# Congregate October Meal Menu 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Country Style Chicken w/gravy Steamed Broccoli-4 oz Roasted Vegetables-4 oz Honey Dew Fruit-4 oz Wheat Roll-1 ea Margarine-1 ea Milk 8 oz	<b>3</b> Chicken Salad Sandwich Croissant carrot sticks 3 Bean Salad-4 oz Fresh Banana-1 ct Milk 8 oz	<b>4</b> Salisbury Steak Redskin Mashed Potatoes Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea 100% Fruit Juice	<b>5</b> Turkey & Cheese Sub-1 ea Lettuce, tomato, onion Steak House Potato Salad-4 oz Diced Pears Whole Wheat Bun-1 ea Mayo Mustard-1 ea 100% fruit juice	<b>6</b> Santa Fe Salad w/ Chicken w/HM Corn & Black Bean Salsa Tortilla Strips-1 oz Fruit Cocktail-4 oz Pasta Salad-4 oz Salad Dressing Milk 8 oz
<b>9</b> BBQ Pulled Pork-3 oz Diced Potatoes-1 ct Vegetable Blend-4 oz Mandarin Orange Cup-1 ct Mini Sub Bun-1 ct Margarine-1 ea Milk 8 oz	<b>10</b> Grilled Chicken Breast-1 ct Chuck Wagon Vegetable Blend-4 oz Chopped Broccoli-4 oz Potato Roll-1 ct Mixed Fruit-1 ct Margarine-1 ct 100% Fruit Juice	<b>11</b> Health & Resource Fair Free Sack Lunch ** Limited Lunches** Come inside to pick up 10:00 - 12:00 p.m	<b>12</b> HM Pork Chop w/Apples-1 ea Mixed Greens-4 oz Mashed Sweet Potatoes-4 oz Corn Bread & Margarine-1 ea Pears-4 oz 100% Fruit Juice	<b>13</b> Sweet and Sour Meatballs- 6 ea Brown Rice Green Beans-4 oz Pineapple Tidbits-4 oz Flatbread-1 ea Margarine-1 ea Milk 8 oz
<b>16</b> Meatloaf w/gravy-3 oz Mashed Potatoes Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce 100% Fruit Juice	<b>17</b> Chicken Caesar Salad w/Romaine Cucumber Slices w/dip-4 oz Fruit Cocktail-4 oz Pita Half-1 ea Caesar Salad Dressing Pkt-1 ea Milk 8 oz	<b>18</b> Chef's Choice	<b>19</b> HM Chicken Parmesan Sandwich-1 ea Garlic Vegetable Blend-4 oz Whole Kernel Corn-4 oz WG Bun-1 ct Margarine-1 ct Diced Pears-4 oz 100% Fruit Juice Birthday Cake	<b>20</b> Cruised Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw-4 oz Pineapples-4 oz Potato Roll-1 ea Margarine-1 ea Milk 8 oz
<b>23</b> HM Bean Soup w/ Turkey Ham Baby Carrots-4 oz Warm Apples-4 oz Corn Muffin & Margarine-1 ea Milk 8 oz	<b>24</b> Beef Teriyaki w/Rice & Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice	<b>25</b> HM Sloppy Joes-3 oz Garden Pasta Veggie Blend-4 oz Cauliflower-4 oz Fresh Apple-1 ea WG Bun-1 ea Margarine-1 ea Milk 8 oz	<b>26</b> HM Chicken & Noodles Mixed Vegetables-4 oz Diced Pears-4 oz Biscuit Margarine-1 ea 100% Fruit Juice Cookie of the Month	<b>27</b> Breaded Turkey Sandwich Ranch Potato Wedges macaroni Salad Whole Wheat Bun Fresh Apple Milk 8 oz mayo pkt
<b>30</b> HM Beef Goulash-8 oz Carrots-4 oz Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct milk	<b>31</b> Oven Fried Chicken Southern Green Beans Potato Salad Hawaiian Roll Pineapple Tidbits 100% Fruit Juice			



# 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*



### **Take advantage of the harvest:**

Many healthy – and delicious – fruits and vegetables are center stage this time of year. Adding seasonal produce such as beets, broccoli, Brussels sprouts, sweet potato, pumpkin, apples, cranberries, eggplant and kale can help manage diabetes, contribute to heart health and promote a healthy immune system.

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!**

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## AFFORDABLE CONNECTIVITY PROGRAM PLAN DETAILS

Assurance Wireless offers FREE cell service as part of the federal Affordable Connectivity Program (ACP). This plan was created to reduce eligible consumers' broadband internet service bills, and help these households stay connected to jobs, critical healthcare services, and virtual classrooms.

The Assurance Wireless ACP Monthly Plan includes:

- FREE Unlimited Data including 25GB High-Speed Data
- FREE Unlimited Texts
- FREE Unlimited Minutes
- FREE 2.5GB Mobile Hotspot Data (up to 4G LTE speed)

## Find Out If You Qualify Today!

*Assurance Wireless is a federal Lifeline Assistance program. Lifeline Assistance is a government program supported by the Universal Service Fund.*

*Enrollment is available to individuals who qualified based on federal or state-specific eligibility criteria. You may qualify based on household income or if you participate in a certain public assistance programs.*

**You MUST provide proof of qualification or proof of public assistance program**

### Qualifying Eligibility Criteria: State ID / Drivers License and one of the Following:

- Medicaid Card
- Food Stamp EBT Card
- Social Security Income Monthly Income Letter
- Social Security Disability award Letter
- Social Security 2018 Yearly Income Tax Document
- 2018 Pension Award Tax Form Document
- 2018 W2 Tax Document with Proof of Yearly Income
- VA Insurance

**A VALID DRIVERS LICENSES OR STATE ID IS REQUIRED TO SUBMIT YOUR APPLICATION. UTILITY BILL, DHS LETTER, OR SOCIAL SECURITY CARD MAY BE USED IF YOU DON'T HAVE A STATE ID OR IF YOUR STATE ID IS EXPIRED**

### Your Assurance Wireless Representative

#### Will be Located at

Eastside Senior Center  
October 9, 2023  
3065 N. Genesee rd.  
10:30 am sign up  
1:30-2:30pm  
Learn to use a cell  
Phone class!!



**GET YOUR FREE SMART PHONE  
THE SAME DAY!!!**



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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

## OCTOBER 2023



Rotary Club of  
Burton  
Presents:

Halloween Ball  
At Atherton Elementary  
**Friday, October 20, 2023 at 6 PM**  
RSVP at the center by  
Friday October 13!

