

Eastside Senior Center Newsletter April 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.*

Silver Sneakers Stability



If you would like to be stronger, improve your balance, and decrease your risk of falling! Protect one of your most valuable assets – your independence

Where: Eastside Senior Center

When: Mondays
4.8.2024 thru 5.20.2024

Time: 10am-11am

Call: Eastside Senior Center to register.
810-250-5000

COME JOIN OUR CLASS



There's no cost to SilverSneakers fitness program members.

**Stay tuned for more information
about our**

Mother's Day Luncheon

May 6th, 2024 @ 12 noon

\$6.00 ticket

RSVP by April 29th



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.



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.



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

Friday, April 5th

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: We will be phasing out GCARD TO GO meals in a few months. We will continue to offer lunch as EAT IN ONLY.

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

1101 Beach St., Flint, MI 48502
(810) 257-3068



GENESEE COUNTY
MICHIGAN

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, April 9th

Time: 1:00 pm—3:00 pm



(810) 239-7671



You can find the resource directory at
<http://coaweb.com/directory/>

Dementia Support Group

Keep checking the Newsletter for updates when the class is meeting! If interested, please call us at 810-250-5000

Caregiver's Art Program / Painting Through Grief

*Wednesday, April 24th
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, April 10th

****New members welcome****

Join the local Red Hats group at 1 pm for our monthly meeting, & Valentines Day Party! Food will be provided.

Tuesday, April 16th

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!



April 2024

Monday

Tuesday

Wednesday



Thursday

Friday

| | | | | |
|---|--|---|--|--|
| <p>1</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>2 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</p> | <p>3</p> <p>9:30 Pinochle 10:00 Tai-Chi 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 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</p> |
| <p>8</p> <p>9:30 Make It, Take It 10:00 Silver Sneakers Stability 11:30 Lunch-GCCARD 12:30 Double Pinochle 1:00 Yahtzee</p> | <p>9 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 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 Tai-Chi 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> |

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|---|---|--|--|---|
| 15 9:30 Make It, Take It 10:00 Silver Sneakers Stability 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee | 16 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 | 17 9:30 Pinochle 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 | 18 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 | 19 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 |
| 22 9:30 Make It, Take It 10:00 Silver Sneakers Stability 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee | 23 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 | 24 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Bingo 1:00 Grief & Caregiver Painting 5:15 Euchre 5:30 Bunco | 25 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 | 26 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 |
| 29 9:30 Make It, Take It 10:00 Silver Sneakers Stability 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee | 30 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 |  <p><i>No Winter lasts forever, no Spring skips its turn. April is a promise that May is bound to keep.</i></p> <p>HAL BORLUND</p> | | |

Congregate April Menu 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| 1 Turkey Burger w/ Cheese Potato Wedges Key West Veggie Blend Cantelope Chunks WG Bun Ketchup & Mustard Milk  | 2 Antipasto Salad w/ Pepperoni Salami, Ham, & Cheese Carrot Sticks Pineapple Tidbits Crunchy Breadsticks Salad Dressing 100% Fruit Juice  | 3 Country Style Chicken Italian Green Beans Mashed Potatoes Pear Cup Potato Roll Margarine Milk | 4 HM Creamy Tortellini & Sausage Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice | 5 Chef's Choice  |
| 8 Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Mango & Papaya Milk Fortune Cookie  | 9 HM Chicken Parmesan w/ Spaghetti Steamed Broccoli Sliced Peas Mixed Vegetables Wheat Rolls Margarine 100% Fruit Juice | 10 Ham & Turkey Sub Lettuce, Tomato, & Red Onion HM Pasta Salad Peaches WG Sub Bun Dressing Packet Milk | 11 BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange WW Roll Margarine 100% Fruit Juice | 12 HM Mac & Cheese French Cut Green Beans Tomatoes & Zucchini Fruit Salad WG Roll Margarine Milk |
| 15 Italian Breaded Chicken Breast Veggie Blend Rice Pilaf Mixed Fruit Potato Roll Margarine Milk | 16 Turkey Tetrazinni Sweet Peas Sliced Carrots Fresh Pear Sliced Bread Margarine 100% Fruit Juice | 17 Swedish Meatballs Brown Rice Steamed Cauliflower Applesauce Garlic Breadstick Margarine Milk | 18 HM Chicken Salad Sandwich Cucumber Salad Baked Beans Fresh Banana Sliced Croissant 100% Fruit Juice Cookie of the Month  | 19 Fish Taco w/ Corn Salsa Au Gratin Potatoes Pineapple Cup Tortilla Shell Lemon Juice Packet Milk |
| 22 Ham & Cheese Frittata Roasted Redskin Potatoes Baked Apples Mini Muffins Milk  | 23 Salisbury Steak California Veggie Blend Sweet Peas Tropical Fruit Salad WG Dinner Roll Margarine 100% Fruit Juice | 24 Turkey Polish Dog Potato Wedges Mixed Veggies Diced Peas Hotdog Bun Mustard Packet Milk  | 25 Chef's Choice  | 26 Chipotle Bowl w/ Beef & Beans Mexican Rice Chuck Wagon Blend Fruit Cocktail Tortilla Shell Mild Salsa Cup Milk  |
| 29 HM Sloppy Joes Veggie Blend Cauliflower Fresh Apple WG Bun Margarine Milk | 30 Italian Grinder Wrap w/ Pepperoni, Salami, & Ham Lettuce Tomatoes, Onions Pasta Salad Diced Pineapples Tomato & Basil Tortilla Italian Dressing Packet 100% Fruit Juice |  |  |  |

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!

FREE

Document Shredding Event for Genesee County Senior Citizens

Mundy Miracle Commons

1286 W Hill Road, Flint, MI 48507

Thursday, May 2, 2024

10AM - 1PM

Bring this bag filled with your confidential documents for **FREE**, **SAFE**, & **CONTACTLESS** on-site paper 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



GENESEE COUNTY
OFFICE OF SENIOR SERVICES



GENESEE COUNTY
METROPOLITAN PLANNING
COMMISSION



**FREE
GIFT**

VAAA
**Valley Area
Agency On Aging**
Answers, Action & Advocacy
for **All Things Senior**

**TO-GO
LUNCH
PROVIDED**
*on a first come
first serve basis,*

Senior Power Day 2024

Wednesday, May 22, 2024

9:00 a.m. - 2:00 p.m.

Crossroads Village

6140 Bray Rd., Flint

Tickets \$5.00

Available at your local Senior Center in
Genesee, Lapeer and Shiawassee Counties
For information about ticket purchase locations,
please call (810) 239-7671 or visit
<https://valleyareaaging.org/resources/senior-centers/>

On Thursday April 18, 2024

Integrity Physical Therapy Services will make a free presentation providing information on basic exercise and general health and well being information for seniors.

Please come and bring your friends! You will receive helpful tips, a free TheraBand, and time to socialize with some good people. This presentation will take place at 10 a.m. See you there!

Integrity Physical Therapy
3095 N Genesee Rd
Flint, MI 48506



(810) 715-9988

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

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EASTSIDE SENIOR CENTER NEWSLETTER

April 2024

Eastside Senior Center

would like to

Thank You

FOR ALL YOUR HELP

Volunteer Appreciation Week

April 21-27th

We love our Volunteers!