

Eastside Senior Center Newsletter January 2026



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

EASTSIDE SENIOR CITIZENS ASSOCIATION

Executive Director:

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.*

Healthy Eating for Successful Living in Older Adults

- 6 week class, meeting up to 2.5 hours each week
- Cooking Demonstrations and Grocery Store Food Tour
- Topics include: MyPlate Guidelines, Label Reading, Grains, Vegetables, Fruits, Water, Meat, Eggs, Legumes, Milk, Fat, Sweets and Exercise

Register Now!

Eastside Senior Citizens Center
3065 N Genesee Rd. Flint, MI 48506
January 26 - March 9, 2026
12:30pm - 3:00pm
To register call: (810) 250-5000

Presented By:
Jeannette Brunetti, RD at VAAA

VAAA
Valley Area
Agency On Aging
Answers, Action & Advocacy
for All Things Senior



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

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.



GENESEE • COUNTY
-MICHIGAN -

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.



5 WAYS EXERCISE BENEFITS SENIORS



REDUCING THE RISK OF DISEASE

Physical exercise helps to protect our heart health, prevent high blood pressure, and reduce the risk of diabetes, cancer, or strokes.



SLOWING MUSCLE LOSS

We naturally lose muscle as we age. But staying physically active can slow the rate of loss. This helps in preventing falls and supporting our bones and joints.



PROTECTING COGNITIVE FUNCTION

Exercise helps to maintain good cognitive function, preventing memory loss and even reducing the chances of developing dementia.



SUPPORTING HEALING

Regular exercise helps our immune systems to function properly, increasing our ability to fight off infections. It also speeds up wound healing – possibly by as much as 25%.



CONTRIBUTING TO THE OVERALL QUALITY OF LIFE

Keeping physically active can prevent depression and lift our mood, as well as keeping us independent for as long as possible.

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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 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

Tuesday, January 13th 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, January 21st

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

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, January 13, 2026

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...

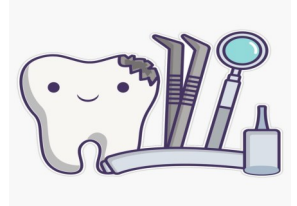


GENESEE COUNTY COMMISSION ON AGING

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, January 28th 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!



January 2026

Monday

Tuesday

Wednesday

Thursday

Friday



5

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

6

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

7


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

8

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

9

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>12</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>13</p> <p>9:30 Sewing & Crochet 10:00 Line Dancing 10:00 Landscape Painting 11:30 Lunch—GCCARD 1:00 Commodities 1:00 Bingo 3:15 Chair Yoga Video 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club</p>	<p>14</p> <p>9:30 Pinochle 10:00 DrumFit 11:30 Lunch—GCCARD 12:30 Red Hats 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>15</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>16</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>CLOSED</p> <p>MARTIN LUTHER KING, JR. DAY</p> <p><i>I have a dream</i></p>	<p>20</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>21</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>22</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>23</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>26</p> <p>9:30 Make It, Take It 10:00 Exercise Video 10:30 Exploring Scripture 11:30 Lunch—GCCARD 12:30 Eating Healthy 12:30 Double Pinochle 1:00 Yahtzee</p>	<p>27</p> <p>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</p>	<p>28</p> <p>9:30 Pinochle 10:00 DrumFit 11:30 Lunch—GCCARD 1:00 Bingo 1:00 Grief & Caregiver Painting 5:15 Euchre 5:30 Bunco</p>	<p>29</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>30</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>

Congregate January Menu 2026

MONDAY M O N D A Y	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
5	6	7	8	9
BBQ Chicken Tenders Spinach Yams & Apples Whole Wheat Roll Margarine Fresh Orange Milk	Pork Chops w/Mushrooms Italian Green Beans Mashed Potatoes Sliced Wheat Bread Margarine Fresh Apple 100% Fruit Juice	HM Chili Whole Kernel Corn Cauliflower Fresh Pear Buttermilk Biscuit w/honey Margarine Milk	Open-Face Turkey Pot Roast Sweet Peas Redskin Mashed Potatoes Texas Toast Half Margarine Diced Peaches 100% Fruit Juice	Chicken Caesar Wrap W/ Romaine & Parmesan Cucumber Slices w/dip Fruit Cocktail Tortilla Wrap Milk
12	13	14	15	16
Ham, Bacon Frittata W/ Cheese, Peppers & Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mini Muffin Milk	HM Creamy Tortellini & Sausage Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	Roasted Chicken Breast Italian Veggie Blend Glazed Carrots Pear Hawaiian Roll Margarine Milk	Creole Steak Veggie Blend Sliced Beets Golden Delicious Apple Potato Roll Margarine 100% Fruit Juice Cookie Of the Month	Crispy Fish Taco w/Fresh Corn Salsa Au gratin Potatoes Cole Slaw Pineapples Tortilla Shell Milk
19	20	21	22	23
	HM Sloppy Joes Veggie Blend Broccoli Florets Apple WG Bun Margarine 100% Fruit Juice			HM Artisan Mac and Cheese French Cut Green Beans Sliced Carrots Wheat Roll Mandarin Oranges Margarine Milk
26	27	28	29	30
HM Goulash Spinach Fried Corn Fresh Orange Margarine Milk	HM Chicken Salad Fresh HM Cucumber Salad Fresh Broccoli Bites w/dip Mango & Papaya Croissant 100% Fruit Juice	Chicken Cacciatore Mixed Greens Spaghetti Corn Bake Golden Apple Margarine Milk	HM Turkey Pot Pie w/ Stewed Vegetables Green Beans Warm Peaches Biscuit 100% Fruit Juice	Pub Burger w/Cheese Potato Wedges Vegetable Blend Diced Peas Multi-Grain Bun Ketchup & Mustard Milk

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!

Handicap Accessible

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

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

EASTSIDE SENIOR CENTER NEWSLETTER

January 2026



TAXES - AARP INCOME TAX APPOINTMENT

Eastside Senior Center will not be taking appointments until January 12, 2026.

Due to high call volume, we **WILL NOT** return any messages about tax appointments; just keep calling.

Office hours are Monday - Friday from 8:00am - 4:00pm.