



**APRIL EDITION 2026**

1301 PINGREE AVE  
FLINT, MI 48503  
(810) 766-7238  
brennanseniorcorporation@gmail.com  
www.brennanseniorcenter.com

# SENIOR REFLECTIONS



## **MISSION STATEMENT**

The mission of the Brennan Senior Center is to provide Senior Citizens with a wide variety of programs, activities, and services, including but not limited to: health, recreation, socialization, education, transportation, and pertinent information and services that enable them to maintain dignity and independence.

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# BRENNAN ELM PARK SENIOR COMMUNITY CENTER

## HOURS OF OPERATIONS

Monday 9 AM - 5 PM  
 Tuesday 9 AM - 5 PM  
 Wednesday 9 AM - 5 PM  
 Thursday 9 AM - 5 PM  
 Friday 9 AM - 5 PM  
 Saturday & Sunday - **CLOSED**

Good Friday  
 Friday April 3, 2026 - **CLOSED**

### Brennan Senior Center Staff

Deborah Holmes, Executive Director  
 Charla London, Administrative Assistant  
 Vincent Millender, Maintenance  
 Richard Flynn, Transporter  
 Heinitsh Woodson, Alternate Transporter

### Brennan Senior Center Advisory Board

Gary Simon, Chairperson  
 Mildred Bowen, Recording Secretary  
 Archie LeFlore, Treasurer  
 Mavis Pitts, Trustee  
 Marcia Eagle, Trustee  
 Tom King, Trustee

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



\*APPOINTMENTS ARE REQUIRED  
NO FEE FOR CONSULTATION

WEDNESDAY, APRIL 8, 2026 AT 9:30 AM-11:30 AM.  
CALL DEBORAH HOLMES, EXECUTIVE DIRECTOR AT  
(810) 766-7238  
FOR YOUR APPOINTMENT.

**FOOD BOXES**

Delivery and pick-up for the boxes will occur the second Monday of each month. The next delivery is on: Monday, April 13, 2026 from 11:00 AM until 1:00 PM.

- Qualifications are: Age 60 and above who are able to meet the Income Requirements.
- Complete a Pre-Screening Questionnaire and Enrollment Form.
- If you have applied for this service and you qualify, your food box will be awaiting your arrival for pick-up.

**\*Drop-off and pick-up dates are subject to change.**



**BRENNAN SENIOR CENTER  
BOOK CLUB**

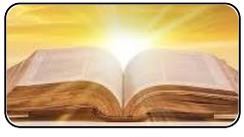
Looking to expand your vocabulary?  
Join us every Friday at 1pm.  
For more information call us  
@810 766-7238.



**QUOTE of the MONTH**

“A journey of a thousand miles must begin with a single step.”  
~Lao Tsu

# April Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
  	 	<p style="text-align: center;">1</p> <p>Walking 10am - Noon                      Exercise 10am - 5pm                      Puzzles 10am-5pm                      Billiards &amp; Chess 10am-5pm                      Basic Sewing 10am-noon                      Arthritis Exercise 11am-Noon                      Lunch Noon - 1pm                      Blood P Check 2pm - 2:30pm                      Movie Day after 11am</p>	<p style="text-align: center;">2</p> <p>Walking 10am - Noon                      Exercise 10am-11am                      Puzzles 10am-5pm                      Billiards &amp; Chess 10am-5pm                      Basic Sewing 10:30 -12:30pm                      Lunch Noon- 1pm                      Ballroom Dancing 1pm - 3pm                      Bid Wiz &amp; Spades 4pm                      Movie Day after 12:30pm</p>	<p style="text-align: center;">3</p> <p>Walking 10am - Noon                      Exercise 10am- 5pm                      Puzzles 10am - 5pm                      Billiards &amp; Chess 10am-5pm                      Lunch Noon - 1pm                      Book Club 1pm - 2pm                      Hustle Dance 1pm - 2:30pm                      Movie Day ALL DAY                      Popcorn Day</p>
<p style="text-align: center;">6</p> <p>Walking 10am - Noon                      Exercise 10am - 5pm                      Puzzles 10am - 5pm                      Billiards &amp; Chess 10am -5pm                      Computer 10:30am-11:30am                      DRUMS ALIVE 11am - Noon                      Lunch Noon - 1pm                      Blood P Check 2pm - 2:30pm                      Movie Day ALL DAY</p>	<p style="text-align: center;">7</p> <p>Walking 10am - Noon                      Exercise 10am- 5pm                      Puzzles 10am-5pm                      Billiards &amp; Chess 10 am-5pm                      Bible Study 10:30am-11:30am                      Lunch Noon - 1pm                      Ballroom Dancing 1pm - 3pm                      BINGO Noon - 2pm                      Cell Phone 1:30pm- 2:30pm                      Movie Day after 2:00PM</p>	<p style="text-align: center;">8</p> <p>Walking 10am - Noon                      Exercise 10am - 5pm                      Puzzles 10am-5pm                      Billiards &amp; Chess 10am-5pm                      Basic Sewing 10am-noon                      Arthritis Exercise 11am-Noon                      Lunch Noon - 1pm                      Blood P Check 2pm - 2:30pm                      Movie Day after 11am</p>	<p style="text-align: center;">9</p> <p>Walking 10am - Noon                      Exercise 10am-11am                      Puzzles 10am-5pm                      Billiards &amp; Chess 10am-5pm                      Basic Sewing 10:30 -12:30pm                      Lunch Noon- 1pm                      Ballroom Dancing 1pm - 3pm                      Bid Wiz &amp; Spades 4pm                      Movie Day after 12:30pm</p>	<p style="text-align: center;">10</p> <p>Walking 10am - Noon                      Exercise 10am- 5pm                      Puzzles 10am - 5pm                      Billiards &amp; Chess 10am-5pm                      Lunch Noon - 1pm                      Book Club 1pm - 2pm                      Hustle Dance 1pm - 2:30pm                      Movie Day ALL DAY                      Popcorn Day</p>
<p style="text-align: center;">13</p> <p>Walking 10am - Noon                      Exercise 10am - 5pm                      Puzzles 10am - 5pm                      Billiards &amp; Chess 10am -5pm                      Computer 10:30am-11:30am                      DRUMS ALIVE 11am - Noon                      Lunch Noon - 1pm                      Blood P Check 2pm - 2:30pm                      Movie Day ALL DAY</p>	<p style="text-align: center;">14</p> <p>Walking 10am - Noon                      Exercise 10am- 5pm                      Puzzles 10am-5pm                      Billiards &amp; Chess 10 am-5pm                      Bible Study 10:30am-11:30am                      Lunch Noon - 1pm                      Ballroom Dancing 1pm - 3pm                      BINGO Noon - 2pm                      Cell Phone 1:30pm- 2:30pm                      Movie Day after 2:00PM</p>	<p style="text-align: center;">15</p> <p>Walking 10am - Noon                      Exercise 10am - 5pm                      Puzzles 10am-5pm                      Billiards &amp; Chess 10am-5pm                      Basic Sewing 10am-noon                      Arthritis Exercise 11am-Noon                      Lunch Noon - 1pm                      Blood P Check 2pm - 2:30pm                      Movie Day after 11am</p>	<p style="text-align: center;">16</p> <p>Walking 10am - Noon                      Exercise 10am-11am                      Puzzles 10am-5pm                      Billiards &amp; Chess 10am-5pm                      Basic Sewing 10:30 -12:30pm                      Lunch Noon- 1pm                      Ballroom Dancing 1pm - 3pm                      Bid Wiz &amp; Spades 4pm                      Movie Day after 12:30pm</p>	<p style="text-align: center;">17</p> <p>Walking 10am - Noon                      Exercise 10am- 5pm                      Puzzles 10am - 5pm                      Billiards &amp; Chess 10am-5pm                      Lunch Noon - 1pm                      Book Club 1pm - 2pm                      Hustle Dance 1pm - 2:30pm                      Movie Day ALL DAY                      Popcorn Day</p>
<p style="text-align: center;">20</p> <p>Walking 10am - Noon                      Exercise 10am - 5pm                      Puzzles 10am 5pm                      Billiards &amp; Chess 10am -5pm                      Computer 10:30am-11:30am                      DRUMS ALIVE 11am - Noon                      Lunch Noon - 1pm                      Blood P Check 2pm - 2:30pm                      Movie Day ALL DAY</p>	<p style="text-align: center;">21</p> <p>Walking 10am - Noon                      Exercise 10am- 5pm                      Puzzles 10am-5pm                      Billiards &amp; Chess 10am-5pm                      Bible Study 10:30am-11:30am                      Lunch Noon - 1pm                      Ballroom Dancing 1pm - 3pm                      BINGO Noon - 2pm                      Cell Phone 1:30pm- 2:30pm                      Movie Day after 2:00pm</p>	<p style="text-align: center;">22</p> <p>Walking 10am - Noon                      Exercise 10am - 5pm                      Puzzles 10am-5pm                      Billiards &amp; Chess 10am-5pm                      Basic Sewing 10am-noon                      Arthritis Exercise 11am-Noon                      Lunch Noon - 1pm                      Blood P Check 2pm - 2:30pm                      Movie Day after 11am</p>	<p style="text-align: center;">23</p> <p>Walking 10am - Noon                      Exercise 10am-11am                      Puzzles 10am-5pm                      Billiards &amp; Chess 10am-5pm                      Basic Sewing 10:30 -12:30pm                      Lunch Noon- 1pm                      Ballroom Dancing 1pm - 3pm                      Bid Wiz &amp; Spades 4pm                      Movie Day after 12:30pm</p>	<p style="text-align: center;">24</p> <p>Walking 10am - Noon                      Exercise 10am- 5pm                      Puzzles 10am - 5pm                      Billiards &amp; Chess 10am-5pm                      Lunch Noon - 1pm                      Book Club 1pm - 2pm                      Hustle Dance 1pm - 2:30pm                      Movie Day ALL DAY                      Popcorn Day</p>
<p style="text-align: center;">27</p> <p>Walking 10am - Noon                      Exercise 10am - 5pm                      Puzzles 10am 5pm                      Billiards &amp; Chess 10am -5pm                      Computer 10:30am-11:30am                      DRUMS ALIVE 11am - Noon                      Lunch Noon - 1pm                      Blood P Check 2pm - 2:30pm                      Movie Day ALL DAY</p>	<p style="text-align: center;">28</p> <p>Walking 10am - Noon                      Exercise 10am- 5pm                      Puzzles 10am-5pm                      Billiards &amp; Chess 10am-5pm                      Bible Study 10:30am-11:30am                      Lunch Noon - 1pm                      Ballroom Dancing 1pm - 3pm                      BINGO Noon - 2pm                      Cell Phone 1:30pm- 2:30pm                      Movie Day after 2:00pm</p>	<p style="text-align: center;">29</p> <p>Walking 10am - Noon                      Exercise 10am - 5pm                      Puzzles 10am-5pm                      Billiards &amp; Chess 10am-5pm                      Basic Sewing 10am-noon                      Arthritis Exercise 11am-Noon                      Lunch Noon - 1pm                      Blood P Check 2pm - 2:30pm                      Movie Day after 11am</p> 	<p style="text-align: center;">30</p> <p>Walking 10am - Noon                      Exercise 10am-11am                      Puzzles 10am-5pm                      Billiards &amp; Chess 10am-5pm                      Basic Sewing 10:30 -12:30pm                      Lunch Noon- 1pm                      Ballroom Dancing 1pm - 3pm                      Bid Wiz &amp; Spades 4pm                      Movie Day after 12:30pm</p> 	 

# Congregate April Menu 2026

**\*Menu Subject to Change Based on Product Availability and Quality Standards**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Country Style Chicken Italian Green Beans Mashed Potatoes Pear Cup Potato Roll Margarine Milk</p>	<p><b>Easter Luncheon</b> Glazed Ham Fried Cabbage Scalloped Potatoes HM Cherry Crisp Sweet Roll Margarine</p>	
<p>Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Mango &amp; Papaya Margarine Milk Fortune Cookie</p> 	<p>Chicken Parmesan w/Spaghetti Steamed Broccoli Mixed Vegetables Sliced Pears Wheat Roll Margarine 100% Fruit Juice HM</p>	<p>Turkey Polish Dog Potato Wedges Mixed Veggies Diced Pears Hotdog Bun Mustard Packet Milk 100% Fruit Juice</p> 	<p>BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange WW Roll Margarine 100% Fruit Juice</p>	<p>HM Mac &amp; Cheese French Cut Green Beans Tomatoes &amp; Zucchini Fruit Salad WG Roll Margarine Milk</p>
<p>Italian Breaded Chicken Breast Veggie Blend Rice Pilaf Mixed Fruit Potato Roll Margarine Milk</p>	<p>Salisbury Steak California Veggie Blend Sweet Peas Tropical Fruit Salad WG Dinner Roll Margarine 100% Fruit Juice</p>	<p>Turkey &amp; Cheese Sandwich Lettuce, Tomato, Red Onion HM Pasta Salad Peaches WG Bun Dressing Packet Milk</p>	<p>HM Creamy Tortellini &amp; Beef Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice</p>	<p>Fish Taco w/ Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapple Cup Tortilla Shell Lemon Juice Packet Milk</p> 
<p>Ham &amp; Cheese Frittata Roasted Redskin Potatoes Baked Apples Mini Muffins Margarine Milk</p> 	<p>Ham Tetrizzini Sweet Peas Sliced Carrots Fresh Pear Sliced Bread Margarine 100% Fruit Juice</p>	<p>Meatball Sub Potato Wedges Sweet Peas Pineapple Tidbits Sub Bun Margarine Milk</p> 	<p><i>Bon appetit</i> Chef's Choice</p>	<p>Chipotle Bowl w/Beef &amp; Beans Over Mexican Rice w/HM Pico Chuck Wagon Blend Fruit Cocktail Tortilla Shell Mild Salsa Cup Milk</p> 
<p>HM Sloppy Joes Veggie Blend Cauliflower Fresh Apple WG Bun Margarine Milk</p>	<p>Antipasto Salad w/Ham Pepperoni Salami &amp; Cheese Carrot Sticks Pineapple Tidbits Crunchy Bread Sticks Salad Dressing 100% Fruit Juice</p> 	<p>BBQ Pork Burger Potato Wedges Key West Veggie Blend Cantelope Chunks WG Bun Milk</p>	<p>Chicken Salad Sandwich Pasta Salad HM Cucumber Salad Fresh Pears Sliced Croissant 100% Fruit Juice</p> 	



Food Word Search

Name: \_\_\_\_\_



# HEALTHY FOODS

G	P	E	A	C	H	E	S	F	V	F	Z	K	V	S
E	D	R	N	B	L	G	A	A	R	G	O	H	G	T
I	C	C	O	R	D	P	S	M	O	U	Y	L	T	E
F	K	A	M	O	T	I	W	P	S	V	I	N	S	E
I	F	R	L	C	O	N	G	T	I	X	V	T	Q	B
B	B	R	A	C	R	E	A	R	O	N	F	Z	U	I
Q	V	O	S	O	A	A	I	L	A	Z	A	D	A	S
W	Z	T	Y	L	N	P	Z	H	M	I	V	C	S	N
B	P	S	O	I	G	P	U	B	E	O	N	U	H	A
G	E	A	G	P	E	L	C	M	G	O	N	S	I	E
S	A	R	U	E	S	E	C	Y	G	A	A	D	D	B
R	Q	M	R	T	R	S	H	L	S	A	M	B	S	V
A	I	D	T	I	Q	B	I	O	A	T	M	E	A	L
E	S	H	F	V	E	W	N	L	T	R	U	M	H	V
P	N	B	K	S	W	S	I	X	U	L	R	L	M	W

## Word list:

ALMONDS  
APPLES  
BEANS  
BEETS  
BERRIES

BROCCOLI  
CARROTS  
EGGS  
FRUIT  
GRAINS

OATMEAL  
ORANGES  
PEACHES  
PEARS  
PINEAPPLE

SALMON  
SPINACH  
SQUASH  
YOGURT  
ZUCCHINI



### Sudoku Puzzle #189 Medium

			2					
1	7							4
				4		8		
			9			5		7
			5					
	4			8		1	3	
		3				7	2	8
	5	9						
		2					3	

\*The rules to play Sudoku are quite simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.



\*The rules to play Sudoku are quite simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.



### Sudoku Puzzle #190 Medium

	1				6	4		8
		4	2			7	9	
			3			9	8	
	7		8					
5		6						
			4	8		6		
4		2						
		3		1			5	

# BRENNAN SENIOR CENTER ANNOUNCEMENTS

## WEATHER CLOSING DETAILS



Tune in to WJRT ABC 12 news and/or WEYI 25 news from 5:00 AM until 10:00 AM for closings at Brennan Senior Center, contingent on inclement weather. Closings are subject to take place throughout the year.

## REQUEST FOR TRANSPORTATION

Please call (810) 766-7238 one day in advance to request transportation and ask for Mr. Richard Flynn.



## UPCOMING EVENTS

April 9, 2026 LINK: Lunch-n-Learn

- o NOON-1:00 P.M.

April 16, 2026 Elder Abuse: Lunch-n-Learn

- o NOON-1:00 P.M.

April 22, 2026: COR Freedom: Lunch-n-Learn

- o 11:30 A.M. -12:30 P.M.

## LET'S CELEBRATE!!



Happy April Birthday!

# WE ARE **HIRING**

## **JANITOR POSITION AVAILABLE**

The Brennan Senior Center is currently seeking an experienced Janitor to join our team.

The ideal candidate must have experience in floor stripping, polishing and must be able to lift at least 20 pounds.

This position is scheduled for 5 hours per day, Monday through Friday, with occasional weekend hours required.

Qualified applicants must submit a resume and professional references. Please call Deborah Holmes at (810) 766-7238.

**BRENNAN SENIOR CENTER**

**1301 PINGREE AVE**

**FLINT, MI 48503**

**JOIN OUR TEAM**

EMAIL YOUR RESUME TO: [brennanseniorcorporation@gmail.com](mailto:brennanseniorcorporation@gmail.com)

## Sudoku Solutions

### Medium #189

3	9	4	8	2	5	1	7	6
1	7	8	6	9	3	2	5	4
5	2	6	7	1	4	3	8	9
2	8	1	9	3	6	5	4	7
6	3	7	5	4	1	8	9	2
9	4	5	2	7	8	6	1	3
4	6	3	1	5	9	7	2	8
7	5	9	3	8	2	4	6	1
8	1	2	4	6	7	9	3	5



### Medium #190

7	2	8	1	4	9	3	6	5
9	1	5	7	3	6	4	2	8
6	3	4	2	5	8	7	9	1
2	4	1	3	7	5	9	8	6
3	7	9	8	6	1	5	4	2
5	8	6	9	2	4	1	7	3
1	5	7	4	8	2	6	3	9
4	6	2	5	9	3	8	1	7
8	9	3	6	1	7	2	5	4



Senior Reflections newsletter is a monthly publication of the Brennan Senior Center. The publication is edited by Brennan Senior Center. Inquiries can be forwarded to: [brennanseniorcorporation@gmail.com](mailto:brennanseniorcorporation@gmail.com).

**\*Grow your business by advertising in our Monthly Newsletter**

#### Monthly Rates

**FULL PAGE \$95**

**HALF PAGE \$55**

**QUARTER PAGE \$30**

**ONE EIGHT - PAGE \$15**

**BUSINESS CARD \$15**

**PATRONAGE (FULL NAME) \$10**

Discounted rates available for quarterly advertisement.

**Contact: Deborah Holmes at (810) 766-7038**

**Brennan Elm Park Senior Community Corporation**  
**1301 Pingree Ave.**  
**Flint, MI 48503**  
**Phone: 810.766.7238**  
**E-mail: Brennanseniorcorporation@gmail.com**

## Resource Numbers

Mayor's Office.....(810) 766.7346  
 Customer Service Center.....(810) 766.7015  
 Flint Police Department.....(810) 237.6800  
 Flint City Council .....(810) 766.7418  
 Genesee County Clerk.....(810) 257.3225  
 Genesee County Jail Non-Emergency.....(810) 257.3426  
 Genesee County Animal Control.....(810) 732.1660  
 Crimes Stoppers Flint & Genesee County ...1(800) 422.5245  
 Suicide Prevention Hotline.....1(800) 273.8255  
 Flint Fire Non-Emergency.....(810) 762.7336  
 Flint Police Non-Emergency.....(810) 762.7336  
 Flint City Impound (Complete Towing)..... (810) 235.1711  
 Water Department.....(810) 766.7015  
 Flint City Clerk..... (810) 766.7413  
 Flint City Waste Coordinator ..... (810) 766.7135 x 2605  
 Flint Water|Sewer Emergency Line.....(810) 766.7079  
 Blight Elimination Services .....(810) 237.2090  
 Priority Waste Services.....1(855) 927.8365  
 Consumer's Energy.....1(800) 477.5050  
 Anonymous Tip Line.....(810) 237.6957  
 Hurley Hospital.....(810) 262.9000

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### Support Groups

Alzheimer's Association.....1(800) 272.3900  
 Heart to Heart Hospice of Flint.....(810) 422.9453  
 Gentiva.....(810) 733.7250  
 Grief Support | Grief Recovery.....(810) 234.8673  
 Alcohol Anonymous Support Groups 1(800) 459.2296

### Health Clinics

Genesee County Health Department .....(810) 742.2255  
 Genesee County Free Health Department.....(810) 235.4211  
 Flint VA Outpatient Clinic.....(810) 720.2913  
 Mott Dental Hygiene Clinic.....(810) 762.0493

### Food Assistance

Greater Flint Outreach.....(810) 767.4064  
 Bristol Road Church of Christ.....(810) 238.3627

### Other Resources

Valley Area Agency on Aging.....(810) 239.7671  
 Social Security.....1(800) 772.1213  
 Veteran's Services.....1(800) 827.1000  
 Legal Services of Eastern Michigan..... (810) 234.2621  
 Your Ride.....(810) 767.0100