

Eastside Senior Center Newsletter February 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.*

Eastside Senior Center Presents

Spring Equinox Handmade Craft Show

Saturday, March 14th

10am - 2pm

Vendor set up: 9am

Looking for Vendors now!

Call Mary Clark for more details

989-482-7433

Along with our regular events located in our newsletter, on Facebook, & website, we will be hosting two Senior Winter Game Events:
Wednesday, February 4th
Jigsaw Puzzles @ 9:00 am & Spades @ 1:00pm

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.



UNDERSTANDING ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association®



ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

Join us to learn about:

- » The impact of Alzheimer's.
- » The difference between Alzheimer's and dementia.
- » Alzheimer's disease stages and risk factors.
- » Current research and treatments available to address some symptoms.
- » Alzheimer's Association resources.

Thursday, February 19

11:30 a.m. - 12:30 p.m.

Eastside Senior Center

3065 N Genesee Rd

Flint, MI 48506

RSVP to the center at (810) 250-5000.

Visit alz.org/CRF to explore additional education programs online and in your area.

ALZHEIMER'S ASSOCIATION

27030006

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, February 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, February 18th

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, February 10, 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...

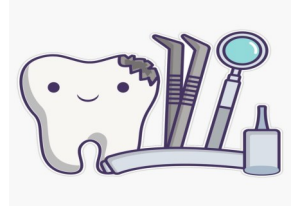


GENESEE COUNTY COMMISSION ON AGING

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, February 25th 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!



February 2026

Monday

Tuesday

Wednesday

Thursday

Friday

2

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

3

Computer Room
 Closed
AARP Income Tax
 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

4

9:00 **SWG—Jigsaw Puzzles**
 9:30 Pinochle
 11:30 Lunch—GCCARD
1:00 SWG—Spades
 5:15 Euchre
 5:30 Bunco

No DrumFit
No Bingo
Due to Senior
Winter Games

5

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

6

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

9

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

11

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

12

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

13

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

Computer Room
 Closed
AARP Income Tax
 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>CLOSED</p> <p>★ ★ ★ HAPPY ★ ★ ★ PRESIDENT DAY <small>UNITED STATES OF AMERICA</small></p>	<p>17 Computer Room Closed AARP Income Tax</p> <p>9:30 Sewing & Crochet 10:00 Line Dancing 11:30 Lunch—GCCCARD 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>18</p> <p>9:30 Legal Services 9:30 Pinochle 11:30 Lunch—GCCCARD 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>19</p> <p>8:30 TOPS 1060 Flint 9:30 Cribbage 10:00 UNO Movement 11:30 Lunch—GCCCARD 11:30 Alzheimer's Presentation 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It</p>	<p>20</p> <p>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>
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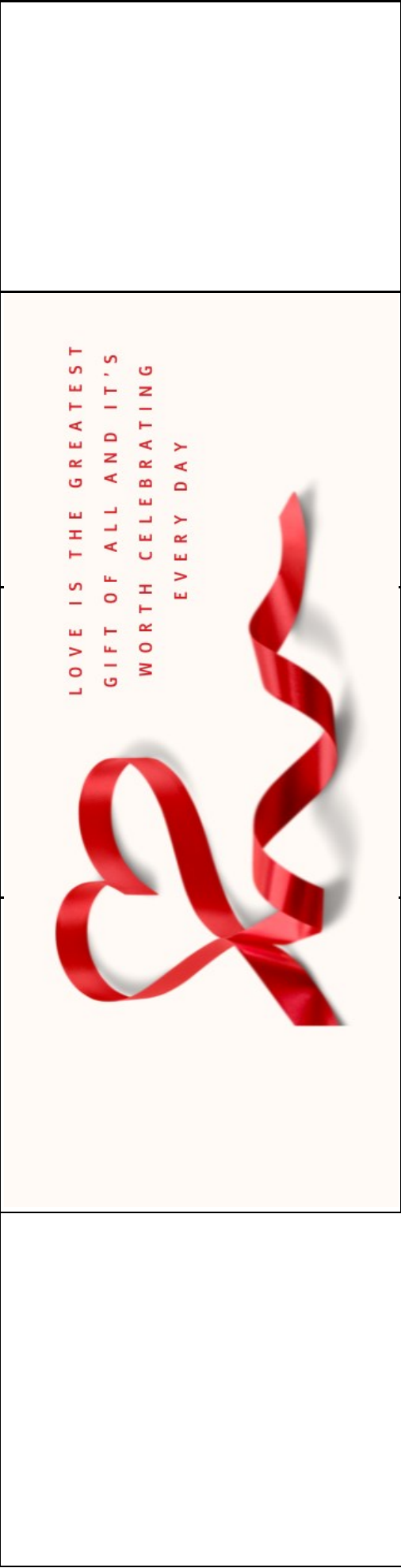
<p>23</p> <p>9:30 Make It, Take It 10:00 Exercise video 10:30 Exploring Scripture 11:30 Lunch—GCCCARD 12:30 Eating Healthy 12:30 Double Pinochle 1:00 Yahtzee</p>

<p>24 Computer Room Closed AARP Income Tax</p> <p>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</p>

<p>25</p> <p>9:30 Pinochle 10:00 DrumFit 11:30 Lunch—GCCCARD 1:00 Caregiver/Grief Painting 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>

<p>26</p> <p>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</p>

<p>27</p> <p>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>



Congregate February Menu 2026

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2 Meatloaf w/Gravy Redskin Mashed Potatoes-4 oz. Sweet Green Peas-4 oz. Fresh Apple Multi-Grain Roll Margarine Milk</p>	 <p>3 HM White Chicken Chili-8 oz Whole Kernel Corn-4 oz. Mini Corn Muffin Pear Cup Margarine 100% Fruit Juice</p> 	 <p>4 Turkey Tetrazzini-8 oz. Chuck Wagon Veggies-4 oz. Key West Vegetable Blend-4 oz. Strawberry Applesauce Potato roll Milk</p>	 <p>5 Sweet & Sour Pork Loins California Blend-4 oz. Rosemary Potatoes-4 oz. Pineapples Dinner Roll Margarine 100% Fruit Juice</p>	 <p>6 Turkey, Ham & Cheese Sub Pasta Salad-4 oz. Baby Carrots-4 oz. WG Bun Mandarins-4 oz. Mayo & Mustard Milk</p>
<p>9 Cheese Ravioli w/Meat Sauce Cauliflower-4 oz Diced Carrots-4 oz. Peaches-4 oz Potato Roll Margarine Milk</p>	<p>10 HM Beef Stew-6 oz. w/ Stewed Vegetables Green Beans-4 oz. Warm Peaches-4 oz. Biscuit 100% Fruit Juice</p> 	<p>11 Chicken Parm Sandwich Potato wedges-4 oz. Mixed Veggies-4 oz. Diced Peas-4 oz. WG Bun Margarine Milk</p>	<p>12 Potato Soup w/Ham & Bacon-8 oz. Sweet Corn-4 oz. Corn Muffin Fresh Orange Margarine 100% Fruit Juice Cookie of the Month</p> 	<p>13 Baked Fish in Lemon Cream Sauce Rice Pilaf-4 oz. Veggie Blend-4 oz. Mixed Fruit Salad-4 oz. Hawaiian Roll Margarine Milk</p>
<p>16 </p> <p>23 Breaded Chicken Sandwich Diced Potatoes-4 oz. Winter Blend Veggies-4 oz. Apricots-4 oz. Wheat Bun Margarine Milk</p>	<p>17 HM Sloppy Joes-3 oz. Veggie Blend-4 oz. Cauliflower-4 oz. Golden Apple WG Bun Margarine 100% Fruit Juice</p>	<p>18 Tangerine Chicken in Stir Fry Vegetables-6 oz. Crinkle Cut Carrots-4 oz. Brown Rice-4 oz. Diced Pineapples-4 oz. Potato Roll Margarine Milk</p>	<p>19 Baked BBQ Chicken Thighs Loaded Potato Salad-4 oz. Southern Green Beans-4 oz. Whole Wheat Roll Fresh Orange Margarine 100% Fruit Juice Birthday Cake</p>	<p>20 Artisan Mac & Cheese-8 oz Stewed Tomatoes-4 oz Steamed Broccoli-4 oz Potato Roll Margarine Diced Peas-4 oz. Milk</p> 
<p>23 Breaded Chicken Sandwich Diced Potatoes-4 oz. Winter Blend Veggies-4 oz. Apricots-4 oz. Wheat Bun Margarine Milk</p>	<p>24 Chef Salad w/Turkey, Cheese & Eggs-3 oz. Romaine Lettuce-4 oz. Sliced Cucumbers-4 oz. Fruit Cocktail-4 oz. Flatbread Half 100% Fruit Juice</p> 	<p>25 HM Goulash-8 oz. Spinach-4 oz. Baby Carrots-4 oz. Fresh Apple Corn Bread Margarine Milk</p>	<p>26 Chicken & Sausage Jambalaya w/Brown Rice Corn Bake-2 oz. Green Beans-4 oz. Diced Peaches-4 oz. 100% Fruit Juice</p>	<p>27 Turkey Burger w/ Cheese Leaf Lettuce/Sliced Tomato Cole Slaw-4 oz. Peas & Carrots-4 oz. Fruit Salad Whole Wheat Bun Mayo & Mustard Milk</p>

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



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

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U.S. POSTAGE
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PERMIT NO.284

EASTSIDE SENIOR CENTER NEWSLETTER

February 2026



TAXES - AARP INCOME TAX APPOINTMENT

We are now accepting tax appointments.

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.