

# Hasselbring

Senior Center Newsletter

Age Confidently... Age Comfortably... Age Creatively

1002 W. Home Avenue - Flint, MI 48505 - Ph 810-766-9516 - Fx 810-221-7893

Website: www.hasselbringseiorcenter.com - Email: hasselbring1002@gmail.com

## MISSION STATEMENT

The mission of the Hasselbring Senior Center is to provide programs, activities, and services to promote health, safety, and dignity enabling seniors to remain independent in the community.

## VISION

“Utilizing community resources to collaboratively increase the quality of life for our members and community...today, and in the future.”

## Center Hours

Monday - Friday  
8:00 am - 5:30 pm  
(office closes @ 4:00pm)  
Closed Saturday and Sunday

## Staff

*Executive Director*  
Beverly Lewis

*Office Assistant*  
Lance Barron

*Culinary Connoisseur*  
Debra Carter

*Custodian*  
Paul Reddick

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## *New Members Are Always Welcome!*

**Hasselbring Senior Center** is dedicated to doing all things necessary to protect to the best of its ability the health, safety and welfare of all of our members, staff and other guests.

### *Safety Protocol*

Participants are asked to sanitize their hands, prior to entering the second set of doors. Masks are no longer required, but highly recommended!

Our participation policy is located in the entrance and throughout the building in activity area. Non-compliance of safety protocols and/or any policy could result in the loss of center privileges.

## *Center Closed*

**New Year's Day 1/1/2025**  
**ML King Day 1/20/2025**

## *~ Weekly Programming ~*

*GCCARD Lunch*  
*Served daily*  
Monday - Friday  
11:30am-12:30pm

*Coffee Hour & Conversation*  
Monday @ 9:00am

*Billiards / Dominoes*  
*Spades / Chess / Checkers*  
Monday - Friday 8am-5:30pm

*Amazing Fitness*  
Monday @ 9:00am

## *Tai Chi*

Monday @ 10am thru 1/27  
No Class 1/6

## *Bingo*

Mondays-Friday @ 10am

## *Music Therapy*

Monday @ 11:00am

## *Hustle Cardio*

Tuesday @ 4-6pm

## *Ball Room*

Tuesday and Thursday @ 1-3pm

## *Arthritis Fitness*

Wednesday @ 9:00am

## *Computer Class*

On hiatus until 3/5

## *Holistic Healing Hour/Massage*

Thursday @ 11am-12pm

## *Hasselbring Hustler's*

### *Open Dance*

Wednesday @ 2-5:30pm

## *Crochet Class*

Thursday @ 10am-12pm

## *Jewelry Class*

Thursday @ 12-2pm

## *Let's Exercise*

Friday @ 9:00am

## *Produce Pantry*

Friday @ 10am-12:30pm

## *Senior Self Care w/ Nurse T*

Friday @ 11am-12:30pm

## *Bid Whiz*

Friday @ 1-4pm

*Hasselbring Board Meeting***Tuesday, Mar 11<sup>th</sup> @ 1pm****Board Meetings will be held quarterly in Mar, June, Sept., & Dec.)**

President - Percy Knapp

Vice Pres. - Kimberly Robbins

Secretary - Vacant

Treasurer - Genell Reeves

Sgt At Arms - Ronnie Russell

JoeAnn Carrigan Antwoine Little

*Hasselbring's Flint Police Service Center*

~ OPEN ~

Tuesday - Thursday 9am-4pm

Friday 9am-1pm

*Legal Services of Eastern Michigan, Medicare/Medicaid and**Veteran's Services*

Need legal advice or assistance with veteran's services? Sign up for an appointment by calling Hasselbring Senior Center office at (810) 766-9516.

A LSEM, Medicare/Medicaid or Veteran's Service Representative will contact you for a personal appointment time.

*Elder Abuse Hotline*  
**810-257-3422***Senior Boxes*

Senior Boxes will be distributed on

**Friday, January 24, 2025.**

Please Mark Your Calendars. **BOXES NOT PICKED UP ON TIME WILL NOT BE AVAILABLE UNTIL 1/28 AND MUST BE PICKED UP BY THEN!**

Any low income senior age 62 or older is eligible to sign up for the monthly Senior Food Boxes.

*MTA Your Ride***Do you need a ride?**

**Senior discounted transportation is available to and from Hasselbring Senior Center and for other essential needs.**

**Call MTA 810-767-5541****Tax Prep Sign Up**

It's tax season again. Community members may call 810.766.9516 or stop by the office to place their name on the waitlist. Appointments will be scheduled beginning the 1st Thursday in February. If your phone numbers changes prior to or after scheduling, please let us know.

**SmartPhone Technology Class**

The dates for this month's SmartPhone sessions are **Thursday, January 2<sup>nd</sup> & 16<sup>th</sup> from 4-5:30pm**. Be empowered to use your smart phone and other devices to your advantage. Learn basic, intermediate and advanced functions.

**Secretary of State**

The Secretary of State Mobile Office will be onsite **Friday, January 3<sup>rd</sup>, 9am-2pm**. All regular SOS services, with exception of testing will be provided. Although an appointment is not required, those with appointments are usually able to complete transactions within 5-10 minutes. Interested persons are encouraged to call the center at 810.766.9516 to schedule an appointment.

**Self Care for Seniors Empowerment with Nurse T**

Come join us on **Friday, January 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, & 31<sup>st</sup> @ 11am** for real, lively, informative conversations on subjects that affect seniors, their health and their well-being. Please come and check out the many resources available to you and your loved ones.

**Senior Sleep Over**

Hasselbring is hosting a Senior Sleep Over starting **Sunday, January 5<sup>th</sup> at 7pm, and ending Monday, January 6<sup>th</sup> at 7am**. There Is No Admission Fee. Just come have fun and support your center and fellow members. Grab your Cutest pajamas (contest), air mattress, blankets and favorite snacks. Be prepared to play games, cards, shoot pool, watch movies and much more and more!

**Game Night**

Grab your family and friends, 18 and older and come join us for a fun-filled night on **Friday, January 17<sup>th</sup> from 6-11pm**. No

Admission, Spades, Bid Whiz, Dominoes, Chess/Checkers, Corn Hole, and 50/50 Raffle and extra Holiday Fun are all a part of the festivities.

**Hustling for the Homeless 1/18**

The Southside Community Resource Hub is hosting a Dance Fundraiser to raise funds to provide basic necessities to homeless individual living in encampments, abandoned building, trailer parks or in their vehicles. Join us in partnership with SCRH on **Saturday, January 18<sup>th</sup>, from 6-10pm**. Ticket cost is \$10 and include a meal Please plan to support this effort.

## January Congregate Menu 2025

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			2	3
			Sweet & Sour Meatballs Brown Rice Green Beans Flatbread Pineapple Tidbits Margarine 100% Fruit Juice	BBQ Chicken Tenders Spinach Yams & Apples Whole Wheat Roll Margarine Fresh Orange Milk
6	7	8	9	10
Pork Chops/Mushrooms Italian Green Beans Mashed Potatoes Sliced Wheat Bread Margarine Fresh Apple Milk	HM Chili Whole Kernel Corn Cauliflower Fresh Pear Buttermilk Biscuit/honey Salad Dressing 100% Fruit Juice	Open-Face Pot Roast Sweet Peas Redskin Mash Potatoes Texas Toast Half Margarine Diced Peaches Milk	Chicken Caesar Wrap w/Romaine & Parmesan Cucumber Slices w/dip Fruit Cocktail Tortilla Wrap 100% Fruit Juice	Country Style Chicken Chopped Broccoli Glazed Carrots Mixed Fruit Potato Roll Margarine Milk
13	14	15	16	17
Ham, Bacon Frittata w/Cheese Peppers & Onions Roasted Redskin Pot Warm Cinnamon Apples Mini Muffin Milk	HM Creamy Tortellini & Sausage Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	Roasted Chicken Breast Italian Veggie Blend Roasted Potatoes Fresh Pear Hawaiian Roll Margarine Milk	Creole Steak European Veggies Sliced Beets Golden Delicious Apple Potato Roll Margarine 100% Fruit Juice Cookie Of the Month	Crispy Fish Taco w/Fresh Corn Salsa Au gratin Potatoes Cole Slaw Pineapples Tortilla Shell Milk
20	21	22	23	24
	HM Sloppy Joes Garden Pasta Veg Blend Broccoli Florets Apple WG Bun Margarine 100% Fruit Juice	Chef's Choice 	HM Liver & Onions Mashed Potatoes Sweet Peas Biscuit Applesauce 100% Fruit Juice Margarine Birthday Cake	HM Artisan Mac&Cheese French Cut Green Beans Sliced Carrots Wheat Roll Mandarin Oranges Margarine Milk
27	28	29	30	31
HM Goulash Spinach Fried Corn Fresh Orange Margarine Milk	HM Chicken Salad HM Cucumber Salad Broccoli Bites w/dip Diced Pears Croissant 100% Fruit Juice	Chicken Cacciatori Mixed Greens Spaghetti Golden Apple Corn Bake Margarine Milk	HM Beef Pot Pie w/ Stewed Vegetables Green Beans Warm Peaches Biscuit 100% Fruit Juice	Pub Burger w/Cheese Potato Wedges Vegetable Blend Diced Pears Multi-Grain Bun Ketchup & Mustard Milk

**IF YOU HAVE NOT ALREADY DONE SO, PLEASE STOP IN THE OFFICE TO COMPLETE AN UPDATED NAPIS FORM. THIS FORM IS REQUIRED TO BE ON FILE FOR THOSE WHO PARTICIPATE IN LUNCH!**



### *Newsletter Reminder*

Please remember to stop by and scan for your newsletter each month so you can be counted and know what's ahead. Newsletters for the next month are available by the 4th Friday of each month.

### *Senior Winter Game*

Senior Winter Game registration is open **thru January 9<sup>th</sup>**. Bowling is back for 2025 and Hasselbring is scheduled to host Billiards this year on Wednesday, February 26, 2025 (Women 10am, Men 2pm). Time is winding down. Please stop in the office to get your registration form completed. This year's cost is \$15. Stop in the office for more information and forms.

### *Congregate Style Meal*

Daily lunches are served Congregate Style only in the auditorium from **11:30am - 12:30pm**. Make a plan to come sit with us and socialize daily. Please remember to call the office to reserve your lunch to get questions you may have answered.

### *Recruitment & Enrollment*

*~ Is Always Ongoing ~*

Bring in new members, age 60+ and you can be entered into our monthly cash drawing. The more you bring, the more chances you have to win. The office is open 8am-4pm, Monday-Friday to receive and process new memberships. Please check out our many existing and new offerings for activities, programs and services and come in to take advantage or just take a few minutes **each month** to come in and scan to get counted.

**THANK YOU!**

### *Executive Board Openings*

Hasselbring is actively recruiting Board members with one current opening. Letters of Interest are always accepted. If you are interested in a future seat on the Board to help the center continue to meet its mission, vision and goals, please submit a Letter of Interest with your credentials to Board President, Mr. Percy Knapp. Letters may be dropped off in the office or mailed to

Hasselbring Senior Center  
1002 W. Home Ave.  
Flint, MI 48505

### *Free COVID Testing*

MACEDONIA BAPTIST CHURCH

Monday, Friday, and Saturday from 10 am to 3 pm

<https://www.solvehealth.com/book-online/ABXLkg>

BETHEL UNITED METHODIST CHURCH

Tuesday – Wednesday from 10 am to 4 pm

Thursday from 1 pm to 7 pm

<https://www.solvehealth.com/book-online/0PmnQA>

WORD OF LIFE CHURCH

Tuesday – Thursday from 12 pm to 6 pm

<https://www.solvehealth.com/book-online/0Pm1kA>

**THIS PROGRAM AND/OR SERVICE IS FULLY OR PARTIALLY FUNDED BY  
GENESEE COUNTY SENIOR MILLAGE FUNDS.  
YOUR TAX DOLLARS ARE AT WORK!**

