

Eastside Senior Center Newsletter March 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.*



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: Thursday March 19th
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 the front desk or
810-250-5000
to schedule your visit for this
mobile office event!



Eastside Senior Center Presents Spring Equinox Handmade Craft Show

Saturday, March 14th

10am - 2pm

Free admission!

Come have coffee on us & shop local
handmade items!

3065 N. Genesee Rd Flint Mi 48506

Vendor Information or General Questions:

Mary Clark 989-482-7433

eastsidecraftshows@gmail.com



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

Monday 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.



HEALTHY LIVING FOR YOUR BRAIN AND BODY TIPS FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**Thursday, March 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 in your area.

ALZHEIMER'S ASSOCIATION

27350503

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, March 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

Euchre
 Wednesdays
 5:15—9:00

Bid Euchre
 Tuesdays
 5-8:30

Pinochle
 Wednesdays
 9:30—11:30

Chess Club
 Tuesdays
 6:30—9:00



Duplicate Bridge
 Thursdays
 1:00—5:00
 Tuesday Evenings
 4:30—9:00

Double Pinochle
 Mondays
 12:30—2:30

Pool Table
 Everyday
 9:00—4:00

Quiddler
 1st and 3rd
 Fridays
 12:30



Skip-Bo
 Thursdays
 12:00

Legal Services of Eastern Michigan

Friday, March 6th

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

Eastside Senior Center is hosting
the
**GENESEE COUNTY
ELDER ABUSE TASK
FORCE**
Presenting:
**THURSDAY
MARCH 12TH
10AM**
Call or stop in to RSVP
810-250-5000

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

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

For low income seniors aged 60+ and live in Genesee County. Please call the office for eligibility requirements.

Must apply in advance.

Date: Tuesday, March 10, 2026

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...

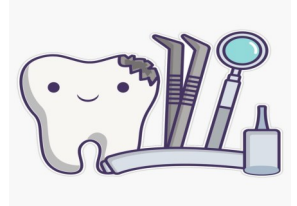


GENESEE COUNTY COMMISSION ON AGING

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

Wednesday, March 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!



March 2026

Monday

Tuesday

Wednesday

Thursday

Friday

2

9:00 SilverSneakers Well-Balanced Class
 Make It, Take It
 9:30 Exploring Scripture
10:30 Dementia Caregiving Workshop
 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—GCCCARD
 1:00 Bingo
 3:15 Chair Yoga Video
 4:30 Duplicate Bridge
 5:00 Bid Euchre
 6:30 Chess Club

4

9:30 Pinochle
10:00 DrumFit
 Lunch—GCCCARD
12:00 Matter of Balance
 1:00 Bingo
 5:15 Euchre
 5:30 Bunco

5

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

6

9:30 Legal Services
 9:30 Arthritis Exercise (Instructor)
10:30 SilverSneakers Well-Balanced Class
 10:30 Bible Reading/Discussion
 11:30 Blood Pressure Checks
 11:30 Lunch—GCCCARD
 12:30 Quiddler
 1:00 Extra Fast Bingo

9

9:00 SilverSneakers Well-Balanced Class
 Make It, Take It
 9:30 Exploring Scripture
10:30 Dementia Caregiving Workshop
 Lunch-GCCARD
12:30 Eating Healthy
 12:30 Double Pinochle
 1:00 Yahtzee

10

Computer Room
 Closed
AARP Income Tax
 9:30 Sewing & Crochet
 10:00 Line Dancing
10:00 Landscape Painting
 11:30 Lunch—GCCCARD
 1:00 Bingo
1:00 Commodities/TeFap
 3:15 Chair Yoga Video
 4:30 Duplicate Bridge
 5:00 Bid Euchre
 6:30 Chess Club

11

9:30 Pinochle
10:00 DrumFit
 Lunch—GCCCARD
12:00 Matter of Balance
 12:30 Red Hats
 1:00 Bingo
 5:15 Euchre
 5:30 Bunco

12

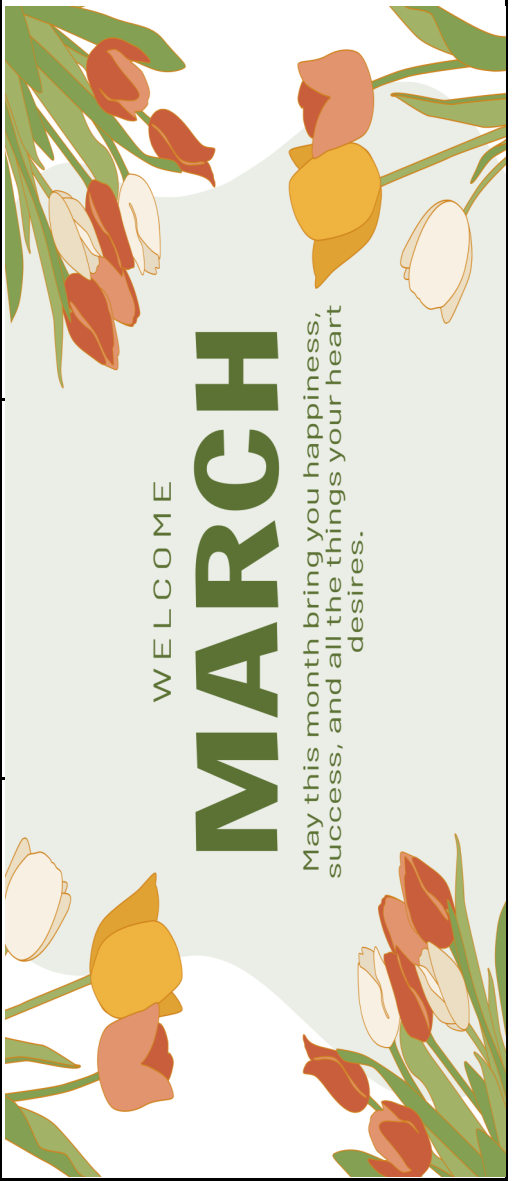
8:30 TOPS 1060 Flint
10:00 Elder Abuse Presentation
10:00 UNO Movement
 Lunch—GCCCARD
 12:00 Skip-Bo
 1:00 Duplicate Bridge
 1:00 Make It, Take It

13

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

<p>16</p> <p>9:00 SilverSneakers Well-Balanced Class Make It, Take It 10:30 Exploring Scripture 10:30 Dementia Caregiving Workshop Lunch—GCCARD 12:30 Double Pinochle 1:00 Yahtzee</p>	<p>17 Computer Room Closed AARP Income Tax 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>18</p> <p>9:30 Pinochle 10:00 DrumFit 11:30 Lunch—GCCARD 12:00 Matter of Balance 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>19</p> <p>8:30 TOPS 1060 Flint 10:00 Secretary of State Mobile Office 10:00 UNO Movement 11:30 Lunch—GCCARD 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 SilverSneakers Well-Balanced Class 10:30 Bible Reading/ Discussion 11:30 Blood Pressure Checks 11:30 Lunch—GCCARD 12:30 Quiddler 1:00 Extra Fast Bingo</p>
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<p>23</p> <p>9:00 SilverSneakers Well-Balanced Class Make It, Take It 9:30 Exploring Scripture 10:30 Lunch—GCCARD 11:30 Double Pinochle 1:00 Yahtzee</p>	<p>24 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</p>	<p>25</p> <p>9:30 Pinochle 10:00 DrumFit 11:30 Lunch—GCCARD 12:00 Matter of Balance 1:00 Bingo 1:00 Caregiver/Grief Painting 5:15 Euchre 5:30 Bunco</p>	<p>26</p> <p>8:30 TOPS 1060 Flint 10:00 UNO Movement 11:30 Lunch—GCCARD 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—GCCARD 1:00 Extra Fast Bingo</p>
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<p>30</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>31 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</p>	 <p>WELCOME</p> <h1>MARCH</h1> <p>May this month bring you happiness, success, and all the things your heart desires.</p>
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Congregate March Menu 2026

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>Smothered Pork Chop Mashed Potatoes Mixed Greens Honey Wheat Roll Diced Peas Margarine Milk</p>	<p>Spaghetti & Meatballs Sweet Peas Italian Veggie Blend Fresh Apple Garlic Bread Margarine 100% Fruit Juice</p>	<p>Beef Fajitas w/ Peppers/Onions Mexican Rice Black Beans Fruit Cocktail Tortilla Shell Sour Cream Milk</p> 	<p>Oven Fried Chicken Chuck Wagon Blend Potato Salad Fresh Orange WG Roll Margarine 100% Fruit Juice</p>	<p>Korean Beef Bowl w/Rice w/Snap Peas, Peppers, Onions & Broccoli Peas & Carrots Pineapples Hawaiian Roll Milk</p> 
9	10	11	12	13
<p>Roasted Turkey & Gravy w/ Mashed Potatoes Southern Green Beans Warm Peaches Biscuit Milk</p>	<p>Meatball Sub Potato Wedges Sweet Peas Pineapple Tidbits WG Bun Margarine 100% Fruit Juice</p> 	<p>Chicken Tenders over Creamy Cavatappi Steamed Broccoli Roasted Veggies Mixed Fruit Wheat Roll Margarine Milk</p>	<p>BBQ Pulled Pork Baked beans Mixed Vegetables Fresh Orange WG Bun Margarine 100% Fruit Juice Birthday Cake</p>	<p>Margarine Breaded Cod Au Gratin Potatoes Corn Pineapples Hawaiian Roll Margarine Milk</p>
16	17	18	19	20
<p>Boneless BBQ Riblet Mixed Vegetables Fruit Cup WG Bun Diced Peaches Milk</p>	<p>Salisbury Steak w/gravy Brown Rice Italian Green Beans Fresh Peas Potato Roll 100% Fruit Juice</p> 	<p>Chicken Salad Sandwich Pasta Salad HM Cucumber Salad Fresh Peas Sliced Croissant Milk</p>	<p>Stuffed Peppers Steamed Beets Cauliflower Applesauce Dinner Roll Margarine 100% Fruit Juice Cookie of the Month</p> 	<p>Artisan Mac & Cheese French Cut Green Beans Sliced Carrots Fruit Cocktail Crunchy Breadsticks Margarine Milk</p>
23	24	25	26	27
<p>Beef Goulash Lima Beans Cauliflower Golden Apple Potato Roll Margarine Milk</p>	<p>White Chicken Chili Whole Kernel Corn Mixed Greens Mango & Papaya Fruit Cup Corn muffin 100% Fruit Juice</p>	<p>Cobb Salad w/Turkey, Cheese, Egg, Bacon Pasta Salad Peaches Breadstick Salad Dressing Milk</p> 	<p>Baked Chicken Breast Green Beans Roasted Veggies Strawberry Applesauce Garlic Roll Margarine 100% Fruit Juice</p>	<p>Pub Burger w/Cheese Potato Salad Peas & Carrots Fruit Cocktail WG Bun Mayo & Mustard Milk</p> 
30	31			
<p>Creole Steak European Veggies Diced Potatoes Golden Delicious Apple Potato Roll Margarine Milk</p>	<p>Italian Wedding Soup Diced Carrots Veggie Blend Diced Peaches Wheat Roll Margarine 100% Fruit Juice</p>	  		

HOUSING OPPORTUNITIES & TRANSPORTATION

These properties are fully or partially owned by The Eastside Senior Citizens Association.

Kearsley Daly Villa

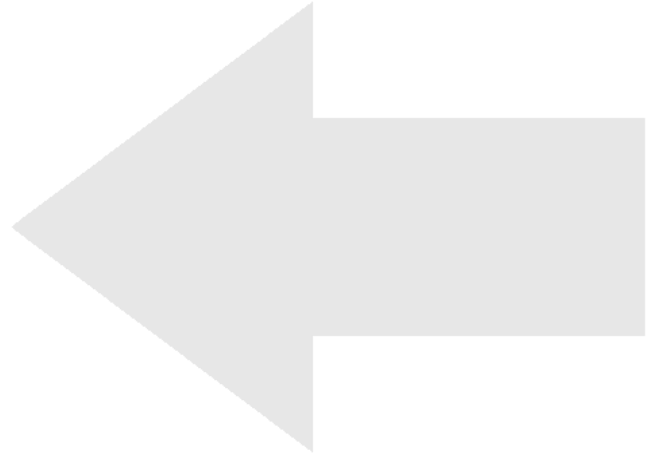
Kearsley Daly Villa (KDV) is a 100 unit apartment complex physically connected to Eastside Senior Citizens Center. Within this complex you will find a library, game area, and beauty salon. This complex has both one and two bedroom units with either one or two bathrooms. Each floor has a laundry facility. 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 at 810-250-1000.



Eastside Senior Center is now offering a **DVD EXCHANGE CORNER**. Bring us your gently used DVDs that you are tired of watching, & pick out some new ones! Stop in the office for more information



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 CENTER NEWSLETTER

March 2026

Dementia Caregiving



ARE YOU CARING FOR A PERSON WITH MEMORY LOSS?

Attend an in-person workshop series for help!

This Dementia Caregiving workshop is 3-session program for those caring for a person with dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information.

Learn how to:

- Understand basic information about dementia and its impact on brain function
- Communicate more effectively with someone who has dementia
- Recognize stages of dementia
- Provide meaningful daily activities based on your loved one's interests and abilities
- Better understand and address dementia-related behaviors
- create a positive caregiving environment
- Learn strategies and benefits of self-care
- Build your network of support



DEMENTIA CAREGIVING WORKSHOP

Location: Eastside Senior Center
3065 N Genesee Rd. Flint, MI 48506

Dates: March 2nd, 9th, 16th

Time: 10:30am - 12pm

Register: 810-250-5000

This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services Bureau of Aging, Community Living, and Supports



DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Location: Eastside Senior Center

3065 N Genesee Rd.
Flint, MI 48506

12:00pm 1:30pm
Wednesdays:
March 4th April 22nd, 2026
No Class 4/1/26

Donation for the participant manual is \$10.00, although not required to attend. Classes are conducted over seven sessions, meeting once a week.

To sign up for the class please contact Eastside Senior Center at

(810)250-5000.

Space is limited.



VAAA is a proud ARS platinum member

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

Paid for with ACLS Bureau. & Valley Area Agency on Aging. If you would like additional information, please contact Abbie Mars at the Valley Area Agency on Aging at 810-239-7671, Ext 213.