

Eastside Senior Center Newsletter September 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

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
MICHIGAN

Save the date

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



Diabetes Path

Wednesdays:

September 6, 13, 20, 27 from

12 pm - 2:00 pm

Wednesday:

October 4 from 12 pm - 2:00 pm

To register call: Eastside Senior Center at
(810) 250-5000

No Cost



Thank you!

**Morse Construction for the great job on the
pavilion and Stull's Landscaping for the beautiful
front entrance landscaping**

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.

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, September 5

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, September 12 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

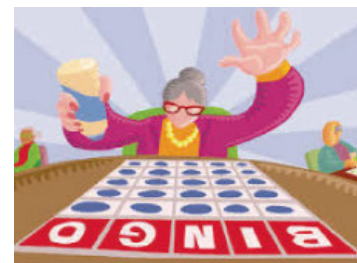
Bunco
Wednesdays
5:30—9:00

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, September 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.

Please call for appointment

Veterans Services

Monday, September 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 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!



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, September 12

Time: 1:00 pm—3:00 pm



TEFAP is this month— this is a quarterly distribution for those in need with a slightly higher income.



(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 Fridays, once a month at 1:00pm.

Alzheimer's guest speaker
tips for caregivers on
Late-stage Alzheimer's
September 15 at 1:00 pm
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, September 13

****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, September 19 at 12:00 pm

Bring hobby/craft to share.
Provide your own lunch.

Caregiver's Art Program / Painting Through Grief

Wednesday, September 27 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.*



September 2023

Monday

Tuesday

Wednesday

Thursday

Friday

Where did Labor Day come from?

Labor Day was created as a way to acknowledge and pay tribute to the workforce for all that they have done to make our country prosperous and strong.

The first Labor Day was celebrated in New York City, and other cities followed this example in the following years. It was in 1894 that Congress passed a law making the first Monday of September a legal holiday.

Now that you know... have a great Labor Day!

We Are **CLOSED**
LABOR
—Day

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1

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

7

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

8

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

6

9:30 Pinochle
10:00 Stability Class
11:30 Lunch—GCCARD
12:00 Skip-Bo
12:00 Diabetes Path
1:00 Bingo
5:15 Euchre
5:30 Bunco

5

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

11	<p>9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee</p>	12	<p>9:30 Sewing & Crochet 10:00 Landscape Painting 10:00 Line Dancing 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Commodities/TEFAP 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 5:00 Card Games 6:30 Chess Club</p>	13	<p>9:30 Pinochle 10:00 Stability Class 11:30 Lunch—GCCARD 12:00 Diabetes Path 12:00 Skip-Bo 1:00 Bingo 1:00 Red Hats 5:15 Euchre 5:30 Bunco</p>	14	<p>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</p>	15	<p>9:30 Arthritis Exercise (Instructor) 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Late-Stage Alzheimer's Class 1:00 Extra Fast Bingo</p>
18	<p>9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee</p>	19	<p>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</p>	20	<p>9:30 Pinochle 10:00 Stability Class 11:30 Lunch—GCCARD 12:00 Diabetes Path 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	21	<p>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</p>	22	<p>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</p>
25	<p>9:00 Veteran's Services 9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee</p>	26	<p>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</p>	27	<p>9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Diabetes Path 12:00 Skip-Bo 1:00 Grief & Caregiver Painting 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	28	<p>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</p>	29	<p>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</p>

Congregate September Meal Menu 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4	5	6	7	8
LABOR DAY Pulled BBQ Sandwich (3 oz) Baked Beans (4 oz) Green Beans (4 oz) Whole Grain Bun (1 ct) Diced Pears (4 oz) Milk	Pork Chop w/gravy-3oz Roasted Sweet Potatoes-4oz Steamed Cauliflower-4oz Corn Bread w/Margarine Fresh Banana-1 Milk	Oven Fried Chicken Southern Green Beans Potato Salad Hawaiian Roll Pineapple Tidbits 100% Fruit Juice	Peppered Beef Steak w/gravy-1 Mashed Potatoes-4oz Chopped Broccoli-4oz Potato Roll w/Margarine mango & papaya fruit mix 100% Fruit Juice	Chicken Marsala-1 Chopped Spinach-4oz Glazed Carrots-4oz WG Roll Fruit Cocktail-4oz Margarine Milk
11	12	13	14	15
HM White Chicken Chili-8oz Steamed Baby Carrots-4oz Corn Bake w/Margarine Mixed Fruit Salad-4oz Salad Dressing Pk 100% Fruit juice	Pub Burger w/Cheese (1 ea) Cauliflower Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Fresh Apple milk	Chicken Breast Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Dinner Roll HM Birthday Cake 100% Fruit Juice margarine 	Baked Fish w/Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce milk	Baked Fish w/Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce milk
18	19	20	21	22
Beef Fajitas Sweet Corn w/Peppers-4oz Spanish Rice-4oz Soft tortilla shells Fresh Apple-1 Margarine milk	Creamy Turkey & Wild Rice Soup Sliced Potatoes-4oz Sweet Peas Wheat Roll w/Margarine Applesauce Cup-1 100% Fruit Juice	Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/Margarine Peaches -4oz Milk	Antipasto Salad w/pepperoni, salami, olives, cheese Cherry Tomatoes Fresh Snap Peas Flatbread Fresh Fruit 100% fruit juice Cookie of the month 	Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/Margarine Mixed Fruit-4oz Milk
25	26	27	28	29
Chicken Parmesan w/Spaghetti Vegetable Blend-4oz Garlic Roll Margarine Warm Peaches Milk	Chef's Choice 	Turkey Tetrazzini 8 oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Corn Muffin-1 ct Margarine-1 ct Berry Blend Applesauce-1 ct Milk	Sloppy Joe (3 oz) Diced Potatoes (4 oz) Lima Beans (4 oz) Wheat Bun (1 ct) Golden Apple (1 ct) Margarine (1 ct) 100% Fruit Juice	Sweet & Sour Chicken-6oz Peas & Carrots-4oz Brown Rice-4oz Mixed Fruit Cup-4c Potato Roll Fortune Cookie Margarine milk 

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.



Ward off seasonal illnesses:

The frequency and severity of sicknesses escalates as the year comes to a close. Hand washing is one of the most effective ways to prevent the spread of fall illness. The Centers for Disease Control recommends washing hands with soap and clean, running water for 20 seconds. Wet, lather, scrub, rinse and dry. Older adults can also help boost immunity through good hydration, which can benefit the immune system during cold and flu season.

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!**

Name: _____ Date: _____

What's in Your Vegetable Garden?

W O P O T A T O O N S P L M
A H T R I I T L O G I C C R
E S A A A O E I T N P A U C
N A P R M T N N R R I U D O
I U A A T O A U S A N L O R
K Q A U R L T P B D S I B N
P S C A P A E N E I R F R S
M E R G I A G B A S A L A O
U E G R S O G U N H P O B R
P E C A R R O T S H I W U R
E E P E P P E R S L C E H E
U E Z U C C H I N I L R R L
K A L E B R O C C O L I P H
B E E T S C U C U M B E R P

Word List:

CARROTS
ZUCCHINI
BEETS
CORN
ONION
RHUBARB

PEPPERS
SQUASH
BROCCOLI
CUCUMBER
POTATO
KALE

BEANS
PUMPKIN
PARSNIP
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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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Flint, MI 48506-2151

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EASTSIDE SENIOR CENTER NEWSLETTER

SEPTEMBER 2023

Bags Available in Office

FREE Document Shredding Event for Genesee County Senior Citizens

Carman-Ainsworth Senior Center
2071 Graham Road, Flint, MI 48507

Thursday, September 28, 2023
10AM - 1PM

Bring this bag filled with your confidential
documents for **FREE, SAFE, & CONTACTLESS**
on-site shredding and recycling!

Recycling Questions?
www.gcmpc.org/environmental or (810) 762-7744

This event is paid for by the Genesee County Senior Millage
& Solid Waste Ordinance Funds

