

Eastside Senior Center Newsletter November 2025



AGE CONFIDENTLY...AGE

EASTSIDE SENIOR CITIZENS ASSOCIATION

Executive Director:

Janet Supernaw
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Program Coordinator:

Marsha Anderson

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PHONE: 810-250-5000

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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.*

Build your Own Charcuterie Board

Come learn to make a perfect charcuterie board
with Jay E. Jacobs Catering!

When: Monday, November 17th • **Time:** 1:30 - 3:30 p.m.

Cost: \$15 for those 60 or older and live in Genesee County

This program and/or services is fully or partially funded by Genesee County Senior Millage Funds. Your tax dollars at work.

\$25 for those under 60 and/or live out of Genesee County



Attendees will leave with the finished board they created, and recipes & other ideas for making boards on their own.
(Knife, Board, and Food items will be provided for the course)



Call Eastside Senior Center at 810-250-5000 to reserve your spot. Class size is limited.

tech talk

with Brandy & Krystle

Let's discuss technology!

Join us for 4 weeks as we learn some tech basics

Week 1: Setting up emails & attachments
Week 2: Facebook & ordering online
Week 3: Apple & Android
Week 4: Recap weeks 1-3, with Q & A

**Mondays at 2pm
November 3rd - 24th**



GENESEE • COUNTY
-MICHIGAN -

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.

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



COMMIT TO FIT NUTRITION SERIES

Join Commit to Fit for a series of presentations around healthy aging. Classes will include a recipe tasting and demonstration.

Dates: November 4th - December 16th (Skipping Veterans Day)
Time: 9:00 - 10:00am



NUTRITION 101

Learn the basics of nutrition, label reading, and how to incorporate more fruits and vegetables into your diet.



HEART HEALTH 101

Learn new ways to live a heart-healthy lifestyle! This session covers ways to reduce the risk of developing cardiovascular disease, managing high blood pressure, signs of heart attack and stroke, and more!



PHYSICAL ACTIVITY FOR OLDER ADULTS

It is very important to stay active, especially as we age. Learn physical activity requirements for older adults, types of exercise, ways to move in a seated position, and much more!



PREPARE HEALTHY SNACKS FOR ONE OR TWO

Preparing meals for one or two people can be challenging and lead to food waste and an unbalanced diet. Learn new ways to cook in small batches, freeze leftovers, and expand recipe ingredients.



HEALTHY MEAL PLANNING

Learn easy, accessible ways to plan and prepare meals for the week and avoid wasting money on food that is bad for your health.



TAKE CARE OF YOUR KIDNEYS

Join us to learn more about the risks of Chronic Kidney Disease (CKD), how to keep your kidneys healthy, and much more!

Register with Eastside Senior Center at
(810) 250-5000

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 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

Monday, November 10th 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, November 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, etc. ***NO TRUST**
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.

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

★ ★ ★

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*

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: Monday, November 10, 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...

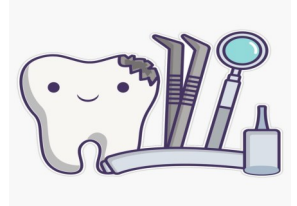


GENESEE COUNTY COMMISSION ON AGING

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, November 26th 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!



November 2025

Monday

Tuesday

Wednesday

Thursday

Friday

3

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
2:00 Tech Talk

4

9:00 Commit to Fit
 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 Bid Euchre
 6:30 Chess Club

5

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

6

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

7

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

10

9:30 Make It, Take It
 10:00 Exercise Video
10:00 Landscape Painting
 10:30 Exploring Scripture
 11:30 Lunch—GCCARD
 12:30 Double Pinochle
1:00 Commodities
 1:00 Yahtzee
2:00 Tech Talk

12

9:30 Pinochle
10:00 DrumFit
 11:30 Lunch—GCCARD
 12:30 Red Hats
 1:00 Bingo
 5:15 Euchre
 5:30 Bunco

13

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

14

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



17

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
1:30 Charcuterie Board Class
2:00 Tech Talk

18

9:00 Commit to Fit
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

19

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

20

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

21

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

24

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
2:00 Tech Talk

25

9:00 Commit to Fit
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 Bid Euchre
6:30 Chess Club

26

9:30 Pinochle
10:00 DrumFit
11:30 Lunch—GCCARD
1:00 Bingo
1:00 Caregiver/Grief Painting
5:15 Euchre
5:30 Bunco

Happy Thanksgiving!

CLOSED

November 27th and 28th

HOLIDAY DONATIONS









WE WILL BE COLLECTING MONETARY DONATIONS NOW THROUGH DECEMBER 5TH.

THESE DONATIONS WILL BE USED TO PURCHASE GROCERY STORE GIFT CARDS FOR LOW INCOME MEMBERS OF THE CENTER FOR THE HOLIDAYS.

THANK YOU FOR SUPPORTING OUR SENIOR CENTER!

- WALKER FARMS FOR THE BEAUTIFUL MUMS AT THE FRONT ENTRANCE
- HEALTH DEPARTMENT - FLU SHOT CLINIC
- VENDORS ATTENDING OUR HEALTH & RESOURCE FAIR!

Congregate November Meal Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu Subject to Change Based on Product Availability and Quality Standards</p> 				
<p>3 Asian Turkey Burger Sweet Potato Wedges 4 oz Steamed Cauliflower-4 oz WG Bun Cinnamon Applesauce-4 oz Milk</p>	<p>4 Fiesta Chicken w/onions & Peppers Roasted Corn & Black Beans 4 oz Cilantro Lime Rice 4 oz WG Roll Pineapple Tidbits-4 oz Margarine-1 ea 100% Fruit Juice-4 oz</p>	<p>5 Salisbury Steak w/Gravy Mashed Potatoes-4 oz Mixed Vegetables-4 oz Biscuit Fruit Cocktail-4 oz Margarine-1 ea Milk-8 oz</p>	<p>6 Cheese Ravioli w/Spinach & Mushroom Sauce Italian Veggie Blend-4 oz Roasted Potatoes-4 oz Potato Roll-1 ea Margarine-1 ea Fresh Pear-1 ea 100% Juice</p>	<p>7 New Orleans Chicken StirFry 4 oz Over LoMein Noodles 2oz Vegetable Blend-4 oz Steamed Broccoli Hawaiian Roll Apricots-4oz Milk-8 oz Fotune Cookie-1 ea</p> 
<p>10 Chicken Fajitas 3 oz Chuck Wagon Veggie Blend-4 oz Black Beans-4 oz Flour Tortilla Shells 2 ea Birthday Cake Pineapple Cup Milk</p>		<p>12 Honey Glazed Chicken Filets Parsley Potatoes-4 oz California Vegetable Blend WG Sweet Roll-1 ea Margarine-1 ea Fruit Cocktail-4 oz Milk-8 oz</p>	<p>13 Pub Burger w/Cheese Potato Wedges 4 oz Lettuce/Tomato/Onion Fruit Cocktail-4 oz WG Bun Ketchup/Mustard 100% Fruit Juice</p> 	<p>14 Vegetable Beef Stew 8oz 8oz Tomatoes & Zucchini 4 oz. Garlic Roll Margarine Mixed Fruit Cup Milk-8 oz</p>
<p>17 Swedish Meatballs 6 ea Brown Rice-4 oz Green Beans-4 oz Mandarin Oranges-4 oz Crunchy Breadsticks-1 pkt Milk</p>	<p>18 BBQ Pork Loin Sweet Corn 4 oz Cole Slaw 4 oz Wheat Roll Mango & Papaya 4 oz Margarine 100% Fruit Juice</p>	<p>19 Crispy Chicken Salad 3 oz w/Apples, Cranberries & Feta Cole Slaw-4 oz Potato Roll Diced Peas Milk-8 oz</p> 	<p>20 Mostaccioli w/Meat Sauce 8 oz French Green Beans 4 oz Corn on the Cob 1 ea Fresh Pear Baked Breadstick 100% Fruit Juice</p>	<p>21 Philly Chicken w/Cheese 3 oz Potato Wedges 4 oz Veggie Blend 4 oz Sub Bun Margarine-1 ea 100% Fruit Juice</p>
<p>24 Chili W/Ground Beef 8 oz Veggie Blend 4 oz Corn Bake 4 oz Strawberry Applesauce Milk</p> 	<p>25 THANKSGIVING LUNCHEON Turkey Breast W/Gravy 3 oz Mashed Potatoes 4 oz Gary's Famous Green Beans 4 oz HM Mac & Cheese 4 oz Wheat Roll w/Margarine HM Holiday Cookie 100% Fruit Juice-4 oz</p>	<p>26 Cobb Salad 4 oz w/Turkey, Cheese, Egg, Bacon Pasta Salad 4 oz Fruit Muffin-1 ea Mandarin Oranges-4oz Salad Dressing Pkt-1ea Milk-8oz</p>		

**MUST RSVP FOR THANKSGIVING LUNCHEON BY
NOON ON MONDAY, NOVEMBER 10TH**



Registration

Monday, November 10, 2025-Thursday, January 8, 2026

Registration Fees

\$15.00 per person without Bowling

\$18.00 per person with Bowling

Includes: T-Shirt, Unlimited Events, Opening Ceremony & Closing Ceremony Banquet

2026 Games

Monday, February 2, 2026-Wednesday, March 4, 2026

Pie Eating, Bowling, Jigsaw Puzzle, Spades, Checkers, Scrabble, Yahtzee, Hand Knee Foot, Shuffleboard, Competitive Table Tennis, Recreational Ping Pong, Cribbage, Pinochle (Single Deck), Dominoes (Mexican Train), Softball Toss, Free Throw, Euchre, Baking, Pickleball, Walking, Darts, Corn Hole, Arts & Crafts, Senior Grand Prix, Spelling Bee, Line Dancing, Pool, Mini Golf, Frisbee Toss and Ladder Golf

Follow the fun on the Senior Winter Games of Genesee County Facebook

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

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EASTSIDE SENIOR CENTER NEWSLETTER

November 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.*