



Swartz Creek

AREA SENIOR CENTER

DECEMBER 2023 NEWS

VOLUME 23, ISSUE 12



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



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UPCOMING EVENTS

Swartz Creek Area Senior Center
HO HO HO!



HOLIDAY
spirit week

**MONDAY, DECEMBER 11TH
TO FRIDAY, DECEMBER 15TH**

Join us for a week of holiday fun! Every day for a week we will have a special event and a dress theme. Participate in the event and/or theme to be entered into a week-long raffle for a chance to win 1 out of 3 prize baskets.

Thank you to our sponsors: Swank Assisted Living, The Medical Team, Promedica, American House, Woodhaven, Genesee Gardens & Centerwell Home Health

KEWPEE BOOK PRESENTATION

**FRIDAY, DECEMBER 22ND
AT 1:00 PM**

Explore the Mity Nice History: In business for more than a century, Kewpee is the second oldest hamburger chain in the US. Author Gary Flinn tells the full story of Kewpee, its many locations long gone and its spinoff, Halo Burger.

About the Author

Gary Flinn is a long time Flint resident. His earliest writing were for Flint Central High School publications the Tribal Times.

Titles by Gary Flinn available

Hidden History of Flint= \$21.99
Remebering Flint=\$19.99
Lost Flint= \$21.99
Kewpee Burgers= \$23.99

Payment by cash or check



GIFT OF LIFE MICHIGAN



**MONDAY, DECEMBER
4TH AT 1:00 PM**

GIFT OF LIFE MICHIGAN WILL BE HERE TO DISCUSS AND ANSWER YOUR QUESTIONS ABOUT BEING AN ORGAN DONOR. THEY WILL DISCUSS THE STATS OF ORGAN DONATION AND HOW MANY LIVES ARE SAVED.



**RSVP BY
NOV 30TH**

MERRY CHRISTMAS LUNCH

THURSDAY, DECEMBER 21ST

AT NOON

MENU

GLAZED PORK LOIN
ROASTED VEGGIES
CANDIED YAMS
CHEESY POTATOES
DESSERT

RSVP BY DECEMBER 7TH

SUGGESTED DONATIONS:
\$3.00 FOR GENESSEE COUNTY RESIDENTS
60 OR OLDER
\$6.00 FEE FOR NON GENESSEE COUNTY RESIDENTS
OR THOSE UNDER 60 YEARS

UPCOMING EVENTS

**MONDAY,
DECEMBER 11TH**

Red vs. Green

10:00–11:30 am

Cookie Decorating

Decorate an assortment of cookies with us! Take them home or gift them to enjoy.

**TUESDAY,
DECEMBER 12TH**

**Hats, Mittens,
Scarves, & Gloves**

10:00 am–1:00 pm

Hot Cocoa Bar

Enjoy our Hot Cocoa Bar with a variety of delicious toppings, stop by anytime between 10 am and 1 pm.

**WEDNESDAY,
DECEMBER 13TH**

Holiday Socks

1:00–2:00 pm

Ornament Making

Create simply beautiful ornaments to take home or gift to enjoy!

**THURSDAY,
DECEMBER 14TH**

Holiday Headwear

1:00–2:00 pm

Cookie Exchange

Bake 12 cookies, take 12 cookies. Rules can be found at front desk.

**FRIDAY,
DECEMBER 15TH**

Ugly Sweater

1:00–3:00 pm

Reindeer Games

Come join us to enjoy minute to win it style games with a variety of prizes. Refreshments provided!

RSVP for events by December 6th

UPCOMING EVENTS



VISUAL & HEARING IMPAIRED

RESOURCES

**Thursday, December 21st
at 1:30 pm**

Join Sabrina with Family Services of Michigan to discuss the variety of new technology, support groups, and resources available to seniors with hearing and/or visual impairment in Michigan. Cookies and Refreshments provided!

RSVP by December 14th

**DECEMBER
Bingo!**

**THURSDAY, DECEMBER
7TH AT 10:00 AM**
Presented by American House

**THURSDAY, DECEMBER
21ST AT 10:00 AM**
Presented by Molina
Healthcare

**Chair
Massages**

FRIDAY, DECEMBER 8TH
BY APPOINTMENT!

SIT BACK AND RELAX WITH A 10 MINUTE CHAIR MASSAGE PRESENTED BY LACEY WITH FENTON MASSAGE CO

PRICES

60 AND OLDER: \$5.00 PER 10 MIN
UNDER 60: \$10.00 PER 10 MIN



**Thursday,
December**

7th

1:30 - 6:00 PM

Helpful Tip: Make sure you eat and drink plenty of water before you donate blood!

**Swartz Creek Senior Center
Blood Drive**

Location:

8095 Civic Dr.

Swartz Creek, MI 48473

Please make your appointment by calling us at 810-635-4122 or visiting www.versiti.org



**MERRY
Christmas**

**We will be CLOSED
December 25th & 26th**

Attention Snowbirds!

Before you head down south, don't forget to come visit us before you leave! Scan your card to assist us in our yearly count.

DECEMBER

Monday

Tuesday

Wednesday

Thursday

Friday



SPIRIT

Monday- Red vs Green
Tuesday- Hats, Mittens, Scarves, & Gloves
Wednesday- Holiday Socks



WEEK

Thursday- Holiday Headwear
Friday- Ugly Sweater

Dress the theme of the day while you visit us to be entered into a raffle to win a holiday prize basket!

4

8:45 Beginner Yoga w/ Amy
10:00 Wellness Council
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch— Beef Dippers with Gravy
 1:00 Crochet Group
1:00 Gift of Life
 1:45 Stretch & Balance
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot

5

8:45 Yoga w/ Amy
 10:00 Knitting Group
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch— Chef's Choice
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
 4:30 Dominoes
 6:00 5-Handed Euchre

6

Genitt's Trip Departs
9:30 Zumba cancelled
 11:30 Sassy Exercise
 Noon Lunch— HM Lasagna with Beef
1:30 Rec Connect
 3:00 Intermediate Line Dance
 6:00 Setback

7

8:45 Yoga w/ Amy
 10:00 Tai Chi
10:00 Bingo
 11:00 Toning
 Noon Lunch— Baked Chicken
 Breasts with Stewed Veggies
1:30-6:00 Blood Drive
 6:00 Euchre
 6:30 Pinochle

8

11:00 Arthritis Exercise Cancelled
 Noon Lunch— Baked Fish
1:00 Chair Massages

11

8:45 Beginner Yoga w/ Katrina
 10:00 Improved Line Dancing
10:00 Cookie Decorating
 11:30 Sassy Exercise
 Noon Lunch - Beef Tacos
 1:00 Crochet Group
1:00 Fall Prevention
 1:45 Stretch & Balance
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot



12

8:45 Yoga w/ Katrina
 10:00 Knitting Group
10:00-1:00 Hot Cocoa Bar
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch - HM Beef Stew
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
 4:30 Dominoes
 6:00 5-Handed Euchre



13

9:30 Zumba
10:00 Board Meeting
 11:30 Sassy Exercise
 Noon Lunch— HM Chicken Chili
1:00 Ornament Making
 3:00 Intermediate Line Dance
 6:00 Setback



14

8:45 Yoga w/ Katrina
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch— HM Stuffed Green Peppers
1:00 Cookie Exchange
 6:00 Euchre
 6:30 Pinochle



15

Hearing Screening
 11:00 Arthritis Exercise
 Noon Lunch— Antipasto Salad
1:00-3:00 Reindeer Games



Monday

8:45 Beginner Yoga w/ Katrina
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch— Turkey Burger with cheese
12:30 Balance & Endurance
 1:00 Crochet Group
 1:45 Stretch & Balance
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot

**Tuesday**

8:45 Yoga w/ Katrina
 10:00 Knitting Group
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch— Chicken Parmesan
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
3:00 Book Club
 4:30 Dominoes
 6:00 5-Handed Euchre

**Wednesday**

Legal Services
9:30 Zumba cancelled
11:00 Grief Support
11:30 Sassy Exercise cancelled
 Noon Lunch— Salisbury Steak
1:00 Cut the Cord
3:00 Intermediate Line Dance cancelled
 6:00 Setback

27
Advanced Care Appts
9:30 Zumba cancelled
11:30 Sassy Exercise cancelled
 Noon Lunch— Steak Fajitas
1:30 How to Beat Arthritis
3:00 Intermediate Line Dance cancelled
 6:00 Setback

Thursday

20
8:45 Yoga cancelled
10:00 Tai Chi cancelled
 10:00 Bingo
11:00 Toning cancelled
 12:00 Christmas Lunch
1:30 Hearing & Visually Impaired Resources
 6:00 Euchre
 6:30 Pinochle

28
8:45 Yoga cancelled
10:00 Tai Chi cancelled
11:00 Toning cancelled
 Noon Lunch— HM Chicken Salad
 6:00 Euchre
 6:30 Pinochle

Friday

21
8:45 Yoga cancelled
10:00 Tai Chi cancelled
 10:00 Bingo
11:00 Toning cancelled
 12:00 Christmas Lunch
1:30 Hearing & Visually Impaired Resources
 6:00 Euchre
 6:30 Pinochle

22
11:00 Arthritis Exercise cancelled
 Noon Lunch— Country Style Chicken
1:00 Kewpee Book Presentation

Board Meeting Notice

The next board meeting will be held on Wednesday, December 13th at 10:00 am

Mission

The purpose of the Swartz Creek Area Senior Citizens, Inc. shall be to identify and meet the needs of senior citizens. This is achieved through programs designed to provide services in the areas of information and referral, education, nutrition, health screening, the arts, recreation, personal growth, leadership development, self-worth, and community involvement.

Cancellations

**Arthritis Exercise— December 8th,
 All Exercise— December 20th to
 January 2nd
 Zumba— December 6th
 We are Closed— December 25th & 26th**

UPCOMING EVENTS/TRIPS

HORIZON PHYSICAL THERAPY

HOW TO BEAT ARTHRITIS

**WEDNESDAY,
DECEMBER 27TH AT 1:30 PM**

Take charge of your symptoms!

- ✓ Learn about symptoms of Arthritis
- ✓ Ways to relieve symptoms
- ✓ Physical therapy based exercises

RSVP BY DEC 20TH



Senior Winter Games

February 5th - February 29th

PIE EATING, DARTS, CORN HOLE, JIGSAW PUZZLE, SPADES, CHECKERS, SCRABBLE, YAHTZEE, HAND KNEE FOOT, SHUFFLEBOARD, COMPETITIVE TABLE TENNIS, RECREATIONAL PING PONG, CRIBBAGE, PINOCHLE, SUDOKU, SENIOR GRAND PRIX, SOFTBALL TOSS, FREE THROW, EUCHRE, BAKING, PICKLEBALL, MINIATURE GOLF, LINE DANCING, MEXICAN TRAIN DOMINOES, SPELLING BEE, ARTS & CRAFTS, NAME THAT SONG, POOL, FRISBEE TOSS AND LADDER GOLF

**Registration begins November 13th
and ends on January 11th**

\$12.00 per person

Includes: T-shirt, unlimited events,
opening ceremony, and closing
banquet luncheon



Before venturing out in to inclement weather, be sure to call the center at 810-635-4122 or tune into ABC Channel 12 or NBC 25. You can also check our Facebook page or website for updates concerning our center.

Please note that the Swatz Creek Area Senior Center's decision to close during inclement weather is independent of the school district or other senior centers.



Cut THE CORD

**WEDNESDAY,
DECEMBER 20TH
AT 1:00 PM**

Are you interested in switching from cable television to "streaming", but you aren't quite sure what "streaming" is? Can streaming save you money? How would you even get started? Learn these answers, and ask your own questions to Digital Services Librarian Ryan Tackabury from the Genesee District Library.

RSVP by Dec 13th



HEARING SCREENING

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MAKE YOUR APPOINTMENT!

Call us at 810-635-4122



INFORMATION

It's Almost Tax Season!



AARP Tax-Aide: IRS Certified Tax Counselors will be providing tax services at the Swartz Creek Senior Center.

The center will begin scheduling appointments on

January 3rd, 2024 at 9:00 am

Please do not call before this date and time!

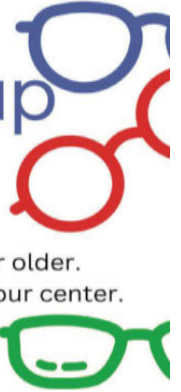
Services will be available by appointment ONLY. More information will be available at the time the center begins taking appointments.

Visually Impaired Support Group

1st Friday of each month
Friday, December 1st
at 10:00 am

For residents of Genesee County age 60 or older.
Led by Sabrina Sizemore, LLMSW, held at our center.

Questions call Sabrina at 810-285-3582



ADVANCED CARE PLANNING

Planning in advance for future healthcare choices!

Appointments available to talk with Tommie Franklin, RN, at our center.
810-635-4122



SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Hard Candy, Clorox wipes, Tissues, Decaf Coffee, and Hand Soap are always appreciated!

Thank you for your generous donations to our Senior Center!

MaxWell Therapy, LLC Balance & Endurance

Monday, December 18th at 12:30 pm

JOIN MAXWELL FOR THIS MONTHLY CLASS TO INCREASE YOUR CONFIDENCE IN BALANCE!

Fall Prevention

Monday, December 11th at 1:00 pm

PRIORITIZE SAFETY WITH OUR SENIOR-FOCUSED FALL PREVENTION CLASS! CALLING ALL SENIORS! JOIN US FOR A SPECIALIZED CLASS DESIGNED TO ENHANCE BALANCE, STRENGTH, AND CONFIDENCE. OUR EXPERIENCED INSTRUCTORS WILL GUIDE YOU THROUGH TAILORED EXERCISES AND PROVIDE PRACTICAL TIPS FOR A SECURE, INDEPENDENT LIFESTYLE. SECURE YOUR SPOT TODAY AND STEP INTO A SAFER TOMORROW!

RSVP by December 6th

Legal Services

Provided by Legal Services of Eastern Michigan for seniors 60 or older. Offering assistance with Wills, Power of attorney, medicaid planning, housing complaints, family law, domestic violence, nursing home issues, and more!

Appointments are available at our center on the 3rd Wednesday of each month.

Schedule today!

810-635-4122



INFORMATION

Free TRANSPORTATION



Available for seniors residing in the Swartz Creek School District every Tuesday, alternating between Meijer and Kroger.

Trip to the Food Pantry monthly. Contact the Senior Center for more information



Loan Closet

Our center loans donated medical equipment such as wheelchairs, walkers, bedside commodes, bath seats, canes and crutches to seniors in need. Please call the center if you need to borrow an item. We also accept donations of these items in good and **sanitized condition**.

We appreciate donations made to our Loan closet or to our Incontinence Supplies!

Discrimination Policy

The Swartz Creek Area Senior Center has adopted a policy of non-discrimination in all programs, services and employment. No one shall be excluded on the basis of race, color, national origin sexual orientation, religion, age, marital status, veteran and military status or disability unless required by the eligibility guidelines for services. Inclusiveness is a core value that drives the organization's mission of providing services to benefit persons who are over the age of fifty and reside in Genesee County.

Swartz Creek Area Senior Citizens, Inc.: Funding Sources

- ◆ Genesee County Senior Millage
- ◆ Community Development monies from the City of Swartz Creek, The Village of Gaines, & Gaines Twp.
- ◆ Senior fundraising
- ◆ Donations from individuals and community groups.

Membership & Participation Guidelines

- ◆ Open to all Genesee County residents over age 50.
- ◆ Completion of a "Membership / Participation Form" and update the information annually.
- ◆ A yearly donation of \$10 per person is requested.
- ◆ For more details, request a Membership Handbook.

JOIN US FOR LUNCH!

Meals are served eat in or take home Monday-Friday between 12:00- 12:30 pm at the senior center. Reservations must be made by noon the day BEFORE. For Monday reservations, you must reserve on the prior Friday. Call us at 810-635-4122

A \$3 donation per meal is requested for anyone 60 years and older living in Genesee County and anyone under 60 or living outside Genesee County is a \$6 donation.

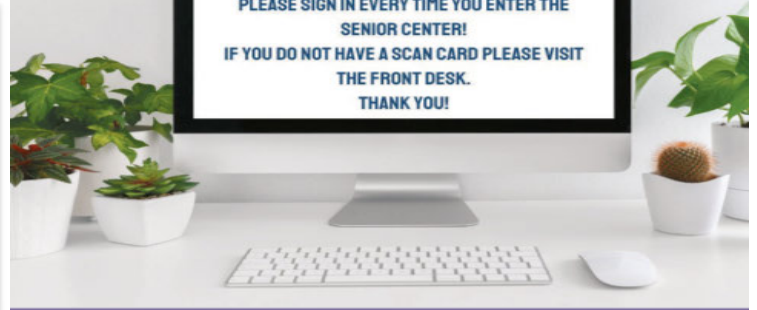
Provided by Genesee County Community Action Resource Department (GCCARD)

Class Cancellations

Arthritis Exercise– December 8th
Zumba– December 6th
All Exercise– December 20th to January 2nd
We are Closed– December 25th & 26th

Please Sign In!

PLEASE SIGN IN EVERY TIME YOU ENTER THE SENIOR CENTER!
IF YOU DO NOT HAVE A SCAN CARD PLEASE VISIT THE FRONT DESK.
THANK YOU!



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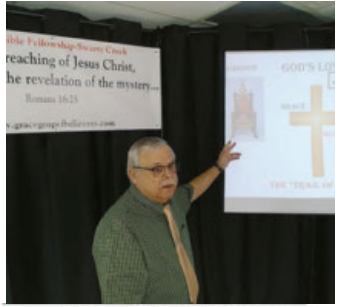
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Swartz Creek Area Senior Center



8095 Civic Drive, Swartz Creek, MI 48473

Office Hours: Monday-Thursday: 9:00 am — 8:00 pm

Friday: 9:00 am — 4:00 pm

Office: (810) 635-4122

Fax: (810) 635-9405

Website: www.myscasc.org

Facebook: Swartz Creek Area Senior Center

BOARD OF TRUSTEES

Roger Bloss, President

Ken Klungle, Vice President

Elaine Tucker, Secretary

Kathy VanDette, Treasurer

Mickie Grandstaff, Trustee

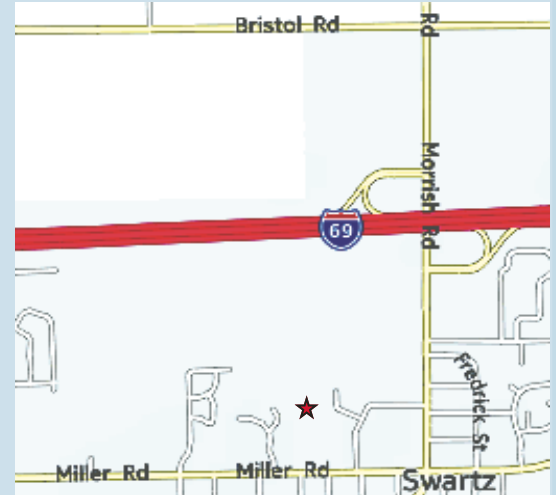
Trudy Plumb, Trustee

Susan Butler, Trustee

Kaye Johnson, Trustee

Sandy Martin, Trustee

Directions from downtown Swartz Creek:
1 block from the intersection of Morrish Rd. or Miller Rd., turn on Paul Fortino Dr. to Civic Dr.



STAFF

Barbara McCallum, Director

Holly Burgess, Program Coord.

Marianne Campbell, Staff Asst.

Greg Boshaw, Transportation

Swartz Creek Area Senior Center
8095 Civic Dr.
Swartz Creek, MI 48473