

Eastside Senior Center Newsletter October 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

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'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 7 RESOURCES
FREE SACK LUNCH (WHILE SUPPLIES LAST)

Get a free energy and water saving kit.

Eastside Senior Center

Date:

**Monday,
October 6**

Time:

12:30 p.m.

- Get tips to be safe with energy.
- Learn low or no cost ways to save energy and money.
- Get information about energy efficiency and assistance programs.
- Pick up your free energy efficiency kit, one per household.
- Count on us to help you save energy.

Call 810-250-5000 to reserve your free kit!



GENESEE • COUNTY
-MICHIGAN -



Program conducted by the National Energy Foundation.

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 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, October 14th 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

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, October 15

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. ***NO TRUSTS**
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*

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.

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

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, October 14, 2025

Time: 1:00 pm—3:00 pm

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

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

Here because we care...

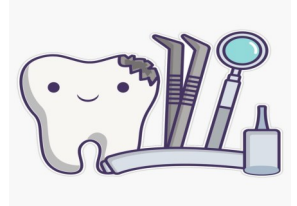


GENESEE COUNTY COMMISSION ON AGING

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, October 22 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!



October 2025

Monday

Tuesday

Wednesday

Thursday

Friday



1

9:30 Pinochle
10:00 DrumFit
 11:30 Lunch—GCCCARD
 1:00 Bingo
 5:15 Euchre
 5:30 Bunco

2

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

3

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

6

9:30 Make It, Take It
10:00 Stability Class
 10:30 Exploring Scripture
 11:30 Lunch-GCCCARD
 12:30 Double Pinochle
 1:00 Yahtzee

7

9:30 Sewing & Crochet
 10:00 Line Dancing
 11:30 Lunch—GCCCARD
 1:00 Bingo
 3:15 Chair Yoga Video
 4:30 Duplicate Bridge
 5:00 Bid Euchre
 6:30 Chess Club

8


9:30 Pinochle
10:00 Health and Resource Fair
Free sack lunch - while supplies last
 12:30 Red Hats
 1:00 Bingo
 5:15 Euchre
 5:30 Bunco

9

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

10

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

<p>13</p> <p>9:30 Make It, Take It 10:00 Stability Class 10:30 Exploring Scripture 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee</p>	<p>14</p> <p>9:30 Sewing & Crochet 10:00 Line Dancing 10:00 Landscape Painting 11:30 Lunch—GCCARD 1:00 Bingo 1:00 Commodities 3:15 Chair Yoga Video 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club</p>	<p>15</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>16</p> <p>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</p>	<p>17</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>20</p> <p>9:30 Make It, Take It 10:00 Stability Class 10:30 Exploring Scripture 11:30 Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee</p>	<p>21</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 Bid Euchre 6:30 Chess Club</p>	<p>22</p> <p>9:30 Pinochle 10:00 DrumFit 11:30 Lunch—GCCARD 1:00 Grief & Caregiver Painting 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>23</p> <p>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</p>	<p>24</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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Congregate October Meal Menu 2025

Menu Subject to Change Based on Product Availability and Quality Standards

M O N D A Y	T U E S D A Y	W E D N E S D A Y	T H U R S D A Y	F R I D A Y
6	7	8	9	10
 BBQ Pulled Pork-3 oz Cole Slaw-4 oz Vegetable Blend-4 oz Mandarin Orange Cup-1 ct Mini Sub Bun-1 ct Margarine-1 ea Milk 8 oz	 Grilled Chicken Breast-1 ct Chuck Wagon Vegetable Blend-4 oz Chopped Broccoli-4 oz Potato Roll-1 ct Mixed Fruit-1 ct Margarine-1 ea 100% Fruit Juice	Salisbury Steak-1 ea Redskin Mashed Potatoes-4 oz Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea Milk 8 oz. HM Broccoli & Cheddar Soup 8 oz Diced Potatoes 4 oz Oyster Crackers Golden Delicious Apple Margarine-1 ct Milk 8 oz. 	Turkey & Cheese Sub-1 ea Lettuce, tomato, onion HM Cucumber Salad 4 oz Steak House Potato Salad-4 oz Diced Pears-4 oz Whole Wheat Bun-1 ea Mayo Mustard-1 ea 100% fruit juice	Creamy Santa Fe Chicken Soup Diced Carrots 4 oz Tortilla Strips-1 oz Fruit Cocktail-4 oz Corn Muffin Milk 8 oz 
13	14	15	16	17
Meatloaf w/gravy-3 oz Mashed Potatoes-4 oz Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce 100% Fruit Juice 	Chicken Caesar Salad w/Romaine Cucumber Slices w/dip-4 oz Pasta Salad 4 oz Fruit Cocktail-4 oz Pita Half-1 ea Caesar Salad Dressing Pkt-1 ea Milk 8 oz	Creole Steak w/tomatoes In Sauce European Vegetables-4 oz Sliced Beets-4 oz Potato Roll-1 ct Margarine-1 ct Tropical Fruit Salad-4 oz Milk 8 oz	HM Chicken Parmesan Sandwich-1 Au Gratin Potatoes-4 oz Baby Carrots 4 oz. Pineapples-4 oz Potato Roll-1 ea Margarine-1 ea Milk 8 oz 	Sweet and Sour Meatballs- 6 ea Brown Rice-3 oz Green Beans-4 oz Pineapple Tidbits-4 oz Flatbread-1 ea Margarine-1 ea Milk 8 oz
20	21	22	23	24
Bean Soup w/ Turkey Ham-8oz Baby Carrots-4 oz Warm Apples-4 oz Corn Muffin-1 ea Margarine-1 ea Milk 8 oz	Beef Teriyaki w/Rice & Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice	HM Sloppy Joes-3 oz Veggie Blend-4 oz Cauliflower-4 oz Fresh Apple-1 ea WG Bun-1 ea Margarine-1 ea Milk 8 oz 	HM Chicken & Noodles 8 oz Mixed Vegetables-4 oz Diced Pears-4 oz Biscuit-1 ea Margarine-1 ea 100% Fruit Juice Cookie of the Month	Breaded Chicken Sandwich-1 ea Ranch Potato Wedges-4 oz Macaroni Salad-4 oz Whole Wheat Bun Fresh Orange Milk 8 oz mayo pkt
27	28	29	30	31
Oven Fried Chicken Southern Green Beans-4 oz Potato Salad-4 oz Hawaiian Roll Pineapple Tidbits-4 oz Milk-8 oz	Boneless BBQ Riblet Veggie Blend-4 oz Baked Beans-4 oz Sliced Sub Bun Diced Peaches-4 oz 100% Fruit Juice	Country Style Chicken w/gravy Steamed Broccoli-4 oz Roasted Vegetables-4 oz Honey Dew Fruit-4 oz Wheat Roll-1 ea Margarine-1 ea Milk 8 oz	HM Beef Tacos Roasted Corn & Black Beans Mexican Rice Tortilla Shells-2 Mango & Papaya Cup 100% Fruit Juice	HAPPY HALLOWEEN HM Beef Ghoulash-8oz Zombie Finger Carrots-4 oz Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct milk 



IN FOCUS

Millage-Funded Senior Services

In August 2024, Genesee County voters overwhelmingly renewed the Senior Services Millage for the third time in 20 years, reaffirming the community's commitment to senior citizens. Beginning in January 2026, the renewal will extend for 10 years through 2035. In its first year post renewal, the millage is projected to generate more than \$8.2 million in dedicated funding for programs and services that benefit residents aged 60 and older.

The Genesee County Board of Commissioners continues to support a wide range of millage-funded services for seniors, including senior centers, home-delivered meals, in-home care, transportation, lawn and snow maintenance, adult day care, respite care, elder abuse prevention, legal assistance, case management, guardianship services, and medical transportation and more. These services ensure that Genesee County's seniors can remain active, independent, and connected to their communities for years to come.

The Board of Commissioners deeply values the contributions of seniors and affirms the vital role that all senior service providers play in healthy, safe and livable communities. The Board is fully committed to supporting, partnering with, and investing in organizations that provide quality service to seniors, ensuring that resources are available to meet their needs now and into the future.

We want Genesee County to maintain its reputation for being one of the most senior-friendly counties in Michigan. Working together alongside our network of providers, as well as our incredible staff at the Genesee County Department of Senior Services, we will continue to focus resources in areas of highest need. We are constantly seeking out new ways to enhance our services and well serve every senior.

Onward and Upward!

Delrico J. Loyd - Chairman
Genesee County Board of Commissioners



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

PRSR STD
U.S. POSTAGE
PAID
FLINT, MI
PERMIT NO.284

EASTSIDE SENIOR CENTER NEWSLETTER

October 2025

Transportation Available

Days: Monday through Friday

Time: 8:30 am to 4 pm

Call: 810-250-1000 for scheduling and fee.



Call (810) 250-1000
For a ride!
Handicap Accessible

MI OPTIONS MEDICARE & MEDICAID ANNUAL ENROLLMENT OCTOBER 15TH- DECEMBER 7TH

Eastside Senior Center will have our Mi Options counselor available on Thursdays, Oct 16th through December 4th, from 10am-3pm. Please stop by the office, or call 810-250-5000 to schedule an appointment.