

Eastside Senior Center Newsletter June 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 Bown
Virginia Ingot

Phone: 810-250-5000

Fax: 810-250-9033

Website:

www.eastsideseniorcenter.com

Office Hours:
Monday-Friday
8:00 am-4:00pm

Funding Source:

The Eastside Senior Center is funded by: Genesee County & the Genesee County Board of Commissioners, Charter Township of Genesee, Kearsley Community School District, Genesee County Senior Services Milage, Eastside Senior Citizens Center, Endowment Fund of the Community Foundations of Greater Flint & many individual donations. Senior Center fundraisers 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 Count Senior Milage Funds. Your tax dollars at work.*



GENESEE • COUNTY
-MICHIGAN -

Eastside Senior Center Presents

Father's Day Breakfast

Monday, June 22nd

9:30am

\$8.00 per person RSVP by Friday, June 19th

EASTSIDE SENIOR CENTER PRESENTS

JUNE

DANCE

MONDAY, JUNE 15

5-7PM

\$5 AT THE DOOR

FEATURING: THE GENERATIONS BAND

**50/50 RAFFLE
LIVE MUSIC**

**DANCING
COOKIES & PUNCH**

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.



Tai Chi for Better SLEEP

This program combines the benefits of **Tai Chi for Arthritis and Fall Prevention and Sleep Education for Everyone**. Tai Chi has been shown to increase strength, improve balance, and prevent falls. Participants will also learn techniques to improve the quality and quantity of their sleep.

The program consists of **90-minute** sessions. Each session will include:

- Tai Chi Warm-ups
- Tai Chi Lesson
- Tai Chi Cool Downs
- Sleep Education: the relationship between pain and sleep, sleep hygiene, and techniques to improve sleep.
- Goal Setting
- For best results, plan to attend all sessions - forms are introduced in sequence and build each week.

This work is supported by the Rural Health and Safety Education program, project award no. 2024-46100-42884, from the U.S. Department of Agriculture's National Institute of Food and Agriculture.

Every Monday
June 15-
September 29
1:00 - 2:30 PM

Where: Eastside Senior Center

Cost: FREE!

Register: At front desk or call 810-250-5000

Instructor:
Liz Williams, M.Ed.
Health Educator

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Uno Movement*Thursdays from 10:00 am—11:00am*

This class is participation led (participant volunteer Yvonne)

A fun exercise class using Uno cards.

Exploring Scriptures w/ Pedro*Mondays 10:30 –11:30am*

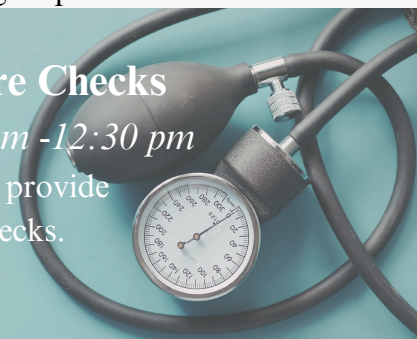
Delving into the Bible, understanding its narrative, teachings, & applying them to personal spiritual growth & daily life.

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 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.

Book, DVD, & Puzzle Library

Everyday

Plenty of puzzles, books & DVDs to exchange or borrow.

Sewing & Crochet

Tuesdays at 9:30 am

Join the group if you would like to socialize & share your talents & ideas; or if you need assistance with sewing or crocheting.



Landscape Painting - \$20

Tuesday, June 9th at 10:00 am

Join us for a few hours of fun & 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.

Computers

Monday– Friday 8:00 am- 4:00 pm

Our computer room is equipped with six computers, a printer, and wireless internet.

BINGO

TUESDAYS:

1:00—3:00

WEDNESDAYS:

1:00—3:00

EXTRA FAST BINGO

FRIDAYS

1:00—3:30

POOL TABLE

EVERYDAY

8:00—4:00

SKIP-BO

THURSDAYS

12:00

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



Legal Services of Eastern Michigan

Friday, June 12th

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 an 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

★ ★ ★



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

EAT IN ONLY

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

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

Home Delivered Meals:

VAAA Senior Millage Intake & Screening line: 810-249-6531

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, June 9, 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



Here because we care...



GENESEE COUNTY COMMISSION ON AGING

You can find the resource directory at
<http://coaweb.com/directory>

**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.**

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!

Lady Gems Chat & That

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.

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

Caregiver's Art Program / Painting Through Grief

Wednesday, June 24th 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 & 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, & live in

Genesee County.

Please call the office to sign up.




Monday

Tuesday

Wednesday

Thursday

Friday

1	<p>10:00 Exercise Video</p> <p>10:30 Exploring Scripture</p> <p>NO GCCCARD LUNCH</p> <p>12:30 Double Pinochle</p> <p>1:00 Make It, Take It</p>	2	<p>9:30 Sewing & Crochet</p> <p>10:00 Line Dancing</p> <p>11:30 Lunch - GCCCARD</p> <p>1:00 Bingo</p> <p>3:15 Chair Yoga Video</p> <p>4:30 Duplicate Bridge</p> <p>5:00 Bid Euchre</p> <p>6:30 Chess Club</p>	3	<p>9:30 Pinochle</p> <p>10:00 DrumFit</p> <p>11:30 Lunch - GCCCARD</p> <p>1:00 Bingo</p> <p>5:15 Euchre</p> <p>5:30 Bunco</p>	4	<p>8:30 TOPS 1060 Flint</p> <p>10:00 UNO Movement</p> <p>11:30 Lunch - GCCCARD</p> <p>12:00 Skip-Bo</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Make It, Take It</p>	5	<p>9:30 Exercise Video</p> <p>10:30 Bible Reading/Discussion</p> <p>11:30 Blood Pressure Checks</p> <p>11:30 Lunch - GCCCARD</p> <p>1:00 Extra Fast Bingo</p>
8	<p>10:00 Exercise Video</p> <p>10:30 Exploring Scripture</p> <p>11:30 Lunch - GCCCARD</p> <p>12:30 Double Pinochle</p> <p>1:00 Make It, Take It</p>	9	<p>9:30 Sewing & Crochet</p> <p>10:00 Line Dancing</p> <p>10:00 Landscape Painting</p> <p>11:30 Lunch - GCCCARD</p> <p>1:00 Bingo</p> <p>1:00 Commodities/TEFAP</p> <p>3:15 Chair Yoga Video</p> <p>4:30 Duplicate Bridge</p> <p>5:00 Bid Euchre</p> <p>6:30 Chess Club</p>	10	<p>9:30 Pinochle</p> <p>10:00 DrumFit</p> <p>11:30 Lunch - GCCCARD</p> <p>12:30 Lady Gems Chat & That</p> <p>1:00 Bingo</p> <p>5:15 Euchre</p> <p>5:30 Bunco</p>	11	<p>8:30 TOPS 1060 Flint</p> <p>10:00 UNO Movement</p> <p>11:30 Lunch - GCCCARD</p> <p>12:00 Skip-Bo</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Make It, Take It</p>	12	<p>9:30 Legal Services</p> <p>9:30 Arthritis Exercise (instructor)</p> <p>10:30 Bible Reading/Discussion</p> <p>11:30 Blood Pressure Checks</p> <p>11:30 Lunch - GCCCARD</p> <p>1:00 Extra Fast Bingo</p>
15	<p>10:00 Exercise Video</p> <p>10:30 Exploring Scripture</p> <p>11:30 Lunch - GCCCARD</p> <p>12:30 Double Pinochle</p> <p>1:00 Make It, Take It</p> <p>1:00 Tai Chi</p> <p>5:00 June Dance</p>	16	<p>9:30 Sewing & Crochet</p> <p>10:00 Line Dancing</p> <p>11:30 Lunch - GCCCARD</p> <p>12:30 Lady Gems Chat & That</p> <p>1:00 Bingo</p> <p>3:15 Chair Yoga Video</p> <p>4:30 Duplicate Bridge</p> <p>5:00 Bid Euchre</p> <p>6:30 Chess Club</p>	17	<p>9:30 Pinochle</p> <p>10:00 DrumFit</p> <p>11:30 Lunch - GCCCARD</p> <p>1:00 Bingo</p> <p>5:15 Euchre</p> <p>5:30 Bunco</p>	18	<p>8:30 TOPS 1060 Flint</p> <p>10:00 UNO Movement</p> <p>11:30 Lunch - GCCCARD</p> <p>12:00 Skip-Bo</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Make It, Take It</p>	19	<p><i>Eastside Senior Center</i></p> <p><i>Is Closed For</i></p> 

<p>22</p> <p>9:30 Father's Day Breakfast 10:00 Exercise Video 10:30 Exploring Scripture 11:30 Lunch - GCCCARD 12:30 Double Pinochle 1:00 Make It, Take It 1:00 Tai Chi</p>	<p>23</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>24</p> <p>9:30 Pinochle 10:00 DrumFit 11:30 Lunch - GCCCARD 1:00 Bingo 1:00 Grief & Caregiver Painting 5:15 Euchre 5:30 Bunco</p>	<p>25</p> <p>8:30 TOPS 1060 Flint 10:00 Uno Movement 11:30 Lunch - GCCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge 1:00 Make It, Take It</p>	<p>26</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>
<p>29</p> <p>10:00 Exercise Video 10:30 Exploring Scripture NO GCCCARD LUNCH 12:30 Double Pinochle 1:00 Make It, Take It 1:00 Tai Chi</p>	<p>30</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>Eastside Senior Center is looking for the following donations:</p> <ul style="list-style-type: none"> • Liquid Coffee Creamer • Coffee (regular & decaf) • Napkins • Hot Chocolate <p>If you would like to donate any of the following, stop by the Office today!</p>		

JUNE 2026

CONGREGATE MEAL MENU - JUNE 2026

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>NO GCCARD LUNCH AT EASTSIDE</p>	<p>2</p> <p>Chicken Tenderloins Creamy Cavatappi Pasta French-Style Green Beans Steamed Corn Potato Roll w/Margarine Fresh Orange 100% Fruit Juice</p>	<p>3</p> <p>Philly Steak w/Cheese Diced Potatoes Normandy Blend Vegetables Wheat Sub Bun Tropical Fruit Salad Margarine Milk</p>	<p>4</p> <p></p> <p>BBQ Chicken Thighs Baked Beans Potato Salad Corn Muffin Applesauce Margarine 100% Fruit Juice</p>	<p>5</p> <p>Oven Fried Fish Au Gratin Potatoes Cole Slaw Hawaiian Roll Diced Peaches Margarine & Tartar Sauce Milk</p>
<p>8</p> <p>Italian Sub w/salami, ham red onion, banana peppers Pasta salad Sub Bun Pineapple Chunks Italian Dressing Packet Milk</p>	<p>9</p> <p>Chicken Tacos w/HM Pico Mexican Rice Fiesta Corn Tortilla Shells (2) Sliced Peaches Taco Sauce 100% Fruit Juice</p>	<p>10</p> <p>Country Style Chicken Italian Green Beans Mashed Potatoes Pear Cup Potato Roll Margarine Milk</p>	<p>11</p> <p>Cheese Ravioli W/Cream Sauce, Shrimp & Spinach Vegetable Blend Roasted Vegetables Potato Roll w/Margarine Fresh Orange 100% Fruit Juice</p>	<p>12</p> <p>Creole Steak Glazed Carrots Sweet Peas Fresh Apple Garlic Roll Margarine Milk</p>
<p>15</p> <p>Breaded Chicken Breast Cauliflower Diced Potatoes Dinner Roll w/Margarine Applesauce Milk</p>	<p>16</p> <p></p> <p>Boneless BBQ Rib Cole Slaw Riviera Blend Sliced Sub Bun Pineapple Tidbits Margarine 100% Fruit Juice</p>	<p>17</p> <p>Grilled Chicken Salad Romaine, tomatoes, cheese Cucumber Slices w/dip Mandarin Oranges Crunchy Bread Sticks Salad Dressing Milk</p>	<p>18</p> <p>Sweet & Sour Meatballs w/ Stir fry Vegetables Peas and Carrots Brown Rice Potato Roll w/Margarine Mixed Fruit Cup 100% Fruit Juice Cookie of the month</p>	<p>19</p> <p></p>
<p>22</p> <p>BBQ Pulled Pork Sliders Crinkle Cut Carrots Green Beans WG Slider Buns-2 ea Diced Peaches Margarine Milk</p>	<p>23</p> <p>Sloppy Joes Potato Bites Veggie Blend Applesauce WG Bun Margarine 100% Fruit Juice</p>	<p>24</p> <p>HM Beef & Broccoli over Lo Mein Noodles Oriental Veggie Blend Flatbread Pineapple Cup Milk</p> <p></p>	<p>25</p> <p>HM Spanish Rice w/Beef Broccoli Florets Sweet Corn Potato Roll w/Margarine Fresh Pear 100% Fruit Juice Birthday Brownie</p>	<p>26</p> <p>White Cheddar Mac & Cheese Zucchini & Tomatoes Mixed Greens Corn Muffin Margarine Pineapple Tidbits Milk</p> <p></p>
<p>29</p> <p>NO GCCARD LUNCH AT EASTSIDE</p>	<p>30</p> <p>Smothered Pork Chop Green Bean Casserole 4 oz Corn 4 oz Potato Roll Mixed Fruit Cup Margarine 100% Fruit Juice</p>	<p></p>	<p></p>	<p></p>



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 please contact our manager, 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 810- 250-1000.



Call (810) 250-1000

For a ride!

Handicap Accessible

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Please remove before uploading to LPi Express.**

Full Page of Ads

Ad Area is 7.74 inch width x 10.24 inch height (within margins)

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

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

EASTSIDE SENIOR CENTER NEWSLETTER

June 2026



SENIOR PROJECT FRESH

IS NOW AVAILABLE!
CALL THE OFFICE TO SET UP
YOUR APPOINTMENT
810-250-5000



FREE Document Shredding Events for Seniors

Bring a bag filled with your confidential documents for FREE, SAFE and CONTACTLESS on-site paper shredding and recycling!
Medication take-back will also be available on site.

Events are 10 am - 1 pm

A Partnership Between:

GENESEE COUNTY BOARD OF COMMISSIONERS

Shred Experts

GENESEE COUNTY DEPARTMENT OF SENIOR SERVICES

2026 Dates

Wednesday, June 24
Hyatt Elementary
Presented by Loose Senior Center
325 Stan Eaton Drive in Linden

Thursday, September 24
Carmen-Ainsworth Senior Center
2071 S. Graham Road in Flint Township

This service is fully funded by the Genesee County Senior Millage funds. Your tax dollars are at work.