



Brennan Senior Center ✕ 1301 Pingree Ave, Flint, MI 48503
(810) 766-7238 ✕ Brennanseniorcorporation@gmail.com
www.brennanseniorcenter.com

Senior Reflections

**“For there is
always light, if
only we’re brave
enough to see it,
if only we’re
brave enough to
be it.”**

-Amanda Gorman
American poet and activist

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Hello all!

We hope you all had a fantastic April. It rained and it snowed, but hopefully this month we will see more sunshine and the flowers we’d hope that April showers would bring. Were you all able to do something nice for yourself last month? If not, no worries! It’s a new month and we’re grateful for the new opportunities it will bring. So, try again this month!

For the month of May, we are bringing a few new classes to you all. Crime prevention, nutrition, and a couple of lunch and learns. On Monday, May 30, 2022, the center will be closed in observance of Memorial Day. Please note that sometimes we schedule classes and programs that do not always make it into the newsletter, oftentimes because the newsletter has already been sent out for the month. So, the best way to stay up-to-date with the latest activities and classes is to visit the center in person or to check out our website at www.brennanseniorcenter.com.

We are also open to feedback on activities, trips, and programs that you all would like to see offered here. We will do our best to find that service and bring it to our center.

Please remember that masks are still being worn in the building as we are taking precautionary measures to keep our seniors and staff safe.

-Brennan Senior Center Staff

The mission of the Brennan Senior Center is to provide senior citizens with a wide variety of programs and activities, including but not limited to: health, recreation, socialization, education, and transportation; to offer information and services to seniors that will enable them to maintain their dignity and independence.

StaffDeborah Holmes, *Director*Breanna Turner, *Assistant Director*Natelete Hill, *Maintenance*Richard Flynn, *Van Driver*Heinitsh Woodson, *Alt-Van Driver***Senior Advisory Board**Tom King, *Chairperson*Archie LeFlore, *Treasurer*Mavis Pitts, *Trustee*Nancy Bush, *Trustee*Gary Simon, *Trustee*Tommy Gist, *Trustee*Mark Evans, *Trustee*George Bowden, *Trustee*Mildred Bowen, *Recording Secretary*

The Brennan Senior Center staff, volunteers and advisory board extend heartfelt gratitude to our supporters

How to Solve Sudoku

A Sudoku puzzle consists of a 9 × 9-square grid subdivided into nine 3 × 3 boxes. Some of the squares contain numbers. The object is to fill in the remaining squares so that every row, every column, and every 3 × 3 box contains each of the numbers from 1 to 9 exactly once.

**The puzzle solution is on page 8.*

Get more puzzles online:
<http://www.puzzles.ca/sudoku.html>

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

Center Hours*

Monday	10:00—5:00pm
Tuesday	10:00—5:00pm
Wednesday	10:00—5:00pm
Thursday	10:00—5:00pm
Friday	10:00—5:00pm

Closed May 30, 2022 for Memorial Day



The Senior Reflections newsletter is edited and published by Breanna Turner. If you have any questions, please email at Breannabscorp@gmail.com.






This program and/or service is fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.



Community Phone Numbers

Senior Hotlines		City of Flint Services	
Alzheimer's Association	1-(800) 272-3900	Mayor's Office	(810) 766-7346
American Cancer Society	1-(800) 227-2345	Community Policing	(810) 237-6853
American Diabetes Society	1-(800) 232-3472	Dumping Hotline	(810) 237-2432
American Parkinson's Association	1-(800) 223-2732	Leaves and Snow	(810) 766-7343
Arthritis Foundation	1-(800) 283-7800	Weeds and Tall Grass	(810) 766-7450
Citizen's for Better Care	1-(800) 284-0046	Water	(810) 766-7202
County Commissioners	(810) 257 3020	Sewer	(810) 766-7079
Dept. of Veterans Services	(810) 257-3068	City Council	(810) 766-7418
Energy Assistance	1-(800) 292-5650	Parks & Recreation	(810) 766-7463
Legal Hotline for Seniors	1-(800) 347-5297	Customer Service	(810) 766-7015
Legal Service of Eastern MI	(810) 234-2621	Priority Waste	(586) 228-1200
Meals on Wheels	(810) 239-7671		
Medicare Appeals & Inquiry	1-(800) 633-4227		
Medicare/Medicaid Assistance	1-(800) 803-7174		
MI Offices of Services to the Aging	1-(517) 373-8230		
Sheriff's Office of Elder Abuse	(810) 257-3460		
Social Security	1-(800) 772-1213		
Utilities (Public Service)	1-(800) 292-9555		
Valley Area Agency on Aging	(810) 239-7671		
Veteran's Assistance	1-(800) 827-1000		

May's Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Computer One-on-One 10-12pm Zoom One-on-One 10am-12pm Chair Yoga 1-2pm 	Cell Phone One-on-One 11am-1pm Exercise 11am-1pm Advanced Exercise 12:30am-1:30pm	Sewing 1-3p.m. Cell Phone One-on-One 11am-1pm Chair Yoga 1-2pm	Cell Phone Training 11am-1pm Exercise 11am-1pm Computer One-on-One 10-12pm	Exercise 11am-1pm Hustle Class 1pm-2:30pm Movie Day 11am
9	10	11	12	13
Computer One-on-One 10-12pm Zoom One-on-One 10am-12pm Chair Yoga 1-2pm	Cell Phone One-on-One 11am-1pm Exercise 11am-1pm Advanced Exercise 12:30am-1:30pm 	Sewing 1-3p.m. Cell Phone One-on-One 11am-1pm Chair Yoga 1-2pm <i>Senior Advisory Meeting 4:00pm</i>	Cell Phone Training 11am-1pm Exercise 11am-1pm Computer One-on-One 10-12pm	Exercise 11am-1pm Hustle Class 1pm-2:30pm Movie Day 11am
16	17	18	19	20
Computer One-on-One 10-12pm Zoom One-on-One 10am-12pm Chair Yoga 1-2pm <i>Volunteer Meeting 11:00am</i>	Cell Phone One-on-One 11am-1pm Exercise 11am-1pm Advanced Exercise 12:30am-1:30pm	Sewing 1-3p.m. Cell Phone One-on-One 11am-1pm Chair Yoga 1-2pm	Cell Phone One-on-One 11am-1pm Exercise 11am-1pm Computer One-on-One 10-12pm	Exercise 11am-1pm Hustle Class 1pm-2:30pm Movie Day 11am
23	24	25	26	27
Computer One-on-One 10-12pm Zoom One-on-One 10am-12pm Chair Yoga 1-2pm	Cell Phone One-on-One 11am-1pm Exercise 11am-1pm Advanced Exercise 12:30am-1:30pm	Sewing 1-3p.m. Cell Phone One-on-One 11am-1pm Chair Yoga 1-2pm	Cell Phone One-on-One 11am-1pm Exercise 11am-1pm Computer One-on-One 10-12pm	Exercise 11am-1pm Hustle Class 1pm-2:30pm Movie Day 11am
30	31			
	Cell Phone One-on-One 11am-1pm Exercise 11am-1pm Advanced Exercise 12:30am-1:30pm			*Please call the Brennan Senior Center to make an appt. for the computer and cell phone one-on-one training



Please remember to scan your “My Senior Center” card for EVERY activity you attend at the center. The numbers generated from attendance help determine our funding. Thank you for signing in to help us maintain our levels.





GCARD Senior Nutrition Program May 2022—Congregate Menu

*Subject to change



Menu Subject to Change Based on Product Availability and Quality Standards

2	3	4	5	6
Baked BBQ Chicken Wings French Cut Green Beans Diced Carrots Fresh Pear Bread Stick Margarine Milk	HM Meatloaf w/Gravy Mashed Potatoes Sweet Peas Cinnamon Applesauce Wheat Roll Margarine 100% Fruit Juice	Pub Burger w/Cheese Leaf Lettuce & Sliced Tomato Cole Slaw Ranch Potato Wedges Fruit Salad Whole Wheat Bun Margarine Milk	Chicken Enchiladas Vegetable Blend Corn & Black Beans Diced Peaches Corn Muffin Margarine 100% Fruit Juice	Au gratin Potatoes w/Turkey Ham Vegetable Blend Really Green Beans Sliced Bread Margarine Diced pears Milk
9	10	11	12	13
Chinese Pepper Steak Sicilian Veggie Blend Succotash Fruit Cocktail Brown Rice Wheat Roll Margarine Milk	Breaded Chicken Sandwich Diced Potatoes Winter Blend Veggies Wheat Bun Margarine 100% Fruit Juice	Baked Herb Pork Chop Green Bean Casserole Sweet Corn Potato Roll Mixed Fruit Cup Margarine Milk	HM Chicken Pastry Pie w/ Cheddar and Broccoli Sweet Peas Veggie Blend Diced Peaches Margarine 100% Fruit Juice	Ravioli W/Beef & Sauce Roasted Brussel Sprouts Steamed Cauliflower Potato Roll Margarine Fresh Pear Milk
16	17	18	19	20
Maple-Glazed Chicken w/ Roasted Sweet Potatoes & Broccoli Blend Garlic Bread Mandarin Orange Cup Margarine Milk	HM Beef Chili Chuck Wagon Blend Italian Vegetables Peach Cup Corn Muffin Margarine 100% Fruit Juice	Chicken Cordon Bleu Casserole Steamed Cauliflower Green Beans Biscuit Fresh Apple Margarine Milk	Beef Pot Roast Mixed Greens Mashed Sweet Corn Bread Fruit Salad Margarine 100% Fruit Juice Birthday Cake	Tangerine Chicken Shrimp Fried Rice Winter Blend Veggies Pineapple Cup Margarine Flatbread Milk
23	24	25	26	27
Roast Beef Slice Veggie Blend Roasted Potatoes Wheat Roll Pear Cup Margarine Milk	HM Beef Stroganoff Egg Noodles Garlic Veggie Blend Fresh Orange Wheat Roll Margarine 100% Fruit Juice	Chicken Caesar Wrap Romaine Lettuce Cucumber Slices Spinach Tortilla Shell Fruit Cocktail Caesar Salad Dressing Milk	HM Spaghetti & Meatballs Steamed Broccoli Italian Veggie Blend Garlic Bread Cinnamon Applesauce Margarine 100% Fruit Juice Cookie of the Month	Citrus Teriyaki Salmon Bowl Lo Mein Noodles Onions, Peppers, Pineapples Broccoli Florets Crunchy Bread Stick Fresh Pear Margarine Milk
30	31			
 THANK YOU!	HM Sloppy Joes Garden Pasta Veggie Blend Cauliflower Fresh Apple WG Bun Margarine 100% Fruit Juice			



Eastern Michigan Food Bank: Senior Food Box Program

To Qualify for the Senior Box Program you must:

- Be 60 years of age or older and meet income requirement
- Complete a Pre-Screening Questionnaire and Enrollment Form
- **May's food box pickup is Monday, May 9, 2022 11am-1 pm**

The Brennan Senior Center KN95 mask giveaway targeted to seniors, 50+ who live in the Genesee County

Distribution time Monday - Friday 11 am - 2 pm. 3 masks per person. While supplies last*



These KN95 masks are provided free of charge by a partnership between the State of Michigan, the Genesee County Health Department, and the Genesee County Office of Senior Services.



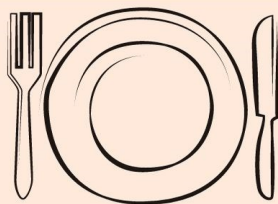
**GENESEE COUNTY
HEALTH DEPARTMENT**



**GENESEE COUNTY
OFFICE OF SENIOR SERVICES**

"This program and/or service is fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work."

FREE SIX WEEK NUTRITION EDUCATION PROGRAM



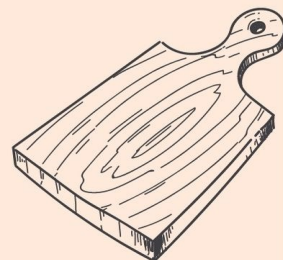
The Learning Kitchen

The Learning Kitchen is an innovative, nutrition education program for Genesee County Residents. Classes will include recipe tastings, education, fitness, and giveaways. Fitness demos will take place each week from 2:00-2:30pm.

Date: Tuesdays, April 19 - May 24, 2022

Time: 1:00 - 2:30pm

Location: Brennan Senior Center



This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation. This institution is an equal opportunity provider



Upcoming Events

Veteran Services

Date: Tuesday, May 3, 2022

Call to make an appointment

Time: 10:00am—11am

Crime Prevention class with Michigan State Police

Date: Tuesday, May 3 and 10, 2022

***extra dates will be posted**

Time: 11:00am-12pm

Bristle Hospice Pancake breakfast and informational

Date: Thursday, May 12, 2022

Time: 10:00am-11am

Legal Services of Eastern Michigan

Date: Friday, May 13, 2022

Call to make an appointment

Time: 10:00am-11am

Catholic Charities Group Talk with Brittany J.

Date: Tuesdays

Time: 12:00pm—1pm

For more information call (810) 766-7238



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509-852-4663

tlcinhomesolutions@yahoo.com

Call for Consultation >



Please join us for a
Pancake Breakfast
Thursday, May 12th at 10am
Provided by
Bristol Hospice



**Join us for a no-cost, Meet and Greet style breakfast. Trivia included
for a really Fun morning!!**

Meet us at:

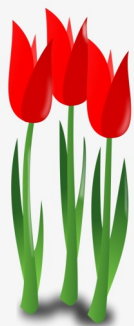
**BRENNAN SENIOR CENTER
1301 PINEGREE ST
FLINT MI**

**Please register in advance for the Pancake Breakfast! Sign-up are
limited to 40.**



HAPPY MOTHER'S DAY!

The Brennan Senior Center would like to send our warmest wishes to the mothers on Mother's Day. We hope that your day is full of love, happiness, and the much-needed relaxation you all deserve. We also honor the mothers we have lost, for we know their love will always be with us.



Recipe
to try:

Yum Yum Pie

Yum Yum Pie is a delicious no bake, layered dessert. Graham cracker crust topped with a creamy layer, blueberries and cherries.

Prep Time
10 mins

Total Time
10 mins

Course: Dessert Cuisine: American Servings: 8 Calories: 318kcal
Author: Heather



★★★★★
5 from 5 votes

Ingredients

- 3 cups graham cracker crumbs (about 1 box of graham crackers)
- 1 1/2 sticks butter
- 3/4 cup sugar
- 1 cup cold milk
- 1 8 oz cream cheese
- 1 can cherry pie filling
- 1 can blueberry pie filling
- 2 packs Dream Whip (1 box)

Instructions

1. Melt butter. Mix butter, graham cracker crumbs and sugar in a medium bowl.
2. Press 1/2 of graham cracker mixture in bottom of 9x13 baking dish making a crust.
3. Beat together milk, cream cheese and Dream Whip with a mixer until thick and smooth.
4. Spread 1/2 of cream cheese mixture on crumb crust.
5. Top cream cheese mixture half with cherry pie filling and other half with blueberry pie filling.
6. Top with remaining half of cream cheese mixture.
7. Add remaining graham cracker crumbs on top of cream cheese mixture.
8. Place in refrigerator for at least 2 hours.

<http://www.foodlovinfamily.com/yum-yum-pie/#recipe>

Tips When Purchasing a Used Vehicle

When looking for a Vehicle be sure to look at the whole Vehicle

When walking up, look under Vehicle for spots of liquid on the ground

Look in sections, start with front then move around Vehicle. Open trunk, open each door and hood.

When looking at motor look for stains or anything that catches your eye. Locate all fluids.

Check level and condition; ask if you are unable to locate the locations of each fluid.

Now sit in the Vehicle, do not start it yet.

Get comfortable, look around the interior, check location and functions of the dash controls.

Turn key on, don't start. If radio is on, turn it off. Turn on the wipers, heater, fan, seat controls, power window and locks, also any other option you can access.

Remember to be Quiet!!! This is the time for listening, not talking.

Now turn off all components, start motor and listen for a few moments then drive.

Your road test is not a joy ride, it's an information drive. Be quiet, listen and feel for shakes, vibrations, rattles, squeals, whines, or any other noises or sensations.

Remember you don't have to know what it is; you only have to be aware so you can and ask questions if you notice something.

Be sure to go to a large parking lot so you can make left and right turns. To go forward and backwards.

If possible, take to an independent source to have your concerns checked out. (This should be done before you purchase!!!)

On the drive back is the time to talk, if you can write down any perceived issues with the Vehicle.

Remember you are buying a used vehicle, they may have some issues, the more you check out before you buy the less stress and issues you should have.

George JR Bowden and wife Kimberly own Semmens Transmission and Complete Auto Service

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MON -FRI 8-5

Brennan Elm Park Senior Community Corporation

1301 Pingree Ave
Flint, MI 48503
Phone: (810) 766-7238
Email: Brennanseniorcorporation@gmail.com
Website: www.brennanseniorcenter.com

Sudoku Solution

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

Get Your Business Noticed

If you're interested in putting an advertisement in our Senior Reflections newsletter, please contact Deborah Holmes at (810) 766-7238.

Or visit our website at
www.brennanseniorcenter.com