

Eastside Senior Center Newsletter September 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 - 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 -



SAVE THE DATE!

EASTSIDE SENIOR CENTER'S Health & Resource Fair

**WEDNESDAY, OCTOBER 14, 2026
10 AM TO 12 PM**

HEALTH DEPARTMENT:
Covid, Flu, Tdap, Shingles, Hep B, & Hep A.
VENDORS & RESOURCES
FREE SACK LUNCH (WHILE SUPPLIES LAST)

Arthritis Exercise (Instructor)*Fridays at 9:30 am*

This low impact workout that will help reduce pain & decrease stiffness, so you feel stronger and more confident! The Valley Area on Aging uses gentle range of motion to help people of all fitness levels keep joints flexible, muscles strong, sleep better, increase energy, & improve overall well being

DrumFit Exercise (Instructor)*Wednesdays at 10:00 am***\$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.

Chair Yoga Video*Tuesdays at 3:15pm*

Video led chair exercise

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

This class is participation led (participant volunteer Yvonne)

A fun exercise class using Uno cards.

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.

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**

12:30pm – 2:00pm

Wednesdays:

October 7th – November 18th, 2026

No Class 11/11/26

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.



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.

Partial support provided by 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.

Exercise Video*Mondays at 10:00am*

Video led chair exercise

**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

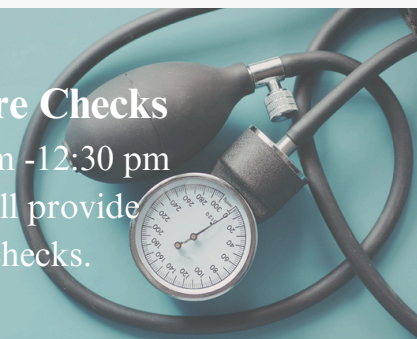
Fridays 10:30 am-11:30 am

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.





Landscape Painting - \$20

Tuesday, September 8th 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, September 4th

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 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, September 8th

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





**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, September 23rd 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
	1 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	2 9:30 Pinochle 10:00 DrumFit 11:30 Lunch - GGCARD 1:00 Bingo 5:15 Euchre 5:30 Bunco	3 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	4 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
7  CENTER CLOSED	8 9:30 Sewing & Crochet 10:00 Line Dancing 10:00 Landscape Painting 11:30 Lunch - GCCARD 1:00 Bingo 1:00 Commodities/TEFAP 3:15 Chair Yoga Video 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club	9 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	10 8:30 TOPS 1060 Flint 10:00 Secretary of State Mobile Office 10:00 UNO Movement 11:30 Lunch - GCCARD 12:00 Skip-Bo 1:00 Duplicate Bridge	11 9:30 Arthritis Exercise (instructor) 10:30 Bible Reading/Discussion 11:30 Blood Pressure Checks 11:30 Lunch - GCCARD 1:00 Extra Fast Bingo
14 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	15 9:30 Sewing & Crochet 10:00 Line Dancng 11:30 Lunch - GCCARD 12:30 Lady Gems Chat & That 1:00 Bingo 3:15 Chair Yoga Video 4:30 Duplicate Bridge 5:00 Bid Euchre 6:30 Chess Club	16 9:30 Pinochle 10:00 DrumFit 11:30 Lunch - GCCARD 1:00 Bingo 5:15 Euchre 5:30 Bunco	17 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	18 9:30 Arthritis Exercise (instructor) 10:30 Bible Reading/Discussion 11:30 Blood Pressure Checks 11:30 Lunch - GCCARD 1:00 Extra Fast Bingo

21 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 5:00 September Dance	22 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	23 9:30 Pinochle 11:30 Lunch - GCCCARD 1:00 Bingo 1:00 Grief & Caregiver Painting 5:15 Euchre 5:30 Bunco	24 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	25 9:30 Arthritis Exercise (instructor) 10:30 Bible Reading/Discussion 11:30 Blood Pressure Checks 11:30 Lunch - GCCCARD 1:00 Extra Fast Bingo
28 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	29 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	30 9:30 Pinochle 10:00 DrumFit 11:30 Lunch - GCCCARD 1:00 Bingo 5:15 Euchre 5:30 Bunco	Get a free energy and water saving kit. Date: Monday October 5, 2026 Time: 12:30p.m • Get tips to be safe with energy. • Learn how or no cost ways to save energy and money. • Get information about energy efficiency and assistance programs. • Pick up your free energy efficiency kit, one per household. • Count on us to help you save energy.  	

SEPTEMBER 2026

Congregate September Meal Menu 2026

Menu Subject to Change Based on Product Availability and Quality Standards				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Oven Fried Chicken Southern Green Beans Potato Salad WG Roll Pineapple Tidbits 100% Fruit Juice	1 Slop Joe (3 oz) Diced Potatoes (4 oz) Lima Beans (4 oz) Wheat Bun (1 ct) Golden Apple (1 ct) Margarine (1 ct) 100% Fruit Juice 	2 Pork Chop w/gravy-3oz Mashed Sweet Potatoes-4oz Steamed Cauliflower-4oz Corn Bread w/Margarine Fresh Orange Milk 	3 Peppered Beef Steak w/gravy-1 Brown Rice-4oz Chopped Broccoli-4oz Potato Roll w/Margarine mango & papaya fruit mix 100% Fruit Juice	4 Creamy Turkey & Wild Rice Soup Chuck Wagon Veggie Blend Sweet Peas Wheat Roll w/Margarine Applesauce Cup-1 Milk
7  HM White Chicken Chili-8oz Steamed Baby Carrots-4oz Corn Bake w/Margarine Mixed Fruit Salad-4oz 100% Fruit juice	8 Burger w/Cheese (1 ea) Cauliflower Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Fresh Apple Ketchup & Mustard Milk	9 Chicken Breast Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Dinner Roll HM Birthday Cake 100% Fruit Juice margarine 	10 Baked Fish w/Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce Milk	11 Chicken Marsala over Rice Pilaf Chopped Spinach-4oz Glazed Carrots-4oz WG Roll Fruit Cocktail-4oz Margarine Milk
14 Beef Fajitas Sweet Corn w/Peppers-4oz Spanish Rice-4oz Soft tortilla shells Fresh Apple-1 Margarine milk	15 Turkey Tetrazzini 8 oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Crunchy Breadsticks Margarine-1 ct Applesauce-1 ct 100% Fruit Juice	16 Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/Margarine Peaches -4oz Milk	17 Antipasto Salad w/pepperoni, salami, olives, cheese Cherry Tomatoes Fresh Snap Peas Flatbread Mandarin Oranges 100% fruit juice Cookie of the month 	18 Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/Margarine Mixed Fruit-4oz Milk
21 Chicken Parmesan w/Spaghetti Vegetable Blend-4oz Garlic Roll Margarine Warm Peaches Milk	22 Pulled BBQ Sandwich (3 oz) Baked Beans (4 oz) Green Beans (4 oz) Whole Grain Bun (1 ct) Diced Peas (4 oz) Milk	23 HM Beef & Broccoli over Lo Mein Noodles Oriental Veggie Blend Flatbread Pineapple Cup Milk 	24 Sweet & Sour Chicken-6oz Peas & Carrots-4oz Brown Rice-4oz Mixed Fruit Cup-4oz Potato Roll Fortune Cookie Margarine 100% fruit juice 	25 Valley Area Agency On Aging Answers, Action & Advocacy for All Things Senior 
28 NO GCCARD LUNCH AT EASTSIDE	29 HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cocktail 100% Fruit Juice 	30 HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cocktail 100% Fruit Juice 	31 Genesee County CARD Community Action Resource Department 	32 Office of Seniors Services Genesee County Office of Seniors Services 

GERMAN PRETZELS

With Jay
E. Jacobs
Catering

JOIN US FOR THIS FUN
DEMONSTRATION OF "GERMAN
PRETZEL MAKING" & THE "HOW TO'S"
TO EFFECTIVELY PUT A TASTEFUL
PRETZEL TOGETHER

Monday, October 5th 2pm.
**\$15.00 per person. Limited spots
available**

Stop by the Office to pay & reserve your spot

Eastside Senior Center
3065 N. Genesee Rd. Flint, Mi 48506

Eastside Senior Center Presents

September Dance

Monday, Sept 21, 2026
5-7pm

Feat. The Generations Band
Dancing Live Music
50/50 Raffle Cookies & Punch

**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

Thursday, September 24

Carmen-Ainsworth
Senior Center

2071 S. Graham Road
in Flint Township

A Partnership Between:

GENESEE COUNTY
BOARD OF COMMISSIONERS

Shred
Experts

GENESEE COUNTY
DEPARTMENT OF SENIOR
SERVICES

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

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

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

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PERMIT NO.284

EASTSIDE SENIOR CENTER NEWSLETTER

September 2026



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 September 10th

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!



SENIOR RESOURCE EXPO

Join us for this **FREE** event to
learn about the resources
available in our community and
connect with organizations
committed to assisting seniors
thrive!

FOR MORE INFORMATION, PLEASE CONTACT GENESEE
COUNTY COMMISSION ON AGING:
810-908-9122 OR WWW.COAWEB.COM



**SEPT 11, 2026
11AM-1PM**

GLORIA COLE
FLINT PUBLIC LIBRARY
1026 E KEARSLEY ST,
FLINT, MI 48503

**FLU SHOTS
AVAILABLE!**

**PARKING WITH
SHUTTLE SERVICE
AT THE WHITING
AUDITORIUM**