

Hasselbring

Senior Center Newsletter

Age Confidently... Age Comfortably... Age Creatively

1002 W. Home Avenue - Flint, MI 48505 - Ph 810-766-9516 - Fx 810-221-7893

Website: www.hasselbringseiorcenter.com - Email: hasselbring1002@gmail.com

MISSION STATEMENT

The mission of the Hasselbring Senior Center is to provide programs, activities, and services to promote health, safety, and dignity enabling seniors to remain independent in the community.

VISION

“Utilizing community resources to collaboratively increase the quality of life for our members and community...today, and in the future.”

Center Hours

Monday - Friday
8:00 am - 5:30 pm
(office closes @ 4:00pm)
Closed Saturday and Sunday

Staff

Executive Director
Beverly Lewis

Office Assistant
Lance Barron

Custodian
Joseph Jones Jr.

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Hasselbring Senior Center is dedicated to doing all things necessary to protect to the best of its ability the health, safety and welfare of all of our members, staff and other guests.

Safety Protocol

Participants are asked to sanitize their hands, prior to entering the second set of doors. Masks are no longer required, but highly recommended!

After sanitizing, participants MUST scan in to the My Senior Center System to register their activities for the day.

Our participation policy is located in the entrance and throughout the building in activity area. Non-compliance of safety protocols and/or any policy could result in the loss of center privileges.

~ Weekly Programming ~

GCCARD Lunch

Served daily

Monday - Friday
11:30am-12:30pm

Billiards / Dominoes

Spades / Chess / Checkers

Monday - Friday 8am-5:30pm

Amazing Fitness

Monday @ 9:00am

Bingo

Monday - Friday @ 10:00am

~ Weekly Programming (con't) ~

Let's Move Monday

Monday @ 11:00am

Let's Exercise

Tuesday @ 9:00am

Holistic Healing Hour

Tuesday @ 10am

Wednesday @ 1:30pm

Ball Room

Tuesday and Thursday @ 1-3pm

Hustle Cardio

Tuesday 4-6pm

Arthritis Fitness

Wednesday @ 9:00am

Computer Class

Wednesday & Friday 10am-12pm

Hasselbring Hustler's

Open Dance

Wednesday 2-3:30pm

Open Line Dance

Wednesday 4-5:30pm

Let's Exercise

Thursday @ 9:00am

Cardio Drumming

Thursday 10am

Let's Exercise

Friday @ 9:00am

Bid Whiz

Friday 1-4pm

*New Members Are
Always Welcome
Come Join Us!*

Hasselbring Board Meeting
Tuesday, December 12th @ 12pm
Board Meetings will be held quarterly in Mar. June, Sept., & Dec.,)

President - Percy Knapp
 Vice Pres. - Kimberly Robbins
 Secretary - Joey Lusane
 Treasurer - Genell Reeves
 Sgt At Arms - Ronnie Russell
 JoeAnn Carrigan Bonnie Grass
 Director Elect - Holly Wilson

Hasselbring's Flint Police
Service Center

~ OPEN ~

Tuesday - Thursday 9am-4pm
 Friday 9am-1pm

Legal Services of
Eastern Michigan,
Medicare/Medicaid
and

Veteran's Services

Need legal advice or assistance with veteran's services? Sign up for an appointment by calling Hasselbring Senior Center office at (810) 766-9516. A LSEM, Medicare/Medicaid or Veteran's Service Representative will contact you for a personal appointment time.

Elder Abuse Hotline
810-257-3422

Senior Boxes

Senior Boxes will be distributed on **Friday, October 27, 2023.**

Please Mark Your Calendars.
BOXES WILL NOT BE HELD AND MUST BE PICKED UP BY Monday, 10/30!

Any low income senior age 62 or older is eligible to sign up for the monthly Senior Food Boxes.

Do you need a ride?
Free transportation is available to and from Hasselbring Senior Center and for other essential needs.

Call MTA 810-767-5541

Annual Membership Recruitment & Count

October 1st marks the beginning of our annual membership count. We need your help! New member recruitment runs through **March 31st**. Please encourage your friends, ages 60 and up to sign up for membership and enjoy our many activities and services. All current members who refer a new member during the recruitment period will be entered into a monthly drawing to win incentives. The drawing will be held on the last day of each month. In addition, anyone referring 10 or more new members in any month will receive a CASH PRIZE! Referrals must be acknowledged at the time of new member sign up. We are so close to getting our numbers up to become a Level 3 center. This means an increase in funding through the Senior Millage. Let's Get It, Let's Go!

Self Care for Seniors Empowerment with Nurse T

Come join us on **Friday, October 6th, 13th, 20th & 27th @ 11am** for real, lively, informative conversations on subjects that affect seniors, their health and their well-being.

MMAP Open Enrollment

Do you need to change your existing health plan, shop for better coverage, check existing coverage or compare plans? Our representative is available for appointments on **Wednesdays, October 15th through December 7th from 9am-1pm**. Please call (810) 766-9516 in advance for an appointment.

Breast Cancer Awareness

Join us in celebrating our breast cancer survivors on Wednesday, **October 18th at 1pm**. More details to follow!

SmartPhone Technology Class

You've been asking for it and now it's back! Classes resumes **Thursday, September 19th from 4-5:30pm**. Please note the schedule has changed to once monthly on the third Thursday of each month.

Game Night

Grab your family and friends, 18 and older and come join us for a fun-filled night on **Friday, October 20th from 6-11pm**. No Admission, Spades, Bid Whiz, Dominoes, Chess/Checkers, Corn Hole, BYOB and 50/50 Raffle are all part of the activities. This will be the last Game Night until the fall. Stay tuned for the return date!.

Health Fair

Join us for our community health fair on **Friday, October 27th from 10am-3pm**. This event is designed to encourage healthy lifestyles, prevent and manage disease and connect you to resources. Activities include Free Health Screenings, Vaccinations, Fitness Demonstrations, Raffle Prizes, Mini-Massages, Financial Health & Free Healthy Lunch Provided. Secretary of State Mobile Office & Medication Take Back Also Available!

Trunk or Treat

Help Support Our Youth **Friday, October 27th from 4-6pm**. Donate your vehicle and provide candy to pass out and you could WIN A CASH PRIZE! Register your vehicle by calling 810-766-9516. Candy & monetary donations may be dropped off at Hasselbring, Monday-Friday 8am-4pm.

Congregate October Meal Menu 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Country Style Chicken Steamed Broccoli Roasted Vegetables Honey Dew Fruit Wheat Roll Margarine Milk	Chicken Salad Sandwich Croissant Carrot sticks 3 Bean Salad Fresh Banana Milk	Salisbury Steak Redskin Mashed Potatoes Cauliflower Strawberry Applesauce Dinner Roll w/Margarine 100% Fruit Juice	Turkey & Cheese Sub Lettuce, tomato, onion Steak House Potato Salad Diced Pears Whole Wheat Bun Mayo Mustard 100% fruit juice	Santa Fe Salad w/ Chicken HM Corn & Black Bean Salsa Tortilla Strips Fruit Cocktail Pasta Salad- Salad Dressing Milk
9	10	11	12	13
BBQ Pulled Pork Diced Potatoes Vegetable Blend Mandarin Orange Cup Mini Sub Bun Margarine Milk	Grilled Chicken Breast Chuck Wagon Vegetable Chopped Broccoli Potato Roll Mixed Fruit Margarine 100% Fruit Juice	Creole Steak In Sauce European Vegetables Sliced Beets Potato Roll Margarine Tropical Fruit Salad Milk	HM Pork Chop w/Apples Mixed Greens Mashed Sweet Potatoes Corn Bread & Margarine Pears 100% Fruit Juice	Sweet and Sour Meatballs Brown Rice Green Beans Pineapple Tidbits Flatbread Margarine Milk
16	17	18	19	20
Meatloaf w/gravy- Mashed Potatoes Sweet Peas Wheat Roll Margarine Cinnamon Applesauce 100% Fruit Juice	Chicken Caesar Salad Cucumber Slices w/dip Fruit Cocktail Pita Half Caesar Salad Dressing Pkt Milk	Chef's Choice 	HM Chicken Parmesan Sand Garlic Vegetable Blend- Whole Kernel Corn- WG Bun- Margarine- Diced Pears- 100% Fruit Juice Birthday Cake	Crusted Fish- Au Gratin Potatoes Cole Slaw Pineapples- Potato Roll Margarine Milk
23	24	25	26	27
HM Bean Soup Baby Carrots Warm Apples Corn Muffin & Margarine Milk	Beef Teriyaki w/Rice & Veggies Winter Blend Vegetables Dinner Roll Apricots Margarine 100% Fruit Juice	HM Sloppy Joes Garden Pasta Veggie Blend Cauliflower Fresh Apple WG Bun Margarine Milk	HM Chicken & Noodles Mixed Vegetables Diced Pears Biscuit Margarine 100% Fruit Juice Cookie of the Month	Breaded Turkey Sandwich Ranch Potato Wedges macaroni Salad Whole Wheat Bun Fresh Apple Milk Mayo pkt
30	31	  		
HM Beef Goulash Carrots Spinach Corn Bread Peach Cup Margarine Milk	Oven Fried Chicken Southern Green Beans Potato Salad Hawaiian Roll Pineapple Tidbits 100% Fruit Juice			

**IF YOU HAVE NOT ALREADY DONE SO, PLEASE STOP IN THE OFFICE TO COMPLETE AN UP-
DATED NAPIS FORM. THIS FORM IS REQUIRED TO BE ON FILE FOR THOSE WHO PARTICIPATE
IN LUNCH!**

The Gloria Coles Flint Public Library

Library services are available at Hasselbring to assist seniors with obtaining library cards, provide onsite library books to circulate periodically, initiate book conversations under certain themes and connect seniors with online FPL services (audiobooks, movies, ebooks).

Please check out available books for loan in the office.

Project Fresh Coupons

If you haven't already done so, please use your coupons No Later Than **Tuesday, October 31st** when they expire!

Veteran's Celebration

Veterans and family members, please join us on Friday, **November 10th at 1pm** as we celebrate and honor you for your services. Please make sure your name is on the list and sign up in the office to RSVP with the number of guests you will be bringing with you.

Free COVID Test

Free Covid-19 Tests are available for senior to have on hand when needed. Please see office staff to get yours today.

Water Bottle Filler Stations

Stations have been installed in the Socialization Area and in the Auditorium. Please bring your water bottles to collect clean water to drink during your time here at the center.

Board Member Letters of Interest

Recruitment for Hasselbring Board members is an ongoing process. Letters of Interest are always accepted. If you are interested in a future seat on the Board to help the center continue to meet its mission and goals, please submit a Letter of Interest with your credentials to Board President, Mr. Percy Knapp. Letters may be mailed to Hasselbring Senior Center, 1002 W. Home Ave., Flint, MI 48505 or dropped off in the office.

Battery Recycling

Genesee County Metropolitan Planning Commission is offering Battery Recycling through Hasselbring Senior Center. All regular household batteries are accepted. Please note that Lead Acid Batteries, Lithium Ion Batteries and Electronic Waste are NOT ACCEPTED!

Free COVID Testing

MACEDONIA BAPTIST CHURCH

Monday, Friday, and Saturday from 10 am to 3 pm

<https://www.solvehealth.com/book-online/ABXLkg>

BETHEL UNITED METHODIST CHURCH

Tuesday – Wednesday from 10 am to 4 pm

Thursday from 1 pm to 7 pm

<https://www.solvehealth.com/book-online/0PmnQA>

WORD OF LIFE CHURCH

Tuesday – Thursday from 12 pm to 6 pm

<https://www.solvehealth.com/book-online/0Pm1kA>

**THIS PROGRAM AND/OR SERVICE IS FULLY OR PARTIALLY FUNDED BY
GENESEE COUNTY SENIOR MILLAGE FUNDS.
YOUR TAX DOLLARS ARE AT WORK!**

