



1301 PINGREE AVE

FLINT, MI 48503

(810) 766-7238

brennanseniorcorporation@gmail.com

www.brennanseniorcenter.com

MAY EDITION

SENIOR REFLECTIONS

**APRIL SHOWERS
BRING MAY FLOWERS**

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	May Activity Calendar
PAGE 5	May GCCard Senior Nutrition Calendar
PAGE 6	Nutritional Word Scramble
PAGE 7	Sudoku Puzzles
PAGE 8	Brennan Senior Center Announcements
PAGE 9	Employment Opportunity
PAGE 10	Ad Information, Sudoku Solutions, Editor and Publisher
BACK PAGE	Resource Phone Numbers

BRENNAN ELM PARK SENIOR COMMUNITY CENTER

HOURS OF OPERATIONS

Monday 9 AM to 5 PM
 Tuesday 9 AM to 5 PM
 Wednesday 9 AM to 5 PM
 Thursday 9 AM to 5 PM
 Friday 9AM to 5 PM
 Saturday and Sunday - **CLOSED**
 *Monday May 25, 2026 - **CLOSED**
(Memorial 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 Center 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 looking for legal advice? Brennan Senior Center offers this free service every second Wednesday of the month

Legal Services of Eastern Michigan
Attorney, Nick Lucic

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

Wednesday, May 13, 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, May 11, 2026 from 11:00 AM until 1:00 PM.

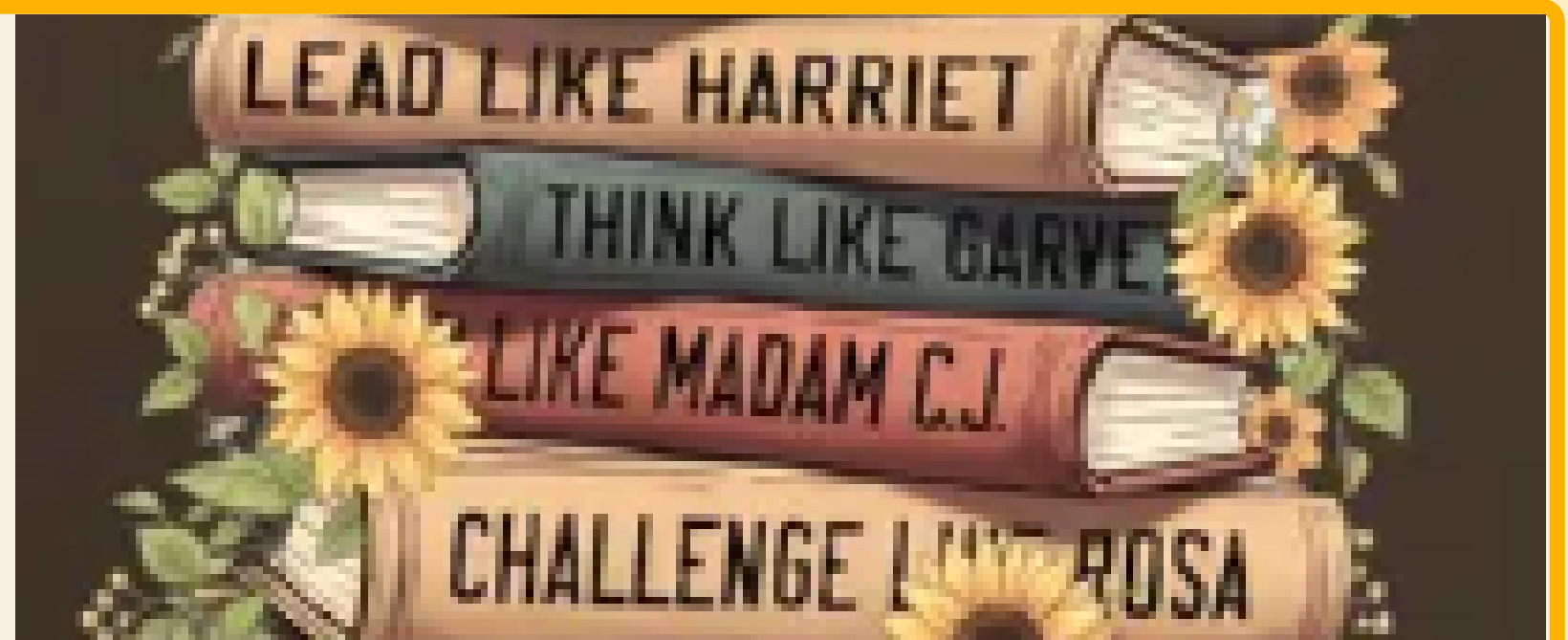
- **Qualifications are: Age 60 and above who are able to meet the Income Requirements.**
- **Complete a Pre-Screening Questionnaire and Enrollment Form.**
- **If you have applied for this service and you qualify, your food box will be awaiting your arrival for pick-up.**



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

**BRENNAN SENIOR CENTER
BOOK CLUB**

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



QUOTE OF THE MONTH

"May is the month of expectation, the month of wishes, the month of hope." ~ Emily Brontë



MAY ACTIVITY CALENDAR

MAY ACTIVITY CALENDAR				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  	 			<div style="text-align: right; font-weight: bold;">1</div> Walking 10am - Noon Exercise 10am- 5pm Puzzles 10am - 5pm Billiards & Chess 10am-5pm Lunch Noon - 1pm Book Club 1-2pm Hustle Dance 1-2:30pm Movie Day - ALL DAY Popcorn Day
Walking 10am - Noon 4 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	Walking 10am - Noon 5 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 6 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 7 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	<div style="text-align: right; font-weight: bold;">8</div> Walking 10am - Noon Exercise 10am- 5pm Puzzles 10am - 5pm Billiards & Chess 10am-5pm Lunch Noon - 1pm Book Club 1-2pm Hustle Dance 1-2:30pm Movie Day - ALL DAY Popcorn Day
Walking 10am - Noon 11 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	Walking 10am - Noon 12 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 13 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 14 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	<div style="text-align: right; font-weight: bold;">15</div> Walking 10am - Noon Exercise 10am- 5pm Puzzles 10am - 5pm Billiards & Chess 10am-5pm Lunch Noon - 1pm Book Club 1-2pm Hustle Dance 1-2:30pm Movie Day - ALL DAY Popcorn Day
Walking 10am - Noon 18 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	Walking 10am - Noon 19 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 20 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 21 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	<div style="text-align: right; font-weight: bold;">22</div> Walking 10am - Noon Exercise 10am- 5pm Puzzles 10am - 5pm Billiards & Chess 10am-5pm Lunch Noon - 1pm Book Club 1-2pm Hustle Dance 1-2:30pm Movie Day - ALL DAY Popcorn Day
	Walking 10am - Noon 26 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 27 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 28 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	<div style="text-align: right; font-weight: bold;">29</div> Walking 10am - Noon Exercise 10am- 5pm Puzzles 10am - 5pm Billiards & Chess 10am-5pm Lunch Noon - 1pm Book Club 1-2pm Hustle Dance 1-2:30pm Movie Day - ALL DAY Popcorn Day

Congregate May Menu 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>Tangerine Chicken Shrimp Fried Rice Winter Blend Veggies Pineapple Tidbits Margarine Flatbread Milk</p>
<p>4</p> <p>Beef Tacos /HM Pico Corn & Black Beans Diced Peaches Soft Tortilla Margarine Milk</p> 	<p>5</p> <p>Breaded Chicken Sandwich Diced Potatoes Vegetable Blend Applesauce Wheat Bun Margarine 100% Fruit Juice</p> 	<p>6</p> <p>Chinese Pepper Steak Sicilian Veggie Blend Succotash Fruit Cocktail Brown Rice Wheat Roll Margarine Milk</p>	<p>7</p> <p>Pub Burger w/Cheese Leaf Lettuce/Tomatoe Cole Slaw Ranch Potato Wedges Fruit Salad Whole Wheat Bun Margarine 100% Fruit Juice</p>	<p>8</p> <p>Baked Herb Pork Chop Green Bean Casserole Sweet Corn Potato Roll Mixed Fruit Cup Margarine Milk</p>
<p>11</p> <p>Ravioli /Beef & Sauce Roasted Brussel Sprout Steamed Cauliflower Potato Roll Margarine Fresh Pear Milk</p>	<p>12</p> <p>Maple-Glazed Chicken Roasted Sweet/Potatoes Broccoli Blend Baby Carrots Garlic Bread Mandarin Oranges Margarine 100% Fruit Juice</p>	<p>13</p> <p>HM Beef Chili Chuck Wagon Blend Italian Vegetables Peaches Corn Muffin Margarine Milk</p> 	<p>14</p> <p>Chicken & Penne Alfredo French Cut Green Beans Diced Carrots Crunchy Breadsticks Fresh Apple Margarine 100% Fruit Juice Birthday Cake</p> 	<p>15</p> <p>Salisbury Steak w/gravy Mixed Greens Mashed Potatoes Corn Bread Fruit Salad Margarine Milk</p>
<p>18</p> <p>Citrus Teriyaki Salmon Bowl Lo Mein Noodles Onions, Peppers, Pineapples Broccoli Florets Crunchy Bread Stick Fresh Orange Margarine Milk</p>	<p>19</p> <p>Chef Salad w/Egg & Tomatoes Ham, Turkey & Cheese Cole Slaw Fruit Salad Flatbread Dressing 100% Fruit Juice</p>	<p>20</p> <p>Chef's Choice</p> 	<p>21</p> <p>Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantelope Chunks WG Bun Ketchup & Mustard 100% Fruit Juice Cookie of the Month</p> 	<p>22</p> <p>HM Spaghetti/Meatballs Steamed Broccoli Italian Veggie Blend Garlic Bread Cinnamon Applesauce Margarine Milk</p>
	<p>25</p> <p>BQ Chicken Wings Southern Green Beans Diced Carrots Mango & Papaya Corn Bread Margarine 100% Fruit Juice</p>	<p>26</p> <p>HM Sloppy Joes Cauliflower Fresh Apple WG Bun Margarine Milk</p>	<p>27</p> <p>Meatloaf w/Gravy Mashed Potatoes Sweet Peas Cinnamon Applesauce Wheat Roll Margarine 100% Fruit Juice</p>	<p>28</p> <p>Chicken Caesar Wrap Romaine Lettuce Cucumber Slices Tortilla Shell Fruit Cocktail Ceasar Salad Dressing Milk</p>

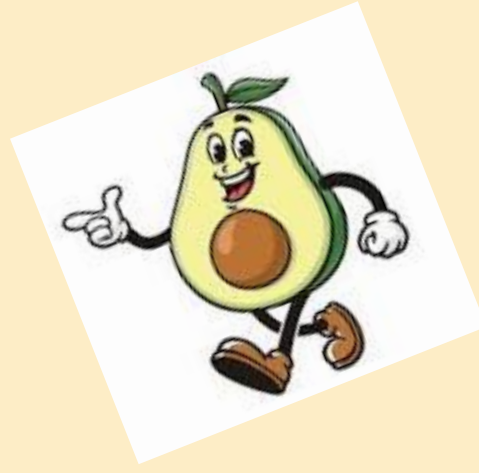


U.S. DEPARTMENT OF AGRICULTURE

Nutrition Word Scramble



How much do you know about nutrition and My Plate? Unscramble the words below to discover healthy habits, foods and food groups. Check your knowledge using the answer key at the bottom of the page.



1. COUFWALERLI

2. DFOOGRUP

3. ACVODAO

4. BTEEGSAVLE

5. WOLEHNRSGIA

6. KCBALNBSEA

7. TRUSIF

8. PENROITSDOFO

9. RYIAD

10. SILAYCPHITVIYTCA

11. YRGOTU

12. OTLLTAISR

13. AEWRT

14. SBERELUEIBR

15. KIHCCEN

Need a hint? Learn more about MyPlate and food groups online:

<https://www.myplate.gov/eat-healthy/what-is-myplate>.

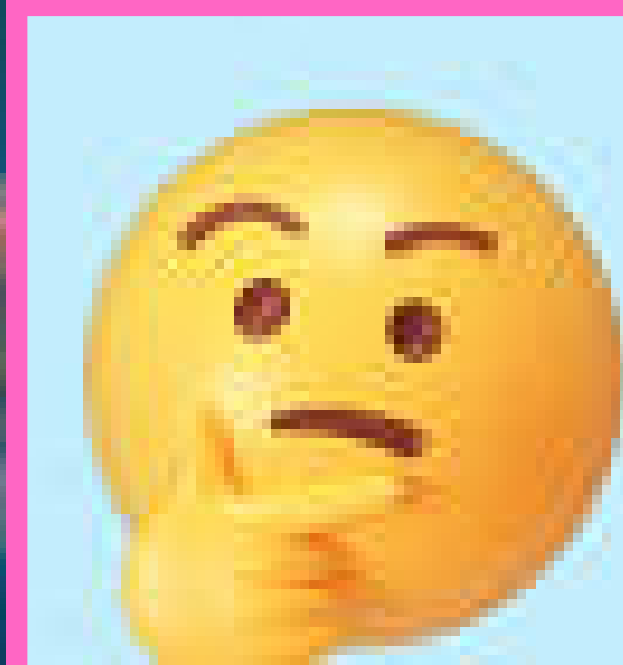
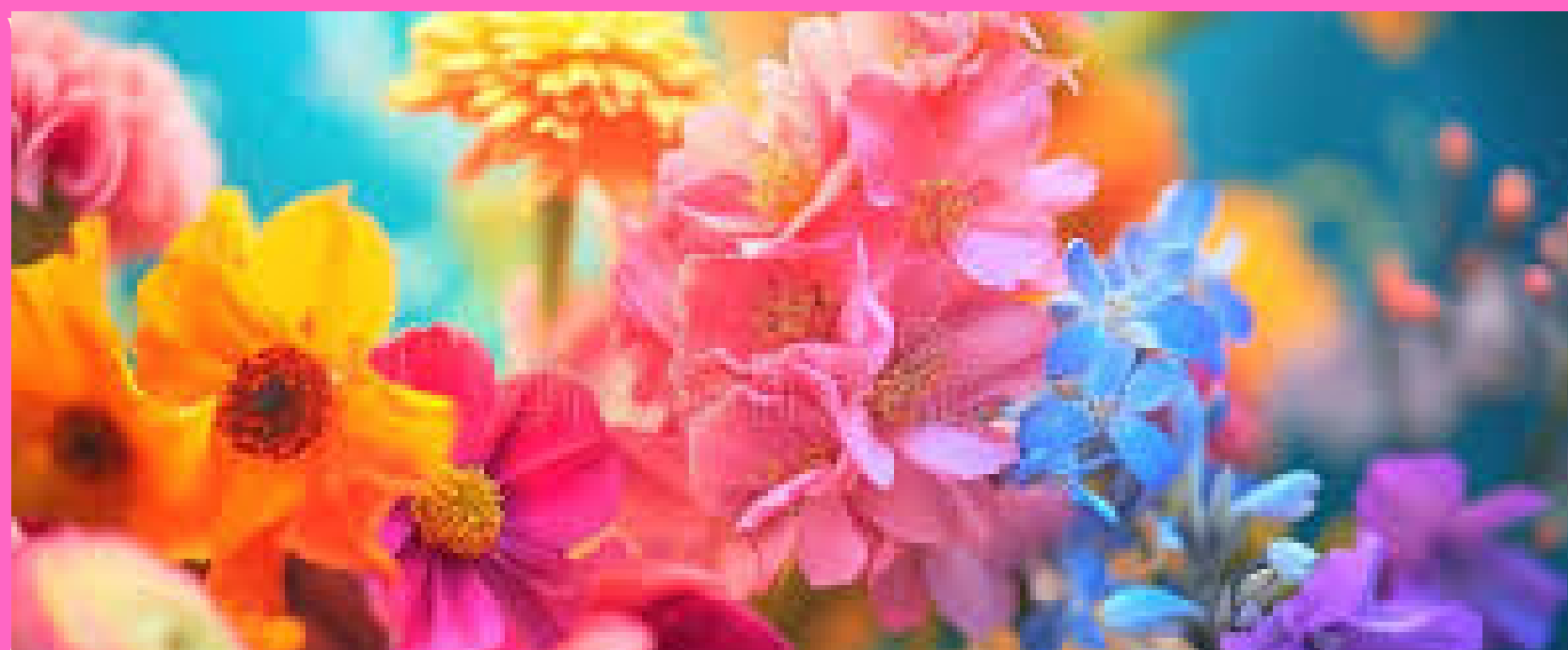
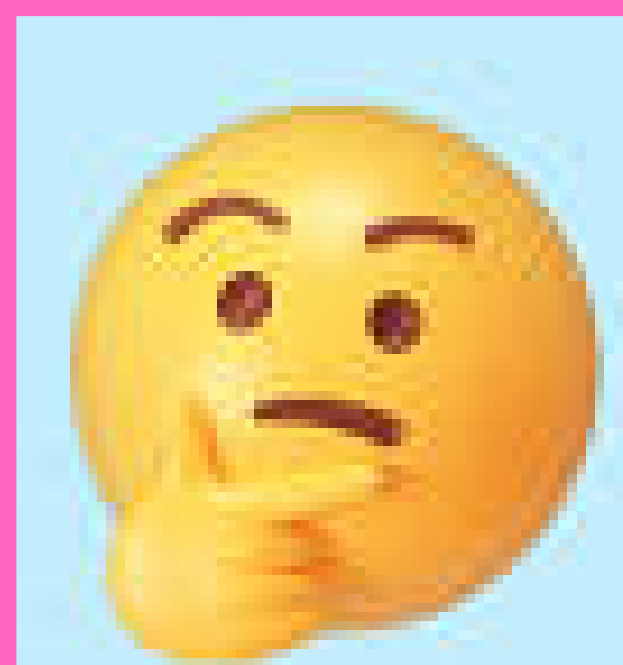
Answer Key:

1. Cauliflower 2. group Food 3. Avocado 4. Vegetables 5. grains, Whole 6. beans, Black 7. Fruit 8. Protein, foods 9. Dairy 10. Physical, activity 11. Yogurt 12. Tortillas 13. Water 14. Blueberries 15. Chicken

Sudoku Puzzle #191 Medium

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

***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.**



***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 #192 Medium

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



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, contingent on inclement weather. Closings are subject to take place throughout the year.

REQUEST FOR TRANSPORTATION

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



HAPPY MOTHER'S DAY

On this day, we celebrate the incredible women whose love, strength and wisdom shape our families and our community. At the Brennan Senior Center, we honor not only mothers, but grandmothers, great-grandmothers and all those who have nurtured, guided and uplifted others with a mother's heart.

Your stories are the foundation of generations, your resilience inspires us and your kindness reminds us of the power of compassion and care.

May this day be filled with appreciation, joy, and the warmth of knowing how deeply you are valued and loved, not just on this day, but every day.

Happy Mother's Day to all who make a difference through love.



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

JOIN OUR TEAM

EMAIL YOUR RESUME TO: brennanseniorcorporation@gmail.com

Sudoku Solutions

Medium #191

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



Medium #192

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



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

C
E
N
T
R
A
L

M
I
C
H
I
G
A
N

2 1 1

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