

Flint Township Carman-Ainsworth SENIOR CENTER

2071 S. Graham Road; Flint, Michigan 48532 • Located just west of I-75 and south from Corunna Road
810-732-6290 • www.carman.k12.mi.us/departments/seniorcenter

Monday - Friday • 8:00 a.m. - 4:00 p.m.

February 2025

ALL PROGRAMS ARE SUBJECT TO CHANGE & RESCHEDULING. Call ahead for information and current status. 810-732-6290.

Happy Valentine's Day!

Please remember to update your membership with us.

Before venturing out in bad weather, be sure to check if the Center is open. Closure statements will be posted on our Facebook page as well as ABC12 and WNEM5. If Carman-Ainsworth Schools are closed due to weather, the Center will also be closed.

Automated phone calls for class updates or cancellations will always say from Carman-Ainsworth Senior Center.

Our ARPA projects are beginning so please pay attention to our phone calls and/or Facebook as some activities may have to be cancelled occasionally.

Carman-Ainsworth Community Schools has updated their website. If you have previously bookmarked our Center's page there please update your link. Our new web address is - www.carman.k12.mi.us/departments/seniorcenter.

Remember the Center is on Facebook - Check us out and give us a follow at - <https://www.facebook.com/CASeniorCenter/>

Stop by and see us at the Center ~ Anyone 50 or better is welcome!

~ Eileen, Mary and Ro

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Get Fit 10:15 Chair Yoga 11:30 Knit-A-Bit 11:30 Zumba 12:30 Samba Card Game 1:00 Euchre 2:00 Chair Exercise	4 9:00 Tabata with Teresa 10:15 Floor Exercise with Teresa 11:30 Silver Sneakers 1:00 Chair Yoga 1:00 Ping Pong/Table Tennis 1:00 Matter of Balance 2:15 Gentle Yoga	5 9:00 Beginning Line Dance 10:00 Line Dance 11:00 Fork & the Road 11:00 Grief Support 12:30 Hand, Knee & Foot Card Game 1:00 Crochet Group 1:00 Euchre 2:00 Chair Exercise 2:00 Chair Massage	6 9:00 Painting 10:00 Cardio and Strengthening 11:15 Floor Exercise with Teresa 1:00 Slow Flow Yoga 1:30 Rook 2:00 Why Physical Therapy 3:30 Hustle Dance Class	7 9:00 Hatha Yoga 10:15 Strengthen & Condition 11:30 Senior Beats 12:45 Hand, Knee & Foot Card Game
10 9:00 Get Fit 10:15 Chair Yoga 11:30 Knit-A-Bit 11:30 Zumba 12:30 Samba Card Game 1:00 Euchre 2:00 Chair Exercise	11 9:00 Tabata with Teresa 10:15 Floor Exercise with Teresa 11:30 Silver Sneakers 1:00 Chair Yoga 1:00 Matter of Balance 2:15 Gentle Yoga 2:30 GDL Concert	12 9:00 Beginning Line Dance 10:00 Line Dance 11:00 Fork & the Road 12:30 Hand, Knee & Foot Card Game 1:00 Crochet Group 1:00 Euchre 2:00 Chair Exercise 2:00 Chair Massage	13 9:00 Painting 10:00 Cardio and Strengthening 11:15 Floor Exercise with Teresa 1:00 Slow Flow Yoga 2:00 Genesee County Legal Resource Center 3:30 Hustle Dance Class	14 9:00 Hatha Yoga 10:15 Strengthen & Condition 11:30 Senior Beats 12:00 Chess 12:45 Hand, Knee & Foot Card Game
17 Center CLOSED President's Day	18 9:00 Tabata with Teresa 10:15 Floor Exercise with Teresa 11:30 Silver Sneakers 1:00 Chair Yoga 1:00 Matter of Balance 1:00 Ping Pong/Table Tennis 2:15 Gentle Yoga	19 9:00 Beginning Line Dance 10:00 Line Dance 11:00 Grief Support 12:30 Hand, Knee & Foot Card Game 1:00 Crochet Group 1:00 Euchre 2:00 Chair Exercise 2:00 Chair Massage	20 9:00 Painting 10:00 Cardio and Strengthening 11:15 Floor Exercise with Teresa 1:00 Card Making 1:00 Slow Flow Yoga 3:30 Hustle Dance Class	21 9:00 Hatha Yoga 10:15 Strengthen & Condition 11:30 Senior Beats 12:45 Hand, Knee & Foot Card Game 1:00 Mindfulness for Better Sleep
24 9:00 Get Fit 10:15 Chair Yoga 11:30 Knit-A-Bit 11:30 Zumba 12:30 Samba Card Game 1:00 Euchre 2:00 Chair Exercise	25 9:00 Tabata with Teresa 10:15 Floor Exercise with Teresa 11:30 Silver Sneakers 1:00 Chair Yoga 1:00 Matter of Balance 2:15 Gentle Yoga	26 Center Hosts Senior Winter Games. No regular activities.	27 9:00 Painting 10:00 Cardio and Strengthening 11:15 Floor Exercise with Teresa 1:00 Slow Flow Yoga 1:30 Rook 3:30 Hustle Dance Class	28 9:00 Hatha Yoga 10:15 Strengthen & Condition 11:30 Senior Beats 12:00 Chess 12:45 Hand, Knee & Foot Card Game 1:00 Mindfulness for Better Sleep



Global

Physical Therapy & Spine Specialists

WHY PHYSICAL THERAPY?

February 6th, 2025 @ 2:00pm

Join us for refreshments as we discuss:

- Manual therapy vs exercise
- Dry needling and laser therapy
- Chronic pain
- Neuropathy
- How to get started
- What insurance covers

Call the Carman-Ainsworth Senior Center to register!
810-732-6290



**February 26, 2025:
Center hosts Senior Winter Games - NO
regular activities available on this day.**

SOARING EAGLE CASINO BUS TRIP

**WEDNESDAY
MARCH 26, 2025
9:00 - 4:00**

BUS LEAVES 9:00 SHARP FROM CENTER
ARRIVE BACK TO CENTER AROUND 5:45

COST: \$ 45.00 PER PERSON (CASH ONLY/NO REFUNDS)

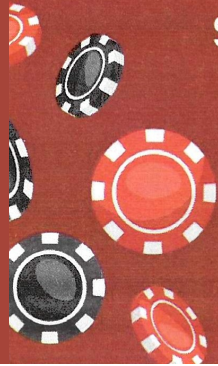
Each person receives:

\$20 Premium Play / \$10 Food / \$10 Bingo Bucks
(loaded onto card)

Payment due at sign up.

Last day for sign up is March 7, 2025

**Trip subject to cancellation based on participation levels.
Refund provided only in the event of our cancellation.**



GENESEE COUNTY LEGAL RESOURCE CENTER

Facing legal problems without a lawyer?

We can help.

Legal Information • DIY Forms • In-Person Assistance

Genesee County Circuit Court

900 S. Saginaw Street, Room 103 • Flint MI 48503



*Please note that our navigators are not able to provide legal advice.
If further assistance is needed, they may connect you to a lawyer.*





Mindfulness for Better SLEEP

This program combines the benefits of **Mindfulness** and **Sleep Education for Everyone**.

Mindfulness has been shown to reduce stress-related symptoms such as worry, depression, physical tension, and may be helpful in managing chronic conditions.

Participants will also learn techniques to improve the quality and quantity of their sleep.

The program consists of **6 90-minute** sessions. Each session will include:

- Mindfulness Lesson
- Mindfulness Practice
- Sleep Education: the relationship between pain and sleep, sleep hygiene, and techniques to improve sleep.
- Goal Setting

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 Friday,
February 21 –
March 28**

1:00 – 2:30 PM

Facilitator:

Liz Williams

josaitis@msu.edu

Cost:

Free

Registration:

At Front Desk

or Call 810-732-6290

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Members may receive automated calls for changes to or reminders for programs they attend. These calls will always say they are from Carman-Ainsworth Senior Center on your caller ID.



For seniors aged 60 and over, appointments will be available to discuss legal issues with a representative from Legal Services of Eastern Michigan. Call the Center at 810-732-6290 to schedule your appointment on the last Wednesday of the month.

Check us out on

facebook®

<https://www.facebook.com/CASeniorCenter/>

Transportation \$2 Each Way

The boundaries are: Hill Road to the south; Pierson Road to the north; Dort Highway to the East and Elms Road to the West.



You MUST be ready to get on the bus 15 minutes prior to scheduled pick up time.



GENESEE COUNTY
METROPOLITAN PLANNING
COMMISSION

Recycle Household Batteries
Questions? Call 810-762-7744
gcmpc.org/environmental

ACCEPTED Household Batteries: AA, AAA, AAAA, C, D, 9V, CR123A, Button Batteries, All Other *Alkaline* Batteries.

TAPE Both Ends of batteries so ends do not touch other batteries.

Button Batteries can be found in devices like hearing aids, watches, cameras and key fobs.

**NO Lead Acid Batteries, NO Electronic Waste,
NO Lithium Ion Batteries.**

VAAA
**Valley Area
Agency On Aging**

Answers, Action & Advocacy
for **All Things Senior**



**DELTA DENTAL
FOUNDATION**

Free

**MOTT COMMUNITY COLLEGE
DENTAL HYGIENE CLINIC**

OUR SERVICE

- Dental Checkup
- Teeth Cleaning

QUALIFICATIONS

- 60 Years and Older
- Lives in Genesee County

**CONTACT US
TO SCHEDULE**

 **1 (810) 762-0493**

 **1321 East Court St.
Flint, MI 48503**

Care is provided by dental hygiene students, under the direct supervision of a licensed dental hygienist and dentist.

This project is being paid for by the Valley Area Agency on Aging, MCC Dental Hygiene Clinic and Delta Dental Foundation. If you would like more information, please reach out to Abbie Mars, Health and Wellness Program Manager at VAAA at (810) 600-0633.

Center will be **CLOSED** on
PRESIDENTS DAY



Monday, February 17, 2025

Join Us Every Other Tuesday from
1:00 - 3:30 p.m.
for Recreational
Ping Pong/Table Tennis
No experience needed —
we will teach you!
Next sessions - February 4 and 18



Rook Card Game

Thursdays
February 6 and 27
at 1:30 p.m.

**We will teach you how
to play!**



Tuesdays at 9:00 a.m.
Tabata with Teresa

Tabata is interval training that consists of sets of fast-paced exercises each performed for 20-30 seconds interspersed with a brief rest of 10 seconds.



Family Service Agency
of Mid Michigan

Contact Program Director, Sabrina Sizemore, LLMSW
ssizemore@fsamich.org • 810-285-3582 • www.fsamich.org

Visually Impaired Program

Family Service Agency's Visually Impaired Program is a new program to support individuals who are 60 or better and struggling with blindness or vision loss. These services are free for the eligible residents!

Who is eligible? All Genesee County residents who are legally blind, have low vision, or are experiencing functional or progressive vision loss and 60 years old or better.

Visually Impaired Services Include: Social Work Consultation

Social Work supports in the following areas:

- Engage in supportive casework
- Coordinate services and resources
- Provide emotional support to client, families and friends.
- Disseminate information to clients and staff
- Educate and outreach in the community

Independent Living Skills Teaches skills to adjust to blindness and low vision using adaptive techniques and devices. Topics will be personalized to meet each client's needs.

Orientation & Mobility Support Training is personalized for each client and completed in the client's environment at their own pace.

Support Group The emotional aspect of losing vision is often the most difficult to overcome. Support groups offer a wide range of topics to encourage individuals to share and support one another through difficulties.

Adaptive Aids Support Low vision and adaptive aids will be identified and provided as needed.

Hearing Impaired Program

Family Service Agency's Hearing Impaired Program is a new program to support individuals who are 60 or better and struggling with deafness or hearing loss. These services are free for the eligible residents!

Who is eligible? All Genesee County residents who are deaf, have or are experiencing functional or progressive hearing loss and 60 years old or better.

Hearing Impaired Services Include: Social Work Consultation
Social Work supports in the following areas:

- Engage in supportive casework
- Coordinate services and resources
- Provide emotional support to client, families and friends.
- Disseminate information to clients and staff
- Educate and outreach in the community

Independent Living Skills Teaches skills to adjust to deafness and hearing loss using adaptive techniques and devices. Topics will be personalized to meet each client's needs.

Orientation & Mobility Support Training is personalized for each client and completed in the client's environment at their own pace.

Support Group The emotional aspect of losing hearing is often the most difficult to overcome. Support groups offer a wide range of topics to encourage individuals to share and support one another through difficulties.

Adaptive Aids Support Adaptive aids for hearing loss will be identified and provided as needed.



The Love Songs of Elvis

Enjoy a fun-filled, high energy Elvis impersonator. Shake, rattle, and roll down memory lane with Bryan Elzie Dixon as

he gets you all shook up to the favorites from the King of Rock & Roll. (Adult)

Flint Township-McCarty
Tuesday, February 11 • 2:30 pm



*Concert will be held in the senior center, adjacent to the library.

thegd.org



PLEASE REMEMBER

Before venturing out in bad weather, be sure to check if the Center is open. Closure statements will be posted on our Facebook page as well as ABC12 and WNEM5. If Carman-Ainsworth Schools are closed due to weather, the Center will also be closed.

Conduct at the Flint Township Carman-Ainsworth Senior Center

As we are all unique individuals, sometimes our personalities clash when we are in a large group of people. At our Center, everyone is expected to treat each other with respect. Please keep hurtful opinions to yourself. When confronted with inappropriate behavior please bring it to the attention of staff to be dealt with. We have a great facility and fantastic people attending. Let's work together to respect one another and continue to support our Center.

Carman-Ainsworth Senior Center Outreach Program

Services available to those 60 and over:

- Transportation (Center) • Volunteer Service
- Adult Day Care • Prevention of Abuse and Exploitation • In-home Chore Services • Health Services • MiCafe (food stamps) • Project Fresh (Farmers market in-season) • Income Tax AARP • Food Pantry Program (Limited) • Medical Loan Closet

Call the Center for more information –
810-732-6290

Flint Arrowhead Barbershop Chorus meets at the Center every Tuesday evening at 6:30 p.m.



Flint Arrowhead Barbershop Chorus is an all male a cappella group who are looking for new members. No experience necessary, all voices welcome.

Rent/ Mortgage/Utility Assistance Program



Genesee County is pleased to announce a county-wide rental assistance opportunity. It is to assist low-to-moderate income households with access to up to six months of mortgage, rent or utility assistance to mitigate the impact of income losses caused by the COVID-19 pandemic and associated Executive Orders.

For more information visit <http://gcmpc.org/cares-act-rental-assistance/> or contact one of the following agencies:

- Rent and Utility Assistance -**
GCCARD 810-232-2185
- Rent, Mortgage and Utility Assistance -**
Catholic Charities 810-600-4525
Metro Community Development 810-767-4622

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

1101 Beach St., Flint, MI 48502
(810) 257-3068



MISSION STATEMENT

Strengthening the lives of Genesee County Veterans and their families through compassionate service, supportive resources, and professional advocacy.

BENEFIT SERVICES INCLUDE:

- **Agent Orange** - Information describing what Agent Orange is, who may have been exposed, health problems and conditions related to agent orange exposure, compensation, and how to get more information.
- **Burial Allowance** - Information describing what the VA burial allowance is, who is eligible, how much the VA pays, how to apply, and other related benefits.
- **Disability Compensation** - Information describing what the VA disability compensation program is, who is eligible, how to apply, and other disability compensation related benefits.
- **Former POW** - Former Prisoners of War historical data, compensation, medical care, and how to get more information.
- **Persian Gulf Veterans** - Persian Gulf veterans physical examination and special eligibility for follow-up care, statistics, compensation, and how to get more information.
- **PTSD (Post-Traumatic Stress Disorder)** - Information about what Post-Traumatic Stress Disorder is, Vet Centers, Medical Center Programs, National PTSD Center, and how to get more information..
- **VA Home Loans** - Information about how to apply, update a Certificate of Eligibility, or get information on the processing of your loan.

VETERANS 50 YRS & OLDER

You can schedule an appointment at one of the following designated senior activity centers to assure you are receiving all of the benefits you are entitled to.

Clio Senior Center

(810)687-7260

Davison Area Senior Center ***

(810)658-1566

Flushing Area Senior Center ***

(810)659-4735

Grand Blanc Senior Center ***

(810)695-3202

Loose Senior Center

(810)735-9406

Swartz Creek Area Senior Center ***

(810)635-4122

(*** Appointments available every other month.)



Grief Support Group

At Carman-Ainsworth Senior Center

Sponsored by



- *Share your grief story with others who understand and can relate.*
- *Connect with caring people who are also dealing with loss.*
- *Lend your listening ear and supportive care to someone else who needs it.*

First & third Wednesdays of each month at 11:00 a.m.

*Carman-Ainsworth Senior Center
2071 S. Graham Road*

Please call 810-732-6290 to register in advance
Meeting date/time subject to change

Creamy Parmesan Italian Sausage Ditalini Soup Recipe

1 lb Italian sausage, casings removed
1 tbsp olive oil
1 small onion, diced
2 cloves garlic, minced
1 can (14.5 oz) diced tomatoes, drained
4 cups chicken broth
1 cup heavy cream
1 cup small pasta (ditalini or elbow)
1 cup shredded Parmesan cheese
1/2 tsp dried basil
1/2 tsp dried oregano
Salt and pepper, to taste
Fresh parsley, chopped (for garnish)

Cook the Sausage: Heat olive oil in a large pot over medium heat. Add the Italian sausage, breaking it up as it cooks until it is browned. Remove the sausage from the pot and set it aside.
Saute the Aromatics: In the same pot, add the diced onion and minced garlic. Cook until the onion is translucent, about 3-4 minutes.

Add Tomatoes and Broth: Stir in the drained diced tomatoes, chicken broth, dried basil, and dried oregano. Bring the mixture to a boil.

Cook the Pasta: Add the pasta to the boiling broth mixture and cook until it is al dente, approximately 8-10 minutes.

Make it Creamy: Reduce the heat to medium-low. Stir in the heavy cream and shredded Parmesan cheese, allowing the cheese to melt and thicken the soup.

Add Sausage Back In: Return the cooked sausage to the pot, stirring to combine with the soup. Season with salt and pepper to taste.
Serve: Ladle the soup into bowls, garnish with freshly chopped parsley, and enjoy this hearty Italian-inspired meal!



When you're feeling ill, the best thing to do is stay home and rest. Please don't come to the Center where your germs can be spread.

TeFAP Commodity Program

Given out Quarterly — 4 times a year in March, June, Sept. & Dec.
This is an additional food program with income eligibility guidelines for 60 years of age and older with a household size of 1 = \$1,962 a month and a household size of 2 = \$2,655 a month. Call 810-789-3746 for more information.

Cell Phone Policy

When in the Flint Township/Carman-Ainsworth Senior Center, please put your cell phone on silent or vibrate. Phones can be kept near you to check on as needed. When taking a call go out to the foyer so as not to disrupt activities. Thank you for your cooperation.



Do You Need Assistance Paying Your Rent?

The Housing Choice Voucher Program (HCV), administered by the Michigan State Housing Development Authority (MSHDA), may be able to assist. The HCV Project Based Voucher program (PBV) is a federally funded rental subsidy program that may assist persons living at **700 E Court Street Village** with paying their rent.

MSHDA's HCV/PBV Program is partnering with 700 E Court GP, LLC, Presbyterian Villages of Michigan, The Medical Team, Valley Area Agency on Aging and BECKA Management to make available supportive housing units with rental subsidies for 29 (twenty-nine) units (16/Studio and 13/1BR located at 700 E Court Street, Flint, MI 48503

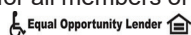
The PBV waiting list will be established by MSHDA beginning **August 9, 2024**. The waiting list for the PBV rental assistance program will remain open indefinitely.

You may qualify for assistance at 700 E. Court Street Village, if your household income falls within the MSHDA allowable extremely low income for your family size, you meet program requirements and at least one of the following Supportive Housing Categories:

- Special Needs and Elderly (55+)

Staff at **McFarlan Villages** will accept applications beginning **August 9, 2024**. Please call **(810)239-4700** between the hours of **9AM-4PM on Fridays** to inquire about your eligibility for placement on the PBV waiting list for rental assistance.

NOTE: Proof of legal identity (birth certificate) and proof of a valid social security number will be required for all members of the household.



Your Local Senior Center Can Help

The Flint Township/Carman-Ainsworth Senior Center is a partnership between the Carman-Ainsworth Community Schools and Flint Township, funded by the Genesee County Senior Millage. This wonderful resource offers a wide variety of activities and services to senior residents, from useful phone numbers to a loan closet program.

In need of medical items like wheelchairs or walkers but can't afford them? The Center has a loan closet with items available for borrowing. There is a \$25 deposit for wheelchairs and tub transfers. In addition to wheelchairs and walkers, bath seats, commodes, and toilet seats are also available.

The Flint Township/
Carman-Ainsworth Senior Center
Phone: 810-732-6290
Address: 2071 S. Graham Road, Flint



Please consider others that may have allergies when you are planning to use perfumes and body sprays. Thank you



Make Smart Food Choices for Healthy Aging



It's never too late to make smarter food choices. Healthy eating is an important part of staying healthy as you age.

Following these tips can help you maintain a healthy weight, get the nutrients you need, and lower your risk of chronic disease.

Try to eat and drink from these food groups each day: fruits, vegetables, grains, protein, and dairy.



Fruits



Vegetables



Grains



Protein



Dairy

Variety is an important part of eating healthfully!

Instead of:



High-calorie snacks



Fruit products with added sugars



Regular cola

Try these:



Nutrient-dense snacks



Fresh fruit



Water flavored with fruits or vegetables

Cut back on foods and beverages that are high in calories and added sugars, sodium, and saturated fats. Shift to healthier options like fresh fruits and vegetables instead.



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: Carman-Ainsworth Senior Center
1:00pm – 3:00pm**

Tuesday, January 28th, 2025
Tuesday, February 4th, 2025
Tuesday, February 11th, 2025
Tuesday, February 18th, 2025
Tuesday, February 25th, 2025
Tuesday, March 4th, 2025
Tuesday, March 11th, 2025

Classes are conducted over seven sessions, meeting once a week, two hours per session.

**To sign up for the class please call
810-732-6290.**

Space is limited.

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

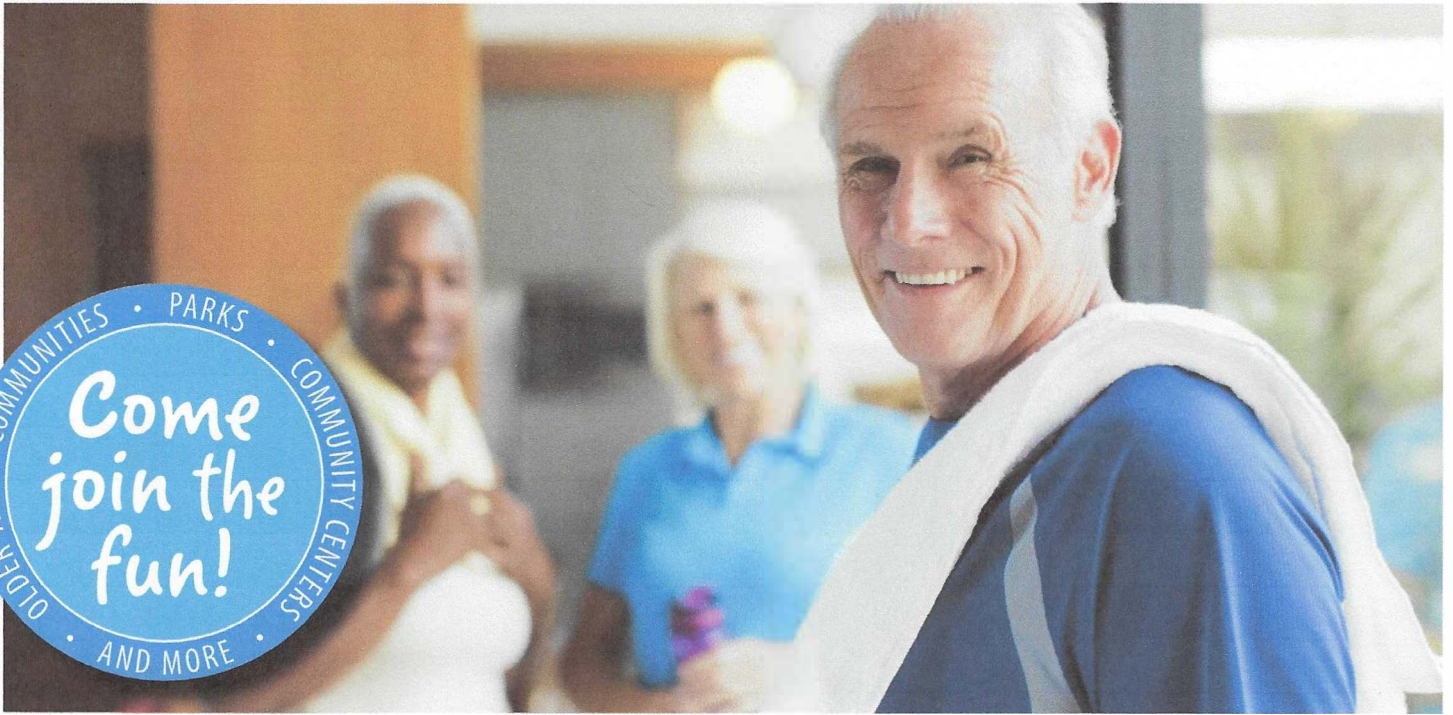


VAAA is a proud AIRS platinum member

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.



Ready, steady, go!

If you would like to be stronger, improve your balance, and decrease your risk of falling ... **SilverSneakers Stability™** is for you! Protect one of your most valuable assets – your independence. A study of older adults participating in exercise classes similar to SilverSneakers Stability showed 40 percent were less likely to fall and one-third were less likely to suffer a fall-related injury than non-participants.¹

Where: Carman-Ainsworth Senior Center
When: 1/28/25 - 3/18/25
Time: 11:30 am - 12:30 pm
Call: Carman-Ainsworth Senior Center to register: 810-732-6290

COME JOIN OUR CLASS

There's no cost to SilverSneakers® fitness program members.


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

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SilverSneakers
by Tivity Health

FLEX
Community
Fitness Classes

SHARE THE WEALTH!



RAFFLE DRAWING

- DAVISON AREA SENIOR CENTER FEB. 3RD
- RICHFIELD BOWL FEB. 4TH
- CLIO SENIOR CENTER FEB. 19TH
- SWARTZ CREEK AREA SENIOR CENTER FEB. 21ST
- FOREST TOWNSHIP SENIOR CENTER FEB. 25TH
- ST. JOHN PARRISH HALL FEB. 27TH

8 TICKETS FOR \$5.00

Important Reminder!

Please make sure you are scanning in with your scan card each and every time you come into the Center!!! Also, if you attend more than one event make sure you select each activity you are here for. We need the correct counts for the county. *Thank You!*



Slow Flow Yoga with Carolyn
Thursdays at 1:00 p.m.

Chair Yoga
Monday at 10:15 a.m.
Tuesday at 1:00 p.m.

You can improve strength, flexibility, balance and enhance your ability to relax and focus, without having to get on the floor. We stay seated in chairs or stand using the chairs for support. The pace is gentle and your comfort is a priority. Wear comfortable clothes that allow you to move.

Call 810-732-6290 with any questions and to sign up.

SAMBA CARD GAME

Join us every Monday at 12:30 p.m. We will teach you how to play!

CHESS CLUB

Join us for Chess Club every other Friday at Noon. Beginners welcome and encouraged; each session we focus on a certain aspect of the game.
 February dates: 7 and 21



Knit-A-Bit Group

Do you like to knit or crochet?
 Do you want to make things for charities?



If you answered yes to either of the above questions come and sit with us. We meet every Monday from 11:30 a.m. to 1:30 p.m.



Genesee County Senior Millage Telephone Intake and Screening Program

The Telephone Intake and Screening Program is funded by the Genesee County Senior Millage and is open to individuals age 60 and older that live in Genesee County. The Valley Area Agency on Aging Telephone Intake and Screening Program will provide screening for all seniors in an effort to mainstream and utilize all programs and services available to seniors in Genesee County.

Hours of operation: Monday – Friday 8am-5pm

Telephone Number: 1-810-249-6531



“These programs and/or services are fully or partially funded by the Genesee County Senior Millage. Your tax dollars at work.”

GENESEE COUNTY LEGAL RESOURCE CENTER

LEARN ABOUT HOW WE CAN ASSIST WITH YOUR LEGAL ISSUES

LIGHT REFRESHMENTS WILL BE PROVIDED



Thursday

February 13, 2025



Time

2:00 PM



Carman Ainsworth Senior Center

2071 S. Graham Rd.

Flint, MI 48532

JOIN US



810-732-6290



www.carman.k12.mi.us/departments/seniorcenter



GENESEE COUNTY
— M I C H I G A N —
LEGAL RESOURCE CENTER



Remember:

Center will be CLOSED on:

Monday, February 17
for President's Day



Executive Board Members:
James McClung, President
Veronica Robinson, Vice President
Karen Teeples, Secretary
James Rouse, Treasurer
Judith Martin, Trustee
Mary Murphy, Trustee
Laura Olds, Trustee

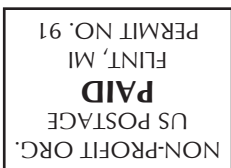
The Senior Center Newsletter is published 12 times a year.

Eileen Swain, Executive Director
Gloria Nealy, Advisor
Barb Vert, Advisor



GENESEE COUNTY
MICHIGAN

"This program and/or service is fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work."



Carmen-Ainsworth Community Schools
Community Services
G-3475 W. Court St
Flint, MI 48532

Carmen-Ainsworth/Flint Township
Senior Center
2071 S. Graham Rd
Flint, MI 48532