

Eastside Senior Center Newsletter July & August 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 Inglot

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
JULY
Dance
MONDAY, JULY 13, 2026
5- 7PM
FEAT: THE GENERATIONS BAND
DANCING - LIVE MUSIC
50/50 RAFFLE - COOKIES & PUNCH

Eastside Senior Center Presents
August Dance
Monday, August 17, 2026
5-7 pm
Feat: The Generations Band
Dancing - Live Music
50/50 Raffle - 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 10:00 am*

Video led chair exercise

Chair Yoga Video*Tuesdays at 3:15 pm*

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. 2024-46100-42894, 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—11:00 am*

This class is participation led (participant volunteer Yvonne)

A fun exercise class using Uno cards.

**Exploring Scriptures
w/ Pedro**

Mondays 10:30 – 11:30 am

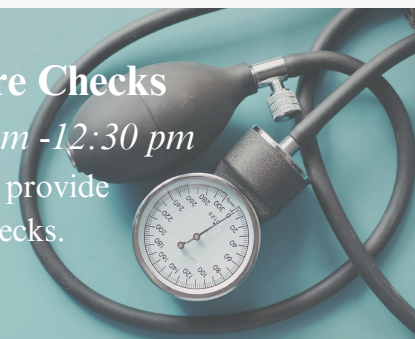
Delving into the Bible, understanding its narrative, teachings, & applying them to personal spiritual growth & daily life.

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.

Landscape Painting - \$20

Tuesday, July 14th at 10:00 am

Tuesday, August 11th 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.

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.



Computers

Monday– Friday 9:00 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

9:00—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, July 10th
Friday, August 7th

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

★ ★ ★



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 single: \$9,660 married: \$14,470
- Enroll in Medicare Savings Programs
- Please call for an 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, July 14th & August 11th

Time: 1:00 pm—3:00 pm



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, July 22nd at 1:00 pm
Wednesday, August 26th 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 and live in Genesee County.

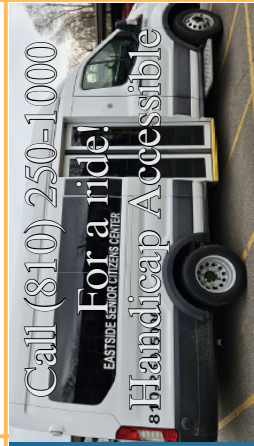
Please call the office to sign up.



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>10:00 Exercise Video 10:30 Exploring Scripture 11:30 Lunch - GCCARD 12:30 Double Pinochle 1:00 Make It, Take It 1:00 Tai Chi</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>9:30 Pinochle 10:00 DrumFit 11:30 Lunch - GCCARD 1:00 Bingo 5:15 Euchre 5:30 Bunco</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>CENTER CLOSED</p>
<p>10:00 Exercise Video 10:30 Exploring Scripture 11:30 Lunch - GCCARD 12:30 Double Pinochle 1:00 Make It, Take It 1:00 Tai Chi 5:00 July Dance</p>	<p>9:30 Sewing & Crochet 10:00 Line Dancing 10:00 Landscape Painting 11:30 Lunch - GCCARD 12:30 Lady Gems Chat & That 1:00 Bingo 1:00 Commodities 3:15 Chair Yoga Video 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club</p>	<p>9:30 Pinochle 10:00 DrumFit 11:30 Lunch - GCCARD 12:30 Lady Gems Chat & That 1:00 Bingo 5:15 Euchre 5:30 Bunco</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>9:30 Legal Services 9:30 Exercise Video 10:30 Bible Reading/Discussion 11:30 Blood Pressure Checks 11:30 Lunch - GCCARD 1:00 Extra Fast Bingo</p>
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17 10:00 Exercise Video 10:30 Exploring Scripture 11:30 Lunch - GCCARD 12:30 Double Pinochle 1:00 Make It, Take It 1:00 Tai Chi 5:00 August Dance	18 9:30 Sewing & Crochet 10:00 Line Dancing 11:30 Lunch - GCCARD 12:30 Lady Gems Chat & That 1:00 Bingo 3:15 Chair Yoga Bingo 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club	19 9:30 Pinochle 10:00 DrumFit 11:30 Lunch - GCCARD 1:00 Bingo 5:15 Euchre 5:30 Bunco	20 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 1:00 Diabetes Path Workshops	21 9:30 Exercise Video 10:30 Bible Reading/Discussion 11:30 Blood Pressure Checks 11:30 Lunch - GCCARD 1:00 Extra Fast Bingo
24 10:00 Exercise Video 10:30 Exploring Scripture 11:30 Lunch - GCCARD 12:30 Double Pinochle 1:00 Make It, Take It 1:00 Tai Chi	25 9:30 Sewing & Crochet 10:00 Line Dancing 11:30 Lunch - GCCARD 1:00 Bingo 3:15 Chair Yoga Bingo 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club	26 9:30 Pinochle 10:00 DrumFit 11:30 Lunch - GCCARD 1:00 Bingo 1:00 Grief & Caregiver Painting 5:15 Euchre 5:30 Bunco	27 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 1:00 Diabetes Path Workshops	28 9:30 Arthritis Exercise (instructor) 10:30 Bible Reading/Discussion 11:30 Blood Pressure Checks 11:30 Lunch - GCCARD 1:00 Extra Fast Bingo

AUGUST



31 10:00 Exercise Video 10:30 Exploring Scripture 11:30 Lunch - GCCARD 12:30 Double Pinochle 1:00 Make It, Take It 1:00 Tai Chi

CONGREGATE MEAL MENU - JULY 2026

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Grilled Chicken Sandwich Chuck Wagon Vegetables Chopped Broccoli WG Bun Mixed Fruit Cup Margarine/Mayo Milk</p>	<p>2</p> <p>Italian Grinder Wrap w/Pepperoni, Salami & Ham Lettuce, tomatoes, onions Pasta Salad Diced Pineapples Tomato Tortilla Italian Dressing Packet 100% Fruit Juice</p>	<p>3</p> 
<p>6</p> <p>Meatball Sub w/cheese Sweet Peas Diced Potatoes Sub Bun Fruit Cup Margarine Milk</p>	<p>7</p> <p>Chef Salad w/Romaine Turkey, Eggs & Cheese Carrots Sticks Diced Peas Wheat Roll Salad Dressing 100% Fruit Juice</p> 	<p>8</p> <p>Tangerine Chicken w/Rice Green Beans Diced Carrots Hawaiian Roll Applesauce Fortune Cookie Milk</p>	<p>9</p> <p>HM Stuffed Peppers Sliced Beets Cauliflower Pineapple Tidbits WW Roll Margarine 100% Fruit Juice</p> 	<p>10</p> <p>Chinese Pepper Steak w/Rice Succotash Mixed Fruit Cup Potato Roll Margarine Milk</p>
<p>13</p> <p>Smothered Chicken Breast Lima Beans Mashed Potatoes Corn Muffin Fresh Apple Margarine Milk</p>	<p>14</p> <p>Turkey Tetrazzini Prince Charles Veggie Blend Steamed Broccoli Dinner Roll Pineapples Margarine 100% Fruit Juice</p>	<p>15</p> <p>Chef's Choice</p> 	<p>16</p> <p>Turkey & Cheese Sub HM Antipasto Pasta Salad Fresh Cauliflower WG Bun Tropical Fruit Salad Birthday Cake 100% Fruit Juice</p>	<p>17</p> <p>Mac & Cheese French Cut Green Beans Corn Potato Roll Margarine Fresh Pear Milk</p> 
<p>20</p> <p>NO GCCARD LUNCH AT EASTSIDE</p>	<p>21</p> <p>BBQ Pulled Pork Cole Slaw Baked Beans Wheat Bun Peaches 100% Fruit Juice</p>	<p>22</p> <p>Fiesta Lime Chicken Roasted Corn & Black Beans Brown Rice Peaches Flatbread Margarine Milk</p>	<p>23</p> <p>Philly Chicken w/Cheese Diced Potatoes Riviera Blend Vegetables Wheat Sub Bun Tropical Fruit Salad Margarine-Cookie 100% Fruit Juice</p> 	<p>24</p> <p>Oven Fried Fish Baked Mac & Cheese Tomatoes & Zucchini Dinner Roll Diced Peaches Margarine Milk</p>
<p>27</p> <p>HM Deluxe Fried Rice w/ Beef, Chicken, Ham, Shrimp & Peas and Carrots Steamed Broccoli Fresh Orange Breadsticks Margarine Milk</p>	<p>28</p> <p>Steak Fajitas Spanish Rice Black Beans Mandarin Oranges Tortilla Shells-2 Sour Cream 100% Fruit Juice</p> 	<p>29</p> <p>BBQ Chicken Legs Potato Salad Southern Green Beans Pineapples Sweet Roll Margarine Milk</p>	<p>30</p> <p>Ravioli w/Chicken & Sauce Steamed Broccoli Roasted Veggies Garlic Roll Fruit Cocktail Margarine 100% Fruit Juice</p>	<p>31</p> <p>Polish Sausage Battered Potatoes Sliced Carrots WG Hotdog Bun Strawberry Applesauce Margarine & Mustard Milk</p> 

SENIOR SPOTLIGHT



Dear Friends,

The Genesee County Board of Commissioners is committed to helping residents access services that protect their homes, property, and personal information.

Through the Office of the Genesee County Clerk-Register, Genesee County residents have access to *Property Fraud Alert*, a free and easy-to-use online subscription service that monitors activity within the Clerk-Register's Office. Once enrolled, residents can have their name monitored for recorded documents that may affect their property.

As mortgage fraud and identity theft crimes continue to rise, property owners may not always know right away when suspicious or fraudulent activity has occurred. In some cases, victims are unaware that someone has attempted to use their identity or file documents connected to their home or property.

Property Fraud Alert serves as an early warning system. While it does not, by itself, prevent fraud, it can notify property owners when a document is recorded under their name, giving them the opportunity to review the activity and take appropriate action if anything appears suspicious.

Signing up is free and simple. Residents may enroll by visiting **PropertyFraudAlert.com**. Once you are on the site, you can click on "Michigan" and then "Genesee County."

They will only ask for your name and contact information.

The Board of Commissioners encourages residents to take advantage of this free service as one more way to help protect one of your most important assets: your property.

In service,

Gary Goetzinger



Gary Goetzinger
Commissioner - District 3



810-577-6413



GGoetzinger
@genesecountymi.gov

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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

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U.S. POSTAGE
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EASTSIDE SENIOR CENTER NEWSLETTER

July & August 2026



MICHIGAN
Partners on the
PATH

TAKE THE PATH TO BETTER HEALTH

You are invited to participate in a free 6-week workshop

Learn to manage your on going health condition, so you can improve your health and feel better!

Get on the Diabetes PATH

Michigan's version of the award winning Stanford Chronic Disease Self-management Program

Diabetes PATH (Personal Action Towards Health) is designed to help people living with Type 2 Diabetes and their support system live a healthier life. In this workshop, YOU can:

- Manage everyday activities by making an action plan
- Avoid Complications
- Learn to balance your blood sugar
- Improve your communication skills with your family and your health care provider
- Understand the importance of monitoring your blood sugar
- Manage symptoms and decrease stress
- Improve your overall health and increase your energy!

UPCOMING DIABETES PATH WORKSHOPS

EastsideSeniorCenter
3065 N Genesee Rd. Flint, MI 48506
August 13th – September 17th, 2026
1:00pm – 3:00pm
To register please call: (810) 250-5000

Workshops are FREE, led by qualified leaders, and a snack is provided at each session. Paid for funds by the Valley Area Agency on Aging and Bureau of Aging and Community Living. For more information, call Abbie Mars, Health & Wellness Program Manager, VAAA at (810) 600-0633.

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

SENIOR DAY AT THE GENESEE COUNTY FAIR

Free Wagon Rides through the Fairgrounds

Entertainment Schedule

DJ John Davis 9:00am-12:00pm
Jerry & Mary at 9:30am
Ole Blue Eyes at 10:30am
Elvis at 11:30am
Scavenger Hunt 12:30pm



FREE COFFEE & DONUTS WHILE SUPPLIES LAST
DOOR PRIZES AND VENDOR AREA INCLUDING COUNTY DEPARTMENTS FROM 9:00AM-12:00PM
FREE ICE CREAM COUPONS AT 1:30PM WHILE SUPPLIES LAST

Wednesday, August 26

9:00am-12:00pm

Please note carnival rides and food vendors are not free