

Eastside Senior Center Newsletter February 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.*

Check out our special event on Page 10!

AARP INCOME TAX APPOINTMENTS

Due to high call volume we **WILL NOT** return any messages about tax appointments; just keep calling during office hours..

Office hours are
Monday - Friday from
8:00 - 4:00 P.M.



EASTSIDE SENIOR CENTER

The holidays have come & gone, so we are busy getting ready for the new year! We are offering free AARP Income Tax preparation on Tuesdays **by appointment only.**

Along with our regular events located in our newsletter, on Facebook, & website, we will be hosting three Senior Winter Game Events:

Wednesday, February 7th, Jigsaw Puzzles @ 9:00am

Spades @ 1:00 p.m

Monday, February 26th, Name That Song @10:00 a.m

We hope to see you in 2024!

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.



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.



REC-CONNECT™

FREE PHYSICAL FITNESS DEMO CLASSES!

Wednesdays at 10:00—11:00 am from January 17—February 28, 2024

NO CLASS FEB 7

Rec-Connect™ is a 6-week physical fitness demo class offered by Commit to Fit. Get active through a variety of fun physical activity demonstrations with something new each week! **All exercises can be done seated or standing.** No experience necessary!

Week 1: Chair Bingo

Week 2: Strength Bands

Week 3: Chair Circuit Training

Week 4: Chair Yoga

Week 5: UNO Movement

Week 6: Beachball Exercises



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





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, February 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
(with exclusions to leagues
Tues-Thurs
11:00-2:00)

Skip-Bo
Tuesdays-Fridays
12:00—3:00

Legal Services of Eastern Michigan Friday, February 2nd

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 will continue to be served either to go or eat in.

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, February 13th

Time: 1:00 pm—3:00 pm



(810) 239-7671



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

Dementia Support Group

Are you caring for a loved one with dementia? Come and join other care givers for a time of sharing your experiences and exchanging techniques that work for you. Periodically we will have guest speakers. On the **third** Friday (once a month), at 1:00pm.

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!



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, February 14th

****New members welcome****

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

Tuesday, February 20th

Meet at noon for Art & Craft get together. If interested, please call center for more information.

Caregiver's Art Program / Painting Through Grief

Wednesday, February 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.



February 2024


Monday

Tuesday

Wednesday

Thursday

Friday



 “All you need is love. But a
 little chocolate now and
 then doesn't hurt.”
 -Charles M. Schultz

5 S.O.S MOBILE OFFICE - COMPUTER ROOM CLOSED 9:30 Make It, Take It 10:00 Exercise Video 10:00 Secretary of State Mobile Office 11:30 Lunch-GCCARD 12:30 Double Pinochle 1:00 Yahtzee	6 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	7 9:00 SWG Jigsaw Puzzles 9:30 Pinochle 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 SWG Spades 5:15 Euchre 5:30 Bunco	8 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	9 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
1 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	2 9:30 Arthritis Exercise (Instructor) 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	9 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>12</p> <p>9:30 Make It, Take It 10:00 Exercise Video 11:30 Lunch—GCCCARD 12:30 Double Pinochle 1:00 Yahtzee</p>	<p>13 AARP TAX PROGRAM COMPUTER ROOM CLOSED</p> <p>9:30 Sewing & Crochet 10:00 Line Dancing 10:00 Landscape Painting 11:30 Lunch—GCCCARD 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>14</p> <p>9:30 Pinochle 10:00 Physical Fitness (instructor) 11:30 Lunch—GCCCARD 12:00 Skip-Bo 1:00 Bingo 1:00 Red Hats 5:15 Euchre 5:30 Bunco</p> 	<p>15</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>16</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 Dementia Class 1:00 Extra Fast Bingo</p>
<p>Closed for Presidents' Day</p> 	<p>20 AARP TAX PROGRAM COMPUTER ROOM CLOSED</p> <p>9:30 Sewing & Crochet 10:00 Line Dancing 11:30 Lunch—GCCCARD 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</p>	<p>21</p> <p>9:30 Pinochle 10:00 Physical Fitness (instructor) 11:30 Lunch—GCCCARD 12:00 Skip-Bo 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>22</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>23</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>26</p> <p>9:30 Make It, Take It 10:00 SWG Name That Song 11:30 Lunch-GCCCARD 12:30 Double Pinochle 1:00 Yahtzee</p>	<p>27 AARP TAX PROGRAM COMPUTER ROOM CLOSED</p> <p>9:30 Sewing & 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>28</p> <p>9:30 Pinochle 10:00 Physical Fitness (instructor) 11:30 Lunch—GCCCARD 12:00 Skip-Bo 1:00 Grief & Caregiver Painting 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>29 LEAP YEAR</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> 	

Congregate February Menu 2024

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
5 HM Beef Stew w/ Stewed Vegetables Green Beans Warm Peaches Biscuit Milk	6 HM White Chicken Chili Whole Kernel Corn Mini Muffin Pear Cup Margarine 100% Fruit Juice 	7 Turkey Burger w/ Cheese Leaf Lettuce/Sliced Tomato Potato Salad Peas & Carrots Fruit Salad Whole Wheat Bun Mayo & Mustard Milk	8 Turkey Tetrazzini Chuck Wagon Veggies Key West Vegetable Blend Strawberry Applesauce Potato roll 100% Fruit Juice	9 Asian Chicken Bowl Brown Cilantro Rice w/Peppers, Onions & Pineapples Apricots Veggie Blend Hawaiian Roll Milk 
12 Cheese Ravioli w/Meat Sauce Italian Veggie Blend Roasted Potatoes Fresh Pear Potato Roll Margarine Milk	13 HM Sloppy Joes Garden Pasta Veggie Blend Broccoli Florets Golden Apple WG Bun Margarine Milk	14 Chicken Parm Sandwich Potato wedges Mixed Veggies Diced Pears WG Bun Margarine 100% Fruit Juice 	15 Potato Soup w/Ham & Bacon Sweet Corn Croissant Fresh Orange Margarine 100% Fruit Juice Cookie of the Month	16 Citrus Glazed Salmon Pineapple Brown Rice Veggie Blend Mixed Fruit Salad Hawaiian Roll Margarine Milk
19 	20 Meatloaf w/Gravy Redskin Mashed Potatoes Sweet Green Peas Fresh Apple Multi-Grain Roll Margarine Milk	21 Tangerine Chicken in Stir fry Vegetables Peas & Carrots Brown Rice Diced Pineapples Potato Roll Margarine Milk	22 Baked BBQ Chicken Thighs Loaded Potato Salad Southern Green Beans Whole Wheat Roll Fresh Orange Margarine 100% Fruit Juice Birthday Cake	23 Artisan Mac & Cheese Stewed Tomatoes Steamed Broccoli Potato Roll Margarine Diced Pears Milk 
26 Breaded Chicken Sandwich Diced Potatoes Winter Blend Veggies Wheat Bun Margarine Milk	27 Chef Salad w/Turkey, Cheese & Eggs Romaine Lettuce Fresh Broccoli Florets Fruit Cocktail Flatbread Half 100% Fruit Juice 	28 HM Goulash Spinach Baby Carrots Fresh Apple Corn Bread Margarine 100% Fruit Juice	29 Chicken & Sausage Jambalaya Brown Rice Corn Bake Green Beans Diced Peaches 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: 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

“February is the border between
winter and spring.”

Terri Guillemets



Call : (810) 250-1000
For a ride!



MICHIGAN SECRETARY OF STATE MOBILE OFFICE IS COMING TO YOU

The Secretary of State Mobile Office will be visiting

Eastside Senior Center

to provide service to

SENIORS OF EASTSIDE SENIOR CENTER TO COMPLETE SECRETARY OF STATE

TRANSACTIONS

Date: FEBRUARY 5th, 2024

Time: 10a.m- 3p.m

Location: 3065 E. 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



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

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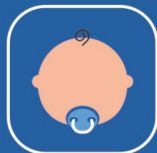
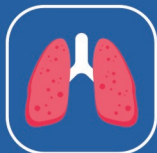
EASTSIDE SENIOR CENTER NEWSLETTER

February 2024

Respiratory Syncytial Virus (RSV) +

OVERVIEW

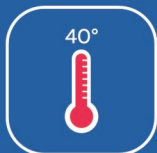
Is a common respiration virus with symptoms similar to cold.



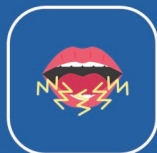
People usually recover within 1-2 weeks.
RSV is very dangerous for babies and elderly.

SYMPTOMS

Symptoms that indicate an infection.



Fever



Coughing



Runny nose

PREVENTION

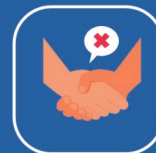
Keep it clean to prevent infection.



Wear a face mask



Wash your hands



Avoid close contact

CARE

There are currently no drugs to directly treat RSV infection.



See a doctor



Take medicine



Recuperate

Eastside Senior Center would like to remind you if you are feeling unwell this cold & flu season, please stay home.