

Eastside Senior Center Newsletter October 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

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.*



FREE SACK LUNCH

Come for a flu shot, grab a free lunch and a vendor bag full of information & goodies.

DRIVE THRU HEALTH FAIR



**OCT.
7
11AM
1PM**

FLU SHOTS

11:00 - 1:30

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

SPONSORED BY

Heartland
Healthcare
Briarwood



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

Returning in November

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, October 6

By Your Hearing Solution

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

Landscape Painting - \$20

Tuesday, October 13 @ 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.

The Rotary Club Of Burton will not be hosting a Halloween Party this year.

Legal Services of Eastern Michigan

Friday, October 2

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, October 26

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, October 28 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 October:

Date: Tuesday October 13

Time: 1:00 pm—3:00 pm



(810) 239-7671

OCTOBER 2020

Monday

Full Menu can be picked up at the office, or downloaded from our website:
Eastsideseniorcenter.com



Tuesday

Happy Halloween



Wednesday



November 1

Thursday

1

Chicken Parmesan

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

2

Chef Salad

9:30 Arthritis Exercise
 11:30 Lunch- GCCARD
 12:30 Bible Study
 1:00 Legal Services

Friday

5

BBQ Pulled Pork

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

6

White Chicken Chili

10:00 Exercise Video
 11:30 Lunch- GCCARD
 1:00 Coloring

7

FREE SACK LUNCH

Health Fair
 11:00 Flu Shots
 11:00 Drive Thru Health Fair
 FREE SACK LUNCH
 3:15 Chair Yoga

8



Bean Soup w/ Turkey

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

9

Sweet and Sour Meatballs

9:30 Arthritis Exercise
 11:30 Lunch- GCCARD
 12:30 Bible Study

<p>12</p> <p>Creole Steak</p> <p>9:30 Make It Take It 11:30 Lunch- GCCCARD 1:00 Yahtzee</p>	<p>13</p> <p>Meatloaf & Gravy</p> <p>10:00 Landscape Painting 11:30 Lunch- GCCCARD 1:00 Coloring 1:00 Commodities</p>	<p>14</p> <p>Santa Fe Salad</p> <p>10:00 Armchair w/ Nikki 11:30 Lunch- GCCCARD 3:15 Chair Yoga</p>	<p>15</p> <p>Sloppy Joes</p> <p>11:30 Lunch- GCCCARD 1:00 Make It Take It</p>	<p>16</p> <p>Crusted Fish</p> <p>9:30 Arthritis Exercise 11:30 Lunch- GCCCARD 12:30 Bible Study</p>
<p>19</p> <p>Country Chicken</p> <p>9:30 Make It Take It 11:30 Lunch- GCCCARD 1:00 Yahtzee</p>	<p>20</p> <p>Beef Teriyaki</p> <p>10:00 Exercise Video 11:30 Lunch- GCCCARD 1:00 Coloring</p>	<p>21</p> <p>BBQ Pulled Chicken</p> <p>10:00 Armchair w/ Nikki 11:30 Lunch- GCCCARD 3:15 Chair Yoga</p>	<p>22</p> <p>Pork Chop</p> <p>11:30 Lunch- GCCCARD 1:00 Make It Take It</p>	<p>23</p> <p>Chicken Salad</p> <p>9:30 Arthritis Exercise 11:30 Lunch- GCCCARD 12:30 Bible Study</p>
<p>26</p> <p>Turkey Burger</p> <p>9:30 Veterans Services 9:30 Make It Take It 11:30 Lunch- GCCCARD 1:00 Yahtzee</p> 	<p>27</p> <p>Beef Goulash</p> <p>10:00 Exercise Video 11:30 Lunch- GCCCARD 1:00 Coloring</p>	<p>28</p> <p>Chicken Caesar</p> <p>10:00 Armchair w/ Nikki 11:30 Lunch- GCCCARD 1:00 Caregiver Paint 1:00 Grief Paint 3:15 Chair Yoga</p>	<p>29</p> <p>Stuffed Green Pepper</p> <p>11:30 Lunch- GCCCARD 1:00 Make It Take It</p>	<p>30</p> <p>Turkey Sandwich</p> <p>9:30 Arthritis Exercise 11:30 Lunch- GCCCARD 12:30 Bible Study</p> 

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.



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

KRA-NUR - BRISTOL MANOR & HARBORS OF EAST TAWAS ADULT FOSTER CARE

A Beautiful home-like atmosphere where the Spirit makes the difference



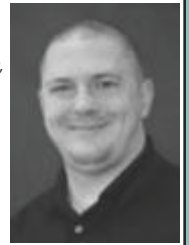
1383 Kra-Nur Circle • Burton
9178 East Britsol Rd. • Davison
1010 Alice St. • East Tawas
810-744-2327
State Licensed • RN Owned

Eric S. McBean, Specialized Value Interpreter



M & M Budget Travel
"Stress Free and NEVER a Fee!"

"With so many travel options out there, it can be overwhelming. I work as your value interpreter. Using my expertise, I find amazing experiences that exceed your every desire, but not your budget. With my services, you can be confident that your vacation will be perfectly planned, hassle-free and filled with moments you'll never forget."
Contact me to plan your next vacation!



1410 Lynton Ave, Flint
(810) 877-1814 • mmbudget.com



#1 Medicare Advantage plan provider in America

1-855-844-2078, TTY 711
ExploreUHC Medicare.com

United Healthcare

Y0066_200813_013109_M

SPRJ58101

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

1-855-225-4251

RENEE CHARRON REALTOR®

810.252.3244

www.HomesByRenee.com

KW FIRST
KELLERWILLIAMS.

10785 S. Saginaw St, Suite E
Grand Blanc, MI 48439

Serving Genesee and Lapeer Counties



— YOUR —
HEARING SOLUTION



Serving the Eastside Senior Center for over 10 years.

**Genesee Valley Mall
3413 S Linden Rd.**



A Better **ROOF** For Less!

810-687-3599

Repair, Recover or Replace
Life Time Warranty

FREE ESTIMATES



Swartz
FUNERAL HOME & CREMATION CENTER

1225 West Hill Road • Flint, MI
235-2345 • 694-2345
www.swartzfuneralhomeinc.com
Family Owned
Operated By Rick R. Lamb & Family

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Jen Zalinski to place an ad today!
jzalinski@4LPi.com or (800) 477-4574 x6633



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpiseniors.com

15-0669

EASTSIDE SENIOR CENTER NEWSLETTER

OCTOBER 2020

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)

The senior center will continue offering essential services in addition to the programs featured in this newsletter. We ask that you only come to your scheduled activities, staff needs time to clean and prepare for all programs. Social gatherings will not be permitted indoors during this time. As time goes on we will slowly add more of our programs. Our schedule is subject to change due to the governor's orders regarding social distancing.

- **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.
- **Exercise classes will be held indoors.** Masks must be worn at all times while exercising in our building. Remember to pre-register for all exercise classes.