

# Eastside Senior Center Newsletter December 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.*

Eastside Senior Center  
Presents

# Holly Jolly Dinner

**Monday, December 8, 2025**  
Dinner: 5pm      Entertainment: 6pm

Menu: To Be Announced

RSVP by December 1st

Limited Seating



## 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  
**members and staff**  
to complete **Secretary of State** transactions

**Date:** Wednesday December 3rd

**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



Vehicle services  
*Note: Instant title  
services not available*



Apply for/renew  
disability placard

For more information, contact  
**Eastside Senior Center**  
at 810-250-5000



10/25



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*



## 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.



### 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

### Games are held February 2, 2026 - 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

LOOK FOR REGISTRATION FORMS AT YOUR LOCAL SENIOR CENTER

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

## 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, December 9<sup>th</sup> 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, December 17<sup>th</sup>

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*

★ ★ ★  
**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*

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

## 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, December 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

Here because we care...

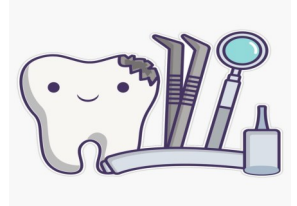


# GENESEE COUNTY COMMISSION ON AGING

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

Monday, December 22<sup>nd</sup> 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!



# December 2025

Monday

Tuesday

Wednesday

Thursday

Friday

1

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**

2

**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

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

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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

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

8

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  
**5:00 Holly Jolly Dinner**

9

**9:00 Commit to Fit**  
 9:30 Sewing & Crochet  
 10:00 Line Dancing  
**10:00 Landscape Painting**  
 11:30 Lunch—GCCARD  
 1:00 Bingo  
**1:00 Commodities/TeFap**  
 3:15 Chair Yoga Video  
 4:30 Duplicate Bridge  
 5:00 Bid Euchre  
 6:30 Chess Club

10

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

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

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

15

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

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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

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9:30 **Legal Services**  
9:30 Pinochle  
10:00 **DrumFIT**  
11:30 Lunch—GCCARD  
11:00 Bingo  
5:15 Euchre  
5:30 Bunco

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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

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

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9:30 Make It, Take It  
10:00 **DrumFit**  
10:30 Exploring Scripture  
11:30 Lunch—GCCARD  
12:30 Double Pinochle  
1:00 **Caregiver/Greif Paint**  
1:00 Yahtzee

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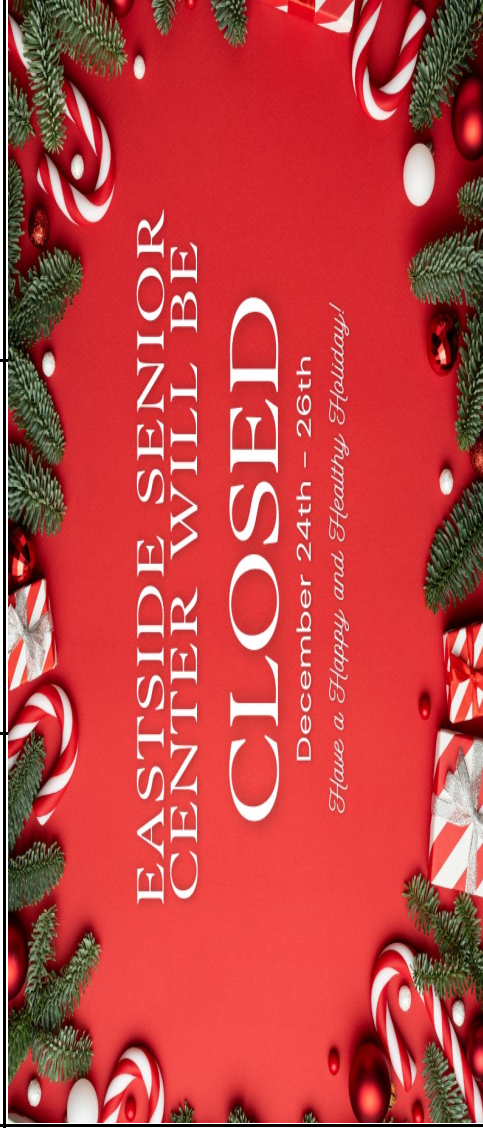
9:30 Sewing & Crochet  
10:00 Line Dancing  
11:30 Lunch—GCCARD  
1:00 Bingo  
3:15 Chair Yoga Video  
4:30 Duplicate Bridge  
5:00 Bid Euchre  
6:30 Chess Club

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9:30 Make It, Take It  
10:00 **DrumFit**  
10:30 Exploring Scripture  
11:30 Lunch—GCCARD  
12:30 Double Pinochle  
1:00 Yahtzee

30

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



## Congregate December Menu 2025

Menu Subject to Change Based on Product Availability and Quality Standards				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
BBQ Chicken Thighs Roasted Brussel Sprouts Mixed Vegetables-4 oz Diced Peas-4 oz Hawaiian Roll Margarine-1 ea Milk	Meatloaf w/gravy Redskin potatoes-4 oz Sweet Peas-4 oz Fresh Apple-1 ea Corn Bread Margarine 100% Fruit Juice-4 oz	 HM Lasagna Soup Steamed Broccoli Baby Carrots Garlic Stick Corn Bread Margarine Deluxe Fruit Salad Milk	BBQ Pork Burger Potato Wedges Green Beans Cocktail-4 oz WG Bun Margarine 100% Fruit Juice	Baked Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw -4 oz Potato Roll Mixed Fruit-4 oz Margarine Milk
8	9	10	11	12
Beef Tacos Spanish Rice Roasted Mexi Corn Diced Peaches Tortilla Shells (2) Milk 	HM Beef Stew w/Peas, Carrots, Potatoes Italian Green Beans Fresh Apple margarine Biscuit 100% Fruit Juice	HM Chicken Chili Steamed Broccoli Diced Carrots (4 oz) Fresh Pear 1 ct) Bread Stick(1 ct) Margarine (1 ct) Milk	HM Stuffed Green Pepper Vegetable Blend-4 oz Steamed Cauliflower-4 oz Pineapple Chunks-4 oz WG Crackers Margarine 100% Fruit Juice-4 oz 	Salisbury Steak in gravy Steamed Spinach-4 oz Corn-4 oz Diced Peaches-4 oz Multi - Grain Roll Margarine Milk
15	16	17	18	19
Chicken Parmesan-1 ea Steamed Spaghetti-2 oz Veggie Blend Whole Grain Garlic Bread-1 ct Margarine-1 ct Diced Peas-4 oz Milk 	Antipasto Salad w/ Ham, Pepperoni & Salami Fresh Broccoli w/dip Sliced Peas-4 oz Wheat Roll Salad Dressing Milk	Christmas Eve 	CHRISTMASLUNCHEON Glazed Pork Loin Roasted Veggie Medley Candied Yams Apple Crisp Wheat Roll & Margarine 100% Fruit Juice 	Country Style Chicken Sweet Peas Diced Potatoes Dinner Roll Margarine Applesauce Milk
22	23	24	25	26
Steak Fajitas Chuck Wagon Veggies Cilantro Lime Rice Tortilla Shell Margarine-1 ct Pineapple Cup Milk	HM Chicken Salad 3 Bean Salad Fresh Baby Carrots Sliced croissant Ranch Dressing Cup Cantelope & honeydew 100% Fruit Juice	Christmas Eve 	Christmas Eve 	
29	30	31		
Baked Chicken Breasts w/ Stewed Vegetables-8 oz Lima Beans-4 oz Mandarin Oranges-4 oz Potato Roll Margarine 100% Fruit Juice	HM Sloppy Joes Sliced Potatoes w/Peppers & Onions Corn Fresh Apple WG Bun Margarine 100% Fruit Juice	NEW YEAR'S EVE 	 Genesee County CARD Community Action Resource Department	

**MUST RSVP FOR CHRISTMAS LUNCHEON BY 1PM ON DECEMBER 4<sup>TH</sup>**

# Information & Transportation

## Janet's Retirement

After 14 years with many different titles, I am retiring from 8 years as Executive Director here at Eastside Senior Center.

I would like to thank the following for all their support:  
Debra Gilbert, for the continued mentoring and sound advice.  
The Board of Directors at Eastside Senior Center, The Genesee County Department of Senior Services Staff, Management at Piper Realty, and the Staff at Kearsley Daly and Genesee Charter Township.

I am taking with me many memories from other Directors, and Service Providers that were helpful in my growth at Eastside Senior Center.

To my Staff:

Thank you for what you contribute beyond your required responsibilities to help the team & Eastside Senior Center succeed. You all have a deep and thoughtful understanding of senior's emotions and perspectives that make them feel safe and cared for.

In closing, I have learned how difficult it is to say goodbye for the loss of many of my senior friends. I will miss my days here. I am blessed to have you as friends.

*Janet*

*'tis the season*  
**GIFT WRAPPING  
MONDAYS IN  
DECEMBER  
1 PM-3 PM**

The Arts & Crafts room will be available to use for gift wrapping with friends! We also will have our Staff available to help wrap. We will provide all the supplies!




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

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


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# EASTSIDE SENIOR CENTER NEWSLETTER

## December 2025



Eastside Senior Citizens Association would like to thank the following for their continued support:  
*Genesee County Department of Senior Services*  
*Charter Township of Genesee*  
*Genesee County Board of Commissioners for allocating \$100,000 of Genesee County's American Rescue Plan Act (ARPA) funding to each of the 16 Senior Centers in Genesee County.*  
The funding had to be used for capital improvement projects.



Our funded projects were a new updated HVAC system, sidewalk and curb replacement, & benches.