



BRENNAN SENIOR CENTER

1301 Pingree Ave

Flint, MI 48503

810-766-7238

brennanseniorcorporation@gmail.com

www.brennanseniorcenter.com

SEPTEMBER EDITION

SENIOR REFLECTIONS

"By all these lovely tokens,
September days are here,
with summer's best of
weather and autumn's best
of cheer."

~Helen Hunt Jackson

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**

September 7, 2026 - **CLOSED**

(LABOR DAY)



Brennan Senior Center Staff

Deborah Holmes, Executive Director

Charla London, Administrative Assistant

Open, Maintenance

Heinitsh Woodson, Transporter



Brennan Senior Corporation Advisory Board

****Brennan Senior Corporation Advisory Board meeting will be held Thursday, September 10, 2026 at 11 am.***



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, September 9, 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, September 14, 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

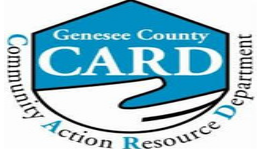
"All of us, no matter where we
come from, have the
opportunity to change this
country for the better."

~ Barack Obama



Congregate September Meal Menu 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Oven Fried Chicken Southern Green Beans Potato Salad WG Roll Pineapple Tidbits 100% Fruit Juice	2 Pork Chop w/Gravy Mashed Sweet Potatoes Steamed Cauliflower Corn Bread Margarine Fresh Orange  Milk	3 Peppered Beef Steak w/gravy Brown Rice Chopped Broccoli Potato Roll w/Margarine mango & papaya fruit mix 100% Fruit Juice	4 Creamy Turkey & Wild Rice Soup Chuck Wagon Veggie Blend Sweet Peas Wheat Roll w/Margarine Applesauce Cup Milk
7	8	9	10	11
	15 HM White Chicken Chili Steamed Baby Carrots Corn Bake Margarine Mixed Fruit Salad 100% Fruit juice	16 Burger w/Cheese Cauliflower Florets Mixed Vegetables Whole Wheat Bun Fresh Apple Ketchup & Mustard Milk	17 Chicken Breast Sliced Marinated Beets Far East Veggie Blend Dinner Roll HM Birthday Cake  100% Fruit Juice Margarine	18 Baked Fish w/Sauce Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce Milk
14	15	16	17	18
Beef Fajitas Sweet Corn w/Peppers Spanish Rice Soft tortilla shells Fresh Apple Margarine Milk	22 Sloppy Joe Diced Potatoes Lima Beans Wheat Bun Golden Apple  Margarine 100% Fruit Juice	23 Chicken & Dumplings Stewed Vegetables Cut Green Beans Potato Roll Margarine Peaches Milk	24 Antipasto Salad Pepperoni, Salami, Olives, Cheese Cherry Tomatoes Fresh Snap Peas Flatbread Mandarin Oranges  100% Fruit Juice Cookie of the month	25 Chicken Marsala Rice Pilaf Chopped Spinach Glazed Carrots WG Roll Fruit Cocktail Margarine Milk
21	22	23	24	25
Chicken Parmesan w/Spaghetti Vegetable Blend Garlic Roll Margarine Warm Peaches Milk	29 Turkey Tetrizzini Winter Blend Crinkle Cut Carrots Crunchy Breadsticks Margarine Applesauce 100% Fruit Juice	30 Pulled BBQ Sandwich Baked Beans Green Beans Whole Grain Bun Diced Pears Milk	31 Sweet & Sour Chicken Peas & Carrots Brown Rice Mixed Fruit Cup Potato Roll Fortune Cookie  Margarine 100% fruit juice	31 Artisan Macaroni & Cheese Zucchini & Tomatoes Steamed Broccoli Corn Muffin Margarine Mixed Fruit Milk
28	29	30		
Meatball Sub Vegetable Blend Potato wedges WW Sub Bun Fresh Apple Milk	30 HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cocktail  100% Fruit Juice	31 HM Beef & Broccoli over Lo Mein Noodles Oriental Veggie Blend Flatbread Pineapple Cup  Milk		

Nutritional Information

Healthy Eating Guide For Older Adults

THE
AMINO
CO



Even when eating a healthy diet, older adults can miss out on key nutrients: calcium, vitamin D, vitamin B12, and fiber.

Meet your nutrient needs and fill your plate with smart food choices.



CALCIUM

Dairy products (low-fat milk, cheese, yogurt)
Green leafy vegetables (kale, okra, Swiss chard)
Seeds (poppy, sesame, chia)
Sardines & canned salmon
Beans & lentils
Almonds
Fortified foods (breads, cereals, whole grains)
Amaranth
Edamame
Tofu
Figs



VITAMIN D

Sunshine
Cod liver oil
Mushrooms
Cooked salmon
Herring
Canned tuna & sardines
Egg yolks
Fortified milk & soy milk
Fortified orange juice
Fortified cereal
Fortified oatmeal



VITAMIN B12

Clams
Organ meats
Sardines
Beef
Fortified cereal
Tuna
Nutritional yeast
Trout
Salmon
Fortified milk alternatives
Milk & dairy products
Eggs
A B12 supplement



PROTEIN

Red meat	Hemp seeds
Poultry	Ezekiel bread
Seafood	Spirulina
Eggs	Peanut butter
Dairy products	Chia seeds
Quinoa	Amino Co
Soy products	Active Aging
Buckwheat	Supplements: Life



FIBER

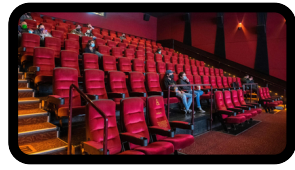
Raspberries	Broccoli	Chickpeas
Strawberries	Cauliflower	Kidney beans
Pear	Turnip greens	Black beans
Bananas	Barley	Lentils
Oranges	Quinoa	Chia seeds
Carrots	Oatmeal	Almonds
Peas	Brown rice	Pistachios
Brussels sprouts		

Activity Calendar



September 2026



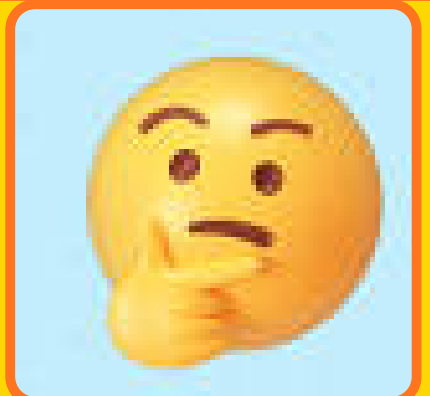
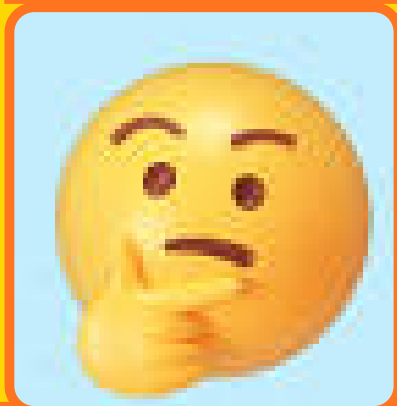
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Walking 10am - Noon Exercise 10am- 5pm Puzzles 10am-5pm Billiards/Chess 10am-5pm Bible Study 10-11:30am Lunch Noon - 1pm Ballroom Dancing 1-3pm BINGO Noon - 2pm Cell Phone 1:30- 2:30pm Movie Day after 2:00pm	2 Walking 10am - Noon Exercise 10am - 5pm Puzzles 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	3 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	4 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
7 	8 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	9 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	10 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	11 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
14 Walking 10am - Noon Exercise 10am - 5pm Puzzles 10am - 5pm Billiards/Chess 10am -5pm Computer 10:30-11:30am Drums Alive! 11am - Noon Lunch Noon - 1pm Blood P Check 2-2:30pm Movie Day ALL DAY	15 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	16 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	17 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	18 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
21 Walking 10am - Noon Exercise 10am - 5pm Puzzles 10am - 5pm Billiards/Chess 10am -5pm Computer 10:30-11:30am Drums Alive! 11am - Noon Lunch Noon - 1pm Blood P Check 2-2:30pm Movie Day ALL DAY	22 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	23 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	24 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	25 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
28 Walking 10am - Noon Exercise 10am - 5pm Puzzles 10am - 5pm Billiards/Chess 10am -5pm Computer 10:30-11:30am Drums Alive! 11am - Noon Lunch Noon - 1pm Blood P Check 2-2:30pm Movie Day ALL DAY	29 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	30 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		



Sudoku Puzzle #197 Medium

4								
	6		2					8
			7	1				3
			7			4		
					8		2	
							5	9
		7						2
	9		4	5				
	3				9		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 #198 Medium**

1				2	4			6
		9						5
5	7				1			
			3					
					7			
	4					7	1	
	3							
		2	9			3		
		5	7				4	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.**





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 Mr. Heinitsh Woodson one day in advance to request transportation at (810) 766-7238.

Employment Opportunities

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

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

This position is scheduled Monday through Friday for 4 hours per day, with occasional weekend hours required.

Qualified applicants must submit a resume and professional references.

Please call Deborah Holmes at (810) 766-7238 or email resume to brennanseniorcorporation@gmail.com.

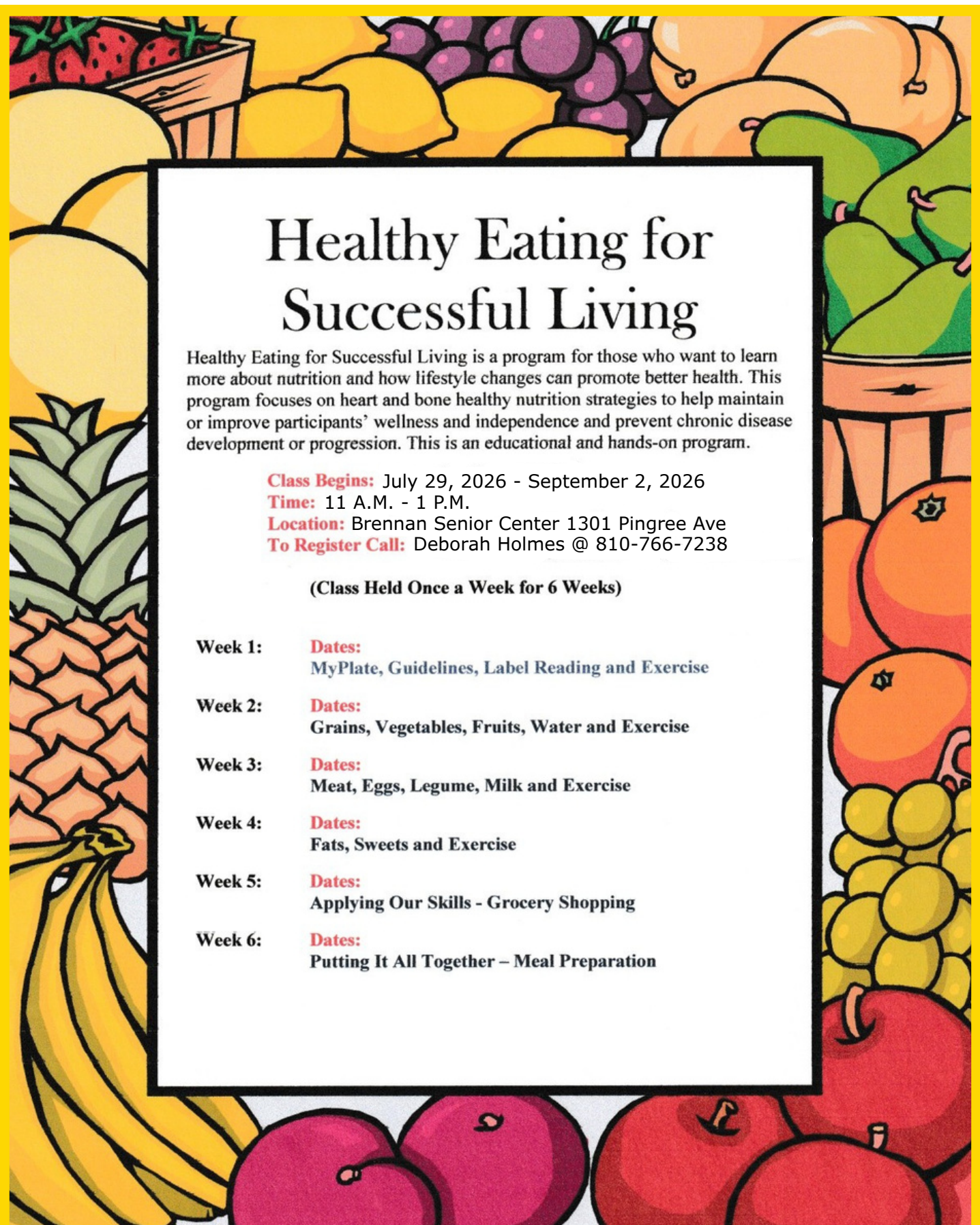
Brennan Senior Center is currently seeking an experienced Van Driver to join our team.

The ideal candidate must have a valid driver's license, a safe driving record, and experience transporting seniors or passengers. The successful candidate must be dependable, courteous, and able to assist passengers as needed.

This position is scheduled 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 or email your resume to brennanseniorcorporation@gmail.com.

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 - September 2, 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 #197

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

**Medium #198**

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

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.

***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

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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