

Eastside Senior Center Newsletter May 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

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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.*

Eastside Senior Center Presents

MOTHER'S DAY LUNCHEON

MONDAY, MAY 5TH @ 12 NOON

BAKED ZITI, WILD RICE CHICKEN CASSEROLE,
SALAD, DESSERT, & LEMONADE

\$8 PER PERSON
PLEASE RSVP BY MAY 2ND

Estate Planning

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

WHEN: Thursday May 15th @ 10 am

WHERE: Eastside Senior Center

RSYP: By May 12th



Come join us for light refreshments as Seth shares:

- How to protect the assets you leave behind
- Ensuring your family doesn't encounter unforeseen legal challenges
- Making your wishes about healthcare know 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. Trust, Lady Bird Deeds, Potential Elder Abuse, Power of Attorney



GENESEE • COUNTY
-MICHIGAN -

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 at 10:00am

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



5 WAYS EXERCISE BENEFITS SENIORS



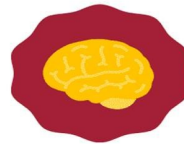
REDUCING THE RISK OF DISEASE

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



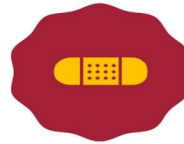
SLOWING MUSCLE LOSS

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.ahajournals.org/doi/10.1161/HYPERTENSION.000000.000000.000000>
Lopez, S. (2017). *Physical Activity and Health*. The British journal of general practice, the journal of the Royal College of General Practitioners, 67(663), 435. <https://doi.org/10.3399/bjgp17066300>
<https://doi.org/10.1016/j.jagp.2016.09.001>
Liu, Y., & Wang, Y. (2017). *Physical Activity and Health*. The British journal of general practice, the journal of the Royal College of General Practitioners, 67(663), 435. <https://doi.org/10.3399/bjgp17066300>
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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 May 13th 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, May 21st

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: May 13th, 2025
Time: 1:00 pm—3:00 pm

**Home Delivered Meals:
VAAA Senior Millage Intake & Screening line: 810-249-6531**

Here because we care...

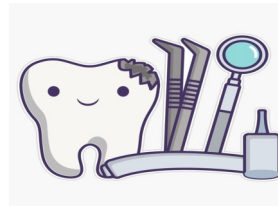


GENESEE COUNTY COMMISSION ON AGING

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, May 28th 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!



May 2025

Monday

Tuesday


Wednesday

Thursday

Friday




<p>5</p> <p>9:30 Make It, Take It 10:00 Exercise video 11:30 Lunch-GCCARD 12:00 Mother's Day Luncheon 12:30 Double Pinochle 1:00 Yahtzee</p>	<p>6</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>7</p> <p>9:30 Pinochle 11:30 Lunch—GCCARD 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>8</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>9</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>2</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>1</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>1</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>2</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>2</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>12</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>13</p> <p>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>14</p> <p>9:30 Pinochle 10:00 DrumFIT 11:30 Lunch—GCCARD 12:30 Red Hats 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>15</p> <p>8:30 TOPS 1060 Flint 9:30 Cribbage 10:00 Estate Planning Seminar 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It</p>	<p>16</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>19</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>20</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>21</p> <p>9:30 Legal Service 9:30 Pinochle 10:00 DrumFIT 11:30 Lunch—GCCARD 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>22</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>23</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>26 CLOSED FOR MEMORIAL DAY</p> 	<p>27</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>28</p> <p>9:30 Pinochle 10:00 DrumFIT 11:30 Lunch—GCCARD 1:00 Bingo 1:00 Grief & Caregiver Painting 5:15 Euchre 5:30 Bunco</p>	<p>29</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>30</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>

CONGREGATE MEAL MENU - MAY 2025

Menu Subject to Change Based on Product Availability and Quality Standards

5	6	7	8	9
			1	2
Beef Tacos w/ HM Pico 2ea Corn & Black Beans 4oz Diced Peaches 4oz Soft Tortilla 2ea Margarine Milk	Chef Salad w/ Egg & Tomatoes Ham, Turkey, & Cheese Cole Slaw 4 oz Fruit Salad 4 oz Flatbread Dressing 100% Fruit Juice	Chinese Pepper Steak 4oz Sicilian Veggie Blend 4oz Succotash 4 oz Fruit Cocktail 4 oz Brown Rice 3 oz Wheat Roll Margarine Milk	Tangarine Chicken 4 oz Shrimp Fried Rice 4 oz Winter Blend Veggies 4 oz Pineapple Tidbits 4 oz Margarine Flatbread 100% Fruit Juice	Breaded Chicken Sandwich Diced Potatoes 4 oz Vegetable Blend 4 oz Applesauce 4 oz Wheat Bun Margarine Milk
12	13	14	15	16
Ravioli w/ Beef Sauce Roasted Brussel Sprouts 4oz Steamed Cauliflower 4oz Potato Roll Margarine Fresh Pear Milk	Maple-Glazed Chicken w/Roasted Sweet Potatoes & Broccoli Blend Baby Carrots 4oz Garlic Bread Mandarin Oranges 4oz Margarine 100% Fruit Juice	HM Beef Chili 8oz Chick Wagon Blend 4 oz Italian Vegetables 4 oz Peaches 4oz Corn Muffin Margarine Milk	Chicken & Penne Alfredo 8oz French Cut Green Beans 4oz Diced Carrots 4oz Crunchy Breadsticks Fresh Apple Margarine 100% Fruit Juice Birthday Cake	Baked Herb Pork Chop Green Bean Casserole 4oz Sweet Corn 4oz Potato Roll Mixed Fruit Cup Margarine Milk
19	20	21	22	23
Citrus Teriyaki Salmon Bowl Lo Mein Noodles Onions, Peppers, Pineapples Broccoli Florets 4oz Crunchy Breadstick Fresh Orange Margarine Milk	Roast Beef Slice Veggie Blend 4oz Roasted Potatoes 4oz Wheat Roll Pears 4oz Margarine 100% Fruit Juice	Chef's Choice 	Chicken Caesar Wrap Romaine Lettuce Cucumber Slices Tortilla Shell Fruit Cocktail Caesar Salad Dressing 100% Fruit Juice Cookie of the Month	HM Spaghetti & Meatballs Steamed Broccoli 4oz Italian Veggie Blend 4oz Garlic Bread Cinnamon Applesauce Margarine Milk
29	27	28	29	30
	Sweet & Sour Chicken Wings 3ea French Cut Green Beans 4oz Diced Carrots 4oz Mango & Papaya Bread Stick Margarine Milk	HM Sloppy Joes 3oz Cauliflower 4oz Fresh Apple WG Bun Margarine Milk	Turkey Burger w/ Cheese Potato Wedges Key West Veggie Blend Cantaloupe Chinks WG Bun Ketchup & Mustard Milk	Turkey Burger w/ Cheese Potato Wedges Key West Veggie Blend Cantaloupe Chinks WG Bun Ketchup & Mustard Milk

HOUSING OPPORTUNITIES & TRANSPORTATION

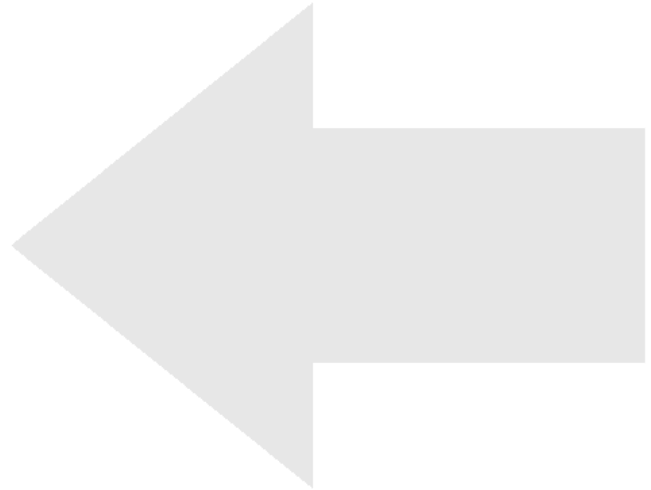
These properties are fully or partially owned by The Eastside Senior Citizens Association.

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 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

HAPPY
Mother's
Day



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

May 2025



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.



FREE Document Shredding Event for Genesee County Senior Citizens

Bring your bag filled with your confidential documents for FREE, SAFE, & CONTACTLESS on-site paper shredding and recycling!

Medication take back will be available on site.

Thursday, May 1, 2025

10AM-1PM

Mundy Miracle Commons

Presented by the

Mundy Senior & Enrichment Center

1286 W. Hill Rd. Flint, MI 48507



Recycling Event Questions?

(810) 424-4478

This event is paid for by the Genesee County Senior Millage & Solid Waste Ordinance Funds