



BRENNAN SENIOR CENTER
1301 Pingree Ave
Flint, MI 48503
810-766-7238
brennanseniorcorporation@gmail.com
www.brennanseniorcenter.com

SENIOR REFLECTIONS NEWSLETTER

OCTOBER EDITION 2026

MISSION STATEMENT

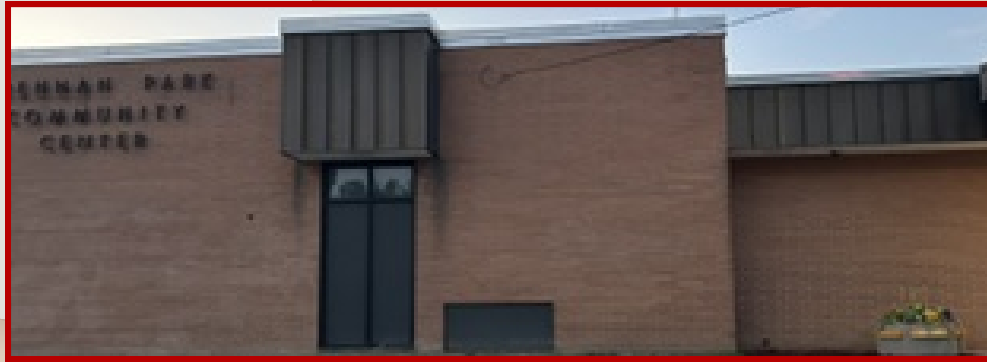
The mission of the Brennan Senior Center is to provide Senior Citizens with a wide variety of programs, activities, and services, including but not limited to: education, health, nutrition, recreation, socialization, transportation, and pertinent information and services that enable them to maintain 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**

Brennan Senior Center Staff

Deborah Holmes, Executive Director

Charla London, Administrative Assistant

Open, Maintenance

Open, Transporter



Brennan Senior Corporation Advisory Board

Gary Simon, Chairperson

Archie LeFlore, Treasurer

Mavis Pitts, Trustee

Marcia Eagle, Trustee

Mildred Bowen, Recording Secretary

*Brennan Senior Corporation Advisory Board meeting will be held Thursday, October 8, 2026 at 11 am.

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, October 14, 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, October 11, 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**

Quote of the Month

"Change is the law of life.
And those who look only to the
past or present are certain to
miss the future."
~ John F. Kennedy

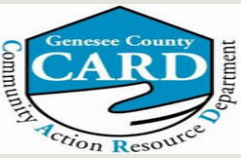


Brennan Senior Center Book Club



Congregate October Meal Menu 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 		
5	6	7	8	9
Meatloaf w/gravy Mashed Potatoes Sweet Peas Wheat Roll Margarine Cinnamon Applesauce Milk	Grilled Chicken Breast Chuck Wagon Vegetable Blend Chopped Broccoli Potato Roll Mixed Fruit Margarine 100% Fruit Juice	HM Broccoli & Cheddar Soup Diced Potatoes Oyster Crackers Golden Delicious Apple Margarine Milk	HM Pork Chop w/Apples Mixed Greens Mashed Potatoes Corn Bread & Margarine Pears 100% Fruit Juice	Sweet and Sour Meatballs Brown Rice Green Beans Pineapple Tidbits Flatbread Margarine Milk
12	13	14	15	16
Salisbury Steak Redskin Mashed Potatoes Cauliflower Strawberry Applesauce Dinner Roll w/Margarine Milk	Chicken Caesar Salad/Romaine Cucumber Slices w/dip Pasta Salad Fruit Cocktail Pita Half Caesar Salad Dressing Pkt 100% Fruit Juice	Creole Steak /tomatoes In Sauce European Vegetables Sliced Beets Potato Roll Margarine Tropical Fruit Salad Milk	HM Chicken Parmesan Sandwich Citrus Glazed Garlic Vegetable Blend Whole Kernel Corn WG Bun W/Margarine Diced Pears 100% Fruit Juice Birthday Cake	Citrus Glazed Salmon Lo Mein Noodles Spinach Pineapples Potato Roll Margarine Milk
19	20	21	22	23
Bean Soup w/ Turkey Ham Warm Apples Corn Muffin Margarine Milk	Beef Teriyaki w/Rice & Veggie Winter Blend Vegetables Dinner Roll Apricots Margarine 100% Fruit Juice	HM Sloppy Joes Veggie Blend Cauliflower Fresh Apple WG Bun Margarine Milk	HM Creamy Chicken & Noodles Mixed Vegetables Diced Pears Biscuit Margarine 100% Fruit Juice Cookie of the Month	Breaded Chicken Sandwich Ranch Potato Wedges Macaroni Salad Whole Wheat Bun Fresh Orange Milk Mayo pkt
26	27	28	29	30
Oven Fried Chicken Southern Green Beans Potato Salad Hawaiian Roll Pineapple Tidbits Milk	Boneless BBQ Riblet Veggie Blend Baked Beans Sliced Sub Bun Diced Peaches 100% Fruit Juice	Country Style Chicken w/gravy Steamed Broccoli Roasted Vegetables Honey Dew Fruit Wheat Roll Margarine Milk	HM Beef Tacos Roasted Corn & Black Beans Mexican Rice Tortilla Shells Mango & Papaya Cup Taco Sauce Pkt. 100% Fruit Juice	HM Beef Ghoulish Zombie Finger Carrots Spooky Spinach Corn Bread Peach Cup Margarine Milk



Nutritional Education

COOKING FOR ONE

ideasto prepare healthy and quick meals with limited waste.



Plan Ahead

- Before grocery shopping, list what food items are available in the freezer, refrigerator and pantry that could be used in your menu.
- Create a meal plan for the week to include food items available.
- Create a grocery list to supplement foods you already have.
- Buy large portions of meat products if you have the space to store in the freezer. Divide them into individual portions to freeze for later use.



Fill it up

To easily create meals, consider filling up your freezer and pantry with staple food items to use in your favorite dishes.

Freezer

- Leftovers
- Individual chopped ingredients
- Meat products - in individual servings

Pantry

Canned vegetables
Canned meat and beans
Rice, pasta

Reduce Recipes

If the freezer is full of leftovers, try reducing your favorite recipe by half.



Full recipe

1 cup	1/2 cup
3/4 cup	6 Tablespoons
2/3 cup	1/3 cup
1/2 cup	1/4 cup
1/3 cup	2 Tablespoons & 2 teaspoons
1/4 cup	2 Tablespoons
1 Tablespoon	1 1/2 teaspoons
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon

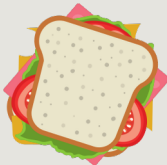
Half recipe

Reinvent Leftovers

Add variety and interest to your menu. Start with a simple ingredient such as cooked chicken breasts. Cook more than needed for one meal. Later in the week, create different meals using chicken breasts such as:



chicken salad
burrito bowl
chickenfried rice
quesadilla
toasted sandwich
soup



Activity Calendar



October 2026



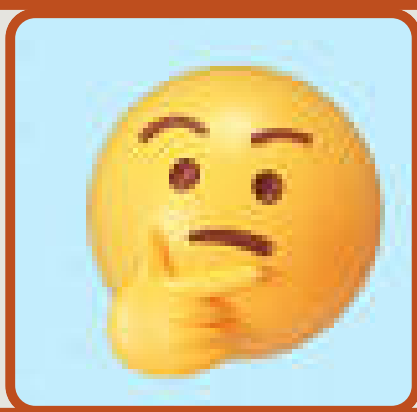
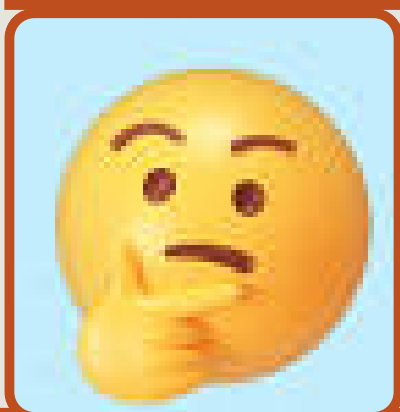
Monday	Tuesday	Wednesday	Thursday	Friday
			Walking 10am - Noon ¹ Exercise 10-11am Puzzles 10am-5pm Billiards & Chess 10am-5pm Sewing 10:30-12:30pm Lunch Noon- 1pm Movie Day after 12:30pm Bid Wiz & Spades 4pm	Walking 10am - Noon ² Exercise 10am- 5pm Puzzles 10am - 5pm Billiards & Chess 10am-5pm Lunch Noon - 1pm Book Club 1pm - 2pm Hustle Dance 1pm - 2:30pm Movie Day ALL DAY Popcorn Day
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Sudoku Puzzle #199 Medium

	6			1		8	3
		3		2			4
	4			5			
	8		7				
						5	8
		7	5		2		
6		2		8			
						3	
1	7			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 #200 Medium

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

*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.



Members Born in October



REQUEST FOR TRANSPORTATION

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

Employment Opportunity Maintenance Operator

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.

Employment Opportunity Van Transporter

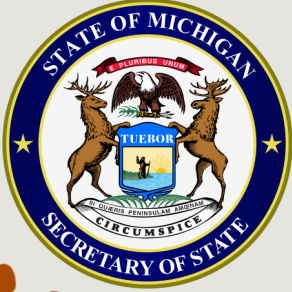
Brennan Senior Center is currently seeking an experienced Van Driver to join our team.

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



MICHIGAN SECRETARY OF STATE **MOBILE OFFICE** **IS COMING TO YOU**

The Secretary of State Mobile Office will be visiting
BRENNAN SENIOR CENTER
 to provide service to
members and staff
 to complete Secretary of State transactions.

Date: Thursday October 15th

Time: 10 A.M. TO 12 P.M.

Location: 1301 Pingree Ave, Flint 48503

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

For more information contact:
Brennan Senior Center
 @ 810-766-7238 and ask for either
 Charla London or Deborah Holmes.



Sudoku Solutions

Medium #199

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



Medium #200

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



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