



FEBRUARY EDITION

BRENNAN SENIOR CENTER

1301 Pingree Ave

Flint, MI 48503

810-766-7238

brennanseniorcorporation@gmail.com

www.brennanseniorcenter.com

SENIOR REFLECTIONS

BLACK

HISTORY

MONTH

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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Hours of Operation

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

February 16, 2026 - CLOSED

President's Day

Brennan Senior Center Staff

Deborah Holmes, Executive Director

Charla London, Administrative Assistant

Vincent Millender, Maintenance

Richard Flynn, Transporter

Heinitsh Woodson, Alternate Transporter



Brennan Senior Corporation Advisory Board



Gary Simon, Chairperson

Archie LeFlore, Treasurer

Mavis Pitts, Trustee

Marcia Eagle, Trustee

Mildred Bowen, Recording Secretary

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



Are you in need of legal advice? Brennan Senior Center provides this service monthly. Details are below:



Legal Services of Eastern Michigan
Attorney, Nick Lucic

*APPOINTMENTS ARE REQUIRED
NO FEE FOR CONSULTATION



Wednesday, February 11, 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, February 9, 2026 from 11:00 AM until 1:00 PM.

- Qualifications are: Age 60 and above and able to meet 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.

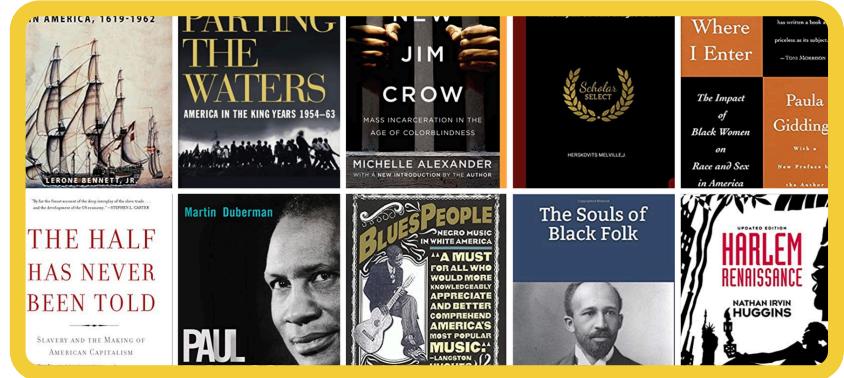
*Drop-off and pick-up dates are subject to change

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

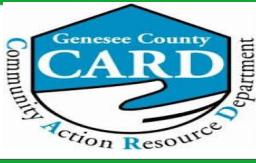
"We are the ones we've been waiting for. We are the change that we seek."
~ Barack Obama



Congregate February Menu 2026

FEBRUARY 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				 BLACK HISTORY MONTH
2 Meatloaf w/Gravy Redskin Mashed Potatoes Sweet Green Peas Fresh Apple Multi-Grain Roll Margarine Milk	3 HM White Chicken Chili Whole Kernel Corn Mini Corn Muffin Pear Cup Margarine 100% Fruit Juice 	4 Turkey Tetrazzini Chuck Wagon Veggies Key West Vegetable Blend Strawberry Applesauce Potato roll Milk	5 Sweet & Sour Pork Loin California Blend Rosemary Potatoes Pineapples Dinner Roll Margarine 100% Fruit Juice	6 Turkey, Ham & Cheese Sub Pasta Salad Baby Carrots WG Bun Mayo & Mustard Mandarins Milk
9 Cheese Ravioli w/Meat Sauce Cauliflower&Diced Carrots Peaches Potato Roll Margarine Milk	10 HM Beef Stew w/ Stewed Vegetables Green Beans Warm Peaches Biscuit 100% Fruit Juice	11 Chicken Parm Sandwich Potato wedges Mixed Veggies Diced Pears WG Bun Margarine Milk 	12 Potato Soup w/Ham & Bacon Sweet Corn Corn Muffin Fresh Orange Margarine 100% Fruit Juice Cookie of the Month	13 Baked Fish in Lemon Cream Sauce Rice Pilaf Veggie Blend Mixed Fruit Salad Hawaiian Roll Margarine Milk 
16 	17 HM Sloppy Joes Veggie Blend Cauliflower Golden Apple WG Bun Margarine 100% Fruit Juice	18 Tangerine Chicken in Stir fry Vegetables Crinkle Cut Carrots Brown Rice Diced Pineapples Potato Roll Margarine Milk	19 Baked BBQ Chicken Thighs Loaded Potato Salad Southern Green Beans Whole Wheat Roll Fresh Orange Margarine 100% Fruit Juice Birthday Cake	20 Artisan Mac & Cheese Stewed Tomatoes Steamed Broccoli Potato Roll Margarine Diced Pears Milk
23 Breaded Chicken Sandwich Diced Potatoes Winter Blend Veggies Apricots Wheat Bun Margarine Milk	24 Chef Salad w/Turkey Cheese & Eggs Romaine Lettuce Sliced Cucumbers Fruit Cocktail Flatbread Half 100% Fruit Juice 	25 HM Goulash Spinach Baby Carrots Fresh Apple Corn Bread Margarine Milk	26 Chicken & Sausage Jambalaya w/Brown Rice Corn Bake Green Beans Diced Peaches 100% Fruit Juice	27 Turkey Burger w/ Cheese Leaf Lettuce/Sliced Tomato Cole Slaw Peas & Carrots Fruit Salad Whole Wheat Bun Mayo & Mustard Milk 

NUTRITION 101

BALANCE • VARIETY • PORTIONS

healthbeet.org

Eating from a variety of food groups provides important and vital macro and micro-nutrients that are essential for growth, development and body function. Practicing portion control can improve energy, mood, and physical comfort.



FRUITS
Fruit is a great source of carbohydrates, fiber, and micronutrients. Fruit is rich in potassium, vitamin C, and folate. The fiber in fruit is vital for healthy digestive functioning.

VEGETABLES
Veggies provide essential micronutrients necessary for development and function. Studies repeatedly show people who eat a diet high in vegetables have fewer rates of chronic disease.

GRAINS
Grains are a great source of energy in the form of carbohydrates, as well as B Vitamins. Whole grains can provide a good source of fiber and can be of benefit by providing a good environment for healthy bacteria to grow.

PROTEIN
Proteins provide structure for muscle tissue, bone and skin. Protein is essential for life sustaining chemical reactions in the body, internal communication of cells, immune support, and is a source of energy and regulation.

DAIRY
Dairy is considered an easy, convenient food group to get essential calcium to build bones, and a good source of protein. Dairy also includes phosphorus, potassium, magnesium, and vitamins A, B12, and riboflavin.

Good nutrition can:

- Build immunity
- Protect from chronic diseases
- Help you maintain a healthy weight
- Improve your mood and enhance mental outlook
- Improve memory
- Strengthen bones and muscles



Activity Calendar

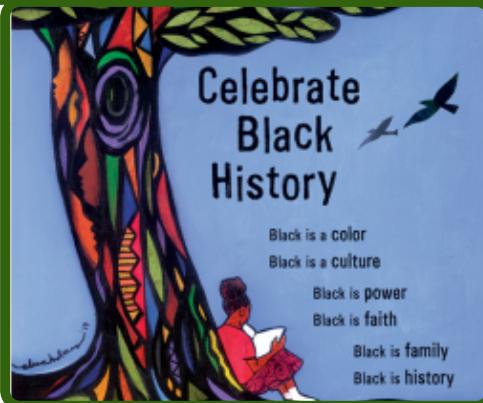
FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 	 		  	 
2 Walking 10am - Noon Exercise 10am - 5pm Puzzles 10am - 5pm Billiards & Chess 10am -5pm Computer 10:30am-11:30am DRUMS ALIVE 11am - Noon Lunch Noon - 1pm Chair Yoga 1pm - 2pm Blood P Check 2pm - 2:30pm Movie Day ALL DAY	3 Walking 10am - Noon Exercise 10am- 5pm Puzzles 10am-5pm Billiards & Chess 10 am-5pm Bible Study 10:30am-11:30am Lunch Noon - 1pm Ballroom Dancing 1pm - 3pm Cell Phone 1:30pm- 2:30pm Movie Day after 2:00PM	4 Walking 10am - Noon Exercise 10am - 5pm Puzzles 10am-5pm Billiards & Chess 10am-5pm Basic Sewing 10am-noon Arthritis Exercise 11am-Noon Lunch Noon - 1pm Chair Yoga 1pm - 2pm Blood P Check 2pm - 2:30pm Movie Day after 11am	5 Walking 10am - Noon Exercise 10am-11am Puzzles 10am-5pm Billiards & Chess 10am-5pm Basic Sewing 10:30 -12:30pm Lunch Noon- 1pm Ballroom Dancing 1pm - 3pm Bid Wiz & Spades 4pm Movie Day after 12:30pm	6 Walking 10am - Noon Exercise 10am- 5pm Puzzles 10am - 5pm Billiards & Chess 10am-5pm Lunch Noon - 1pm Book Club 1pm - 2pm Hustle Dance 1pm - 2:30pm Movie Day ALL DAY Popcorn Day
9 Walking 10am - Noon Exercise 10am - 5pm Puzzles 10am - 5pm Billiards & Chess 10am -5pm Computer 10:30am-11:30am DRUMS ALIVE 11am - Noon Lunch Noon - 1pm Chair Yoga 1pm - 2pm Blood P Check 2pm - 2:30pm Movie Day ALL DAY	10 Walking 10am - Noon Exercise 10am- 5pm Puzzles 10am-5pm Billiards & 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	11 Walking 10am - Noon Exercise 10am - 5pm Puzzles 10am-5pm Billiards & Chess 10am-5pm Basic Sewing 10am-noon Arthritis Exercise 11am-Noon Lunch Noon - 1pm Chair Yoga 1pm - 2pm Blood P Check 2pm - 2:30pm Movie Day after 11am	12 Walking 10am - Noon Exercise 10am-11am Puzzles 10am-5pm Billiards & Chess 10am-5pm Basic Sewing 10:30 -12:30pm Lunch Noon- 1pm Ballroom Dancing 1pm - 3pm Bid Wiz & Spades 4pm Movie Day after 12:30pm	13 Walking 10am - Noon Exercise 10am- 5pm Puzzles 10am - 5pm Billiards & Chess 10am-5pm Lunch Noon - 1pm Book Club 1pm - 2pm Hustle Dance 1pm - 2:30pm Movie Day ALL DAY Popcorn Day
16  PRESIDENTS' DAY United States of America	17 Walking 10am - Noon Exercise 10am- 5pm Puzzles 10am-5pm Billiards & 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	18 Walking 10am - Noon Exercise 10am - 5pm Puzzles 10am-5pm Billiards & Chess 10am-5pm Basic Sewing 10am-noon Arthritis Exercise 11am-Noon Lunch Noon - 1pm Chair Yoga 1pm - 2pm Blood P Check 2pm - 2:30pm Movie Day after 11am	19 Walking 10am - Noon Exercise 10am-11am Puzzles 10am-5pm Billiards & Chess 10am-5pm Basic Sewing 10:30 -12:30pm Lunch Noon- 1pm Ballroom Dancing 1pm - 3pm Bid Wiz & Spades 4pm Movie Day after 12:30pm	20 Walking 10am - Noon Exercise 10am- 5pm Puzzles 10am - 5pm Billiards & Chess 10am-5pm Lunch Noon - 1pm Book Club 1pm - 2pm Hustle Dance 1pm - 2:30pm Movie Day ALL DAY Popcorn Day
23 Walking 10am - Noon Exercise 10am - 5pm Puzzles 10am 5pm Billiards & Chess 10am -5pm Computer 10:30am-11:30am DRUMS ALIVE 11am - Noon Lunch Noon - 1pm Chair Yoga 1pm - 2pm Blood P Check 2pm - 2:30pm Movie Day ALL DAY	24 Walking 10am - Noon Exercise 10am- 5pm Puzzles 10am-5pm Billiards & 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	15 Walking 10am - Noon Exercise 10am - 5pm Puzzles 10am-5pm Billiards & Chess 10am-5pm Basic Sewing 10am-noon Arthritis Exercise 11am-Noon Lunch Noon - 1pm Chair Yoga 1pm - 2pm Blood P Check 2pm - 2:30pm Movie Day after 11am	26 Walking 10am - Noon Exercise 10am-11am Puzzles 10am-5pm Billiards & Chess 10am-5pm Basic Sewing 10:30 -12:30pm Lunch Noon- 1pm Ballroom Dancing 1pm - 3pm Bid Wiz & Spades 4pm Movie Day after 12:30pm	27 Walking 10am - Noon Exercise 10am- 5pm Puzzles 10am - 5pm Billiards & Chess 10am-5pm Lunch Noon - 1pm Book Club 1pm - 2pm Hustle Dance 1pm - 2:30pm Movie Day ALL DAY Popcorn Day

Sudoku Puzzle #185 Medium

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

***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 #186 Medium**

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

***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.**

Brennan Senior Center Announcements



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.



For transportation call (810) 766-7238 Mr. Richard Flynn.

Please call a day in advance to request transportation.



***Brennan Senior Center will take monthly field trips to Costco every 4th Thursday.**

♥ Volunteer Opportunity ♥

*Computer Instructor for Seniors

We are in need of a dedicated and patient Computer Instructor to work with senior citizens.

The ideal individual will have strong computer knowledge, effective communication skills, and a passion for helping older adults gain confidence in using technology.

This role will involve teaching basic computer skills, internet use, email, and other essential applications that support independence and connectivity.

If you are interested in making a meaningful difference in the lives of seniors through technology, please reach out to Deborah Holmes at 810-766-7238 for more details.

♥ Heartfelt Thank You ♥

To all of my volunteers, thank you for stepping up and generously giving your time to ensure the Brennan Senior Center continues to function with excellence.

Your willingness to serve in so many capacities speaks volumes about your compassion and commitment to the well-being of our community. For many of our seniors, your presence means the world as it provides reassurance, comfort, and a genuine sense of being cared for.

We are truly grateful for your dedication and the positive impact you continue to make. Thank you for being a trusted and caring presence at the Brennan Senior Center.

Deborah Holmes, Executive Director
Brennan Senior Center

Future Event

Healthy Eating for Successful Living

Healthy Eating for Successful Living is a program for those who want to learn more about nutrition and how lifestyle changes can promote better health. This program focuses on heart and bone healthy nutrition strategies to help maintain or improve participants' wellness and independence and prevent chronic disease development or progression. This is an educational and hands-on program.

Class Begins: June 29, 2026

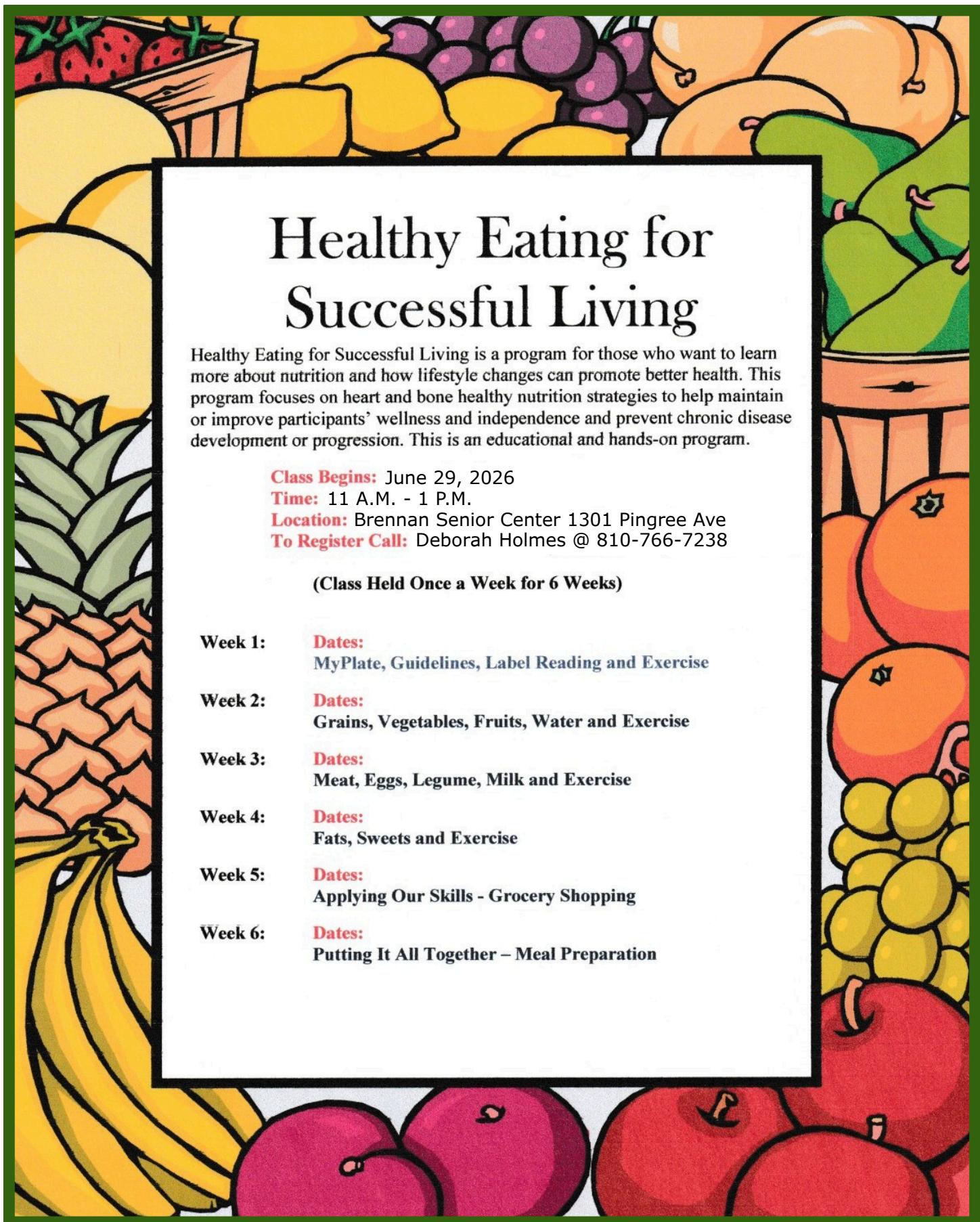
Time: 11 A.M. - 1 P.M.

Location: Brennan Senior Center 1301 Pingree Ave

To Register Call: Deborah Holmes @ 810-766-7238

(Class Held Once a Week for 6 Weeks)

Week 1:	Dates: MyPlate, Guidelines, Label Reading and Exercise
Week 2:	Dates: Grains, Vegetables, Fruits, Water and Exercise
Week 3:	Dates: Meat, Eggs, Legume, Milk and Exercise
Week 4:	Dates: Fats, Sweets and Exercise
Week 5:	Dates: Applying Our Skills - Grocery Shopping
Week 6:	Dates: Putting It All Together – Meal Preparation



Medium #185

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



 **Senior Winter Games 2026** 

Bundle up, bring your game face and join us!

The Senior Winter Games are coming and they're packed with fun, friendly competition, laughter and nice medals.

Join us for a day of excitement! 💪



When: February 13, 2026

Where: Brennan Senior Center
1301 Pingree Ave, Flint, MI 48503

Time: Softball Toss is at 10am 
Free Throw Shooting is 2pm 



Medium #186

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



Grow your business with advertisement in our Newsletter

***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.**

Contact: Deborah Holmes, Executive Director at (810) 766-7238



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.

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

	<u>Support Groups</u>
C	Alzheimer's Association.....1(800) 272.3900
E	Heart to Heart Hospice of Flint.....(810) 422.9453
N	Gentiva.....(810) 733.7250
T	Grief Support Grief Recovery.....(810) 234.8673
R	Alcohol Anonymous Support Groups 1(800) 459.2296
	<u>Health Clinics</u>
A	Genesee County Health Department(810) 742.2255
L	Genesee County Free Health Department.....(810) 235.4211
	Flint VA Outpatient Clinic.....(810) 720.2913
M	Mott Dental Hygiene Clinic.....(810) 762.0493
I	
C	Greater Flint Outreach.....(810) 767.4064
H	Bristol Road Church of Christ.....(810) 238.3627
I	
G	<u>Food Assistance</u>
	Valley Area Agency on Aging.....(810) 239.7671
A	Social Security.....1(800) 772.1213
N	Veteran's Services.....1(800) 827.1000
	<u>Other Resources</u>
G	Legal Services of Eastern Michigan..... (810) 234.2621
A	Your Ride.....(810) 767.0100