

Eastside Senior Center Newsletter March 2025



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.*

ELDER ABUSE

IS IT HAPPENING TO YOU OR SOMEONE YOU KNOW?

Presented by:
Genesee County Legal Resource Center

Light refreshments will be provided



Monday

March 3, 2025



Time

12:30 PM



Eastside Senior Citizens Center

3065 N. Genesee Rd.

Flint, MI 48506



JOIN US



810-250-5000



eastsideseniorcenter.com



DID YOU KNOW?
Secretary of State
reschedule
is March 18



GENESEE • COUNTY
-MICHIGAN -

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.

Arthritis Exercise (Instructor)

Fridays at 9:30 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.

DrumFit Exercise (Instructor)

Wednesdays at 10am \$1.00 PER CLASS

Come be a part of this fitness class using drumsticks on fitness balls with upbeat music, drumming, & body movements that create a dynamic, effective mental and physical workout.

Exercise Video

Mondays & Thursdays at 10:00am

Video led chair exercise

Chair Yoga Video

Tuesdays at 3:15pm

Video led chair yoga exercise

TOPS 1060 Flint

Thursdays at 8:30 am

Meeting is at 9:15 am

Taking Pounds Off Sensibly

New members welcome! First time visit, your First week is free

Line Dancing

Tuesdays at 10:00 am

Beginner's easy steps led by Kathy & Brandy.



5 WAYS EXERCISE BENEFITS SENIORS



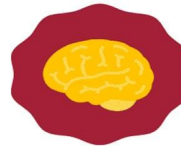
REDUCING THE RISK OF DISEASE

Physical exercise helps to protect our heart health, prevent high blood pressure, and reduce the risk of diabetes, cancer, or strokes.



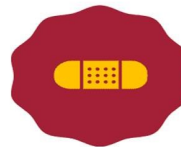
SLOWING MUSCLE LOSS

We naturally lose muscle as we age. But staying physically active can slow the rate of loss. This helps in preventing falls and supporting our bones and joints.



PROTECTING COGNITIVE FUNCTION

Exercise helps to maintain good cognitive function, preventing memory loss and even reducing the chances of developing dementia.



SUPPORTING HEALING

Regular exercise helps our immune systems to function properly, increasing our ability to fight off infections. It also speeds up wound healing – possibly by as much as 25%.



CONTRIBUTING TO THE OVERALL QUALITY OF LIFE

Keeping physically active can prevent depression and lift our mood, as well as keeping us independent for as long as possible.

Sources: <https://www.aaaon.com/compulsive-exercise-seniors/>
 Jones, R. (2017). *Senior Care: The British journal of general practice: the journal of the Royal College of General Practitioners*, 67(653), 435. <https://doi.org/10.3399/bjgp176826008>
<https://www.sciencedirect.com/science/article/pii/S0890406517300007>
 Langhammer, D., Berglund, A., & Sjoholm, E. (2015). The Importance of Physical Activity Exercise among Older People. *Blekked research international*, 2(16), 765-683. <https://doi.org/10.1155/2015/765683>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4500000/>
<https://www.researchgate.net/publication/314500000>

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 March 11th 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

Skip-Bo
 Thursdays
 12:00

Legal Services of Eastern Michigan

Friday, March 7th

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

Medicare/Medicaid Services, & MiCAFE Program-Bridge Card

We are no longer able to take appointments for Medicare/Medicaid services.

If you have questions about Medicare, or the Medicare Health and prescription drug plans in your area, visit www.medicare.gov, or call 1-800-MEDICARE (1-800-633-4227) or dial 211

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

AS OF NOW; GCCARD MEALS ARE EAT IN ONLY, BETWEEN 11:30-NOON.

VETERANS 50 YEARS & OLDER

You can schedule an appointment at the Department of Veterans Services Office by calling 810.257.3068 or by calling one of the following designated senior activity centers to assure you are receiving all the benefits you are entitled to.

CLIO SENIOR CENTER

810-687-7620

LOOSE SENIOR CENTER

810-735-9406

FLUSHING
SENIOR CENTER

810-659-4735

SWARTZ CREEK SENIOR
CENTER

810-635-4122

DAVISON
SENIOR CENTER

810-658-1566

GRAND BLANC
SENIOR CENTER

810-659-3202

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: March 11th, 2024

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.

Here because we care...

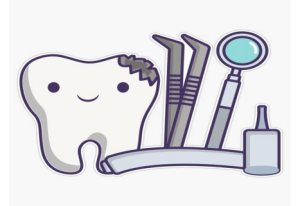


GENESEE COUNTY COMMISSION ON AGING

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

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



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.



Red Hats Society

You're welcome to join the Lady Gems the second Wednesday & the third Tuesday at 12:30pm each month.. Call the Center for more details.



Caregiver's Art Program / Painting Through Grief

Wednesday, March 26th 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.



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 2025

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3</p> <p>9:30 Make It, Take It 10:00 Exercise video 11:30 Lunch—GCCARD 12:30 Elder Abuse Seminar 12:30 Double Pinochle 1:00 Yahtzee</p>	<p>4</p> <p>COMPUTER ROOM CLOSED AARP INCOME TAX 9:30 Sewing & Crochet 10:00 Line Dancing 11:30 Lunch—GCCARD 1:00 Bingo 3:15 Chair Yoga Video 5:00 Card Games 6:30 Chess Club</p>	<p>5</p> <p>9:30 Pinochle 10:00 DrumFIT 10:00 High Blood Pressure Control 11:30 Lunch—GCCARD 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>6</p> <p>8:30 TOPS 1060 Flint 9:30 Cribbage 10:00 Exercise Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It</p>	<p>7</p> <p>9:30 Arthritis Exercise (Instructor) 9:30 Legal Services 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 1:00 Extra Fast Bingo</p>
<p>10</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>11</p> <p>COMPUTER ROOM CLOSED AARP INCOME TAX 9:30 Sewing & Crochet 10:00 Line Dancing 10:00 Landscape Painting 11:30 Lunch—GCCARD 1:00 Commodities/TEFap 1:00 Bingo 3:15 Chair Yoga Video 5:00 Card Games 6:30 Chess Club</p>	<p>12</p> <p>9:30 Pinochle 10:00 DrumFIT 10:00 High Blood Pressure Control 11:30 Lunch—GCCARD 12:30 Red Hats 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>13</p> <p>8:30 TOPS 1060 Flint 9:30 Cribbage 10:00 Exercise Video 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It</p>	<p>14</p> <p>9:30 Arthritis Exercise (Instructor) 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 1:00 Extra Fast Bingo</p>

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9:30 Make It, Take It
 10:00 Exercise video
 11:30 Lunch—GCCCARD
 12:30 Double Pinochle
 1:00 Yahtzee

18

**COMPUTER ROOM
 CLOSED**
AARP INCOME TAX
 9:30 Sewing & Crochet
 10:00 Line Dancing
 11:30 Lunch—GCCCARD
 12:30 Red Hats
 1:00 Bingo
 3:15 Chair Yoga Video
 4:30 Duplicate Bridge
 5:00 Card Games
 6:30 Chess Club

19

9:30 Pinochle
10:00 DrumFIT
**10:00 High Blood Pressure
 Control**
 11:30 Lunch—GCCCARD
 1:00 Bingo
 5:15 Euchre
 5:30 Bunco

20

8:30 TOPS 1060 Flint
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 10:00 Exercise Video
 11:30 Lunch—GCCCARD
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 1:00 Duplicate Bridge
 1:00 Make It, Take It

21

9:30 Arthritis Exercise
 (Instructor)
 10:30 Bible Study
 11:30 Blood Pressure
 Checks
 11:30 Lunch—GCCCARD
 1:00 Extra Fast Bingo

24

9:30 Make It, Take It
 10:00 Exercise video
 11:30 Lunch—GCCCARD
 12:30 Double Pinochle
 1:00 Yahtzee

25

**COMPUTER ROOM
 CLOSED**
AARP INCOME TAX
 9:30 Sewing & Crochet
 10:00 Line Dancing
 11:30 Lunch—GCCCARD
 1:00 Bingo
 3:15 Chair Yoga Video
 4:30 Duplicate Bridge
 5:00 Card Games
 6:30 Chess Club

26

9:30 Pinochle
10:00 DrumFIT
**10:00 High Blood Pressure
 Control**
 11:30 Lunch—GCCCARD
 1:00 Bingo
**1:00 Grief & Caregiver
 Painting**
 5:15 Euchre
 5:30 Bunco

27

8:30 TOPS 1060 Flint
 9:30 Cribbage
 10:00 Exercise Video
 11:30 Lunch—GCCCARD
 12:00 Skip-Bo
 1:00 Duplicate Bridge
 1:00 Make It, Take It

28

9:30 Arthritis Exercise
 (Instructor)
 10:30 Bible Study
 11:30 Blood Pressure
 Checks
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 1:00 Extra Fast Bingo

31

9:30 Make It, Take It
 10:00 Exercise video
 11:30 Lunch—GCCCARD
 12:30 Double Pinochle
 1:00 Yahtzee

“ B Y
March
THE WORDS TO F T H E W I N T E R
WOULD BE OVER. T H E S N O W
WOULD THAW, T H I V E R S
BEGIN TO RUN AND T H E W O R L D
WOULD WAKE IN T O I T S E L F
 — N E I L G A I M A N

Congregate March Menu 2025

Menu Subject to Change Based on Product Availability and Quality Standards		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	MONDAY	4	5	6	7
Smothered Pork Chop Mashed Potatoes Mixed Greens Honey Wheat Roll Diced Peas Margarine Milk	Spaghetti & Meatballs Sweet Peas Italian Veggie Blend Fresh Apple Garlic Bread Margarine 100% Fruit Juice	Cobb Salad w/Turkey, Cheese, Egg, Bacon Pasta Salad Peaches Breadstick Salad Dressing Milk	Oven Fried Chicken Chuck Wagon Blend Oven Roasted Potatoes Fresh Orange WG Roll Margarine 100% Fruit Juice	Korean Beef Bowl w/Rice & Broccoli Peas & Carrots Pineapples Hawaiian Roll Fortune Cookie Milk, margarine	
					
10	TUESDAY	11	12	13	14
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 Steamed Broccoli Roasted Veggies Mixed Fruit Wheat Roll Margarine Milk	BBQ Pulled Pork Baked beans Mixed Vegetables Fresh Orange WG Bun Margarine 100% Fruit Juice Birthday Cake	Pecan Crusted Tilapia Au Gratin Potatoes Corn Pineapples Hawaiian Roll Margarine Milk	
					
17	TUESDAY	18	19	20	21
Boneless BBQ Riblet Mixed Vegetables Redskin Potato Wedges Fruit Cup WG Bun Diced Peaches Milk	Stuffed Peppers Steamed Beets Cauliflower Applesauce Dinner Roll Margarine 100% Fruit Juice	Chicken Salad Sandwich Pasta Salad HM Cucumber 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
					
24	TUESDAY	25	26	27	28
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	Baked Chicken Breast Green Beans Roasted Veggies Strawberry Applesauce Garlic Roll Margarine 100% Fruit Juice	Pub Burger w/Cheese Potato Salad Peas & Carrots Fruit Cocktail WG Bun Mayo & Mustard Milk	
					
31	TUESDAY				
Creole Steak European Veggies Diced Potatoes Golden Delicious Apple Potato Roll Margarine Milk					
					
					
	GENESEE COUNTY M I C H I G A N				

HOUSING OPPORTUNITIES & TRANSPORTATION

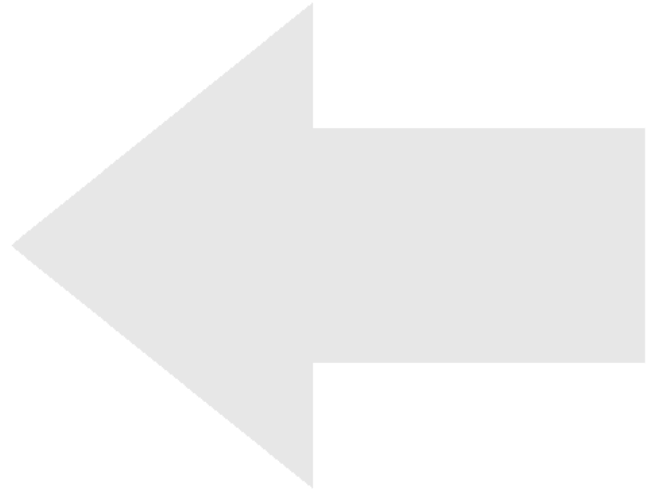
These properties are fully or partially owned by The Eastside Senior Citizens Association.

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.



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!

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

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PERMIT NO.284

EASTSIDE SENIOR CENTER NEWSLETTER

March 2025



DO YOU NEED HELP WITH YOUR HIGH BLOOD PRESSURE?

**Where: Eastside Senior Center
3065 N. Genesee Rd. Flint, MI
48506**

**When: Wednesdays 10-11:30am
February 26, 2025 Mandatory
Registration Session**

**Sessions 1-8: March 5, 12, 19, 26;
April 2, 9, 16, 23**

To register call 810-250-5000

High Blood Pressure Control (HBP Control) can help you build skills and tools to manage your high blood pressure.

About HBP Control:

- Eight-week, no cost workshop
- Free Blood Pressure Monitor
- Learn to monitor your blood pressure
- Make healthy food choices
- Create personal action plans- and more!

Visit nkfm.org/HBPC or call 800-482-1455 to learn more!



This workshop was supported, in part by grant number 90C5SG0051, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy. This workshop is made available in whole or part with funding from the Federal Older Americans Act and Michigan Department of Health and Human Services/The Bureau of Aging, Community Living, and Supports through the local area agency on aging.