

# Eastside Senior Center Newsletter September 2025



*AGE CONFIDENTLY...AGE COMFORTABLY...AGE CREATIVELY*

## EASTSIDE SENIOR CITIZENS ASSOCIATION

### Executive Director:

Janet Supernaw  
Becca Kunz

### Administrative Specialist :

Brandy Boardway

### Program Coordinator:

Marsha Anderson

### Office Assistant:

Krystle Elliott

### 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.*

**SAVE THE DATE!**

**EASTSIDE SENIOR CENTER'S  
HEALTH &  
RESOURCE FAIR**

**Wednesday, October 8  
10 AM to 12 PM**

**HEALTH DEPARTMENT:  
FLU SHOTS, HIGH DOSE FLU SHOTS (65 & OLDER)  
HEP B FOR DIABETES, & COVID  
VENDORS & RESOURCES  
FREE SACK LUNCH (WHILE SUPPLIES LAST)**



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:** September 3<sup>rd</sup>, 2025

**Time:** 10 A.M. TO 2 P.M.

**Location:** 3065 N 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



GENESEE • COUNTY  
-MICHIGAN -

For more information or to schedule  
your visit during this Mobile Office  
event, contact

**Eastside Senior Center**  
at 810-250-5000  
[Eastside3065@gmail.com](mailto:Eastside3065@gmail.com)



## 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*

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.



## Ready, steady, go!

If you would like to be stronger, improve your balance, and decrease your risk of falling ... SilverSneakers Stability™ is for you! Protect one of your most valuable assets – your independence. A study of older adults participating in exercise classes similar to SilverSneakers Stability showed 40 percent were less likely to fall and one-third were less likely to suffer a fall-related injury than non-participants.1

Where: Eastside Senior Center  
When: 9/22/25 - 11/3/25  
Time: 10am - 11am  
\*NO Class 10/13/25\*  
Call: Eastside Senior Center to register: 810-250-5000

### COME JOIN OUR CLASS

There's no cost to SilverSneakers® fitness program members.



Come out and play! Visit [silversneakers.com/flex](https://silversneakers.com/flex) to register.

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## Uno Movement

This class is participation led.

(participant volunteer Yvonne)

Thursdays from 10:00 am—11:00am

A fun exercise class using Uno cards.

## Exploring Scriptures w/ Pedro

Mondays 10:30 – 11:30am

Delving into the Bible, understanding its narrative, teachings, & applying them to personal spiritual growth & daily life.

## Bible Reading/Discussion

*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 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, September 9th*  
 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

**Bid Euchre**  
 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, September 17th

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 & Re-certification

If you are 60 & older, need food assistance, & meet the income gross (single: \$2,510.00, married: \$3,408.00 & assets \$15,000.00); please call the Center to set up an appointment with our representative. 810-250-5000

## Mi Options

Appointments are available every Thursday

- Identify resources for prescription drugs
- Explain Medicare Health Plan options
- Understand doctor & hospital bills, & Medicare summary notices
- Understand Medicare/Medicaid eligibility, enrollment, coverage, claims, & appeals
- Medicaid: Gross income single \$1,760.00, married: \$2,379.00
- Asset limits \$9,660 single; \$14,470 married
- Enroll in Medicare Savings Programs
- *Please call for appointment*

## 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:** September 9, 2025

**Time:** 1:00 pm—3:00 pm

\*\*\*TEFAP is this month— this is a **quarterly distribution** for those in need with a slightly higher income.\*\*\*

## Home Delivered Meals:

VAAA Senior Millage Intake &

Screening line: 810-249-6531

**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.

<b>CLIO SENIOR CENTER</b> 810-687-7620	<b>LOOSE SENIOR CENTER</b> 810-735-9406
<b>FLUSHING SENIOR CENTER</b> 810-659-4735	<b>SWARTZ CREEK SENIOR CENTER</b> 810-635-4122
<b>DAVISON SENIOR CENTER</b> 810-658-1566	<b>GRAND BLANC SENIOR CENTER</b> 810-659-3202

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

Here because we care...

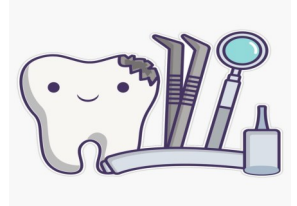


# GENESEE COUNTY COMMISSION ON AGING

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, September 24 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 Lori @ The Greater Flint Coalition (810) 232-2228 There is no charge for this service!



# September 2025

Monday

Tuesday

Wednesday

Thursday

Friday

2

**CLOSED**

HAPPY  
**LABOR  
- DAY -**



9

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

10

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  
4:30 Duplicate Bridge  
5:00 Bid Euchre  
6:30 Chess Club

4

8:30 TOPS 1060 Flint  
9:30 Cribbage  
**10:00 Uno Movement**  
11:30 Lunch—GCCARD  
12:00 Skip-Bo  
1:00 Duplicate Bridge  
1:00 Make It, Take It

3

9:30 Pinochle  
10:00 **Secretary of State  
Mobile Office**  
**10:00 DrumFit**  
11:30 Lunch—GCCARD  
1:00 Bingo  
5:15 Euchre  
5:30 Bunco

5

9:30 Arthritis Exercise  
(instructor)  
10:30 Bible Reading/  
Discussion  
11:30 Blood Pressure  
Checks  
11:30 Lunch—GCCARD  
1:00 Extra Fast Bingo

11

8:30 TOPS 1060 Flint  
9:30 Cribbage  
**10:00 Uno Movement**  
11:30 Lunch—GCCARD  
12:00 Skip-Bo  
1:00 Duplicate Bridge  
1:00 Make It, Take It

12

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<p><b>15</b></p> <p>9:30 Make It, Take It  10:00 Exercise video  10:30 Exploring Scripture  11:30 Lunch—GCCARD  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—GCCARD  12:30 Red Hats  1:00 Bingo  3:15 Chair Yoga Video  4:30 Duplicate Bridge  5:00 Bid Euchre  6:30 Chess Club</p>	<p><b>17</b></p> <p><b>9:30 Legal Service</b>  9:30 Pinochle  <b>10:00 DrumFit</b>  11:30 Lunch—GCCARD  1:00 Bingo  5:15 Euchre  5:30 Bunco</p>	<p><b>18</b></p> <p>8:30 TOPS 1060 Flint  9:30 Cribbage  <b>10:00 Uno Movement</b>  11:30 Lunch—GCCARD  12:00 Skip-Bo  1:00 Duplicate Bridge  1:00 Make It, Take It</p>	<p><b>19</b></p> <p>9:30 Arthritis Exercise  (Instructor)  10:30 Bible Reading/  Discussion  11:30 Blood Pressure  Checks  11:30 Lunch—GCCARD  1:00 Extra Fast Bingo</p>																				
<p><b>22</b></p> <p>9:30 Make It, Take It  <b>10:00 Stability Class</b>  10:30 Exploring Scripture  11:30 Lunch—GCCARD  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—GCCARD  1:00 Bingo  3:15 Chair Yoga Video  4:30 Duplicate Bridge  5:00 Bid Euchre  6:30 Chess Club</p>	<p><b>24</b></p> <p>9:30 Pinochle  <b>10:00 DrumFit</b>  11:30 Lunch—GCCARD  <b>1:00 Grief &amp; Caregiver  Painting</b>  1:00 Bingo  5:15 Euchre  5:30 Bunco</p>	<p><b>25</b></p> <p>8:30 TOPS 1060 Flint  9:30 Cribbage  <b>10:00 Uno Movement</b>  11:30 Lunch—GCCARD  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 Reading/  Discussion  11:30 Blood Pressure  Checks  11:30 Lunch—GCCARD  1:00 Extra Fast Bingo</p>																				
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<p><b>FREE Document Shredding Event for  Genesee County Senior Citizens</b>  Bring your bag filled with your confidential  documents for FREE, SAFE, &amp; CONTACTLESS  on-site paper shredding and recycling!  Medication take back will be available on site.  Thursday, September 25<sup>th</sup>, 2025  10AM-1PM  Swartz Creek Senior  Center  8095 Civic Drive  Swartz Creek, MI 48473</p> <p>GENESEE COUNTY  OFFICE OF SENIOR SERVICES  GENESEE COUNTY  METROPOLITAN PLANNING COMMISSION</p> <p>Recycling Event Questions?  <b>(810) 424-4478</b></p> <p>This event is paid for by the Genesee County Senior Millage  &amp; Solid Waste Ordinance Funds</p>																								

## Congregate September Meal Menu 2025

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 8 Pulled BBQ Sandwich (3 oz) Baked Beans (4 oz) Green Beans (4 oz) Whole Grain Bun (1 ct) Diced Pears (4 oz) Milk	2 Oven Fried Chicken Southern Green Beans Potato Salad WG Roll Pineapple Tidbits 100% Fruit Juice	3 Pork Chop w/ gravy-3oz Mashed Sweet Potatoes-4oz Steamed Cauliflower-4oz Corn Bread w/Margarine Fresh Orange Milk	4 Peppered Beef Steak w/gravy-1 Roasted Potatoe - 4oz Chopped Broccoli - 4oz Potato Roll w/ Margarine Mango & Papaya fruit mix 100% Fruit Juice	5 Creamy Turkey & Wild Rice Soup Chuck Wagon Veggie Blend Sweet Peas Wheat Roll w/Margarine Applesauce Cup-1 Milk
15 Beef Fajitas Sweet Corn w/Peppers-4oz Spanish Rice-4oz Soft tortilla shells Fresh Apple-1 Margarine milk	9 HM White Chicken Chili-8oz Steamed Baby Carrots-4oz Corn Bake w/Margarine Mixed Fruit Salad-4oz 100% Fruit juice	10 Pub Burger w/Cheese (1 ea) Cauliflower Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Fresh Apple Ketchup & Mustard Milk	11 Chicken Breast Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Dinner Roll HM Birthday Cake 100% Fruit Juice margarine 	12 Baked Fish w/Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce Milk
22 Chicken Parmesan w/Spaghetti Vegetable Blend-4oz Garlic Roll Margarine Warm Peaches Milk	16 Sloppy Joe (3 oz) Diced Potatoes (4 oz) Lima Beans (4 oz) Wheat Bun (1 ct) Golden Apple (1 ct) Margarine (1 ct) 100% Fruit Juice	17 Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/Margarine Peaches -4oz Milk	18 Antipasto Salad w/pepperoni, salami, olives, cheese Cherry Tomatoes Fresh Snap Peas Flatbread Mandarin Oranges 100% fruit juice Cookie of the month 	19 Chicken Marsala over Rice Pilaf Chopped Spinach-4oz Glazed Carrots-4oz WG Roll Fruit Cocktail-4oz Margarine Milk
29 Meatball Sub-5 ea Vegetable Blend-4oz potato wedges WW Sub Bun Fresh Apple Milk	23 Turkey Tetrazzini 8 oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Corn Muffin-1 ct Margarine-1 ct Applesauce-1 ct 100% Fruit Juice	24 Chef's Choice 	25 Sweet & Sour Chicken-6oz Peas & Carrots-4oz Brown Rice-4oz Mixed Fruit Cup-4oz Potato Roll Fortune Cookie Margarine 100% fruit juice 	26 Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/Margarine Mixed Fruit-4oz Milk
 Genesee County CARD Community Action Resource Department				
 Valley Area Agency on Aging Answers, Action & Advocacy for All Things Senior				

# HOUSING OPPORTUNITIES & TRANSPORTATION

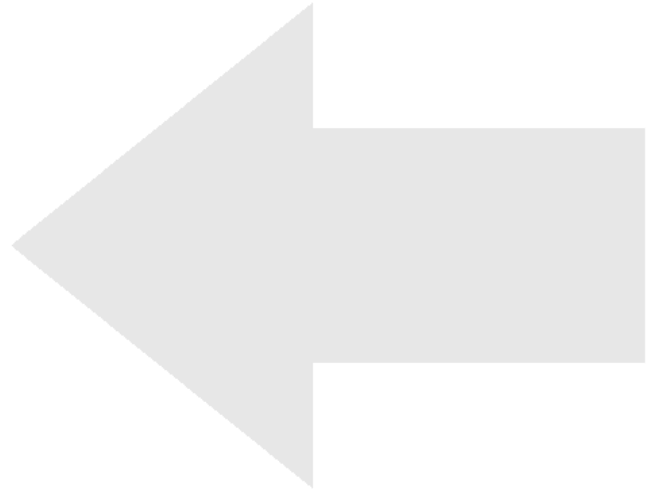
*These properties are fully or partially owned by The Eastside Senior Citizens Association.*

## **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



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

## September 2025

Here because we care...

GENESEE COUNTY  
**COMMISSION  
ON AGING**

Free  
to the  
Public!

Genesee County  
community  
resources, flu  
shots, door prizes,  
and giveaways.

# Senior RESOURCE FAIR

Free Boxed Lunch By:  
HarmonyCares Hospice  
~~Free shuttles to event and Flint~~  
Cultural Center locations



**Friday  
September  
12th**

**11:00am - 2:00pm**



**Gloria Coles  
Flint Public Library  
1026 E Kearsley St., Flint, MI**

Formore information:  
810-908-9122 or [www.coaweb.com](http://www.coaweb.com)