

# 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/seniorcenter](http://www.carman.k12.mi.us/seniorcenter)  
Monday - Friday • 8:00 a.m. - 4:00 p.m.

## December 2024

### Monday

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

### Tuesday

9:00 Tabata with Teresa  
10:15 Floor Exercise with Teresa  
11:30 Silver Sneakers  
1:00 Chair Yoga  
2:15 Gentle Yoga

### Wednesday

9:00 Beginning Line Dance  
10:00 Line Dance  
12:30 Hand, Knee & Foot  
Card Game  
1:00 Crochet Group  
1:00 Euchre  
2:00 Chair Massage

### Thursday

9:00 Painting  
10:00 Cardio and Strengthening  
11:15 Floor Exercise with Teresa  
1:00 Slow Flow Yoga  
3:30 Hustle Dance Class

### Friday

9:00 Hatha Yoga  
10:15 Strengthen & Condition  
11:30 Senior Beats  
12:45 Hand, Knee & Foot  
Card Game

ALL PROGRAMS ARE SUBJECT TO CHANGE & RESCHEDULING.

***Call ahead for information and current status. 810-732-6290.***

Can you believe we are wrapping up another year? All the greetings of the season to you and yours! Thank you for being a part of our Center! To all the snowbirds: please make sure your contact information is up-to-date before you head to your winter home. With the new year starting please remember to update your membership with us. Automated phone calls for class updates or cancellations will always say from Carman-Ainsworth Senior Center.

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

Mark your calendars:

- First AND Third Wednesday of each month Grief Support Group meets at 11:00 a.m.
- First Thursday of each month we are hosting the card game ROOK at 1:30 p.m. Volunteers will teach you how to play!
- Mondays at 12:30 p.m. Samba Card Game. Volunteers will teach you how to play!
- Mondays at 2:00 p.m. Chair exercise class.
- Tuesdays at 6:30 p.m. Flint Arrowhead Barbershop Chorus.
- Thursdays through January 23; 9:00 - 10:00 a.m. Tai Chi with Commit to Fit. Full details inside. Class size limited.
- Tuesdays and Thursdays from 9:00 - 11:00 a.m. Food Pantry available.
- Fridays, December 13 and 27; 12:00 Noon Chess Club. Beginners welcome and encouraged.
- Tuesday, December 10; 1:00 - 3:30 p.m. Ping Pong/Table Tennis. No experience needed!
- Wednesday, December 11; 11:00 a.m. Global Physical Therapy.
- Thursday, December 12; 2:00 p.m. Flint Arrowhead Barbershop Chorus Concert.
- Friday, December 13; 10:00 a.m. to 2:00 p.m. Mobile Secretary of State by appointment.
- Monday, December 16; 9:00 a.m. - 12:00 p.m. Beltone FREE Hearing Screening & Wax Checks by appointment.
- Tuesday, December 17; 2:30 p.m. GDL Concert Series presents Violin & Piano Festive Holiday Concert. Limited attendance.
- Tuesday and Wednesday, December 24 and 25; Center will be CLOSED for Christmas.
- Tuesday and Wednesday, December 31 and January 1; Center will be CLOSED for New Year.
- Wednesdays, January 8 - February 12; 11:00 a.m.- 12:30 p.m. Fork & The Road nutrition education program. Must register in advance.
- Senior Winter Games Registration open through January 9. Games to be held February 2-27, 2025.
- Contact the Center if interested in applying for food commodity boxes thru the county.
- Floor Exercises with Teresa on Tuesdays at 10:15 a.m. AND Thursdays at 11:15 a.m. Members need to bring a mat or blanket to lie on. Exercise will be targeting legs and abdomen. This is a half hour class.
- Join us on Tuesdays at 9:00 a.m. for 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.



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.



# Medical Nutrition Therapy

## WHAT CAN WE PROVIDE?

- One on one nutrition counseling with a Registered Dietitian for clients with Type 1 and Type 2 Diabetes
- Home Visits for comfortable learning environment and privacy
- Personalized instruction based on the client's nutritional needs.

## Benefits of Healthy Eating:

- Proven reduction in A1C, cholesterol and lipid levels
- Improvement in weight loss outcomes and acceptable BMI ranges

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

For more information contact:

Jeannette Brunetti RD

Registered Dietitian



810-249-6547



[brunettij@valleyaaa.org](mailto:brunettij@valleyaaa.org)





# SENIOR *Winter* GAMES!

**FEBRUARY 3RD - FEBRUARY 27TH, 2025**  
**REGISTRATION:**

**NOVEMBER 11TH TO  
JANUARY 9TH, 2025**

**COST:**

**\$15.00 PER PERSON**

**EXTRA \$3 FEE FOR BOWLING EVENT**  
**INCLUDES: T-SHIRT, UNLIMITED EVENTS,  
OPENING CEREMONY WITH ENTERTAINMENT,  
AND CLOSING BANQUET LUNCH!**

## **2025 EVENTS:**

**PIE EATING, DARTS, CORN HOLE, JIGSAW PUZZLE, SPADES,  
CHECKERS, SCRABBLE, YAHTZEE,  
HAND KNEE & FOOT, SHUFFLEBOARD, TABLE TENNIS, PING  
PONG, CRIBBAGE, PINOCHE, SUDOKU, SENIOR GRAND PRIX,  
SOFTBALL TOSS, FREE THROW, EUCHRE, BAKING, PICKLEBALL,  
MINIATURE GOLF, LINE DANCING,  
DOMINOES (MEXICAN TRAIN), SPELLING BEE, ARTS & CRAFTS,  
POOL, FRISBEE TOSS, LADDER GOLF AND BOWLING.**

**LOCATIONS ARE LISTED ON REGISTRATION FORM!**





MICHIGAN SECRETARY OF STATE  
**MOBILE OFFICE  
IS COMING TO YOU**

The Mobile Michigan  
Secretary of State  
will be at the Center on

Friday, December 13  
from  
10:00 a.m. - 2:00 p.m.

For more information or to  
schedule your visit during this  
event contact 810-732-6290.

**Transaction services available include:**

State ID

Driver's License - Renewal, replacement,  
corrections, convert to REAL ID

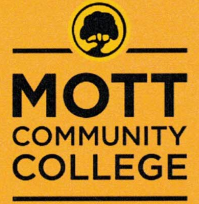
Voter Registration - Register & Update  
Voter Registration

Vehicle Transactions - Title Transfer,  
Plate & Tab Renewal, Replacement plate/  
registration/tab

Disability Parking - Temporary or  
Permanent Disability parking placard,  
renew/replace placard.



**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.





This notice is to inform you that due to lack of participation and the inability to meet the current congregate meal standards for us to offer GCCARD Nutritional Services meals, Carman-Ainsworth Senior Center will no longer continue to place orders for lunches.

For those who wish to receive GCCARD meals, please note that we can schedule transportation service from within our boundaries to either the Brennan or Burton Senior Centers.



### 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

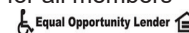
The PBV waiting list will be established by MSHDA beginning **August 9, 2024**. The waiting list for the PBV rental assistance program will remain open indefinitely.

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.



## FREE NUTRITION EDUCATION PROGRAM

# Fork & The Road

Fork & the Road is a free program for Michiganders 60 years of age and older designed to support healthy aging. Participants learn about hot topics in health & nutrition while sharing personal experiences and meeting others interested in healthy aging.

**DATE: WEDNESDAYS, JANUARY 8 - FEBRUARY 12, 2025 (WEEKLY)**

**TIME: 11:00-12:30PM**

**LOCATION: CARMAN AINSWORTH SENIOR CENTER**

**TO REGISTER, SIGN UP WITH THE SENIOR CENTER  
OR CALL 810-732-6290**

This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation. This institution is an equal opportunity provider.

# Tai Chi with Commit to Fit

## What is it? →

Tai Chi for health empowers people of all ages and physical abilities to improve their health and wellbeing through slow, smooth and continuous mind-body exercises. Gain the most benefits by attending every session!

## Thursdays at Carman Ainsworth Senior Center

9:00–10:00 a.m.

2071 S Graham Rd, Flint, MI 48532

Weekly, October 10 – January 23

\*Skipping November 28 & December 26

To register, call (810)232.2228

## Health Outcomes →

- Improved balance and mobility
- Improved strength and flexibility
- Improved relaxation
- Decreased pain and falls



\*Tai Chi for health is an arthritis appropriate evidenced based intervention.\*



## Grief Support Group

at Carman-Ainsworth Senior Center

Sponsored by **Heartland** HOSPICE

- *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 AND third Wednesday 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***



## MEDICARE MEDICAID ASSISTANCE PROGRAM

Review, understand and compare Medicare Health Plans and Medicare Prescription Drug Coverage; Apply for Medicaid or Medicare Savings Program

**CALL THE CENTER AT 810-732-6290  
FOR YOUR APPOINTMENT**



## TeFAP Commodity Program

Given out Quarterly — 4 times a year

March, June, September & December

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.

## 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*







**FREE Hearing Screening & Wax Checks**  
**Monday, December 16**  
**9:00 a.m. - 12:00 p.m.**

**Call 810-732-6290 for your appointment**



Our Food  
Pantry is available  
on Tuesdays and  
Thursdays from 9:00 a.m. - 11:00 a.m.



## 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.



## 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:  
MMAP • Medicare/Medicaid • Home Delivered Meals • Congregate Meals (Center)  
• 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

**NEED  
HELP?**



## *Festive Holiday Concert*

This duo will brighten your holiday season with their musical stylings.

Flint Township-McCarty

Tuesday, December 17 • 2:30pm



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

[thegdl.org](http://thegdl.org)



**Family Service Agency**  
of Mid Michigan

### **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 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 clients needs.

**Orientation & Mobility Support** Training is personalized for each client and completed in the clients 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 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 clients needs.

**Orientation & Mobility Support** Training is personalized for each client and completed in the clients 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.

Contact Program Director, Sabrina Sizemore, LLMSW  
[ssizemore@fsamich.org](mailto:ssizemore@fsamich.org) • 810-285-3582 • [www.fsamich.org](http://www.fsamich.org)





# Global

Physical Therapy & Spine Specialists

## PHYSICAL THERAPY SERVICES

December 11th ,2024 @ 11:00 am

We will be discussing the types of therapies used in physical therapy and their purpose. We will also discuss the process for starting therapy, and answering any questions you may have.

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

Refreshments provided!



# 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!



**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.  
December dates: 13 and 27

## 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.**

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](http://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.**





## Rook Card Game

**First Thursday of  
each month  
at 1:30 p.m.**

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

# TABATA™

**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.

## Recipe

### ***Creamy Parmesan Italian Sausage Ditalini Soup***

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!



## Holiday Concert

**Thursday, December 12**

**2:00 p.m.**



## ***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  
MICHIGAN

### **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**



**Valley Area  
Agency On Aging**

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

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

Remember:

Center will be CLOSED on:

Tuesday and Wednesday, December 24-25  
for Christmas

Tuesday, December 31 and Wednesday, January 1  
for New Year

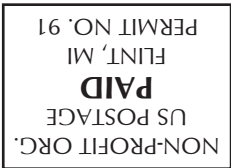
Executive Board Members:  
James McClung, President  
Veronica Robinson, Vice President  
Karen Teeples, Secretary  
James Rouse, Treasurer  
Judith Martin, Trustee  
Mary Murphy, Trustee  
Laura Olds, Trustee

The Senior Center Newsletter is  
published 12 times a year.

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



“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