

Eastside Senior Center Newsletter April 2026



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

EASTSIDE SENIOR CITIZENS ASSOCIATION

Executive Director:
Becca Kunz
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Program Coordinator:
Marsha Anderson
Office Assistant:
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Van Driver:
Sandra Brown
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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.*



ESTATE PLANNING SEMINAR

W/ Nikola Lucic, Senior Law Advocate
Legal Services of Eastern Michigan

WHEN: Thursday, April 16 @ 10 a.m.

WHERE: Eastside Senior Center

Come join us as Nik shares:

- * How to protect the assets you leave behind.
- * Ensuring your family does not encounter unforeseen legal challenges.
- * Making your wishes about healthcare decisions known to your loved ones.
- * The importance of naming power of attorney agents so the decision is not left up to the courts.

Please RSVP by April 15, 2026



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TOPICS INCLUDE

WILLS
VS.
TRUSTS

POWER OF
ATTORNEY

LADY BIRD
DEEDS

POTENTIAL
ELDER ABUSE

Eastside Senior Center Presents

APRIL SHOWERS DANCE

Monday, April 13

5–7pm

\$5 at the door

Featuring: The Generations Band

50/50 Raffle
Live Music

Dancing
Cookies &
Punch

3065 N. Genesee Rd Flint Mi 48506
810-250-5000



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.



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.

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.

Make It, Take It

Mondays 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, April 14th 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

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

Friday, April 10th

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.

<p>CLIO SENIOR CENTER 810-687-7620</p> <p>FLUSHING SENIOR CENTER 810-659-4735</p> <p>DAVISON SENIOR CENTER 810-658-1566</p>	<p>LOOSE SENIOR CENTER 810-735-9406</p> <p>SWARTZ CREEK SENIOR CENTER 810-635-4122</p> <p>GRAND BLANC SENIOR CENTER 810-659-3202</p>
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★ ★ ★

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, April 14, 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...

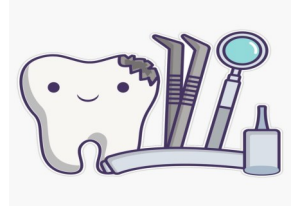


GENESEE COUNTY COMMISSION ON AGING

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, April 22nd
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!



April 2026

Monday

Tuesday

Wednesday

Thursday

Friday



1

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

2

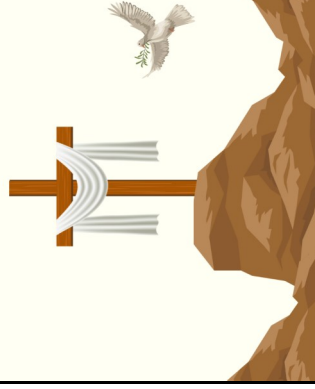
8:30 TOPS 1060 Flint
10:00 UNO Movement
 11:30 Lunch—GCCARD
 12:00 Skip-Bo
 1:00 Duplicate Bridge
 1:00 Make It, Take It



CLOSED

Good

FRIDAY



6

9:00 SilverSneakers Well-Balanced Class
 Exploring Scripture
 11:30 Lunch-GCCARD
 12:30 Double Pinochle
 1:00 Make It, Take It
 1:00 Yahtzee

7

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

8

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

9

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

10

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—GCCARD
 1:00 Extra Fast Bingo

<p>13</p> <p>9:00 SilverSneakers Well-Balanced Class Exploring Scripture 10:30 Lunch—GCCARD 11:30 Double Pinochle 12:30 Make It, Take It 1:00 Yahtzee 5:00 April Showers Dance</p>	<p>14 Computer Room Closed AARP Income Tax</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>15</p> <p>9:30 Pinochle 10:00 DrumFit 11:30 Lunch—GCCARD 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>16</p> <p>8:30 TOPS 1060 Flint 10:00 Estate Planning Seminar 11:30 Lunch—GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It</p>	<p>17</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 1:00 Extra Fast Bingo</p>
<p>20</p> <p>9:00 SilverSneakers Well-Balanced Class Exploring Scripture 10:30 Lunch—GCCARD 11:30 Double Pinochle 12:30 Make It, Take It 1:00 Yahtzee</p>	<p>21</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>22</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>23</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>24</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 1:00 Extra Fast Bingo</p>
<p>27</p> <p>9:00 SilverSneakers Well-Balanced Class Exploring Scripture 10:30 Lunch—GCCARD 11:30 Double Pinochle 12:30 Make It, Take It 1:00 Yahtzee</p>	<p>28</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>29</p> <p>9:30 Pinochle 10:00 DrumFit 11:30 Lunch—GCCARD 1:00 Bingo 5:15 Euchre 5:30 Bunco</p>	<p>30</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>	

Congregate April Menu 2026

Menu Subject to Change Based on Product Availability and Quality Standards		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Mango&Papaya Margarine Milk Fortune Cookie</p>	 <p>Chicken Parmasan w/Spaghetti Steamed Broccoli Mixed Vegetables Sliced Pears Wheat Roll Margarine 100% Fruit Juice</p>	<p>Country Style Chicken Italian Green Beans Mashed Potatoes Pear Cup Potato Roll Margarine Milk</p>	<p>Glazed Ham Fried Cabbage Scalloped Potatoes HM Cherry Crisp Sweet Roll Margarine 100% Fruit Juice</p>		 <p>Turkey Polish Dog Potato Wedges Mixed Veggies Diced Pears Hotdog Bun Mustard Packet Milk</p>	<p>BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange WW Roll Margarine 100% Fruit Juice</p>	<p>HM Mac & Cheese French Cut Green Beans Tomatoes & Zucchini Fruit Salad WG Roll Margarine Milk</p>	 <p>Fish Taco w/Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapple Cup Tortilla Shell Lemon Juice Packet Milk</p>	
<p>Italian Breaded Chicken Breast Veggie Blend Rice Pilaf Mixed Fruit Potato Roll Margarine Milk</p>	<p>Ham Salisbury Steak California Veggie Blend Sweet Peas Tropical Fruit Salad WG Dinner Roll Margarine 100% Fruit Juice</p>	<p>Turkey & Cheese Sandwich Lettuce, Tomato, Red Onion HM Pasta Salad Peaches WG Bun Dressing Packet Milk</p>	<p>HM Creamy Tortellini Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice</p>	<p>Chipotle Bowl w/Beef & Beans Over Mexican Rice w/HM Pico Chuck Wagon Blend Fruit Cocktail Tortilla Shell Mild Salsa Cup Milk</p>	 <p>Turkey Polish Dog Potato Wedges Mixed Veggies Diced Pears Hotdog Bun Mustard Packet Milk</p>	<p>BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange WW Roll Margarine 100% Fruit Juice</p>	<p>HM Mac & Cheese French Cut Green Beans Tomatoes & Zucchini Fruit Salad WG Roll Margarine Milk</p>	 <p>Fish Taco w/Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapple Cup Tortilla Shell Lemon Juice Packet Milk</p>	
<p>Ham & Cheese Frittata Roasted Redskin Potatoes Baked Apples Mini Muffins Margarine Milk</p>	<p>Ham Tetrazzini Sweet Peas Sliced Carrots Fresh Pear Sliced Bread Margarine 100% Fruit Juice</p>	<p>Meatball Sub Potato Wedges Sweet Peas Pineapple Tidbits Sub Bun Margarine Milk</p>	<p>Meatball Sub Potato Wedges Sweet Peas Pineapple Tidbits Sub Bun Margarine Milk</p>	<p>Chipotle Bowl w/Beef & Beans Over Mexican Rice w/HM Pico Chuck Wagon Blend Fruit Cocktail Tortilla Shell Mild Salsa Cup Milk</p>	 <p>Turkey Polish Dog Potato Wedges Mixed Veggies Diced Pears Hotdog Bun Mustard Packet Milk</p>	<p>BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange WW Roll Margarine 100% Fruit Juice</p>	<p>HM Mac & Cheese French Cut Green Beans Tomatoes & Zucchini Fruit Salad WG Roll Margarine Milk</p>	 <p>Fish Taco w/Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapple Cup Tortilla Shell Lemon Juice Packet Milk</p>	
<p>HM Sloppy Joes Veggie Blend Cauliflower Fresh Apple WG Bun Margarine Milk</p>	<p>Antipasto Salad w/Pepperoni Salami, Ham & Cheese Carrot Sticks Pineapple Tidbits Crunchy Bread Sticks Salad Dressing 100% Fruit Juice</p>	<p>BBQ Pork Burger Potato Wedges Key West Veggie Blend Cantelope Chunks WG Bun Milk</p>	<p>Chicken Salad Sandwich Pasta Salad HM Cucumber Salad Fresh Peas Sliced Croissant 100% Fruit Juice</p>	<p>Chipotle Bowl w/Beef & Beans Over Mexican Rice w/HM Pico Chuck Wagon Blend Fruit Cocktail Tortilla Shell Mild Salsa Cup Milk</p>	 <p>Turkey Polish Dog Potato Wedges Mixed Veggies Diced Pears Hotdog Bun Mustard Packet Milk</p>	<p>BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange WW Roll Margarine 100% Fruit Juice</p>	<p>HM Mac & Cheese French Cut Green Beans Tomatoes & Zucchini Fruit Salad WG Roll Margarine Milk</p>	 <p>Fish Taco w/Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapple Cup Tortilla Shell Lemon Juice Packet Milk</p>	



MUST RSVP BY THURSDAY, MARCH 19 FOR THE EASTER LUNCHEON

50

1976 - 2026
VAAA
Valley Area
Agency On Aging
Celebrating Fifty Years of All Things Senior

SENIOR POWER DAY!



Wednesday, May 20, 2026

9:00am - 2:00pm

Crossroads Village

6140 Bray Rd. Flint, MI

Tickets: \$5.00 per person

Includes: To-Go Lunch*, Train Ride, Resources, Legislative Updates
Tickets are available at your local senior center, VAAA Office, Genesee County Parks Office, and can be purchased on the day of the event*.

*Lunches and tickets are available on a first-come, first-served basis.



CONTACT US



valleyareaaging.org



810-239-7671



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

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EASTSIDE SENIOR CENTER NEWSLETTER

April 2026

April 19th - 25th is National Volunteer Week
& we wanted to say:

WE THINK
YOU'RE KIND OF A
BIG DEAL!

We wanted to take time to thank all of our MANY
volunteers, we couldn't run this Center without all your
help! Programs, Events, & the list goes on. To everyone
who Volunteers....

THANK YOU for everything you do!

- The Eastside Senior Center Staff