

# Eastside Senior Center Newsletter January 2024



*AGE CONFIDENTLY...AGE COMFORTABLY...AGE CREATIVELY*

## EASTSIDE SENIOR CITIZENS ASSOCIATION

### Executive Director:

Janet Supernaw

### Administrative Specialist :

Brandy Boardway

### Program Coordinator:

Marsha Anderson

### Office Assistant:

Becca Kunz

### 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.*



## FITNESS PROGRAM

### REC-CONNECT™

PHYSICAL FITNESS CLASS

Rec-Connect™ is a 6-week physical fitness demo class offered by Commit to Fit.

Sign up in office

**When:** Wednesday, January 17 —

February 21, 2024

**Time:** 10:00—11:00 am



### AARP INCOME TAX APPOINTMENTS

Eastside will not be taking any appointments until January 8, 2024. Due to high call volume we **WILL NOT** return any messages about tax appointments; just keep calling. Office hours are Monday - Friday from 8:00 - 4:00 P.M.



*Keep in mind, if Kearsley Schools are closed due to inclement weather conditions, for your safety, the Eastside Senior Center is also closed. Announcements will be made on Channel 12, NBC 25, and our Facebook page.*

## 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.



## REC-CONNECT™

FREE PHYSICAL FITNESS DEMO CLASSES!

*Wednesdays at 10:00—11:00 am from January 17—February 21, 2023*

Rec-Connect™ is a 6-week physical fitness demo class offered by Commit to Fit. Get active through a variety of fun physical activity demonstrations with something new each week! **All exercises can be done seated or standing.** No experience necessary!

Week 1: Chair Bingo

Week 2: Strength Bands

Week 3: Chair Circuit Training

Week 4: Chair Yoga

Week 5: UNO Movement

Week 6: Beachball Exercises



## Blood Pressure Checks

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

Eastside staff will provide blood pressure checks.

## Bible Study

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

Join a friendly group for a time of reflection.





## 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, January 9 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, January 5*

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, January 9

**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 Hats Society

*Wednesday, January 10*

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

Join the local Red Hats group at 1 pm for monthly meeting.

*Tuesday, January 16*

Meet at noon for Art & Craft get together. If interested, please call center for more information.

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

*Wednesday, January 24 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.*



# January 2024

Monday

Tuesday



Wednesday

Thursday

Friday



<p>8</p> <p>9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee</p>	<p>9</p> <p>9:30 Sewing &amp; 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</p>	<p>3</p> <p>9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>4</p> <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>	<p>5</p> <p>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</p>
<p>8</p> <p>9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee</p>	<p>9</p> <p>9:30 Sewing &amp; 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</p>	<p>10</p> <p>9:30 Pinochle 10:00 Balance Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 1:00 Red Hats 5:15 Euchre 5:30 Bunco</p>	<p>11</p> <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>	<p>12</p> <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>

15 CLOSED		16	9:30 Sewing & Crochet 10:00 Line Dancing 11:30 Lunch—GCCCARD 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	17	9:30 Pinochle <b>10:00 Physical Fitness (instructor)</b> 11:30 Lunch—GCCCARD 12:00 Skip-Bo 1:00 Bingo 1:00 Red Hats 5:15 Euchre 5:30 Bunco	18	9:30 Cribbage 9:30 Exercise Video 11:30 Lunch—GCCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It	19	9:30 Arthritis Exercise (Instructor) 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCCARD 12:00 Skip-Bo <b>1:00 Dementia Class</b> 1:00 Extra Fast Bingo
22	9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCCARD 12:30 Double Pinochle 1:00 Yahtzee	23	9:30 Sewing & Crochet 10:00 Line Dancing 11:30 Lunch—GCCCARD 12:00 Skip-Bo 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 5:00 Card Games 6:30 Chess Club	24	9:30 Pinochle <b>10:00 Physical Fitness (instructor)</b> 11:30 Lunch—GCCCARD 12:00 Skip-Bo <b>1:00 Grief &amp; Caregiver Painting</b> 1:00 Bingo 5:15 Euchre 5:30 Bunco	25	9:30 Cribbage 9:30 Exercise Video 11:30 Lunch—GCCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It	26	9:30 Arthritis Exercise (Instructor) 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCCARD 12:00 Skip-Bo 1:00 Extra Fast Bingo
29	9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCCARD 12:30 Double Pinochle 1:00 Yahtzee	30	9:30 Sewing & Crochet 10:00 Line Dancing 11:30 Lunch—GGCARD 12:00 Skip-Bo 1:00 Bingo 3:15 Chair Yoga 4:30 Duplicate Bridge 5:00 Card Game 6:30 Chess Club	31	9:30 Pinochle <b>10:00 Physical Fitness (instructor)</b> 11:30 Lunch—GCCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	<div><p>For the donations towards our holiday grocery gift cards! It is our pleasure to provide help for those in need. We hope everyone has a safe and wonderful year.</p></div>			

# Congregate January Menu 2024

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>NEW YEAR'S EVE</b> OBSERVED	 <b>HAPPY NEW YEAR</b> OBSERVED	<b>3</b> BBQ Chicken Tenders Spinach Yams & Apples Whole Wheat Roll Margarine Fresh Orange Milk	<b>4</b> Sweet & Sour Meatballs Brown Rice Green Beans Flatbread Pineapple Tidbits Margarine 100% Fruit Juice	<b>5</b> Pub Burger w/Cheese Potato Wedges Vegetable Blend Diced Peas Multi-Grain Bun Ketchup & Mustard Milk 
<b>8</b> Pork Chops w/Mushrooms Sugar Snap Peas Roasted Potatoes Sliced Wheat Bread Margarine Fresh Apple Milk	<b>9</b> Chicken Caesar Wrap W/ Romaine & Parmesan Cucumber Slices w/dip Fruit Cocktail Tortilla Wrap 100% Fruit Juice	<b>10</b> Open-Face Pot Roast Sweet Peas Mashed Potatoes Texas Toast Half Margarine Diced Peaches Milk	<b>11</b> HM Chili Whole Kernel Corn Sliced Potatoes Fresh Pear Buttermilk Biscuit w/honey Margarine/Salad Dressing 100% Fruit Juice	<b>12</b> Grilled Chicken Breast w/Cream Sauce Chopped Broccoli Glazed Carrots Mixed Fruit Potato Roll Margarine Milk
<b>15</b>  <b>MARTIN LUTHER KING JR. DAY</b> OBSERVED	<b>16</b> HM Creamy Tortellini & Sausage Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	<b>17</b> HM Beef Pot Pie w/ Stewed Vegetables Green Beans Warm Peaches Biscuit Milk 	<b>18</b> Creole Steak European Veggies Sliced Beets Tropical Fruit Salad Potato Roll Margarine 100% Fruit Juice Cookie Of the Month	<b>19</b> Crispy Fish Taco w/Fresh Corn Salsa Au gratin Potatoes Cole Slaw Pineapples Tortilla Shell Milk 
<b>22</b> OBSERVED Ham, Bacon Frittata W/ Cheese, Peppers & Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mini Muffin Milk	<b>23</b> HM Liver & Onions w/Gravy Mashed Potatoes Sweet Peas Biscuit Applesauce 100% Fruit Juice Margarine	<b>24</b> Roasted Chicken Breast Italian Veggie Blend Roasted Potatoes Fresh Pear Hawaiian Roll Margarine Milk	<b>25</b> HM Sloppy Joes Garden Pasta Veggie Blend Broccoli Florets Golden Apple WG Bun Margarine 100% Fruit Juice Birthday Cake 	<b>26</b> HM Artisan Mac and Cheese French Cut Green Beans Sliced Carrots Wheat Roll Margarine Milk
<b>29</b> HM Goulash Spinach Baby Carrots Fresh Apple Margarine Milk 	<b>30</b> HM Chicken Salad Fresh HM Cucumber Salad Fresh Broccoli Bites Diced Peas Croissant 100% Fruit Juice	<b>31</b> Chicken Cacciatore Mixed Greens Spaghetti Golden Apple Corn Bread 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.



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



“Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together.”

VESTA M. KELLY



Call : (810) 250-1000  
For a ride!

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Winter Olympics

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

### Word List:

MILANO  
BIATHLON  
HOCKEY  
SPEED  
ATHLETES  
BRONZE  
ICE  
RINK  
SPORT  
PODIUM

CORTINA  
BOBSLED  
SKATING  
SKELETON  
COMPETITION  
COUNTRY  
COLD  
JUMP  
WORLD  
MEDAL

ITALY  
CURLING  
FIGURE  
SNOWBOARD  
GOLD  
TEAM  
SKILL  
SKI  
TORCH  
ANTHEM

SKIING  
LUGE  
NORDIC  
OLYMPICS  
SILVER  
SNOW  
MOUNTAIN  
CEREMONY  
FLAME

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

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# **EASTSIDE SENIOR CENTER NEWSLETTER**

## **January 2024**



**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**