

# Senior Reflections



June birth flowers: Rose & Honeysuckle  
 June birth stone: Pearl  
 June horoscope: May 21—June 20 | Gemini & June 21—July 22 | Cancer

*Presenting to some and a reminder to others'*

## ~JUNETEENTH~

*Let's talk about a favorable amount of history. "Juneteenth" a part of history that has enriched the African American community with knowledge and with celebration.*

*Juneteenth also called Juneteenth Independence Day, Emancipation Day and is also called Freedom Day.*

*In 1863 President Abraham Lincoln issued the Emancipation Proclamation which declared a formal end to slavery in the United States. However change was not instant after the proclamation. Nearly two and a half years later on June 19th 1865 the enslaved African Americans of Galveston Texas got the news by way of the union army troops that freedom had come at last. June 19th became the emancipation date of those long suffering for freedom.*

*In June 2005 Michigan Governor Jennifer M. Granholm signed legislation officially designating the third Saturday in June as Juneteenth National Freedom Day in Michigan, and Senator Martha G. Scott sponsored Senate Bill 384 to recognize Juneteenth as an official state holiday.*

*The next year the people of Galveston commemorated that day as Juneteenth a celebration of freedom. Since then it's been observed in communities and states as a holiday but officially designated as a federal holiday in 2021 signed by President Biden.*

*Why is the holiday called Juneteenth? The name blends the month and the day this news reached the people of Galveston "June" plus "nineteenth" is Juneteenth.*

*Question: Has this honed your mind as it has mine? I am just now actually reading with understanding about Juneteenth". Black History must be read and known as it is the only way to gain knowledge of the African American culture and race.*

*See you next month.*

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**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 might enable them to maintain dignity and independence.**



## Center Hours\*

Monday	9am—5pm
Tuesday	9am—5pm
Wednesday	9am—5pm
Thursday	9am—5pm
Friday	9am—5pm

\*Hours subject to change.

### Staff

Holmes, Deborah ~ Director  
 Nance, Adrienne ~ Administrative Assistant  
 Hill, Natelete ~ Maintenance  
 Flynn, Richard ~ Van Driver  
 Woodson, Heinitsh ~ Alternate Van Driver

### Advisory Board

King, Tom ~ Chairperson  
 LeFlore, Archie ~ Treasurer  
 Pitts, Mavis ~ Trustee  
 Bush, Nancy ~ Trustee  
 Simon, Gary ~ Trustee  
 Gist, Tommy ~ Trustee  
 Evans, Mark ~ Trustee  
 Bowden, George ~ Trustee  
 Bowen, Mildred ~ Recording Secretary

This program and/or service is fully- or partially-funded by

Genesee County Senior Millage funds.

Your tax dollars are at work.



## Want to Get Your Business Noticed? *Advertise!*

### \*Monthly Rates

Full-page	\$90	Half-page	\$50	Quarter-page	\$25
Eighth-page	\$10	Business card	\$10	Patronage (Full name)	\$5

\*Discounted rate available for quarterly advertisement period. Contact Deborah Holmes at 810.766.7238.

Senior Reflections newsletter is a monthly publication of Brennan Senior Center. Senior Reflections is produced and edited by Adrienne Nance. Forward inquires to: [Adriennebscorp@gmail.com](mailto:Adriennebscorp@gmail.com)

# Upcoming Events

## Veterans Services

**Date:** Tuesday, June 6

**Appointment times are:**

**Times:** 9:00 am thru 11:15 am

## Legal Services of Eastern Michigan

**Date:** Wednesday, June 14th

**Appointment times are:**

**Times:** 9:30 am thru 11:00 am

Call for your appointment: 810.766.7238

*Coming soon-*

## 2023 Senior Project Fresh



In Remembrance of Roy Muhammad

# FREE FOOD GIVEAWAY

**Friday's @ 10:00 AM**

1020 Coldwater Rd | Flint, MI  
(Old Beecher High next to Russ Reynolds Football Field)

**VOLUNTEERS NEEDED BY 9AM**

**PARTNERING WITH:**

COMMUNITY EDUCATION INITIATIVE  
CRIM FOUNDATION & 2ND CHANCE CHURCH

# June Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Computer 1:1 10a-11a Basic Sewing 10:30a-12:30p Bingo! 1p-2p	<b>2</b> Arthritis Exercise - SS 11a-12p Movie Day 11a-2p Hustle Dance 1p-2:30p
<b>5</b> Stability - SS 10a -11a Computer 1:1 10a -12p Chair Yoga 1p -2p	<b>6</b> Cell Phone 1:1 11a-1p Exercise 11a-1p	<b>7</b> Cell Phone 1:1 11a-1p Chair Yoga 1p-2p	<b>8</b> Computer 1:1 10a-11a Basic Sewing 10:30a-12:30p Bingo! 1p-2p Chair Exercise 11a-12p	<b>9</b> Arthritis Exercise - SS 11a-12p Movie Day 11a-2p Hustle Dance 1p-2:30p
<b>12</b> Stability - SS 10a -11a Computer 1:1 10a -12p Chair Yoga 1p -2p	<b>13</b> Cell Phone 1:1 11a-1p Exercise 11a-1p	<b>14</b> Cell Phone 1:1 11a-1p Chair Yoga 1p-2p	<b>15</b> Computer 1:1 10a-11a Basic Sewing 10:30a-12:30p Bingo! 1p-2p Chair Exercise 11a-12p	<b>16</b> Arthritis Exercise - SS 11a-12p Movie Day 11a-2p Hustle Dance 1p-2:30p
<b>19</b> Stability - SS 10a -11a Computer 1:1 10a -12p Chair Yoga 1p -2p  <b>“JUNETEENTH”</b>  <b>CLOSED</b>	<b>20</b> Cell Phone 1:1 11a-1p Exercise 11a-1p	<b>21</b> Cell Phone 1:1 11a-1p Chair Yoga 1p-2p	<b>22</b> Computer 1:1 10a-11a Basic Sewing 10:30a-12:30p Bingo! 1p-2p Chair Exercise 11a-12p	<b>23</b> Arthritis Exercise - SS 11a-12p Movie Day 11a-2p Hustle Dance 1p-2:30p
<b>26</b> Stability - SS 10a -11a Computer 1:1 10a -12p Chair Yoga 1p -2p	<b>27</b> Cell Phone 1:1 11a-1p Exercise 11a-1p	<b>28</b> Cell Phone 1:1 11a-1p Chair Yoga 1p-2p	<b>29</b> Computer 1:1 10a-11a Basic Sewing 10:30a-12:30p Bingo! 1p-2p Chair Exercise 11a-12p	<b>30</b> Arthritis Exercise - SS 11a-12p Movie Day 11a-2p Hustle Dance 1p-2:30p

The most important decisions you make  
are not the things you do, but the things  
you decide not to do.







# GCCARD Senior Nutrition Program

## June 2023 —Congregate Menu\*

\*Subject to change



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Sweet Meatballs w Stir fry Veggies Peas and Carrots Brown rice, Potato roll Mixed Fruit Cup Margarine, 100% Fruit Juice</p>	<p>2</p> <p>BBQ Chicken Thighs Mixed Greens Stewed Tomatoes Dinner Roll Margarine Banana, Milk</p>
<p>5</p> <p>Italian Sub w salami, ham, red onion, banana peppers, Potato Salad Sub Bun, Fresh Apple Dressing Packet, Milk</p>	<p>6</p> <p>Chicken Tacos w HM Pico, Mexican rice Fiesta Corn, Wheat roll Sliced Peaches Taco Sauce, 100% Fruit Juice</p>	<p>7</p> <p>Chef's Choice</p> 	<p>8</p> <p>Boneless BBQ Rib Cole Slaw Riviera Blend Sliced Sub Bun Strawberry Applesauce 100% Fruit Juice Cookie of the Month</p>	<p>9</p> <p>Creole Steak Glazed Carrot Rounds Sweet Peas Pineapple Tidbits Garlic roll, Margarine Milk</p>
<p>12</p> <p>Breaded Chicken Breast Cauliflower, Diced Potatoes Dinner Roll w margarine Applesauce, Milk</p>	<p>13</p> <p>Ravioli w Beef Sauce Veggie Blend Roasted Veggies Potato Roll w margarine Fresh Orange 100% Fruit Juice</p>	<p>14</p> <p>Grilled Chicken Salad Romaine, tomatoes, cheese, cucumber slices w dip Mandarin Oranges Crunchy Bread Sticks Salad Dressing, Milk</p>	<p>15</p> <p>HM Beef &amp; Broccoli Lo Mein, Oriental Veggies Flatbread Pineapple Cup 100% Fruit Juice Birthday Brownie</p>	<p>16</p> <p>Oven Fried Fish Au Gratin Potatoes Cole Slaw Hawaiian Roll Diced Peaches Margarine and Tarter Sauce, Milk</p>
<p>19</p> <p>JUNE TEENTH FREEDOM DAY  CLOSED</p>	<p>20</p> <p>Sloppy Joes Potato Puffs Veggie Blend Applesauce, WG Bun Margarine, 100% Fruit Juice</p>	<p>21</p> <p>BBQ Pulled Pork Chuck Wagon Veggies Green Beans Dinner Roll Diced Peaches Margarine, Milk</p>	<p>22</p> <p>HM Spanish Rice w Beef Broccoli Florets Sweet Corn Potato Roll, Fresh Pear Margarine, 100% Fruit Juice</p>	<p>23</p> <p>White Cheddar Mac &amp; Cheese Zucchini &amp; Tomatoes Mixed Greens Corn Muffin Margarine Pineapple Tidbits Milk</p>
<p>26</p> <p>Grilled Turkey Burger Succotash Wheat Bun Peaches Mayo &amp; Mustard Milk</p>	<p>27</p> <p>HM Goulash Spinach Baby Carrots Fresh Golden Apple Corn Bread Margarine 100% Fruit Juice</p>	<p>28</p> <p>Asian chicken Bowl Vegetable Fried rice Winter Blend Veggies Hawaiian Roll Margarine Mango Papaya cup Milk, Fortune Cookie</p>	<p>29</p> <p>Chicken Tenderloins Creamy Cavatappi Pasta French-Style Green Beans Sliced Carrots Potato Roll w Margarine Fresh Orange 100% Fruit Juice</p>	<p>30</p> <p>Philly Steak w cheese Diced Potatoes Normandy Blend Veggies Wheat Sub Bun Tropical Fruit Salad Margarine, Milk</p>



### Eastern Michigan Food Bank: Senior Food Box Program

*Qualifications: Ages 60 and above; meet income requirement; complete pre-screening questionnaire and enrollment form*

**June's box pickup: Monday, June 12, 10am—1pm**

**All food boxes must be picked up on June 12. Thank you!**

# Service Provider Announcements



Presents



## Save The Date Feed The City 2023

TUESDAY, JUNE 13, 2023

12:00 PM - 3:00 PM

CENTER FOR HOPE

812 ROOT STREET

FLINT, MI, 48503

**Free Event !!!**

**Food, Haircuts,**

**Manicures, Health**

**Resources and More**



IF YOU WOULD LIKE TO BE A VENDOR,  
VOLUNTEER, OR WANT MORE INFO CONTACT  
TIANA 810-529-9091 OR EMAIL AT  
T@WAYNETHEBARBER.COM



Give of oneself unselfishly  
one person at a time



**DO YOU HAVE A LOVED ONE THAT NEEDS HELP?**

**ARE YOU CARING FOR A LOVED ONE?**

**GIVE US A CALL FOR A FREE CONSULTATION**

**810-410-8186**

**TENDER LOVING CARE IS THERE WHEN YOU NEED THEM**

A Sudoku puzzle consists of a 9 x 9-square grid subdivided into nine 3x3 boxes. Some of the squares contain numbers. The object is to fill in the remaining squares so that every row, every column, and every 3x3 box contains each of the numbers from 1 to 9 exactly once. [Puzzle solutions on back cover.](#)

Sudoku Puzzle #863

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

Sudoku Puzzle #864

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

# Brennan Center Announcements

Please check-in at KIOSK upon entry on each visit.

Assistance is available if needed.

## **Renovations** continues at Brennan Center.

The doors have re-opened for our seniors to come in to look around and socialize.

The activities portion of the center has not resumed.

We look forward to that in the near future.

Just a note:

The center may close once more before it is completely re-opened.

## June Baby's!



## Advisory Board Meeting

1st Wednesday of each Month.

## Transportation

Call 810.766.7238 a day prior to your trip.

Cost of \$5.00 round trip. Be ready for pick-up

10 minutes prior to your pick-up time.

**Hustle Dance & Chair Yoga-  
resuming soon**

## GCCARD Congregate Meal

Lunches are served Monday thru Friday @ 12:00 p.m.

To reserve a lunch please call a day prior.

Brennan Senior Center 810.766.7238.

A donation of \$3.00 is requested per each day a lunch is reserved. Ages 60+ will benefit from the meals.

Participants under the age of 60 and non-county residents are required to pay \$6.00 per each day a meal is reserved.

## Masks & Temperature

It is your option to wear or not wear your mask.

Masks and temperatures are no longer required.

Sanitation of your hands is required.



## June's Delicious Recipe

Prep Time: 5 mins Cook: Time: 10 mins Servings: 2

### How to cook Shrimp Fried Rice

1. To a large non-stick skillet add 2 tbsps. oil, and 1 lb. medium shrimp. Cook over medium-high heat for 3 minutes, flipping halfway through.
2. Remove the shrimp and place on a plate; set aside
3. Add 1 cup peas, corn and carrots. Cook for 2 minutes or until vegetables are soft.
4. Add 2 to 3 cloves garlic and 1/2 tsp ginger
5. Push the veggies to the side of skillet. Add 2 large eggs to other side. Cook to scramble.
6. Add shrimp and 4 cups cooked rice to the pan. Evenly drizzle with 3 to 4 tbsps. soy sauce and stir to combine add salt pepper.
7. Cook just until the shrimp are heated



### Ingredients:

Sesame oil, Vegetable oil, Fresh Shrimp, Frozen peas, corn & carrots , Garlic, Ground Ginger, Eggs, Cooked rice, Low-sodium Soy Sauce, salt pepper

## Resource Numbers

Senior Hotlines		City of Flint	
Alzheimer's Association	1.800.272.3900	Mayor's Office	810.766.7346
American Cancer Society	1.800.277.2345	Community Policing	810.237.6853
American Diabetes Society	1.800.232.3472	Dumping Hotline	810.237.2432
American Parkinson's Association	1.800.223.2732	Leaves and Snow	810.766.7343
Arthritis Foundation	1.800.283.7800	Weeds and Tall Grass	810.766.7450
Citizens for Better Care	1.800.284.0046	Water	810.766.7202
County Commissioners	810.257.3020	Sewer	810.766.7079
Dept of Veterans Services	810.257.3068	Parks and Recreation	810.766.7463
Energy Assistance	1.800.292.5650	Customer Service	810.766.7015
Legal Hotline for Seniors	1.800.347.5297	Priority Waste	1.855.927.8365
Legal Services of Eastern MI	810.234.2621	City Council Gen'l #, then x	810.766.7418
Meals-on-Wheels	810.239.7671	1st Ward - Eric Mays	x3160
Medicare Appeals & Inquiry	1.800.633.4227	2nd Ward - Ladel Lewis	x3162
Medicare/Medicaid Assistance	1.800.803.7174	3rd Ward - Quincy Murphy	x3161
MI Offices of Services to the Aging	1.517.373.8230	4th Ward - Judy Priestley	x3164
Sheriff's Office of Elder Abuse	810.257.3460	5th Ward - Jerri Winfrey-Carter	x3167
Social Security	1.800.772.1213	6th Ward - Tonya Burns	x3165
Utilities (Public Service)	1.800.292.9555	7th Ward - Allie Herkenroder	x3163
Valley Area Agency on Aging	810.239.7671	8th Ward - Dennis Pfeiffer	x3159
Veteran's Assistance	1.800.827.1000	9th Ward - Eva Worthing	x3158



## Happy Father's Day

*May your days always be sunny  
 Your skies blue with clouds of white  
 May the moon light up the dark  
 If you are outside on a very dark night  
 May you greet friends with a smile  
 And receive them back each day  
 May strangers greet you cheerfully  
 For life should be that way  
 May your life be full and happy  
 Filled with family friends and fun  
 May you have all of God's blessings  
 And count them every one*

# Southside NEIGHBORHOOD Cleanup

Saturday,  
June 24, 2023  
9:00am-1:00pm

Neighbors, Businesses/Nonprofits, and Fraternities create your team!

## Volunteers Needed!

We have eight (8) community parks to clean and have selected residential homes that need to be painted. All prep work will be done, advisors will be on site, and supplies/refreshments provided.

To sign up as an individual or team, call Brennan Senior Center at (810) 766-7238 from 10 am until 5 pm. We will send additional information once you register.



Let's build  
community together!



## Southside Neighborhood

# Residential Cleanup

*Neighbors,*

**If you notice an unkempt vacant lot, with the items listed below, grass needs to be cut, or an abandoned house needs to be boarded up.**

**Please contact us at (810) 766-7238 and provide us with the address and issue that needs to be addressed by June 2, 2023.**

*Our regular trash pick day is on Fridays. We have partnered with Priority Waste to pick up bulk items on **Friday, June 23, 2023.***

**Bulk items include but are not limited to:**

**washers, dryers,  
microwaves, water heaters,  
carpet and pads cut into 4ft sections,  
furniture under 60 lbs,  
storm doors, lawn furniture, etc.  
(NO TIRES OR HAZARDOUS WASTE!)**

*Volunteers are needed for our cleanup*

*Saturday, June 24, 2023 (see other side).*

*Get the family out and join us in  
cleaning one of our parks, or assisting a neighbor!*



# Brennan Elm Park Senior Community Corporation

**1301 Pingree Ave.**

**Flint, MI 48503**

Phone: 810.766.7238

E-mail: [Brennanseniorcorporation@gmail.com](mailto:Brennanseniorcorporation@gmail.com)

Sudoku Solution #863

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

Sudoku Solution #864

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