

Swartz Creek
AREA SENIOR CENTER

JANUARY 2024 NEWS
VOLUME 24, ISSUE 1



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



HOLIDAY
RETIREMENT

Flint Township Senior Living at Genesee Gardens

4495 Calkins Road, Flint Twp., MI 48532

(810) 720-4159 ext. 2

www.geneseegardens.com



Bring this coupon in for a free meal & gift with your tour!



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UPCOMING EVENTS

YOGA WORKSHOP

PREPAY BY
DEC 28TH



\$4.00

WEDNESDAY, JANUARY 3RD
12:45 PM TO 2:45 PM

Join certified instructor, Katrina Smeets, to introduce or refresh you on the most basic yoga poses that are proven to benefit your mind and body. Katrina will introduce poses and help you to refine them to get the most out of your practice.

Cost is \$4.00 or 2 punches of an existing punch card!



FREE NUTRITION EDUCATION PROGRAM

Fresh Conversations

Fresh Conversations is a free nutrition education program designed to support healthy aging and independence. Gather with other Genesee County Residents aged 60 and older to discuss current nutrition and health topics, taste low-cost healthy recipes, and discover new ways to stay active and independent. Giveaways included!

DATE: WEDNESDAY, JAN 10 - FEB 14, 2024 (WEEKLY)

TIME: 1:30PM-3:00PM

LOCATION: SWARTZ CREEK SENIOR CENTER

RSVP by
January 5th

Lunch with the **COMMISSIONER**

FRIDAY, JANUARY 26TH AT 12:00 PM

Join us for lunch with Dale Weighill, our Genesee County Commissioner, for a laid back, question-and-answer session!

RSVP by Jan 19th



Genesee County
Commissioner Dale
Weighill

BINGO

THURSDAY, DECEMBER 11TH AT 10:00 AM

Presented by Oak Street Health

FRIDAY, DECEMBER 12TH AT 10:00 AM

Presented by Genesee Gardens

THURSDAY, DECEMBER 18TH AT 10:00 AM

Presented by Molina Healthcare Group

NO RSVP REQUIRED.

Chair Massages

2024 New Year's Resolution:
Treat Yourself!

**FRIDAY, DECEMBER 12TH
BY APPOINTMENT**

Join certified Massage Therapist, Lacey, from Fenton Massage Co. as she provides relaxing 10-minute upper body massages.

PRICE

60 and older: \$5.00 per 10-minutes
Under 60: \$10.00 per 10-minutes

UPCOMING EVENTS

Valentine's Day CARD MAKING

FRIDAY, JANUARY 19TH
AT 1:00 PM

JOIN LINDA EVANS, TO LEARN THE
ART OF CARD MAKING. CREATE
BEAUTIFUL HAND MADE CARDS TO
SHOW YOUR LOVE THIS SEASON!

\$5

AT TIME OF
REGISTRATION
PREPAY BY JAN 12

STATE REPRESENTATIVE
JASPER MARTUS

Coffee Hour

Monday, January 22nd
10:00 am

Join us and enjoy a fresh cup of
coffee for a question-and-answer
session with our state
representative.

RSVP by Jan 15th



AGING IN PLACE

Mr. Handyman



MONDAY, JANUARY 15TH
AT 1:00 PM

Join Nicole, Owner of Mr. Handyman of Grand Blanc to discuss innovative ways to keep your home safe and accessibly as you age. She will also discuss questions that you should always ask handymen and companies before they enter your home to ensure the most effective outcome.

RSVP BY JAN 8TH

Pencil Drawing

Join Peggy Mattson to learn the art of pencil drawing. She believes that everyone has the skills and ability to draw.

All you need is a #2 pencil, Drawing paper, a white eraser, paper stump, and a 12 in ruler. Bring with you a photo or object that you would like to draw. Peggy will give you the skills and walk you through the process.

Thursday, January
18th & 25th at 1:00 pm

RSVP by Jan 11th



HAND THERAPY

Monday, January 29th
at 1:00 pm

Did you know that your hands are one of the most important parts of your body? They perform millions of functions everyday without us even realizing it. In this workshop, provided by Max Well Therapy, LLC, we will be focusing on the benefits of Hand Therapy, what it is, and when you need it. At the end of the workshop there will be time for a few to have a free consultation with the therapist. Together we can finally learn why your hands are always in pain.



RSVP by January 22nd

INTRODUCING!

Grocery Bag Crochet

Every Tuesday at 10:00 am
starting January 9th

Join Betty to learn how to take an average grocery bag and create yarn that you can crochet to create mats.

What you will need:
at least 10 grocery bags and
a pair of scissors



UPCOMING EVENTS

How to Google...

Thursday, January 11th by 1:30 pm

Plumbers near me

News articles for Genesee County

What is AI?

Join Ryan with Genesee District Library to learn how to use search engines, like Google to answer your questions and find information from your computer or cellphone. What questions to ask, how to find the correct answers, and more. RSVP by Jan 8th.

Participants Needed!

Monday, January 15th at 10:00 am
 Will continue every 1st Monday of the month.
 Please RSVP with our office!

Do you wish to improve your health and the health of other seniors?
 Do you have unmet health needs?
 Do you wish there were more resources for seniors?

Refreshments provided at meetings!

- Participate in monthly meetings of the Age-Friendly Wellness Council.
- Identify the health challenges of our membership.
- Offer advice regarding resources that are needed.
- Share recommendations to improve the healthcare services provided to our community.



Find Your Next Great Read!

TUESDAY, JANUARY 30TH

NO RSVP REQUIRED!

3:15 PM

ACQUIRE A COPY OF THIS MONTH'S BOOK, READ, AND COME TO DISCUSS!

CHEVY IN THE HOLE

BY KELSEY RONAN

MARK HARRINGTON

SOLO PERFORMANCE



THURSDAY, JANUARY 25TH
AT 1:30 PM

Playing favorites from the Americana song book, Mark Harrington dazzles with expert guitar work, finely crafted midi background instruments and an uncanny ability to impersonate some of the greatest vocalists of all time.

RSVP BY JANUARY 18TH

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

JANUARY

Monday

Tuesday

Wednesday

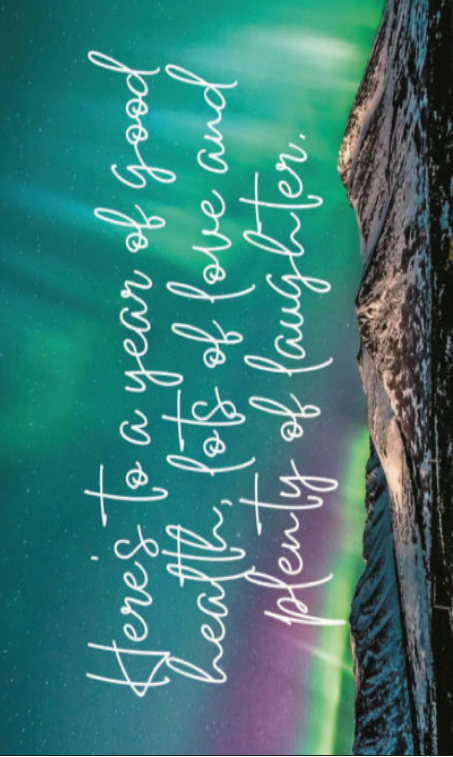
Thursday

Friday



<p>8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch— Pork Chop w/ Mushrooms 1:00 Crochet Group 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning Noon Lunch— Chicken Caesar Wrap 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p>11:30 Sassy Exercise Noon Lunch— BBQ Chicken Tenders 12:45 Yoga Workshop 3:00 Intermediate Line Dance 6:00 Setback</p>	<p>8:45 Yoga w/ Katrina 10:00 Tai Chi 11:00 Toning Noon Lunch— Sweet & Sour Meatballs 6:00 Euchre 6:30 Pinochle</p>	<p>10:00 Visually Impaired Support Group 11:00 Arthritis Exercise Noon Lunch— Pub Burger w/ Cheese</p>
<p>8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 10:00 Wellness Council 11:30 Sassy Exercise No GCCARD Lunch 1:00 Crochet Group 1:00 Aging in Place 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 Bingo 11:00 Toning Noon Lunch— HM Chili 1:30 How to Google 6:00 Euchre 6:30 Pinochle</p>	<p>10:00 Board Meeting 11:30 Sassy Exercise Noon Lunch— Open-Face Pot Roast 1:30 Fresh Conversations 3:00 Intermediate Line Dance 6:00 Setback</p>	<p>8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 Bingo 11:00 Toning Noon Lunch— HM Chili 1:30 How to Google 6:00 Euchre 6:30 Pinochle</p>	<p>10:00 Bingo 11:00 Arthritis Exercise Noon Lunch— Grilled Chicken Breasts 1:00 Chair Massages</p>
<p>8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 10:00 Wellness Council 11:30 Sassy Exercise No GCCARD Lunch 1:00 Crochet Group 1:00 Aging in Place 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning Noon Lunch - Creamy Tortellini 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p>Legal Services 11:00 Grief Support 11:30 Sassy Exercise Noon Lunch— Beef Pot Pie 1:30 Fresh Conversations 3:00 Intermediate Line Dance 6:00 Setback</p>	<p>8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 Bingo 11:00 Toning Noon Lunch— Creole Steak 1:00 Pencil Drawing 6:00 Euchre 6:30 Pinochle</p>	<p>Hearing Screening 11:00 Arthritis Exercise Noon Lunch— Crispy Fish Taco 1:00 Valentine Card Making</p>

Monday**Tuesday****Wednesday****Thursday****Friday**

22 8:45 Beginner Yoga w/ Amy 10:00 Improved Line Dancing 10:00 Coffee Hour 11:30 Sassy Exercise Noon Lunch — Ham & Bacon Frittata 1:00 Crochet Group 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	23 8:45 Yoga w/ Amy 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning Noon Lunch — Liver & Onions w/ Gravy 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre	24 11:30 Sassy Exercise Noon Lunch — Roasted Chicken Breast 1:30 Fresh Conversations 3:00 Intermediate Line Dance 6:00 Setback	25 8:45 Yoga w/ Amy 10:00 Tai Chi 11:00 Toning Noon Lunch— Sloppy Joes 1:00 Pencil Drawing 1:30 Mark Harrington Concert 6:00 Euchre 6:30 Pinochle	26 11:00 Arthritis Exercise Noon Lunch— HM Artisan Mac & Cheese 12:00 Lunch with the Commissioner
29 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch — HM Goulash 1:00 Crochet Group 1:00 Hand Therapy Seminar 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	30 8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning Noon Lunch — HM Chicken Salad 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 3:15 Book Club 4:30 Dominoes 6:00 5-Handed Euchre	31 11:30 Sassy Exercise Noon Lunch — Chicken Cacciatore 1:30 Fresh Conversations 3:00 Intermediate Line Dance 6:00 Setback		

Board Meeting Notice

The next board meeting will be held on Wednesday, January 10th 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

Zumba – cancelled for the winter, will return in April
We are Closed – January 1st & 2nd

TRIPS

DETROIT THEN & NOW TOUR

MONDAY, APRIL 15TH, 2024

EXPERIENCE THE DETROIT THEN AND NOW GUIDED BUS TOUR. FROM UP-AND-COMING RESTAURANTS, SCENIC PARKS, BEAUTIFUL ARCHITECTURE, THERE IS SO MUCH TO SEE. VISIT GREEKTOWN, EASTERN MARKET, MIDTOWN, THE BIRTHPLACE OF THE MOSEL T AND MORE!

8:00 AM: DEPART FROM CENTER
 10:00 AM-1:00 PM: THEN & NOW TOUR
 1:15-2:15 PM: THE ORIGINAL BUDDY'S PIZZA
 4:00 PM: RETURN TO CENTER

\$89
per person



PREPAY BY MARCH 20TH

Firekeepers Casino

Wednesday, April 24th, 2024

\$54 per person

Get back \$25 in free play and \$5 in food credit!

8:30 am: Depart from center
 10:00 am-2:00 pm: Firekeepers Casino
 3:30 pm: return to center

Prepay by April 8th



HOLLAND Tulip Festival

TUESDAY, MAY 7TH, 2024

Windmill Island Gardens:
 On the edge of downtown Holland featuring 36 acres of gardens, over 150,000 tulips. During Tulip time, the Island has authentic Dutch food from Tante Nellies Kitchen.

Nelis' Dutch Village:
 They plant over 35,000 bulbs for Tulip Time each year with over 100 varieties. The park has many shops to visit and the famous Hungry Dutchman.

\$110
per person

Prepay by March 25th

8:00 am: Depart from center
 10:00 am-12:00 pm: Windmill Island
 12:15 pm-3:00 pm: Nelis' Duth Village
 5:00 pm: Return to center

HORROCKS FARM MARKET

Tuesday, May 21st, 2024

Enjoy Horrock's Market with time to shop and eat lunch. Stop on the way back to Big Ten Flavor Ice Cream at MSU Dairy Store for a sweet treat!

10:00 am: Depart from Center
 11:00 am-2:30 pm: Horrocks Market
 2:45 pm-3:45 pm: MSU Dairy Store

Prepay by May 5th

\$52
per person

Travel Policy

We encourage you and your friends over age 50 to join us on any of our trips. All participants must have an updated "Participation Form" on file at the time of sign-up.

**YOU MUST EITHER SIGN UP AND PAY AT CENTER OR SEND A CHECK IN.
 RESERVATIONS ARE NOT GURANTEED
 UNTIL PAYMENT IS RECEIVED!**

Trip Cancellation Policy: All cancellations incur a \$15 administrative fee which is deducted from any refund due to the member. Refund of the balance will be paid only if your seat can be canceled with the tour company. **During inclement weather, if the tour company providing the trip does not cancel, the traveler will not be entitled to any refund.** Some trips have policies unique to that trip, so be sure to read the policy details on the back of individual trip flyer. Stop by or call the Senior Center for trip details and the complete Travel Policy. **We ask that you be considerate of other trip guests by not wearing perfume or colognes.**

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.

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.



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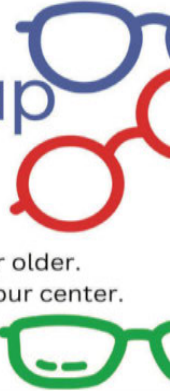


Visually Impaired Support Group

1st Friday of each month
Friday, January 5th
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



Appointments available VETERAN SERVICES

Genesee County Department of Veterans Services, (810) 257-3068, will be holding appointments at these local senior centers to ensure that you get the benefits you're entitled to. This includes Agent Orange, Burial Allowance, Disability Compensation, Former POW, Persian Gulf Veterans, PTSD, and VA Home Loans.

**Swartz Creek Area Senior Center (810) 635-4122
**Flushing Area Senior Center (810) 659-4735
**Grand Blanc Senior Center (810) 695-3202
Loose Senior Center (810) 735-9406
**Davison Senior Center (810) 658-1566
Clio Senior Center (810) 687-7620

(** Appointments available every other month)



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!**

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.

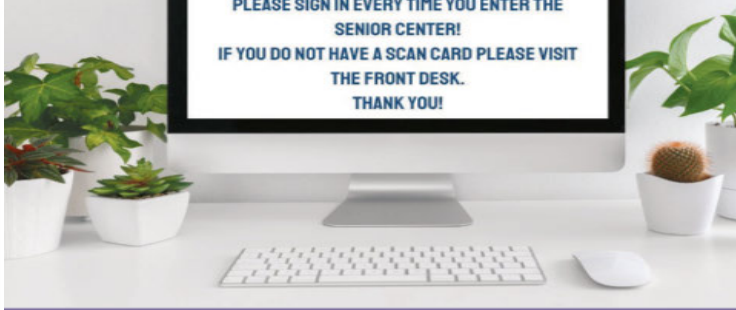
Provided by Genesee County Community Action Resource Department (GCCARD)

Class Cancellations

Zumba– cancelled for the winter, will return in April
We are Closed– January 1st & 2nd

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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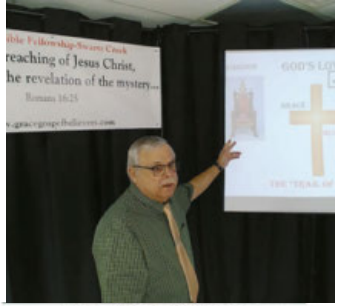
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Est. 1985

Swartz Creek Area Senior Center

Happy
New
year!

8095 Civic Drive, Swartz Creek, MI 48473

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

Friday: 9:00 am — 4:00 pm

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

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

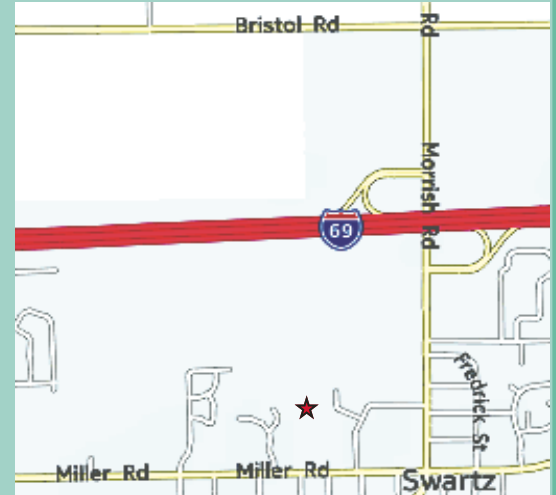
STAFF

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