



**BRENNAN SENIOR CENTER**

1301 Pingree Ave

Flint, MI 48503

810-766-7238

[brennanseniorcorporation@gmail.com](mailto:brennanseniorcorporation@gmail.com)

[www.brennanseniorcenter.com](http://www.brennanseniorcenter.com)

July



Newsletter

**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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## 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**

**Friday, July 3, 2026 - CLOSED**

**Independence 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.

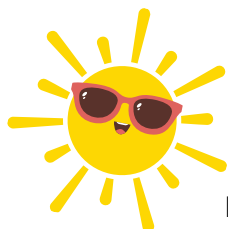
Details are below:

Legal Services of Eastern Michigan Attorney, Nick Lucic

\*APPOINTMENTS ARE REQUIRED  
NO FEE FOR CONSULTATION



Wednesday, July 8, 2026 at 9:30 AM-11:30 AM. Call Deborah Holmes, 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, July 13, 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**

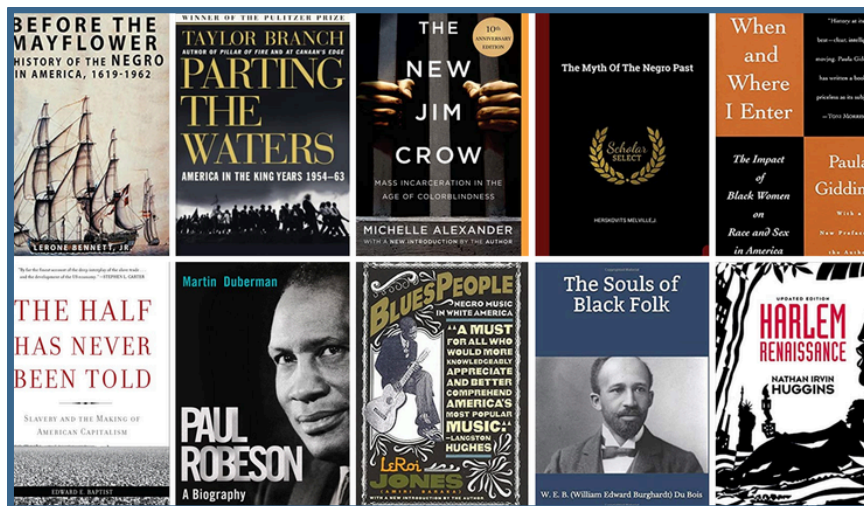


## Brennan Senior Center Book Club

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

## Quote of the Month

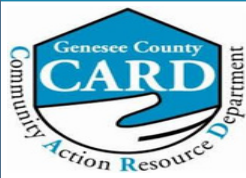









"The history of slavery is the history of the United States. It was not peripheral to our founding; it was central to it. It is not irrelevant to our contemporary society; it created it." ~ Clint Smith





## CONGREGATE MEAL MENU - JULY 2026

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 6	 7	Grilled Chicken Sandwich Chuck Wagon Vegetables Chopped Broccoli WG Bun Mixed Fruit Cup Margarine/Mayo Milk	2 Italian Grinder Wrap w/Pepperoni, Salami & Ham Lettuce, tomatoes, onions Pasta Salad Diced Pineapples Tomato Tortilla Italian Dressing Packet 100% Fruit Juice	 3
6 Meatball Sub w/cheese Sweet Peas Diced Potatoes Sub Bun Fruit Cup Margarine Milk	7 Chef Salad w/Romaine Turkey, Eggs & Cheese Carrots Sticks Diced Pears Wheat Roll Salad Dressing 100% Fruit Juice 	8 Tangerine Chicken/Rice Diced Carrots Hawaiian Roll Applesauce Fortune Cookie Milk	9 HM Stuffed Peppers Sliced Beets Cauliflower Pineapple Tidbits WW Roll Margarine 100% Fruit Juice 	10 Chinese Pepper Steak w/Rice Succotash Mixed Fruit Cup Potato Roll Margarine Milk
13 Smothered Chicken Breast Lima Beans Mashed Potatoes Corn Muffin Fresh Apple Margarine Milk	14 Turkey Tetrazzin Prince Charles Veggie Blend Steamed Broccoli Dinner Roll Pineapples Margarine 100% Fruit Juice	15 Chef's  Choice	16 Turkey & Cheese Sub HM Antipasto Pasta Salad Fresh Cauliflower WG Bun Tropical Fruit Salad Birthday Cake 100% Fruit Juice	17 Mac & Cheese French Cut Green Beans Corn Potato Roll Margarine Fresh Pear Milk 
20 HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cocktail Milk 	21 BBQ Pulled Pork Cole Slaw Baked Beans Wheat Bun Peaches 100% Fruit Juice	22 Fiesta Lime Chicken Roasted Corn Black beans Brown Rice Peaches Flatbread Margarine Milk	23 Philly Chicken w/Cheese Diced Potatoes Riviera Blend Vegetables Wheat Sub Bun Tropical Fruit Salad Margarine- Cookie 100% Fruit Juice	24 Oven Fried Fish Baked Mac & Cheese Tomatoes & Zucchini Dinner Roll Diced Peaches Margarine Milk
27 HM Deluxe Fried Rice w/ Beef, Chicken, Ham, Shrimp, Peas, Carrots Steamed Broccoli Fresh Orange Breadsticks Margarine Milk	28 Steak Fajitas Spanish Rice Mandarin Oranges Tortilla Shells Sour Cream 100% Fruit Juice 	29 BBQ Chicken Legs Potato Salad Southern Green Beans Pineapples Sweet Roll Margarine Milk	30 Ravioli w/Chicken & Sau Steamed Broccoli Roasted Veggies Garlic Roll Fruit Cocktail Margarine 100% Fruit Juice	31 Polish Sausage Battered Potatoes Sliced Carrots WG Hotdog Bun Strawberry Applesauce Margarine & Mustard Milk 





American Heart Association.

Healthy for Good™

# 7 Salty Myths Busted

**MYTH:** Eliminate sodium completely for good health.

**Sodium** is an essential nutrient that controls blood pressure and is needed to make nerves and muscles work properly, but you need the right amount.



**MYTH:** Sea salt has less sodium than table salt.

**Sea salt** is popular, but it usually isn't any less salty. Just like table salt, it typically contains 40% sodium.

**MYTH:** I usually don't salt my food, so I don't eat too much sodium.



**Over 75%** of sodium people in the U.S. consume is estimated to come from processed and ready meals — not the saltshaker.

That's why it's important to compare Nutrition Facts labels and serving sizes.

**MYTH:** Lower sodium foods have no taste.

There is a rich world of creative and flavorful **alternatives to salt**. Experiment with spices, herbs and citrus to enhance the natural flavor of your food!

**MYTH:** High levels of sodium are only found in food.

Some **over-the-counter medications** contain high levels of sodium. Read drug labels carefully and remember that some companies produce low-sodium over-the-counter products.



Check with your health care professional regarding sodium content in your prescription medications.

**MYTH:** I don't eat a lot of salty food so I don't eat too much sodium.



Sodium is found in **almost all foods** including mixed dishes such as sandwiches, burgers and tacos; rice, pasta, and grain dishes; pizza; meat, poultry, and seafood dishes; and soups. Use the Nutrition Facts label to choose foods with the least sodium.

**MYTH:** My blood pressure is normal, so I don't need to worry about how much sodium I eat.

The American Heart

Association recommends

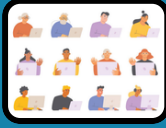
no more than **2,300 milligrams**

**(mg) a day** and moving toward an ideal limit of no more than 1,500 mg per day for most adults. Even cutting back by 1,000 mg a day can help improve your blood pressure and heart health.



[heart.org/Sodium](https://www.heart.org/Sodium)

# Activity Calendar



## July 2026



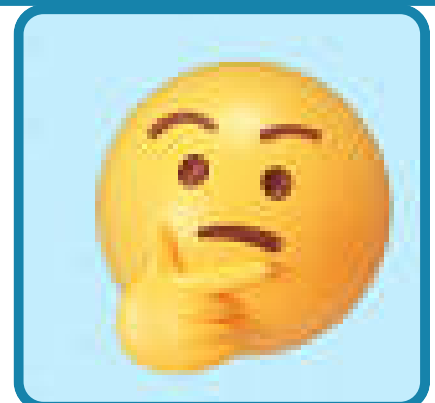
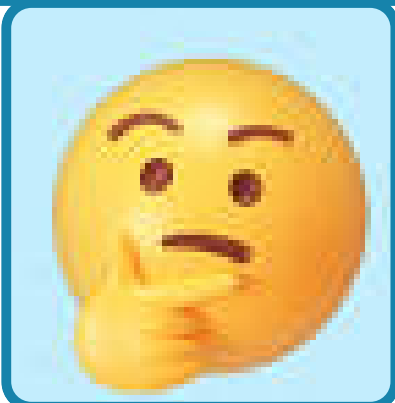
Monday	Tuesday	Wednesday	Thursday	Friday
		Walking 10am - Noon Exercise 10am - 5pm Puzzles 10am-5pm Billiards & Chess 10am-5pm Basic Sewing 10am-noon Arthritis Exercise 11am-noon Movie Day after 11am Lunch Noon - 1pm Blood P Check 2-2:30pm	Walking 10am - Noon Exercise 10-11am Puzzles 10am-5pm Billiards & Chess 10am-5pm Sewing 10:30-12:30pm Lunch Noon- 1pm Movie Day after 12:30pm Ballroom Dancing 1-3pm Bid Wiz & Spades 4pm	
Walking 10am - Noon Exercise 10am - 5pm Puzzles 10am - 5pm Billiards/Chess 10am -5pm Computer 10:30-11:30am Lunch Noon - 1pm Blood P Check 2-2:30pm Movie Day ALL DAY	Walking 10am - Noon Exercise 10am- 5pm Puzzles 10am-5pm Billiards/Chess 10am-5pm Bible Study 10-11:30am Lunch Noon - 1pm Ballroom Dancing 1-3pm BINGO Noon - 2pm Cell Phone 1:30- 2:30pm Movie Day after 2:00pm	Walking 10am - Noon Exercise 10am - 5pm Puzzles 10am-5pm Billiards & Chess 10am-5pm Basic Sewing 10am-noon Arthritis Exercise 11am-noon Movie Day after 11am Lunch Noon - 1pm Blood P Check 2-2:30pm	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	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
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**Sudoku Puzzle #193 Medium**

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

**\*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 #194 Medium**

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

**\*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

### 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.

The closings are contingent upon inclement weather and are subject to take place throughout the year.



### REQUEST FOR TRANSPORTATION

Please call one day in advance to request transportation at (810) 766-7238.



# Brennan Senior Center Announcements Cont'd

## 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:** July 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 #193**

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

**Medium #194**

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



**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****ONE EIGHT PAGE \$15****HALF PAGE \$55****BUSINESS CARD \$15****QUARTER PAGE \$30****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			
	<b>C</b>		<b>Support Groups</b>
	<b>E</b>		Alzheimer's Association.....1(800) 272.3900
	<b>N</b>		Heart to Heart Hospice of Flint.....(810) 422.9453
	<b>T</b>		Gentiva.....(810) 733.7250
	<b>R</b>		Grief Support   Grief Recovery.....(810) 234.8673
	<b>A</b>		Alcohol Anonymous Support Groups 1(800) 459.2296
	<b>L</b>		<b>Health Clinics</b>
	<b>M</b>		Genesee County Health Department .....(810) 742.2255
	<b>I</b>		Genesee County Free Health Department.....(810) 235.4211
	<b>C</b>		Flint VA Outpatient Clinic.....(810) 720.2913
	<b>H</b>		Mott Dental Hygiene Clinic.....(810) 762.0493
	<b>I</b>		<b>Food Assistance</b>
	<b>G</b>		Greater Flint Outreach.....(810) 767.4064
	<b>A</b>		Bristol Road Church of Christ.....(810) 238.3627
	<b>N</b>		<b>Other Resources</b>
	<b>2 1 1</b>		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