Eastside Senior Center Newsletter October 2021

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

Health & Wellness Fair

- October 13 from 10am—Noon
- Great venders with tons of resources
- FREE sack lunch
- Flu shots are from 10am—12:30pm!

OPEN ENROLLMENT!

We will have our MMAP counselor available on Thursdays from October 15-Decenter 7th! Please call our office to schedule an appointment!

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
Mondays at 9:15am
Low impact instructor led exercise class. Free of charge thanks to Pro Care Health Solution.

Balance Exercise Video
Wednesdays 10:00am-11:00am
Exercise video designed to reduce the risk of falling.

Bible Study
Fridays 10:30am-11:30am
Join a friendly group for a time of reflection.

Armchair Exercise Video
Tuesday at 10:00am
Video led chair exercise.

Line Dancing
Tuesdays at 9-10:00am
Beginner's easy steps led by Brandy.

Hearing Screening
Tuesday, October 5
By **Your Hearing Solution**
Free hearing tests & minor hearing aid repair. Please call the office to make an appointment.

Heartland Hospice Grief Gathering
Thursday, October 14 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.

Senior Beats ($1 Donation)
Thursdays at 10:00am
Combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm.

Yoga with Janet (Chair Yoga)
Tuesdays at 3:15pm
Silver Sneakers Program, experience better breathing techniques and reduce your stress. 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.

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, October 12 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
October 12th & 26th 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
6:00– 9:00

Bingo
Tuesdays
1:00 - 3:00
Wednesdays:
1:00– 3:00

Extra Fast Bingo
Fridays
1:00– 3:30

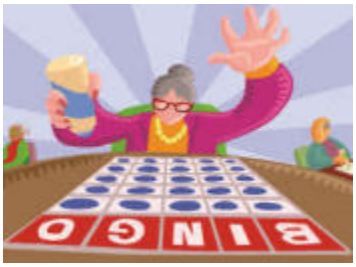
Bunco
Thursday
5:30– 9:00

Chess Club
Tuesdays
6:30 –9:00

Cribbage
Thursdays
9:30– 11:30

Double Pinochle
Thursdays
5:30—9:00

Hand, Knee, Foot
Mondays
5:15– 9:00



Duplicate Bridge
Thursdays
1:00– 5:00
Tuesday Evenings
4:30– 9:00

Euchre
Wednesdays
5:00—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, October 1

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, October 25

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

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

At this time, GCCARD meals will continue to be served to go.

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 12
Time: 1:00 pm—3:00 pm

Meals on Wheels

(810) 239-7671

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. 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

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

Wednesday October 20
New members welcome
Join the local red hat group at 1 pm.

Caregiver's Art Program / Painting Through Grief

Wednesday, October 27 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.*

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			Rotary Club of Burton Presents: Senior Citizen's Halloween Ball! *Subject to Change* **Friday, October 22, 2021** **RSVP at the center by Friday October 15!** **Masks will be required**	1 9:30 Arthritis Exercise 10:30 Bible Study 11:30 Lunch—GCCARD 12:00 Skip-Bo **1:00 Legal Services** **1:00 Dementia Class** 1:00 Extra Fast Bingo
4 9:15 Armchair Conditioning W/Nikki **9:30 SLEEP Program** 9:30 Make It Take It 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Yahtzee 5:15 Hand/Knee/Foot	5 9:00 Line Dancing 10:00 Exercise Video **11:00 Hearing Screening** 11:30 Lunch– GCCARD 12:00 Skip-Bo 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 6:00 Bid Euchre 6:30 Chess Club	6 9:30 Pinochle **10:00 Stability Class** 11:30 Lunch– GCCARD 12:00 Skip-Bo 1:00 Bingo 5:00 Euchre	7 9:30 Cribbage 10:00 Senior Beats 11:30 Lunch– GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It Take It 5:30 Double Pinochle 5:30 Bunco	8 9:30 Arthritis Exercise 10:30 Bible Study 11:30 Lunch— GCCARD 12:00 Skip-Bo 1:00 Extra Fast Bingo

11 9:15 Armchair Conditioning W/ Nikki **9:30 SLEEP Program** 9:30 Make It Take It 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Yahtzee 5:15 Hand/Knee/Foot	12 9:00 Line Dancing 9:30 Sewing & Crochet **10:00 Landscape Painting** 10:00 Exercise Video 11:30 Lunch– GCCARD 12:00 Skip-Bo **1:00 Commodities** 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 6:00 Bid Euchre 6:30 Chess Club	13 **Free Sack Lunch** 9:30 Pinochle **10:00 Health & Wellness Fair** 12:00 Skip-Bo 1:00 Bingo 5:00 Euchre	14 9:30 Cribbage 10:00 Senior Beats **10:00 Greif Gathering** 11:30 Lunch– GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It Take It 5:30 Double Pinochle 5:30 Bunco	15 9:30 Arthritis Exercise 10:30 Bible Study 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Extra Fast Bingo
18 9:15 Armchair Conditioning W/ Nikki **9:30 SLEEP Program** 9:30 Make It Take It 11:30 Lunch– GCCARD **12:00 Cooking for One** 12:00 Skip-Bo 1:00 Yahtzee 5:15 Hand/Knee/Foot	19 9:00 Line Dancing 10:00 Exercise Video 10:00 Line Dancing 11:30 Lunch– GCCARD 12:00 Skip-Bo 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 6:00 Bid Euchre 6:30 Chess Club	20 9:30 Pinochle 10:00 Balance Video 11:30 Lunch– GCCARD 12:00 Skip-Bo 1:00 Red Hates 1:00 Bingo 5:00 Euchre	21 9:30 Cribbage 10:00 Senior Beats 11:30 Lunch– GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It Take It 5:30 Double Pinochle 5:30 Bunco	22 9:30 Arthritis Exercise 10:30 Bible Study 11:30 Lunch– GCCARD 12:00 Skip-Bo 1:00 Extra Fast Bingo
25 **9:00 Veterans Services** 9:15 Armchair Conditioning W/ Nikki **9:30 SLEEP Program** 9:30 Make It Take It 11:30 Lunch—GCCARD **12:00 Cooking for One** 12:00 Skip-Bo 1:00 Yahtzee 5:15 Hand/Knee/Foot	26 9:00 Line Dancing 9:30 Sewing & Crochet 10:00 Exercise Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 6:00 Bid Euchre 6:30 Chess Club	27 9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo **1:00 Grief & Caregiver Painting** 5:00 Euchre	28 9:30 Cribbage 10:00 Senior Beats 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It Take It 5:30 Double Pinochle 5:30 Bunco	29 9:30 Arthritis Exercise 10:30 Bible Study 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Extra Fast Bingo

Congregate October Meal Menu 2021

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Santa Fe Salad w/ Chicken & Beans w/HM Roasted Corn Salsa Tortilla Strips-1 oz Fruit Cocktail-4 oz Pasta Salad-4 oz Salsa Cup Milk 8 oz
4 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	5 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	6 Creole Steak In Sauce-1 ea European Vegetables-4 oz Sliced Beets-4 oz Potato Roll-1 ct Margarine-1 ct Tropical Fruit Salad-4 oz Milk 8 oz	7 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 	8 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
11 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	12 HM Meatloaf w/gravy-3 oz Mashed Potatoes-4 oz Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce Cup-4 oz 100% Fruit Juice 	13 Health & Wellness Fair Free Sack Lunch Sub Chip Cookie & Water	14 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 HM Birthday Cake 	15 Crusted 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
18 HM Bean Soup w/ Turkey Ham-8 o Baby Carrots-4 oz Warm Apples-4 oz Corn Muffin & Margarine-1 ea Milk 8 oz	19 Beef Teriyaki w/Rice & Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice	20 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	21 BBQ Chicken-3 oz Potato Salad-4 oz Mixed Vegetables-4 oz Diced Pears-4 oz Hawaiian Roll-1 ea Margarine-1 ea 100% Fruit Juice Cookie of the Month 	22 Breaded Turkey Sandwich Ranch Potato Wedges macaroni Salad Whole Wheat Bun Fresh Apple Milk 8 oz mayo pkt
25 Turkey & Cheese Sub-1 ea Leaf Lettuce w/Sliced Tomato Steak House Potato Salad-4 oz Diced Pears Whole Wheat Bun-1 ea Mayo Mustard-1 ea Milk 8 oz	26 HM Beef Goulash-8 oz Carrots-4 oz Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct 100% Fruit Juice 	27 Country Style Chicken w/gravy-1 ea Steamed Broccoli-4 oz Roasted Vegetables-4 oz Honey Dew Fruit-4 oz Wheat Roll-1 ea Margarine-1 ea Milk 8 oz	28 Beef Patty w/ Gravy Redskin Mashed Potatoes Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea 100% Fruit Juice	29 Chicken Salad Sandwich Croissant Tossed Salad-4 oz 3 Bean Salad-4 oz Fresh Banana-1 ct Milk 8 oz

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.

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!

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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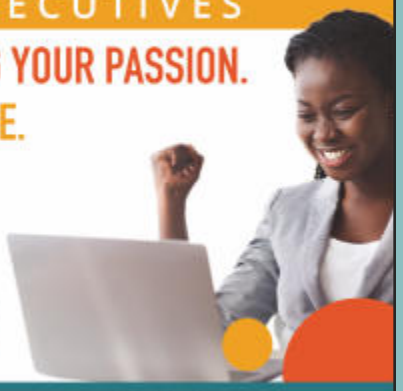

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Helping those "55 or better" to live safely in the community

Program of All-Inclusive Care for the Elderly (PACE) is designed for those who need extra help to live safely in their home. If someone "55 or better" is struggling physically, with their memory or an unstable health condition, they may be eligible for services through PACE.

PACE model of care is the same, only the faces and stories of those enrolled change. PACE in Michigan is strong with 14 programs. Can you think of a neighbor, church member or loved one who might benefit?

DePottey family at PACE's 6th birthday celebrating long-term participants, JoAnne (mom) and Betty.

Help us to reach those who need PACE medical and supportive services.

To enroll, someone must be:

- Age 55 or older
- Living in a zip code served by PACE
- Certified as meeting Michigan criteria for nursing home level of care *
- Able to live safely in their home with the support of PACE *

**Determined by the PACE Intake Team.*

Ascension Living PACE Michigan expanded our service area.
We now serve ZIP codes in Genesee, Lapeer, Tuscola, Shiawassee and Livingston counties.

Call us to learn more and find out if PACE is an option: 810-236-7500

Other than emergency services, all services must be furnished or authorized by Ascension Living PACE Michigan. Participants may be responsible for the costs of unauthorized or out-of-pocket services per PACE program agreement.

Ascension Living

PACE Michigan

Ascension Living PACE Michigan
412 E. First St., Flint, MI 48502
810-236-7500 • 810-236-7554 (TTY)
Ascensionliving.org/PACEMI

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Flint, MI 48506-2151

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EASTSIDE SENIOR CENTER NEWSLETTER
OCTOBER 2021

Cooking for One!

Learn how to make cooking for one simple and enjoyable! With this six-week, 2 hour classes on Mondays here at Eastside Senior Center! Starting October 18th from 12-2 pm with the instructor Nicole Lehr! Call our office to sign up!

SLEEP

SLEEP is a 6-week program. For anyone who is looking for more sleep or better quality of sleep! Mondays October 4-November 8 from 9:30-10:00 am.

PLEASE KEEP IN MIND: Both of these classes are MSU Extension classes. The staff does require masks to be worn for each class. If you're feeling ill we ask that you do not participate. Thank you!