

Eastside Senior Center Newsletter March 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

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.*

Check out our new program!

TAI CHI FOR ARTHRITIS AND FALL PREVENTION

PROGRAM SUMMARY:

Tai Chi is a gentle exercise combining slow movement, deep breathing and focused intention.

- Increases strength •Increases balance and posture
- Prevents falls •Improves mind, body, and spirit
- Reduces stress and increase relaxation

WHEN:

Every Wednesday, March 6 - June 26

TIME:

10:00 - 11:00 AM

WHERE:

Eastside Senior Center

COST:

FREE!

Registration required, please sign up at front desk or call 810-250-5000. We encourage you to attend all of the sessions.

For More Information: Liz Williams Health

Educator 586-909-9631 josaitis@msu.edu

Modifications will be provided for those who want to attend seated or standing.

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, & our Facebook page.



GENESEE • COUNTY
-MICHIGAN -

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.



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 March 12th 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

March 1st

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

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*

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.



VETERANS 50 YRS & OLDER

You can schedule an appointment at the Department of Veterans Services Office **or** one of the following designated senior activity centers to assure you are receiving all of the benefits you are entitled to.

Clio Senior Center

(810)687-7620

Davison Area Senior Center ***

(810)658-1566

Flushing Area Senior Center ***

(810)659-4735

Grand Blanc Senior Center ***

(810)695-3202

Loose Senior Center

(810)735-9406

Swartz Creek Area Senior Center ***

(810)635-4122

(*** Appointments available every other month.)

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, March 12th

Time: 1:00 pm—3:00 pm



(810) 239-7671

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



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.

Caregiver's Art Program / Painting Through Grief

*Wednesday, March 27th
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.



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, March 13th

****New members
welcome****

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

Tuesday, March 19th

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

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!



March 2024

Monday

Tuesday

Wednesday

Thursday

Friday

It was one of those **MARCH** DAYS
 when the sun shines hot & the WIND blows cold
 where it's SUMMER in the light &
 WINTER in the shade.
 -Charles Dickens

1

9:30 Arthritis Exercise
 (Instructor)
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

4

9:30 Make It, Take It
 10:00 Exercise Video
 11:30 Lunch-GCCARD
 12:30 Double Pinochle
 1:00 Yahtzee

5

AARP TAX PROGRAM
 COMPUTER ROOM CLOSED

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

6


9:30 Pinochle
9:00 Rec-Connect
10:00 Tai-Chi
 11:30 Lunch—GCCARD
 12:00 Skip-Bo
 1:00 Bingo
 5:15 Euchre
 5:30 Bunco

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
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 12:00 Skip-Bo
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11 9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee 1:00 Women's Self Defense	12 AARP TAX PROGRAM COMPUTER ROOM CLOSED 9:30 Sewing & Crochet 10:00 Line Dancing 10:00 Landscape Painting 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	13 9:30 Pinochle 9:00 Rec-Connect 10:00 Tai Chi 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 1:00 Red Hats 5:15 Euchre 5:30 Bunco	14 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	15 9:30 Arthritis Exercise (Instructor) 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Dementia Class 1:00 Extra Fast Bingo
18 9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee 1:00 Women's Self Defense	19 AARP TAX PROGRAM COMPUTER ROOM CLOSED 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	20 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco	21 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	22 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
25 9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee	26 AARP TAX PROGRAM COMPUTER ROOM CLOSED 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 Game 6:30 Chess Club	27 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Grief & Caregiver Painting 1:00 Bingo 5:15 Euchre 5:30 Bunco	28 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	29 CLOSED FOR <i>Good Friday</i> 

Congregate March Menu 2024

Menu Subject to Change Based on Product Availability and Quality Standards

Monday	Tuesday	Wednesday	Thursday	Friday
				
4	5	6	7	8
Smothered Pork Chop Mashed Sweet Potatoes Mixed Greens Honey Wheat Roll Pears Margarine Milk	Spaghetti & Meatballs Sweet Peas Italian Veggie Blend Fresh Pear Garlic Bread Margarine 100% Juice	Cobb Salad w/ Turkey, Cheese, Egg, Bacon Pasta Salad Peaches Breadstick Salad Dressing Milk	Miss Donna's Oven Fried Chicken Chick Wagon Blend Oven Roasted Potatoes Fresh Orange WG Roll Margarine 100% Juice	Korean Beef Bowl w/ Rice w/ Snap Peas, Peppers, Onions & Broccoli Peas & Carrots Pineapples Hawaiian Roll Fortune Cookie Milk, Margarine
11	12	13	14	15
Roasted Turkey & Gravy w/ Mashed Potatoes Southern Green Beans Warm Peaches Biscuit Milk	Meatball Sub Potato Wedges Sweet Peas Pineapple Tidbits Sub Bun Margarine 100% Fruit Juice	Chicken Alfredo Creamed Broccoli Roasted Veggies Mixed Fruit Wheat Roll Margarine Milk	BBQ Pulled Pork Potato Wedges Mixed Vegetables Fresh Orange Mini Sub Bun Margarine Milk Birthday Cake	Pecan Crusted Tilapia Au Gratin Potatoes Corn Pineapples Hawaiian Roll Margarine Milk
18	19	20	21	22
Western Frittata w/ Peppers & Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mint Muffin Milk	Stuffed Peppers Steamed Beets Cauliflower Applesauce Dinner Roll Margarine 100% Fruit Juice	Boneless BBQ Riblet Mixed Vegetables Redskin Potato Wedges Fruit Cup Sliced Sub Bun Diced Peaches Milk	Chicken Salad Sandwich Pasta Salad Fresh Banana Sliced Croissant 100% Fruit Juice Cookie of the Month	Artisan Mac & Cheese French Cut Green Beans Sliced Carrots Fruit Cocktail Crunchy Breadsticks Margarine Milk
25	26	27	28	29
Beef Goulash Lima Beans Cauliflower Golden Apple Potato Roll Margarine Milk	White Chicken Chili Whole Kernel Corn Mixed Greens Mango & Papaya Fruit Cup Corn Muffin 100% Fruit Juice	Beef Fajitas w/ Peppers & Onions Mexican Rice Black Beans Fruit Cocktail Tortilla Shell Sour Cream Milk	Lemon & Herb Chicken Breast Green Bean Casserole Roasted Veggies Strawberry Applesauce Garlic Roll Margarine 100% Fruit Juice	

Reminder:

All Holiday lunches require 2 WEEK NOTICE
RSVP by March 7th for Easter Lunch

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: 810-250-1000 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!





Springtime

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

vibrant	umbrella	tulips	sunshine	spring	springbreak	showers
seeds	rainbow	rain	rabbit	puddle	picnic	peeps
pastels	new	nest	may	march	lily	lilac
lamb	ladybug	kite	hunt	holiday	grass	goodies
flowers	eggs	easter	duck	daffodil	crawfish	chocolate
chick	carrot	candy	buzzing	butterfly	bunny	bubble
bonnet	blossom	bloom	birds	bees	basket	april

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

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PERMIT NO.284

EASTSIDE SENIOR CENTER NEWSLETTER

March 2024

Eastside Senior Center Presents

SENIOR WOMEN'S SELF DEFENSE CLASS

WHAT:

An AGE APPROPRIATE Basics in Self Defense Course
for Senior Women led by Janet Vassman
(Janet also runs our Chair Yoga Program)

This course is \$20.00 TOTAL for BOTH weeks

WHEN:

Monday, March 11th, 1-2pm
Monday, March 18th, 1-2pm

WHY:

You will build self confidence, while learning in a friendly environment!

BONUS: Sign up for BOTH classes and receive \$5.00 off your total!

This program and/or service is fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.



Eastside Senior Center would like to remind you if you are feeling unwell this cold & flu season, please stay home.