

# Eastside Senior Center Newsletter July 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.*



## FREE NUTRITION EDUCATION PROGRAM

# Fork & The Road

Fork & the Road is a free program **for Michiganders 60 years of age and older** designed to support healthy aging. Participants learn about hot topics in health & nutrition while sharing personal experiences and meeting others interested in healthy aging.

**DATE: WEDNESDAYS, JULY 10 - AUGUST 14, 2024 (WEEKLY)**

**TIME: 11:30AM - 12:30PM**

**LOCATION: EASTSIDE SENIOR CENTER**

### CLASSES WILL INCLUDE

- Weekly Recipe Tastings
- Giveaways
- Fitness Demonstrations
- and more!



**TO REGISTER, SIGN UP AT THE SENIOR CENTER OR  
CALL (810) 250-5000**



GENESEE • COUNTY  
-MICHIGAN -



This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation. This institution is an equal opportunity provider.





## 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 July 9th 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, July 19th*

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.**



## 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, July 9th

**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, July 24th 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.



## 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, July 10th

New members welcome!

Join the Lady Gems at 1 pm for their monthly Arts & Crafts meeting.

Tuesday, July 16th

Meet at noon for a lunch get together. If interested, please call the Center for more information.

## 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!



# July 2024

Monday

Tuesday

Wednesday

Thursday

Friday

1

9:30 Make It, Take It  
10:00 Exercise Video  
11:30 Lunch-GCCARD  
12:30 Double Pinochle  
1:00 Yahtzee

2

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

3

9:30 Pinochle  
11:30 Lunch—GCCARD  
12:00 Skip-Bo  
1:00 Bingo  
5:15 Euchre  
5:30 Bunco

8

9:30 Make It, Take It  
10:00 Exercise Video  
11:30 Lunch-GCCARD  
12:30 Double Pinochle  
1:00 Yahtzee

9

9:30 Sewing & Crochet  
10:00 Line Dancing  
**10:00 Landscape Painting**  
11:30 Lunch—GCCARD  
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

10

9:30 Pinochle  
11:30 Lunch—GCCARD  
**11:30 Fork & the Road**  
12:00 Skip-Bo  
1:00 Bingo  
1:00 Red Hats  
5:15 Euchre  
5:30 Bunco

11

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

12

9:30 Exercise Video  
10:30 Bible Study  
11:30 Blood Pressure Checks  
11:30 Lunch—GCCARD  
12:00 Skip-Bo  
1:00 Extra Fast Bingo



<p><b>15</b></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><b>16</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>17</b></p> <p>9:30 Pinochle  11:30 Lunch—GCCCARD  <b>11:30 Fork &amp; the Road</b>  12:00 Skip-Bo  1:00 Bingo  5:15 Euchre  5:30 Bunco</p>	<p><b>18</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>19</b></p> <p>9:30 Exercise Video  <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>22</b></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><b>23</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>24</b></p> <p>9:30 Pinochle  11:30 Lunch—GCCCARD  <b>11:30 Fork &amp; the Road</b>  12:00 Skip-Bo  1:00 Bingo  <b>1:00 Grief &amp; Caregiver  Painting</b>  5:15 Euchre  5:30 Bunco</p>	<p><b>25</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>26</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>29</b></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><b>30</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>31</b></p> <p>9:30 Pinochle  11:30 Lunch—GCCCARD  <b>11:30 Fork &amp; the Road</b>  12:00 Skip-Bo  1:00 Bingo  5:15 Euchre  5:30 Bunco</p>	 <p><i>...Summer afternoon -  to me... those have  always been the two  most beautiful words  in the English  language."  - Henry James</i></p>	

**CONGREGATE MEAL MENU - JULY 2024**

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Pub Burger w/Cheese                      Potato Salad                      Veggie Blend                      WW Bun, Mayo, Mustard                      Fruit Salad                      Lettuce, Tomato                      Milk</p> 	<p>2</p> <p>Ravioli w/Chicken &amp; Sauce                      Steamed Broccoli                      Roasted Veggies                      Garlic Roll                      Fruit Cocktail                      Margarine                      100% Fruit Juice</p>	<p>3</p> <p>Polish Sausage                      Battered Potatoes                      Sliced Carrots                      WG Hotdog Bun                      Strawberry Applesauce                      Margarine &amp; Mustard                      Milk</p> 	<p>4</p> 	<p>5</p> <p>Eastside Senior Center Closed</p> 
<p>8</p> <p>Meatball Sub w/cheese                      Sweet Peas                      Diced Potatoes                      Sub Bun                      Fruit Cup                      Margarine                      Milk</p>	<p>9</p> <p>Chef Salad w/Romaine                      Turkey, Eggs &amp; Cheese                      Carrots Sticks                      Diced Peas                      Wheat Roll                      Salad Dressing                      100% Fruit Juice</p> 	<p>10</p> <p>Tangerine Chicken w/Rice                      Green Beans                      Diced Carrots                      Hawaiian Roll                      Applesauce                      Fortune Cookie                      Milk</p>	<p>11</p> <p>Stuffed Peppers                      Sliced Beets                      Cauliflower                      Pineapple Tidbits                      WW Roll                      Margarine                      100% Fruit Juice</p> <p><i>Congregate Style</i></p> 	<p>Chinese Pepper Steak w/Rice                      Succotash                      Mixed Fruit Cup                      Potato Roll                      Margarine                      Milk</p>
<p>15</p> <p>Honey Glazed Chicken Breast                      Lima Beans                      Rice Pilaf                      Corn Muffin                      Fresh Apple                      Margarine                      Milk</p>	<p>16</p> <p>Turkey Tetrazzini                      Riviera Blend Veggies                      Steamed Broccoli                      Dinner Roll                      Pineapples                      Margarine                      100% Fruit Juice</p>	<p>17</p> <p>Chef's Choice</p> 	<p>18</p> <p>Turkey &amp; Cheese Sub                      Fresh Snap Peas                      Fresh Cauliflower                      WG Bun-Fresh Pear                      Birthday Cake                      Mayo, Mustard, Veggie Dip                      100% Fruit Juice</p>	<p>19</p> <p>Mac &amp; Cheese                      French Cut Green Beans                      Corn                      Potato Roll                      Margarine                      Fresh Banana                      Milk</p> 
<p>22</p> <p>HM Chicken Salad Sandwich                      Grape Tomatoes                      3 Bean Salad                      Sliced Croissant                      Fruit Cocktail                      Milk</p> 	<p>23</p> <p>BBQ Pulled Pork                      Cole Slaw                      Baked Beans                      Wheat Bun                      Peaches                      100% Fruit Juice</p> <p><i>Congregate Style</i></p>	<p>24</p> <p>Fiesta Lime Chicken                      Roasted Corn &amp; Black Beans                      Brown Rice                      Peaches                      Flatbread                      Margarine                      Milk</p>	<p>25</p> <p>Philly Chicken w/Cheese                      Diced Potatoes                      Normandy Blend Vegetables                      Wheat Sub Bun                      Tropical Fruit Salad                      Margarine-Cookie                      100% Fruit Juice</p> 	<p>26</p> <p>Oven Fried Fish                      Baked Mac &amp; Cheese                      Tomatoes &amp; Zucchini                      Dinner Roll                      Diced Peaches                      Margarine                      Milk</p>
<p>29</p> <p>HM Deluxe Fried Rice                      w/ Beef, Chicken, Ham &amp;                      Peas and Carrots                      Steamed Broccoli                      Fresh Orange                      Breadsticks                      Margarine                      Milk</p>	<p>30</p> <p>Steak Fajitas                      Spanish Rice                      Black Beans                      Mandarin Oranges                      Tortilla Shells-2                      Sour Cream                      100% Fruit Juice</p>	<p>31</p> <p>BBQ Chicken Legs                      Potato Salad                      Baked Beans                      Fresh Pear                      Sweet Roll                      Margarine                      Milk</p>	  <p>Office of Senior Services</p> <p>Answers, Action &amp; Advocacy for All Things Senior</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.



**Shout out to Walker Farms again this year for the generous donation of plants for our Flower Pots! Beautiful as always! Thank you so much from all of us at Eastside Senior Center!**



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



Call (810) 250-1000  
For a ride!

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Collector Car Fanatic

T E K C O R Y H R I I I I F E O T L  
N S E E E R S O C E A F O L C S O H  
E O E S U G A L N A A R O A U O J E  
E E T C I D A I I S O C E T E C N A  
I R R S S U L T T A U C L H D H A D  
E E E T I T R B N S R C I E B A B E  
M L E M L P A C T I A I B A O S H R  
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E A B B K A M N R D O S M A N I R Y  
E E C R O A C V R L R A O X E S D I  
M A D E O M N E R O D L R L T O T T  
A N A P E A O R S F Y C E E O F O T  
H T G U A A R T I I H I A W L O P T  
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U Q A C E L B B L A I G N I T E R E  
O U R E L A R L M M C N O T E A H P  
R E S U A A T E L O I R B A C O E I  
B A B E F R S N A P P L E T O N S T

### Word List:

VINTAGE  
AXLE  
BONNET  
CABRIOLET  
COACH  
DAGMARS  
PISTON  
IGNITER  
PHAETON  
RESTORED

ANTIQUE  
BELTLINE  
BROUGHAM  
CAM  
CONVERTIBLE  
DEUCE  
HARDTOP  
AUTOMOBILE  
RAILS  
ROCKET

APPLETONS  
WOODY  
BULLETS  
CAMMER  
CRUISE  
FASTBACK  
HEADER  
MERCURY  
MANIFOLD

BANJO  
CHASSIS  
COUPE  
CLASSIC  
CUSTOM  
FLATHEAD  
HYDRO  
AEROMOBILE  
ROADSTER

# EASTSIDE SENIOR CENTER NEWSLETTER

## July 2024

# SENIOR MILLAGE RENEWAL INFO

**What:** The Senior Services Millage is up for a 10-year **renewal**. This is a **renewal** at the current rate (.6852), **not an increase**. The millage provides funds to Genesee County's 16 senior centers as well as a whole host of other services for seniors including:

- In-home personal care/ homemaking services
- Home-delivered meals
- Legal Services
- Adult Day Care
- Elder Abuse and Exploitation Prevention
- Medical Transportation with Liaison Services
- Lawn Care
- Visual and Hearing Impaired Services
- Ramp Construction



**When:** August 6, 2024 (Primary Election)

**For the average homeowner in Genesee County, the cost of the **renewal** will remain at just \$4 per month.\***

**A 'Yes' Vote Means:** You want to continue funding the programs and services listed above using the Senior Services Millage.

**A 'No' Vote Means:** You do not want to continue funding the programs and services listed above using the Senior Services Millage.

**For more information, contact Lynn Radzilowski at (810) 424-4478 or by email at [AllSeniorServices@geneseecountymi.gov](mailto:AllSeniorServices@geneseecountymi.gov)**

\* Based on the average taxable value of properties in Genesee County in 2023.