

# 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.

## November 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 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.**

Happy Thanksgiving! To all the snowbirds: make sure your contact information is up-to-date before you head to your winter home.

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, November 1 and 15; 12:00 Noon Chess Club. Beginners welcome and encouraged.
- Tuesday, November 5; 2:30 p.m. GDL presents Cooking with Ming. Limited attendance.
- Thursdays, November 7 - December 19; 12:30 - 3:00 p.m. Take the Path to Better Health. Must sign up in advance.
- Monday, November 11; Center will be CLOSED for Veterans Day.
- Tuesdays, November 12 and 26; 1:00 - 3:30 p.m. Ping Pong/Table Tennis. No experience needed!
- Thursday, November 21; 1:00 p.m. - 4:00 p.m. Card Making Class. Space is limited. Must pre-register in person at the Center.
- Thursday and Friday, November 28 and 29; Center will be CLOSED for Thanksgiving.
- Senior Winter Games Registration open November 11 - January 9. Games to be held February 2-27, 2025.
- 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.
- 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.

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

~ Eileen, Mary and Ro



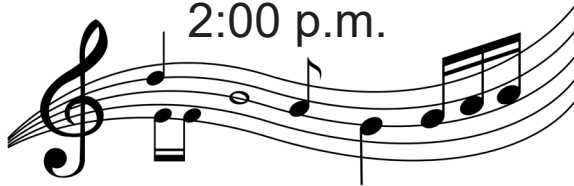
When you're feeling ill, the best thing to do is stay home and rest. Please don't come to the Center where your germs can be spread.



# Holiday Concert

Thursday, December 12

2:00 p.m.



## Recipe

### Roasted Fall Vegetable Salad

- 2 cups halved Brussels sprouts (10 ounces)
- 2 cups coarsely chopped butternut squash
- 1 red bell pepper, cut into 3/4-inch pieces
- 1 red onion, cut into 3/4-inch pieces
- 4 tablespoons olive oil, divided
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon red wine vinegar
- 1 tablespoon chopped fresh herbs, such as parsley or chives
- 1 small clove garlic, minced
- 1 teaspoon Dijon mustard
- 2 tablespoons pepitas (pumpkin seeds), toasted

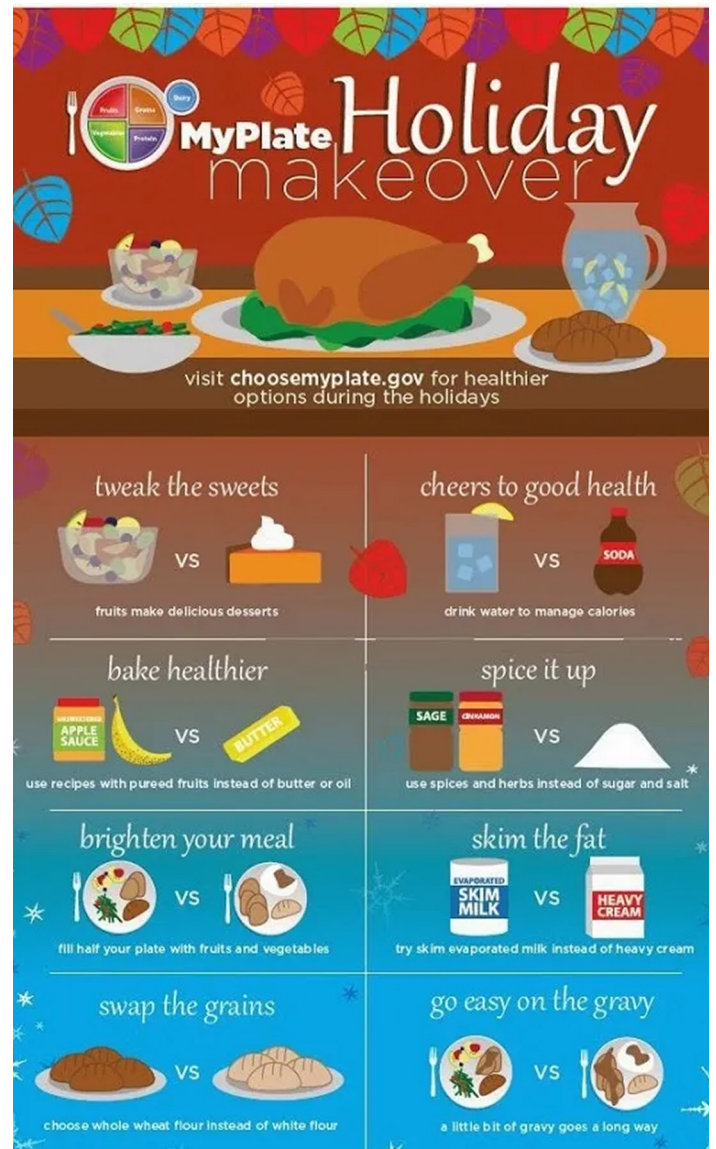
Preheat the oven to 425°F. Line a large baking sheet with foil. Spread Brussels sprouts, squash, bell pepper, and red onion on prepared baking sheet. Drizzle with 2 tablespoons oil. Sprinkle with salt and pepper; toss to coat.

Roast vegetables in the preheated oven, stirring halfway through, until browned and tender, about 20 minutes. Let cool 10 minutes.

Meanwhile, for vinaigrette, whisk together vinegar, herbs, garlic, and mustard in a large bowl. Slowly pour in remaining 2 tablespoons oil, whisking until oil is incorporated and dressing is smooth and creamy.

Add vegetables to bowl with vinaigrette; toss. Let cool to room temperature (or chill, covered, up to 1 week). Sprinkle salad with pepitas just before serving.

*Nice and Toasty:* To toast nuts and seeds, cook in a dry skillet over medium heat, stirring frequently, until lightly browned and fragrant, 4 to 7 minutes. Keep an eye on them. They can burn quickly.



## Recipe

### Chive Dip

- 8 oz cream cheese
- 1 cup sour cream
- 2 tablespoons dried chives
- 4 teaspoons dried minced onion
- 1 teaspoon lemon pepper seasoning
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper

Place the cream cheese in a mixing bowl and beat on medium speed with an electric mixer until fluffy.

Add the remaining ingredients and beat for 1-2 minutes or until the ingredients are well mixed.

Cover the bowl and place in the refrigerator for 2 hours for the flavors to develop.

To serve the dip at room temperature, remove the bowl from the refrigerator about 20 minutes before serving. This dip can also be served warm by microwaving it for 1-2 minutes, stirring during the cooking time.

Serve with chips, crackers, or cocktail bread.



**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.



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

## 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?**



# **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.

**FREE!**







# TAKE THE PATH TO BETTER HEALTH

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

Learn to manage your ongoing 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

Carman Ainsworth Senior Center

2071 S Graham Rd

Flint, MI 48532

November 7 – December 19, 2024

12:30pm – 3:00pm

\*No Class 11/28/24\*

To Register Call: 810-732-6290

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 Aging and Adult Services Agency.  
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**

# Chair Yoga

**Monday mornings at 10:15 a.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.  
November dates: 1 and 15

## 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.**





# 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!**



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!  
*November 12 and 26*



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.



**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.



# 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.\*



## 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**



- *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***



## Make It, Take It Card Making Class

**November 21, 2024 • 1:00 - 4:00 pm**

*Monthly on the third Thursday. Space is limited!  
Must pre-register in person at the Center to attend*

Sign up to join Rosemary Magley in creating cards! Samples are on display at the Center. Bring your own scissors and adhesive. If needed, you can purchase adhesive from Rosemary. Additional cards are also available to purchase on class day.

## 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*







## 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.



## 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.



## COOKING with MING

*Italian Chinese Fusion  
Beef Bolognese*



Our favorite chef, Ming Louie, will teach you to make this delicious beef dish.

**Tuesday, November 5  
@ 2:30pm**

**Flint Township-McCarty Library**  
2071 S Graham Rd., Flint, MI 48532  
For more info, call (810) 732-9150

\* Program will be held in the Carman-Ainsworth Senior Center, adjacent to the library. The Senior Center requires check-in upon arrival.



**GENESEE DISTRICT LIBRARY**

**In-Person Program**

*thegdl.org*



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

Monday, November 11 for Veterans Day  
and

Thursday and Friday, November 28-29  
for Thanksgiving

## 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  
— M I C H I G A N —

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

NON-PROFIT ORG.  
US POSTAGE  
**PAID**  
FLINT, MI  
PERMIT NO. 91

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