

Eastside Senior Center Newsletter April 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

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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.*



GENESEE • COUNTY
-MICHIGAN -



ELDER SCAMS SEMINAR

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

WHEN: Thursday, April 17th @ 10:00 a.m.

WHERE: Eastside Senior Center

Come join us for light refreshments as Seth shares:

- The different types of scams that are being used.
- How to protect yourself from becoming a victim
- What resources are available to victims.

Please RSVP by Monday, April 14th

These programs and/or services are fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.



TOPICS INCLUDE

Types of Scams being used to Target Seniors

How To Spot a Scam

Resources Available to Scam Victims

EASTSIDE SENIOR CENTER
3065 N Genesee Rd
Flint, MI 48506
(810)250-5000

Volunteer Appreciation Week 2025

April 20th -26th

"A truly great volunteer is hard to find. difficult to part with. & impossible to forget."

Eastside Senior Center would like to thank all of our incredible volunteers for all the hard work you do! We couldn't do what we do without you all!

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 April 8th 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

Wednesday, April 16th, 2025

Free legal services available to seniors 60 and over, here at the senior center. Make an appointment for assistance regarding wills, power of attorney, 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

★ ★ ★
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: April 8th, 2025

Time: 1:00 pm—3:00 pm

**GCCARD
MEALS ARE EAT IN ONLY,
BETWEEN 11:30-NOON.**



(810) 239-7671

Here because we care...

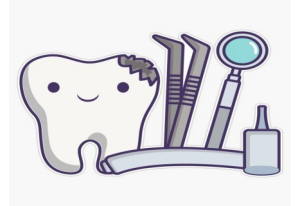


GENESEE COUNTY COMMISSION ON AGING

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, April 23rd 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!



April 2025


Monday



Tuesday

Wednesday

Thursday

Friday

<p>7</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>1</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 4:30 Duplicate Bridge 5:00 Card Games 6:30 Chess Club</p>	<p>2</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>3</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>4</p> <p>9:30 Exercise Video 10:30 Bible Study 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 1:00 Extra Fast Bingo</p>
<p>8</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 1:00 Bingo 3:15 Chair Yoga Video 4:30 Duplicate Bridge 5:00 Card Games 6:30 Chess Club</p>	<p>9</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>10</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>11</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>	

<p>14</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>15</p> <p>9:30 Sewing & Crochet 10:00 Line Dancing 11:30 Lunch—GCCARD 12:30 Red Hats 1:00 Bingo 3:15 Chair Yoga Video 4:30 Duplicate Bridge 5:00 Card Games 6:30 Chess Club</p>	<p>16</p> <p>9:30 Pinochle 9:30 Legal Services 10:00 DrumFIT 10:00 High Blood Pressure Control 11:30 Lunch—GCCARD 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>17</p> <p>8:30 TOPS 1060 Flint 9:30 Cribbage 10:00 Elder Scams Seminar 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It</p>	<p>CLOSED FOR <i>Good Friday</i></p> 
<p>21</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>22</p> <p>9:30 Sewing & Crochet 10:00 Line Dancing 11:30 Lunch—GCCARD 1:00 Bingo 3:15 Chair Yoga Video 4:30 Duplicate Bridge 5:00 Card Games 6:30 Chess Club</p>	<p>23</p> <p>9:30 Pinochle 10:00 DrumFIT 10:00 High Blood Pressure Control 11:30 Lunch—GCCARD 1:00 Bingo 1:00 Grief & Caregiver Painting 5:15 Euchre 5:30 Bunco</p>	<p>24</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>25</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>
<p>28</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>29</p> <p>9:30 Sewing & Crochet 10:00 Line Dancing 11:30 Lunch—GCCARD 1:00 Bingo 3:15 Chair Yoga Video 4:30 Duplicate Bridge 5:00 Card Games 6:30 Chess Club</p>	<p>30</p> <p>9:30 Pinochle 10:00 DrumFIT 11:30 Lunch—GCCARD 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>“Winter’s done, & April’s in the skies. Earth, look up with Laughter in your eyes!”</p>  <p>— Charles G.D. Roberts</p>	

Congregate April Menu 2025

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>7</p> <p>Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Margarine Mango & Papaya Milk Fortune Cookie</p> 	<p>1</p> <p>Antipasto Salad w/Pepperoni Salami, Ham & Cheese Carrot Sticks Pineapple Tidbits Crunchy Bread Sticks Salad Dressing 100% Fruit Juice</p> 	<p>2</p> <p>Country Style Chicken Italian Green Beans Mashed Potatoes Pear Cup Potato Roll Margarine Milk</p>	<p>3</p> <p>HM Creamy Tortellini & Beef Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice</p>	<p>4</p> <p>Fish Taco w/Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapple Cup Tortilla Shell Lemon Juice Packet Milk</p> 
<p>14</p> <p>Italian Breaded Chicken Breast Veggie Blend Rice Pilaf Mixed Fruit Potato Roll Margarine Milk</p>	<p>8</p> <p>Chicken Parmesan w/Spaghetti Steamed Broccoli Sliced Peas Mixed Vegetables Wheat Roll Margarine 100% Fruit Juice</p>	<p>9</p> <p>Turkey Polish Dog Potato Wedges Mixed Veggies Diced Peas Hotdog Bun Mustard Packet Milk</p> 	<p>10</p> <p>BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange WW Roll Margarine 100% Fruit Juice</p>	<p>11</p> <p>HM Mac & Cheese French Cut Green Beans Tomatoes & Zucchini Fruit Salad WG Roll Margarine Milk</p>
<p>21</p> <p>Ham & Cheese Frittata Roasted Redskin Potatoes Baked Apples Mini Muffins Margarine Milk</p> 	<p>15</p> <p>Salisbury Steak California Veggie Blend Sweet Peas Tropical Fruit Salad WG Dinner Roll Margarine 100% Fruit Juice</p>	<p>16 <i>Easter Luncheon</i></p> <p>Turkey & Cheese Sandwich Lettuce, Tomato, Red Onion HM Pasta Salad Peaches WG Bun Dressing Packet Milk</p>	<p>17</p> <p><i>Easter Luncheon</i> Glazed Ham Fried Cabbage Mashed Sweet Potatoes Brownie HM Cherry Crisp Wheat Roll & Margarine 100% Fruit Juice</p> 	<p>18</p>
<p>28</p> <p>HM Sloppy Joes Veggie Blend Cauliflower Fresh Apple WG Bun Margarine Milk</p>	<p>22</p> <p>Ham Tetrazzini Sweet Peas Sliced Carrots Fresh Pear Sliced Bread Margarine 100% Fruit Juice</p>	<p>23</p> <p>Meatball Sub Potato Wedges Sweet Peas Pineapple Tidbits Sub Bun Margarine Milk</p> 	<p>24</p> <p><i>Appetite Chef's Choice</i></p> 	<p>25</p> <p>Chipotle Bowl w/Beef & Bean Over Mexican Rice w/HM Pico Chuck Wagon Blend Fruit Cocktail Tortilla Shell Mild Salsa Cup Milk</p> 
<p>28</p> <p>HM Sloppy Joes Veggie Blend Cauliflower Fresh Apple WG Bun Margarine Milk</p>	<p>29</p> <p>Italian Grinder Wrap w/Pepperoni, Salami & Ham tomatoes, onions Pasta Salad Diced Pineapples Tomato Tortilla Italian Dressing Packet 100% Fruit Juice</p>	<p>30</p> <p>Turkey Burger w/Cheese Veggie Blend Potato Wedges Lettuce, Cantelope Chunks WG Bun Ketchup & Mustard Milk</p> 	<p>GENESEE COUNTY M I C H I G A N</p> 	<p>Valley Area Agency On Aging Answers, Action, & Advocacy for All Things Senior!</p> 

RSVP for the Easter Luncheon by Friday, April 4th

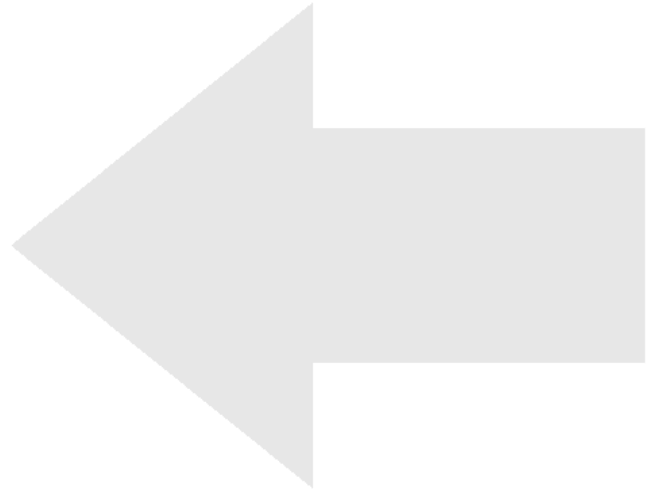
These properties are fully or partially owned by The Eastside Senior Citizens Association.

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 4:00 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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EASTSIDE SENIOR CENTER NEWSLETTER

April 2025

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

SENIOR POWER DAY 2025

Wednesday, May 21, 2025
9:00 a.m. - 2:00 p.m.
Crossroads Village
6140 Bray Rd., Flint

TICKETS \$5.00

Available at your local senior center, VAAA'S office at 225 E 5th Street, Flint, MI 48502, and the Genesee County Parks office at 5045 Stanley Rd, Flint, MI 48506. They can also be purchased the day of the event at the Crossroads Village.

For information about ticket purchase locations, please call (810) 239-7671

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

FREE GIFT

Ticket includes Lunch, Train Ride, Resources, and Legislative updates that affect Seniors and Caregivers.

