

# Eastside Senior Center Newsletter May 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.*



MICHIGAN SECRETARY OF STATE  
**MOBILE OFFICE  
IS COMING TO YOU**

The Secretary of State Mobile Office will be visiting  
to provide service to

**Date:** May 30th, 2024

**Time:** 10 A.M. TO 3P.M.

**Location:** 3065 N GENESEE RD, FLINT 48506

Book a visit to complete your Secretary of State transactions, including:



First-time Michigan ID



Renew driver's license or ID



Transfer title



Apply for/renew disability placard

For more information or to schedule your visit during this Mobile Office event, contact

**Eastside Senior Center**  
at **810-250-5000**



# Mother's Day Luncheon

May 6th, @ 12 noon

\$6.00 ticket

RSVP by April 29th, 2024

*Chicken Salad Croissant Sandwiches  
Roll Up Sandwiches  
Assorted Pasta Salads  
Fruit & Spinach Salad  
Cupcakes*



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 & decrease stiffness, so you feel stronger & more confident! The Valley Area Agency on Aging uses gentle range of motion exercises to help people of all fitness levels keep joints flexible, 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 & reduce your stress. Silver Sneakers Program plus these other insurance plans are accepted: Peerfit, Silver&Fit, & 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.

## 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.

## 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](mailto: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 May 14th 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, May 3rd*

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 the coming 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



## 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, May 14th

**Time:** 1:00 pm—3:00 pm



**(810) 239-7671**

Here because we care...



# GENESEE COUNTY COMMISSION ON AGING

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

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 or 911 if emergency.



## Caregiver's Art Program / Painting Through Grief

Wednesday, May 29th 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.



## 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, May 8th

\*\*New members welcome\*\*

Join the local Red Hats group at 1pm at Grandma's Recipe

Tuesday, May 21st

No meeting due to Senior Power Day.

## 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!



# May 2024

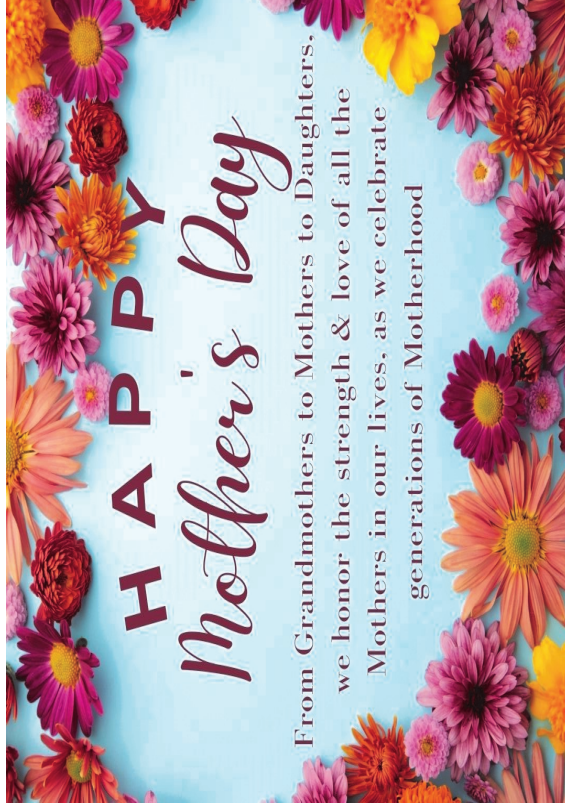
Monday

Tuesday

Wednesday


Thursday

Friday



<p><b>1</b></p> <p>9:30 Pinochle <b>10:00 Tai-Chi</b> 11:30 Lunch—GCCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p><b>2</b></p> <p>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</p>	<p><b>3</b></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—GCCCARD 12:00 Skip-Bo 1:00 Extra Fast Bingo</p>
<p><b>8</b></p> <p>9:30 Pinochle <b>10:00 Tai-Chi</b> 11:30 Lunch—GCCCARD 12:00 Skip-Bo 1:00 Bingo 1:00 Red Hats 5:15 Euchre 5:30 Bunco</p>	<p><b>9</b></p> <p>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</p>	<p><b>10</b></p> <p>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</p>

<p><b>6</b></p> <p>9:30 Make It, Take It <b>10:00 Silver Sneakers</b> <b>Stability</b> 11:30 Lunch-GCCCARD <b>12:00 Mother's Day</b> <b>Luncheon</b> 12:30 Double Pinochle 1:00 Yahtzee</p>	<p><b>7</b></p> <p>9:30 Sewing &amp; 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</p>
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<p><b>13</b></p> <p>9:30 Make It, Take It  <b>10:00 Silver Sneakers Stability</b>  Lunch—GCCCARD  11:30 Double Pinochle  12:30 Yahtzee  1:00</p>	<p><b>14</b></p> <p>9:30 Sewing &amp; Crochet  <b>10:00 Landscape Painting</b>  10:00 Line Dancing  11:30 Lunch—GCCCARD  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><b>15</b></p> <p>9:30 Pinochle  <b>10:00 Tai Chi</b>  11:30 Lunch—GCCCARD  12:00 Skip-Bo  1:00 Bingo  5:15 Euchre  5:30 Bunco</p>	<p><b>16</b></p> <p>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</p>	<p><b>17</b></p> <p>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</p>
<p><b>20</b></p> <p>9:30 Make It, Take It  <b>10:00 Silver Sneakers Stability</b>  Lunch—GCCCARD  11:30 Double Pinochle  12:30 Yahtzee  1:00</p>	<p><b>21</b></p> <p>9:30 Sewing &amp; 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</p>	<p><b>22</b></p> <p>9:30 Pinochle  <b>10:00 Tai Chi</b>  11:30 Lunch—GCCCARD  12:00 Skip-Bo  1:00 Bingo  5:15 Euchre  5:30 Bunco</p>	<p><b>23</b></p> <p>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</p>	<p><b>24</b></p> <p>9:30 Exercise Video  10:30 Bible Study  11:30 Blood Pressure Checks  11:30 Lunch—GCCCARD  12:00 Skip-Bo  1:00 Extra Fast Bingo</p>
<p><b>27</b></p>  <p><b>CLOSED FOR</b>  <b>MEMORIAL DAY</b>  ★ REMEMBER AND HONOR ★</p>	<p><b>28</b></p> <p>9:30 Sewing &amp; Crochet  10:00 Line Dancing  11:30 Lunch-GGCCARD  12:00 Skip-Bo  1:00 Bingo  3:15 Chair Yoga  4:30 Duplicate Bridge  5:00 Card Game  6:30 Chess Club</p>	<p><b>29</b></p> <p>9:30 Pinochle  <b>10:00 Tai Chi</b>  11:30 Lunch—GCCCARD  12:00 Skip-Bo  1:00 Bingo  <b>1:00 Grief &amp; Caregiver Painting</b>  5:15 Euchre  5:30 Bunco</p>	<p><b>30</b></p> <p><b>SOS MOBILE OFFICE</b>  <b>COMPUTER ROOM CLOSED</b></p> <p>9:30 Cribbage  9:30 Exercise Video  <b>10:00 SOS Mobile Office</b>  11:30 Lunch—GCCCARD  12:00 Skip-Bo  1:00 Duplicate Bridge  1:00 Make It, Take It</p>	<p><b>31</b></p> <p>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</p>

**CONGREGATE MEAL MENU - MAY 2024**

Menu Subject to Change Based on Product Availability and Quality Standards

  		<p>1</p> <p>Tangerine Chicken Shrimp Fried Rice Winter Blend Veggies Pineapple Cup Margarine Flatbread Milk</p>	<p>2</p> <p>Meatloaf w/Gravy Mashed Potatoes Sweet Peas Cinnamon Applesauce Wheat Roll Margarine 100% Fruit Juice</p>	<p>3</p> <p>Pub Burger w/Cheese Leaf Lettuce &amp; Sliced Tomato Cole Slaw Ranch Potato Wedges Fruit Salad Whole Wheat Bun Margarine Milk</p>
<p>6</p> <p>Beef Tacos w/HM Pico Vegetable Blend Corn &amp; Black Beans Diced Peaches Margarine Milk</p> 	<p>7</p> <p>Chef Salad w/Cheese, Tomatoes Ham &amp; Turkey Cole Slaw Fruit Salad Flatbread Dressing 100% Fruit Juice</p>	<p>8</p> <p>Chinese Pepper Steak Sicilian Veggie Blend Succotash Fruit Cocktail Brown Rice Wheat Roll Margarine Milk</p>	<p>9</p> <p>Breaded Chicken Sandwich Diced Potatoes Winter Blend Veggies Wheat Bun Margarine 100% Fruit Juice</p> 	<p>10</p> <p>Baked Herb Pork Chop Green Bean Casserole Sweet Corn Potato Roll Mixed Fruit Cup Margarine Milk</p>
<p>13</p> <p>Ravioli w/Beef &amp; Sauce Roasted Brussel Sprouts Steamed Cauliflower Potato Roll Margarine Fresh Pear Milk</p>	<p>14</p> <p>Maple-Glazed Chicken w/ Roasted Sweet Potatoes &amp; Broccoli Blend Garlic Bread Mandarin Orange Cup Margarine 100% Fruit Juice</p>	<p>15</p> <p>HM Beef Chili Chuck Wagon Blend Italian Vegetables Peach Cup Corn Muffin Margarine Milk</p>	<p>16</p> <p>Chicken &amp; Penne Alfredo French Cut Green Beans Diced Carrots Crunchy Breadsticks Fresh Apple Margarine 100% Fruit Juice Birthday Cake</p> 	<p>17</p> <p>Glazed Ham Steak Mixed Greens Mashed Sweet Corn Bread Fruit Salad Margarine Milk</p>
<p>20</p> <p>Citrus Teriyaki Salmon Bowl Lo Mein Noodles Onions, Peppers, Pineapples Broccoli Florets Crunchy Bread Stick Fresh Pear Margarine Milk</p>	<p>21</p> <p>Roast Beef Slice Veggie Blend Roasted Potatoes Wheat Roll Pear Cup Margarine 100% Fruit Juice</p>	<p>22</p> <p>Chef's Choice</p> 	<p>23</p> <p>Chicken Caesar Wrap Romaine Lettuce Cucumber Slices Spinach Tortilla Shell Fruit Cocktail Caesar Salad Dressing 100% Fruit Juice Cookie of the Month</p> 	<p>24</p> <p>HM Spaghetti &amp; Meatballs Steamed Broccoli Italian Veggie Blend Garlic Bread Cinnamon Applesauce Margarine Milk</p>
<p>29</p> <p>Valley Area Agency On Aging Generous. Active. Independent. 417 Thompson Avenue P.O. Box 1000 Tonawanda, NY 14274</p>  	<p>28</p> <p>Sweet &amp; Sour Chicken Wings French Cut Green Beans Diced Carrots Fresh Pear Bread Stick Margarine Milk</p>	<p>29</p> <p>HM Sloppy Joes Garden Pasta Veggie Blend Cauliflower Fresh Apple WG Bun Margarine 100% Fruit Juice</p>	<p>30</p> <p>HM Beef Stroganoff Egg Noodles Garlic Veggie Blend Fresh Orange Wheat Roll Margarine Milk</p>	<p>31</p> <p>Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantaloupe Chunks WG Bun Ketchup &amp; Mustard 100% Fruit Juice</p> 



# 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

Gone, but not forgotten.

**REMEMBERING  
OUR BRAVE  
HEROES.**

THIS MEMORIAL DAY



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.gcmprc.org/environmental](http://www.gcmprc.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/>

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

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# EASTSIDE SENIOR CENTER NEWSLETTER

## May 2024



## ESTATE PLANNING SEMINAR

W/ Seth Neblock, Senior Law Advocate  
Legal Services of Eastern Michigan

**WHEN: Monday, June 3rd @ 12:00 p.m.**

**WHERE: Eastside Senior Center**

Come join us for light refreshments as Seth shares:

- How to protect the assets you leave behind.
- Ensuring your family does not encounter unforeseen legal challenges.
- Making your wishes about healthcare decisions known to your loved ones.
- The importance of naming power of attorney agents so the decision is not left up to the courts.

### TOPICS INCLUDE

WILLS  
VS.  
TRUSTS

POWER OF  
ATTORNEY

LADY BIRD  
DEEDS

POTENTIAL  
ELDER ABUSE

EASTSIDE SENIOR  
CENTER

3065 N Genesee  
Flint, MI 48506  
(810)250-5000



Please RSVP by May 31st, 2024

