



**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)



# 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.



# TABLE OF CONTENTS

|            |   |
|------------|---|
| Cover Page | Greeting and Mission Statement  |
| Page 1     | Table of Contents   |
| Page 2     | General Information, Staff & Advisory Board, and Genesee County Millage Statement |
| Page 3     | Legal Services, Food Box Information, and Book Club                               |
| Page 4     | March Activity Calendar   |
| Page 5     | March GCCard Senior Nutrition Calendar  |
| Page 6     | Nutritional Information   |
| Page 7     | Sudoku Puzzles  |
| Page 8     | Announcements & Volunteer Opportunity   |
| Page 9     | Upcoming Events - Secretary of State Mobile Office                                |
| Page 10    | Upcoming Events Cont'd Lunch-n-Learn - Homeowner's Property Tax Exemption         |
| Page 11    | Past Events - Senior Winter Games   |
| Page 12    | Past Events - Senior Winter Games Cont'd  |
| Page 13    | Employment Opportunity  |
| Page 14    | Ad Information, Sudoku Solutions, Editor and Publisher                            |
| Back Page  | Resource Phone Numbers  |

# BRENNAN PARK Senior Community Center

## 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**

## 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  
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.**



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



Legal Services of Eastern Michigan Attorney, Nick Lucic



**\*APPOINTMENTS ARE REQUIRED  
NO FEE FOR CONSULTATION**

Wednesday, March 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, March 9, 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.



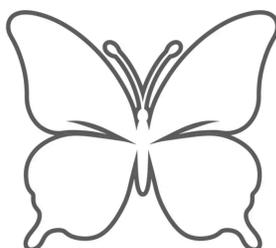
**\*Drop-off and pick-up dates are subject to change**

## Brennan Senior Center Book Club      Quote of the Month

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

"Both tears and sweat are salty, but they render a different result. Tears will get you sympathy; sweat will get you change."

~Jessie Jackson



# March Activity Calendar

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| <p>2</p> <p>Walking 10am - Noon </p> <p>Exercise 10am - 5pm</p> <p>Puzzles 10am - 5pm</p> <p>Billiards &amp; Chess 10am -5pm</p> <p>Computer 10:30am-11:30am</p> <p>DRUMS ALIVE 11am - Noon</p> <p>Lunch Noon - 1pm</p> <p>Chair Yoga 1pm - 2pm</p> <p>Blood P Check 2pm - 2:30pm</p> <p>Movie Day ALL DAY</p> | <p>3</p> <p>Walking 10am - Noon </p> <p>Exercise 10am- 5pm</p> <p>Puzzles 10am-5pm </p> <p>Billiards &amp; Chess 10 am-5pm</p> <p>Bible Study 10:30am-11:30am</p> <p>Lunch Noon - 1pm</p> <p>Ballroom Dancing 1pm - 3pm</p> <p>BINGO Noon - 2pm</p> <p>Cell Phone 1:30pm- 2:30pm</p> <p>Movie Day after 2:00PM</p> | <p>4</p> <p>Walking 10am - Noon</p> <p>Exercise 10am - 5pm</p> <p>Puzzles 10am-5pm</p> <p>Billiards &amp; Chess 10am-5pm</p> <p>Basic Sewing 10am-noon</p> <p>Arthritis Exercise 11am-Noon</p> <p>Lunch Noon - 1pm</p> <p>Chair Yoga 1pm - 2pm</p> <p>Blood P Check 2pm - 2:30pm</p> <p>Movie Day after 11am</p>  | <p>5</p> <p>Walking 10am - Noon</p> <p>Exercise 10am-11am</p> <p>Puzzles 10am-5pm</p> <p>Billiards &amp; Chess 10am-5pm</p> <p>Basic Sewing 10:30 -12:30pm</p> <p>Lunch Noon- 1pm</p> <p>Ballroom Dancing 1pm - 3pm</p> <p>Bid Wiz &amp; Spades 4pm</p> <p>Movie Day after 12:30pm</p>  | <p>6</p> <p>Walking 10am - Noon</p> <p>Exercise 10am- 5pm</p> <p>Puzzles 10am - 5pm</p> <p>Billiards &amp; Chess 10am-5pm</p> <p>Lunch Noon - 1pm</p> <p>Book Club 1pm - 2pm</p> <p>Hustle Dance 1pm - 2:30pm</p> <p>Movie Day ALL DAY</p> <p>Popcorn Day</p>  |
| <p>9</p> <p>Walking 10am - Noon</p> <p>Exercise 10am - 5pm</p> <p>Puzzles 10am - 5pm</p> <p>Billiards &amp; Chess 10am -5pm</p> <p>Computer 10:30am-11:30am</p> <p>DRUMS ALIVE 11am - Noon</p> <p>Lunch Noon - 1pm</p> <p>Chair Yoga 1pm - 2pm</p> <p>Blood P Check 2pm - 2:30pm</p> <p>Movie Day ALL DAY</p>   | <p>10</p> <p>Walking 10am - Noon</p> <p>Exercise 10am- 5pm</p> <p>Puzzles 10am-5pm</p> <p>Billiards &amp; Chess 10 am-5pm</p> <p>Bible Study 10:30am-11:30am</p> <p>Lunch Noon - 1pm</p> <p>Ballroom Dancing 1pm - 3pm</p> <p>BINGO Noon - 2pm</p> <p>Cell Phone 1:30pm- 2:30pm</p> <p>Movie Day after 2:00PM</p>  | <p>11</p> <p>Walking 10am - Noon</p> <p>Exercise 10am - 5pm</p> <p>Puzzles 10am-5pm</p> <p>Billiards &amp; Chess 10am-5pm</p> <p>Basic Sewing 10am-noon</p> <p>Arthritis Exercise 11am-Noon</p> <p>Lunch Noon - 1pm</p> <p>Chair Yoga 1pm - 2pm</p> <p>Blood P Check 2pm - 2:30pm</p> <p>Movie Day after 11am</p> | <p>12</p> <p>Walking 10am - Noon</p> <p>Exercise 10am-11am</p> <p>Puzzles 10am-5pm</p> <p>Billiards &amp; Chess 10am-5pm</p> <p>Basic Sewing 10:30 -12:30pm</p> <p>Lunch Noon- 1pm</p> <p>Ballroom Dancing 1pm - 3pm</p> <p>Bid Wiz &amp; Spades 4pm</p> <p>Movie Day after 12:30pm</p> | <p>13</p> <p>Walking 10am - Noon</p> <p>Exercise 10am- 5pm</p> <p>Puzzles 10am - 5pm</p> <p>Billiards &amp; Chess 10am-5pm</p> <p>Lunch Noon - 1pm</p> <p>Book Club 1pm - 2pm</p> <p>Hustle Dance 1pm - 2:30pm</p> <p>Movie Day ALL DAY</p> <p>Popcorn Day</p> |
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| <p>30</p> <p>Walking 10am - Noon</p> <p>Exercise 10am - 5pm</p> <p>Puzzles 10am 5pm</p> <p>Billiards &amp; Chess 10am -5pm</p> <p>Computer 10:30am-11:30am</p> <p>DRUMS ALIVE 11am - Noon</p> <p>Lunch Noon - 1pm</p> <p>Chair Yoga 1pm - 2pm</p> <p>Blood P Check 2pm - 2:30pm</p> <p>Movie Day ALL DAY</p>  | <p>31</p> <p>Walking 10am - Noon</p> <p>Exercise 10am- 5pm</p> <p>Puzzles 10am-5pm</p> <p>Billiards &amp; Chess 10am-5pm</p> <p>Bible Study 10:30am-11:30am</p> <p>Lunch Noon - 1pm</p> <p>Ballroom Dancing 1pm - 3pm</p> <p>BINGO Noon - 2pm</p> <p>Cell Phone 1:30pm- 2:30pm</p> <p>Movie Day after 2:00pm</p>   | <br>  | <br><br>                  | <br>   |

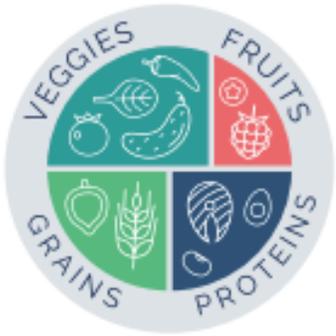
# Congregate March Menu 2026

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

| MONDAY   | TUESDAY  | WEDNESDAY  | THURS DAY   | FRIDAY  |
|--|--|--|---|---|
| 2<br>Smothered Pork Chop<br>Mashed Potatoes<br>Mixed Greens<br>Honey Wheat Roll<br>Diced Peas<br>Margarine<br>Milk     | 3<br>Spaghetti & Meatballs<br>Sweet Peas<br>Italian Veggie Blend<br>Fresh Apple<br>Garlic Bread<br>Margarine<br>100% Fruit Juice | 4<br>Beef Fajitas w/ Peppers/Onions<br>Mexican Rice Black Beans<br>Fruit Cocktail<br>Tortilla Shell<br>Sour Cream<br>Milk              | 5<br>Oven Fried Chicken<br>Chuck Wagon Blend<br>Potato Salad<br>Fresh Orange<br>WG Roll<br>Margarine<br>100% Fruit Juice                    | 6<br>Korean Beef Bowl w/Rice Snap<br>Peas, Peppers, Onions. Broccoli<br>Peas & Carrots<br>Pineapples<br>Hawaiian Roll & Margarine<br>Milk |
| 9<br>Roasted Turkey & Gravy<br>Mashed Potatoes<br>Southern Green Beans<br>Warm Peaches<br>Biscuit<br>Milk              | 10<br>Meatball Sub<br>Potato Wedges<br>Sweet Peas<br>Pineapple Tidbits<br>WG Bun<br>Margarine<br>100% Fruit Juice                | 11<br>Chicken Tenders over Creamy<br>Cavatappi<br>Steamed Broccol<br>Roasted Veggies<br>Mixed Fruit<br>Wheat Roll<br>Margarine<br>Milk | 12<br>BBQ Pulled Pork<br>Baked beans<br>Mixed Vegetables<br>Fresh Orange<br>WG Bun & Margarine<br>100% Fruit Juice<br>Birthday Cake Stuffed | 13<br>Breaded Cod<br>Au Gratin Potatoes & Corn<br>Pineapples<br>Hawaiian Roll<br>Margarine<br>Milk  |
| 16<br>Boneless BBQ Riblet<br>Mixed Vegetables<br>Fruit Cup<br>WG Bun<br>Diced Peaches<br>Milk                          | 17<br>Salisbury Steak w/gravy<br>Brown Rice<br>Italian Green Beans<br>Fresh Peas<br>Potato Roll<br>100% Fruit Juice              | 18<br>Chicken Salad Sandwich<br>Pasta Salad<br>HM Cucumber Salad<br>Fresh Peas<br>Sliced Croissant<br>Milk                             | 19<br>Stuff Peppers<br>Steamed Beets & Cauliflower<br>Applesauce<br>Dinner Roll & Margarine<br>100% Fruit Juice<br>Cookie of the Month      | 20<br>Artisan Mac & Cheese<br>French Cut Green Beans<br>Sliced Carrots<br>Fruit Cocktail<br>Crunchy Breadsticks<br>Margarine<br>Milk      |
| 23<br>Beef Goulash<br>Lima Beans<br>Cauliflower<br>Golden Apple<br>Potato Roll<br>Margarine<br>Milk                    | 24<br>White Chicken Chili<br>Whole Kernel Corn<br>Mixed Greens<br>Mango & Papaya Fruit Cup<br>Corn muffin<br>100% Fruit Juice    | 25<br>Cobb Salad w/Turkey, Cheese,<br>Egg and Bacon<br>Pasta Salad<br>Peaches<br>Breadstick<br>Salad Dressing<br>Milk                  | 26<br>Baked Chicken Breast<br>Green Beans<br>Roasted Veggies<br>Strawberry Applesauce<br>Garlic Roll<br>Margarine<br>100% Fruit Juice       | 27<br>Pub Burger w/Cheese<br>Potato Salad<br>Peas & Carrots<br>Fruit Cocktail<br>WG Bun<br>Mayo & Mustard<br>Milk                         |
| 30<br>Creole Steak<br>European Veggies<br>Diced Potatoes<br>Golden Delicious Apple<br>Potato Roll<br>Margarine<br>Milk | 31<br>Italian Wedding Soup<br>Diced Carrots Veggie Blend<br>Diced Peaches<br>Wheat Roll<br>Margarine<br>100% Fruit Juice         |    |    |   |



# 6 Ways to Eat Well as You Get Older



1

## Know what a healthy plate looks like

See how to build a healthy plate at [ChooseMyPlate.gov](http://ChooseMyPlate.gov)



2

## Look for important nutrients

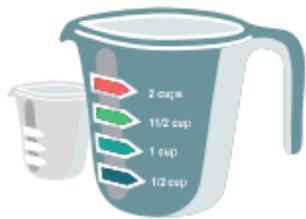
Eat enough protein, dietary fiber, potassium, calcium, Vitamin D, and Vitamin B12.



3

## Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.



4

## Use recommended servings

Learn the daily servings that are right for you at [www.myplate.gov/myplate-plan](http://www.myplate.gov/myplate-plan)



5

## Stay hydrated

Water is an important nutrient, too! Drink fluids consistently throughout the day.



6

## Stretch your food budget

Get help paying for healthy food at [BenefitsCheckUp.org](http://BenefitsCheckUp.org)

### Sudoku Puzzle #187 Medium

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 7 |   | 4 | 8 |   |   |   |
| 2 |   |   |   |   |   |   |   |   |
|   | 6 | 1 | 2 |   |   | 3 |   |   |
| 1 |   |   | 7 |   | 4 |   |   |   |
|   |   |   |   | 1 |   |   | 2 | 6 |
|   | 8 |   |   | 9 |   |   | 3 |   |
|   | 9 |   |   |   |   |   |   | 1 |
|   |   |   | 1 |   |   |   |   |   |
|   |   |   |   |   |   | 6 |   | 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.



### Sudoku Puzzle #188 Medium

\*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.



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

## 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.



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

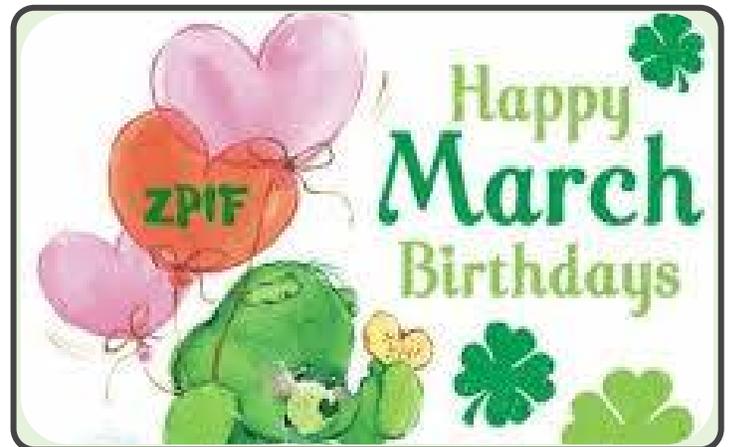
### ♥ Volunteer Opportunity ♥

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.



## Upcoming Events



# MICHIGAN SECRETARY OF STATE MOBILE OFFICE IS COMING TO YOU



### BOOK A VISIT TO COMPLETE YOUR SECRETARY OF STATE TRANSACTIONS, INCLUDING:



First-time Michigan ID



Renew driver's license or ID



Vehicle services  
*Note: Instant title services not available*



Apply for/renew disability placard

### The Secretary of State Mobile Office will visit

**BRENNAN SENIOR CENTER** to provide service to members and staff to complete Secretary of State transactions.



### What is a REAL ID?

REAL ID can be any of the following:

- Your driver's license or ID card but only if it includes the REAL ID star in a gold circle or as part of an image of Michigan.
- Your enhanced driver's license or enhanced ID card
- A valid U.S. passport, passport card, or other documents listed at TSA.gov

### What is required?

Starting May 7, 2025, a REAL ID is required to fly in the US. You must have a REAL ID-compliant document to board domestic flights and enter certain federal facilities, nuclear power plants and U.S. military bases.

### When will this visit will take place?

Date: Tuesday, March 31, 2026

Time: 10:00 A.M. to Noon

Location: 1301 Pingree Ave  
Flint, MI, 48503

### Who do you contact?

For more information, contact Brennan Senior Center at (810) 766-7238.

## Upcoming Events Cont'd



# HOMEOWNER PROPERTY EXEMPTION

## Brennan Senior Center - Lunch & Learn

To be considered for a 2026 Homeowner Property Exemption, the following steps must be followed:

### 7 Steps to follow

1. The Petitioner must complete an application in full and provide documents to the Assessing Department.
2. Signed copies of documents must be attached for all people residing in the household.
3. Any form of government ID with address and picture of the homeowner and all residents over the age of 18.
4. Proof of residency for minor children (report card, transcript, FIA statement, etc. with name and address matching subject property in which the exemption is being sought).
5. Be able to produce a deed, land contract or other evidence of ownership of the property for which the exemption is being requested, **if not in Assessor's records.**
6. Meet the federal poverty income guidelines for the household, which are updated annually in the federal register by the United States Department of Health and Human Services.
7. Meet the claimant and total household asset levels set by the Flint City Council.

### Details to Come

Additional details will be provided during the Lunch & Learn, at which time applications will also be distributed.

### Lunch & Learn

Date: Tuesday, March 25, 2026

Time: Noon to 1:00 PM

Location: 1301 Pingree Ave  
Flint, MI 48503

### Who do you contact?

For more information, contact Brennan Senior Center at the front desk @ (810) 766-7238.

# BRENNAN SENIOR CENTER Senior Winter Games

Last month, the Brennan Senior Center proudly hosted our highly anticipated Senior Winter Games and what an unforgettable celebration it was! Held on February 13, 2026 the event was filled with energy, laughter and friendly competition.

Participants showcased their skills in two exciting categories: Free Throw Shooting and Softball Toss. Competitors were grouped by age divisions; 50-59, 60-69, 70-79 and 80+. They proved that strength and determination shine at every stage of life.

The excitement built as winners in each division were awarded medals for First, Second and Third Place, celebrating their outstanding achievements. The day was a true testament to the vitality, sportsmanship and camaraderie of our incredible seniors. Congratulations to all the winners! We are already looking forward to next year's games!

## CONGRATULATIONS TO ALL THE WINNERS!!!



## FREE THROW WINNERS



## FREE THROW WINNERS



**PAST EVENTS CONT'D**

**BRENNAN SENIOR CENTER WINTER GAMES**

**CONGRATULATIONS TO ALL THE WINNERS!!!**



**FREE THROW WINNERS**



**SOFTBALL TOSS WINNERS**



**SOFTBALL TOSS WINNERS**

# 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**

**J O I N   O U R   T E A M**

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

# Sudoku Solutions

## Medium #187

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



## Medium #188

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



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**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