



*Swartz Creek*  
AREA SENIOR CENTER



**JANUARY 2025 NEWS**  
**VOLUME 25, ISSUE 1**



**HOLIDAY**  
RETIREMENT

**Flint Township Senior Living at Genesee Gardens**

4495 Calkins Road, Flint Twp., MI 48532

(810) 720-4159 ext. 2

www.geneseegardens.com



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15 Area Locations

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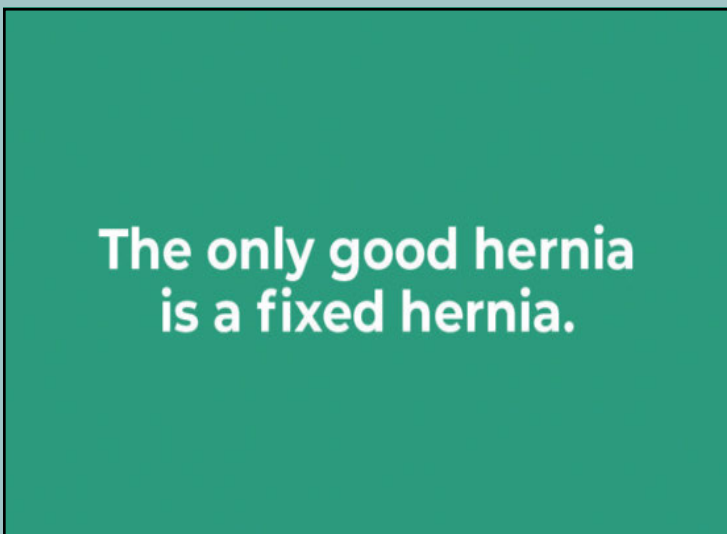


SafeStreets

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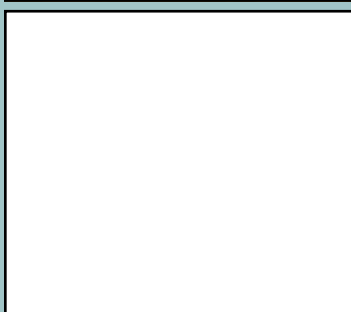
The only good hernia is a fixed hernia.

HERNIA CENTER OF EXCELLENCE

**HURLEY**

**WE APPRECIATE OUR ADVERTISERS!**

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**Woodhaven**  
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Clio, Davison, Fenton, Swartz Creek

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## UPCOMING EVENTS



YOU ARE INVITED TO

# Winter Tea

WEDNESDAY, JANUARY 29TH  
AT 1:30 PM

JOIN US FOR AN EVENT OF WINTER WHIMSEY!  
ALONG WITH TEA AND GOOD COMPANY, YOU  
CAN ENJOY FINGER FOODS, TEA  
SANDWICHES, AND DESSERT.

**\$5 PER PERSON**  
Prepay by January 22nd



GOODWILL MID-MICHIGAN

## PRESENTATION & DONATIONS

JOIN US FOR AN INFORMATIVE PRESENTATION  
ABOUT OUR GOODWILL PROGRAMS AND HOW  
YOUR DONATIONS ARE RECYCLED AND REUSED.

**JANUARY 10TH  
AT 1:30 PM**

BRING A BAG OR BOX OF PRELOVED  
GOODS FOR A CHANCE TO WIN A  
GOODIE BASKET!

YOUR DONATIONS ALLOW GWIMM TO  
PROVIDE JOB OPPURTUNITIES AND  
DONATIONS TO GENESEE COUNTY  
PARTNERS.

RSVP BY JANUARY 6TH



+

# MAXWELL THERAPY SEMINAR

+

Monday, January 13th  
at 1:30 PM

We were unable to retrieve topic  
prior to newsletter submission.  
Please keep an eye out for more  
info!

## UPCOMING EVENTS

### AARP TAX AIDE: WITH IRS CERTIFIED TAX COUNSELORS

The center will be taking appointments beginning Thursday, January 2nd at 9:00 AM  
Please do not call before this time!

Services will be available by appointment ONLY. More information will be available once we begin taking appointments.



810-635-4122



### Gift of Life Michigan

Monday,  
January 6th  
at 1:30 PM

RSVP by January 3rd

We will be discussing the gift that keeps giving. Gift of life Michigan will discuss the benefits and process of becoming an organ donor in Michigan. Whether you are registered or not, learn the actual stats of where and how organ donation has benefited those around you.

### JANUARY BINGO

Thursday, January 2nd at 10:00 AM  
White Elephant Bingo  
Please bring a wrapped prize that is preloved or under \$10 for prizes!

Thursday, January 9th at 10:00 AM  
Presented by Oakstreet Health

Thursday, January 23rd at 10:00 AM  
Presented by Symphony of Linden

### Savvy Caregiver

Tuesdays, January 14th -  
February 18th  
From 5:00- 7:00 pm

We can help...

If you are an active caregiver of a family member or friend with dementia living at home, this workshop will help you gain special skills and knowledge you will need to be successful. The Savvy Caregiver will help you:

- Understand the impact of dementia on both you and your loved-one.
- Learn skills you need to manage daily life.
- Take control and set goals. Communicate more effectively. Strengthen family resources.
- Feel better about your caregiving
- Take care of you!

Please RSVP by January 7th

Happy  
New Year

WE ARE CLOSED  
Wednesday, January 1st

# PROGRAMS & EVENTS

## Hand, Knee, and Foot

Monday, 5:00- 8:15 pm

Similar to a card game named 'Canasta' the main difference is the number of cards that players need in order to start playing. Score more points than the other teams within four hands.



## Crochet

Monday, 1:00-2:30 pm

A needlework technique performed using a crochet hook plus fiber or other similar material. Most typically, this material is yarn or crochet thread. A very relaxing activity that is good for the mind.

## Mahjonn

Tuesday, 12:30- 3:00 pm

Mahjonn is always played with four players seated around a table. Tiles are shuffled, dice are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin.



## Euchre

Tuesday, 1:30- 3:30 pm

Thursday, 6:00- 8:15 pm

The goal of the game is to win at least three tricks. If the side that fixed the trump fails to get three tricks, it is said to be "euchred." Winning all five tricks is called a "march."

## 5- Handed Euchre

Tuesday, 6:00 pm-8:15 pm

Five-handed Euchre is a variation of the popular trick-taking game Euchre which adds an additional player and features a dynamic partner system.

New Time!

## Dominoes

Tuesday, 3:15- 4:30 pm

Each time a player places a domino on the table it must conform to normal domino play i.e. the domino must be placed so that one end is touching the end of a domino already on the table and such that the end of the new domino matches.



## Setback

Wednesday, 6:00- 8:15 pm

A trick taking game similar to Spades. 2-8 players play either individually or in teams. Each player is dealt six cards, usually by dealing three at a time. Players first bid or pass, with the lowest possible bid being "2." If everyone passes, the dealer must bid "2." Whoever wins the bid starts the first trick. Whatever suit they play is trump for that round. Play proceeds as in most other trick-taking games (Spades, for example).



## Horse Race

Monday: 1:00-3:00 pm

This game uses a board, dice, cards, and nickels that will make you feel like you're at the horse races. Strategically move your horse across the "track" the fastest, while trying not to lose all your nickels to the pot!

## Grocery Bag Crochet

Tuesday, 10:00-11:30 am

Instructor: Betty Binder

Bring with you 10 plastic grocery bags, a pair of scissors, and a large crochet needle. This is a great way to recycle plastic and create something more useful like a sturdy bag, mat, and more!

## Knitting

Tuesday, 10:00-11:30 am

The knitting process basically involves continuously interlinking or knotting a series of loops of yarn using needles. A very relaxing activity that is good for the mind.

## Wood Carving

Tuesday, 1:00-3:00 pm

Wood carving is a form of working wood by means of a cutting tool. A chisel or knife are usual tools: the chisel can be tapped with a wooden mallet. The result is a wooden figure, or the sculptural ornamentation of a wooden object.

## AARP TAXES

# VOLUNTEERS NEEDED

Greeters Needed for this year's Tax season!

810-635-4122

- Greet clients
- Make sure paperwork is filled out by clients
- Keep track of appointments entering and exiting
- All required training will be provided!



# SENIOR ASTRONOMERS

w/ Bob Kren

Come join Bob as he meets with seniors across the county to discuss their shared passion for astronomy. Meetings take place the third Wednesday of each month @ 10:00 a.m. See schedule below:

- |                                   |               |
|-----------------------------------|---------------|
| • Clio Senior Center              | December 18th |
| • Swartz Creek Area Senior Center | January 15th  |
| • Grand Blanc Senior Center       | February 19th |
| • Davison Senior Center           | March 19th    |
| • Flushing Area Senior Center     | April 16th    |

Members will also schedule dates for evening observations!

## 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.

# UPCOMING EVENTS

COME & JOIN US FOR

## BOOK PRESENTATION:

### TWO ENVELOPES

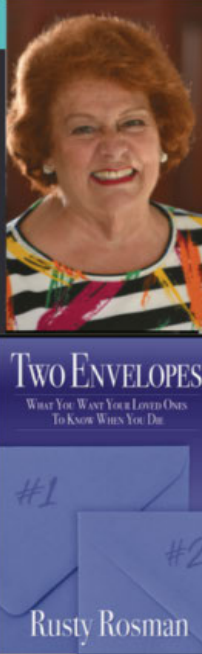
By Rusty Rosman

*What you want your loved ones to know when you die*

**Wednesday, January 22nd at 2:00 PM**

**Books for sale: \$21.20**  
She will accept cash or card

It just takes 2 envelopes to let your loved ones know anything they must immediately know upon your passing. These envelopes can be your voice for your family during a difficult time.



**Please RSVP by January 15th**

AdvisaCare  
Home Health & Hospice

## HOSPICE IS A PLAN FOR LIVING!

**Monday, January 20th at 1:30 PM**

"We were established in 1997 to provide healthcare personnel to hospitals, nursing facilities, and other medical entities throughout the country. As time went on, our focus shifted from facility-based staffing to personalized one on one care at home."

Join us to discuss how to guarantee you or a loved one receives the best care at the best time!



**RSVP by October 14th**



**FORK & THE ROAD**

### FREE NUTRITION EDUCATION PROGRAM

## Fork & The Road

Fork & the Road is a free program **for Michiganders 60 years of age and older** designed to support healthy aging. Participants learn about hot topics in health & nutrition while sharing personal experiences and meeting others interested in healthy aging.

**DATE: THURSDAYS, JANUARY 9TH - FEBRUARY 13TH, 2025**

**TIME: 1:30PM - 3:00PM**

**LOCATION: SWARTZ CREEK SENIOR CENTER**

#### CLASSES WILL INCLUDE

- Weekly Recipe Tastings
- Giveaways
- Fitness Demonstrations
- and more!

**RSVP by January 7th**



# CARD MAKING

**FRIDAY, JANUARY 17TH AT 1:30 PM**

**\$5 per person at time of registration**

Join Linda Evans to create 3-4 beautiful handmade greeting cards! All supplies are provided, please bring your own scissors and adhesive if able.

# UPCOMING EVENTS

Back to the basics

## Beginner Yoga Workshop

With Katrina Smeets



**Wednesday, January 8th**  
**12:45 PM to 2:45 PM**  
**\$4 per person**  
**OR 2 punches on a punchcard**

**What you can expect:**

- Basic poses explained
- A positive and calming environment
- Skills you can take home
- slow pace that will help you perfect those poses

*Please wear comfortable clothing and shoes. Bring a yoga mat and water bottle. Pre pay by January 3rd*

## CHAIR MASSAGES

### FRIDAY, JANUARY 24TH

*Stress relief*  
 Therapeutic massage can help improve your overall mood and mental well-being.

*Pain relief*  
 Massage can help reduce pain and improve mobility.



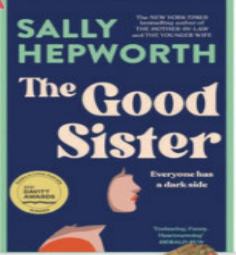

Provided by Lacey from Fenton Massage Co.

\$5 for those 60 or older  
 \$10 for those under 60

Payment must be made to reserve appointment

New day & time!

## BOOK CLUB



**Thursday, January 30th**  
**at 3:00 PM**

Please read *The Good Sister* by Sally Hepworth prior to discussion.

You must acquire your own copy of the read by borrowing from library or purchasing.

SPONSORED BY GENESEE DISTRICT LIBRARY

## THE AMAZING PAISLEY GRACE

**THURSDAY, JANUARY 23RD**  
**AT 1:30 PM**

Come enjoy the amazing musical talent of Paisley Grace!




My name is Paisley Grace, I'm a small town girl with big dreams! I'm 11 yrs old, and I've been singing since I learned to talk. I've performed at several fairs, festivals, in Nashville, and many other venues. I dream of being on the big stage singing with the artists who inspire me.

RSVP BY JANUARY 16TH

## WINTER WEATHER Announcement

In the case of inclement weather, the Swartz Creek Area Senior Center may close. We close independently, meaning that we do not close based off of the schools or other senior centers.

To find out if we are closed please check the new stations ABC 12 or NBC 25, check our website, Facebook, or give us a call at 810-635-4122.





# JANUARY



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



<p>8:45 Beginner Yoga w/ Katrina  <b>10:00 Age friendly Wellness Council</b>  10:00 Improved Line Dancing  11:15 Sassy Exercise  12:15 GCCARD Lunch  1:00 Crochet Group  1:00 Horse Race  <b>1:30 Gift of Life</b>  1:45 Stretch &amp; Balance  3:00 Basic Line Dancing  5:00 Hand, Knee &amp; Foot</p>	<p>8:45 Yoga w/ Katrina  10:00 Knitting Group  10:00 Grocery Bag Crochet  10:00 Tai Chi  11:15 Toning  12:15 GCCARD Lunch  12:30 Mah-Jongg  1:00 Wood Carving  1:30 Euchre  2:30 Beginner Cardio  3:15 Dominoes  6:00 5-Handed Euchre</p>		<p>8:45 Yoga w/ Katrina  10:00 Tai Chi  <b>10:00 White Elephant Bingo!</b>  11:15 Toning  12:15 GCCARD Lunch  6:00 Euchre</p>	<p>11:00 Arthritis Exercise  12:15 GCCARD Lunch</p>
<p>8:45 Beginner Yoga w/ Katrina  10:00 Improved Line Dancing  11:15 Sassy Exercise  12:15 GCCARD Lunch  1:00 Crochet Group  1:00 Horse Race  <b>1:30 Maxwell Seminar</b>  1:45 Stretch &amp; Balance  3:00 Basic Line Dancing  5:00 Hand, Knee &amp; Foot</p>	<p>8:45 Yoga w/ Katrina  10:00 Knitting Group  10:00 Grocery Bag Crochet  10:00 Tai Chi  11:15 Toning  12:15 GCCARD Lunch  12:30 Mah-Jongg  1:00 Wood Carving  1:30 Euchre  2:30 Beginner Cardio  3:15 Dominoes  6:00 5-Handed Euchre</p>	<p><b>9:00 Zumba cancelled</b>  <b>10:00 Board Meeting</b>  11:15 Sassy Exercise  12:15 GCCARD Lunch  <b>12:45 Yoga Workshop</b>  3:00 Intermediate Line Dance  5:00 Zumba w/ Kimberly  6:00 Setback</p>	<p>8:45 Yoga w/ Katrina  10:00 Tai Chi  <b>10:00 Bingo!</b>  11:15 Toning  12:15 GCCARD Lunch  <b>1:30 Fork &amp; The Road</b>  6:00 Euchre</p>	<p><b>10:00 Visually &amp; Hearing Impaired Support Group</b>  11:00 Arthritis Exercise  12:15 GCCARD Lunch  <b>1:30 Goodwill Presentation</b></p>
<p>8:45 Beginner Yoga w/ Katrina  10:00 Improved Line Dancing  11:15 Sassy Exercise  12:15 GCCARD Lunch  1:00 Crochet Group  1:00 Horse Race  <b>1:30 Maxwell Seminar</b>  1:45 Stretch &amp; Balance  3:00 Basic Line Dancing  5:00 Hand, Knee &amp; Foot</p>	<p>8:45 Yoga w/ Katrina  10:00 Knitting Group  10:00 Grocery Bag Crochet  10:00 Tai Chi  11:15 Toning  12:15 GCCARD Lunch  12:30 Mah-Jongg  1:00 Wood Carving  1:30 Euchre  2:30 Beginner Cardio  3:15 Dominoes  <b>5:00 Savvy Caregiver</b>  6:00 5-Handed Euchre</p>	<p><b>Legal Services by Appt.</b>  <b>9:00 Zumba cancelled</b>  <b>9:30 Alzheimer's Support Group</b>  <b>10:00 Senior Astronomers</b>  <b>11:00 Grief Support Group</b>  11:15 Sassy Exercise  12:15 GCCARD Lunch  3:00 Intermediate Line Dance  5:00 Zumba w/ Kimberly  6:00 Setback</p>	<p>8:45 Yoga w/ Amy  10:00 Tai Chi  11:15 Toning  12:15 GCCARD Lunch  <b>1:30 Fork &amp; The Road</b>  6:00 Euchre</p>	<p><b>Hearing Screening by Appt.</b>  11:00 Arthritis Exercise  12:15 GCCARD Lunch  <b>1:30 Card Making</b></p>



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<p><b>20</b></p> <p>8:45 Beginner Yoga w/ Machelle  10:00 Improved Line Dancing  11:15 Sassy Exercise  12:15 GCCARD Lunch  1:00 Crochet Group  1:00 Horse Race  <b>1:30 Hospice 101</b>  1:45 Stretch &amp; Balance  3:00 Basic Line Dancing  5:00 Hand, Knee &amp; Foot</p>	<p><b>21</b></p> <p>8:45 Yoga w/ Machelle  10:00 Knitting Group  10:00 Grocery Bag Crochet  10:00 Tai Chi  11:15 Toning  12:15 GCCARD Lunch  12:30 Mah-Jongg  1:00 Wood Carving  1:30 Euchre  2:30 Beginner Cardio  3:15 Dominoes  <b>5:00 Savvy Caregiver</b>  6:00 5-Handed Euchre</p>	<p><b>22</b></p> <p><b>9:00 Zumba cancelled</b>  11:15 Sassy Exercise  12:15 GCCARD Lunch  <b>2:00 Book Presentation</b>  3:00 Intermediate Line Dance  5:00 Zumba w/ Kimberly  6:00 Setback</p>	<p><b>23</b></p> <p>8:45 Yoga w/ Machelle  <b>10:00 Bingo!</b>  10:00 Tai Chi  11:15 Toning  <b>1:30 Fork &amp; The Road</b>  <b>1:30 The Amazing Paisley Grace</b>  6:00 Euchre</p>	<p><b>24</b></p> <p><b>Chair Massages by Appt.</b>  11:00 Arthritis Exercise  12:15 GCCARD Lunch</p>
<p><b>27</b></p> <p>8:45 Beginner Yoga w/ Katrina  10:00 Improved Line Dancing  11:15 Sassy Exercise  12:15 GCCARD Lunch  <b>12:30 Balance &amp; Endurance</b>  1:00 Crochet Group  1:00 Horse Race  1:45 Stretch &amp; Balance  3:00 Basic Line Dancing  5:00 Hand, Knee &amp; Foot</p>	<p><b>28</b></p> <p>8:45 Yoga w/ Machelle  10:00 Knitting Group  10:00 Grocery Bag Crochet  10:00 Tai Chi  11:15 Toning  12:15 GCCARD Lunch  12:30 Mah-Jongg  1:00 Wood Carving  1:30 Euchre  2:30 Beginner Cardio  3:15 Dominoes  <b>5:00 Savvy Caregiver</b>  6:00 5-Handed Euchre</p>	<p><b>29</b></p> <p><b>9:00 Zumba cancelled</b>  <b>11:15 Sassy Exercise cancelled</b>  12:15 GCCARD Lunch  <b>1:00 Winter Tea</b>  <b>3:00 Intermediate Line Dance cancelled</b>  5:00 Zumba w/ Kimberly  6:00 Setback</p>	<p><b>30</b></p> <p>8:45 Yoga w/ Katrina  10:00 Tai Chi  11:15 Toning  <b>1:30 Fork &amp; The Road</b>  <b>3:00 Book Club</b>  6:00 Euchre</p>	<p><b>31</b></p> <p>11:00 Arthritis Exercise  12:15 GCCARD Lunch</p>

## Board Meeting Notice

**The next board meeting  
will be held on Wednesday,  
January 8th at 10:00 am**

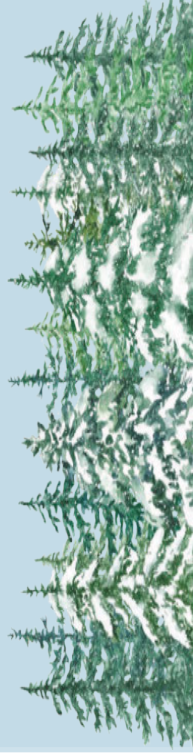


## Mission

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.

## Class Cancellations

**We are closed: January 1st  
Zumba: January 8th, 15th, 22nd, and 29th  
Sassy Exercise: January 29th  
Line Dancing: January 29th**



# Congregate January Menu 2025

Menu Subject to Change Based on Product Availability and Quality Standards

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



**Senior Dining by GCCARD**  
**Meals are served Monday- Friday at 12:15 PM here at the center.**  
**Reservations must be made by Noon the day before, for Mondays, you must call by the Friday before.**  
 Call the center at 810-635-4122 (Note: meals for special events may require up to two weeks advance reservation).  
 Persons residing in Genesee County who are 60 and older, and their spouse regardless of age, are eligible for a free meal. Donations are always appreciated.  
 Requested donation is \$3.00  
 Persons under 60 or live outside of Genesee County: \$6.00

Join us for

# LUNCHEON!

# TRIPS

## **Detroit Institute of Arts**

**Wednesday, March 19th, 2025**

**\$95.00 per person**

This trip includes motor coach transportation to and from Detroit, Admission and group tour of the Detroit Institute of Arts, and Lunch at Polonia's.

**Prepay by 2/24/25**

## **Firekeepers Casino**

**Tuesday, April 8th, 2025**

**\$55.00 per person**

Round trip to Battle Creek, 4 hours of gaming at Firekeepers Casino, receive back \$20 in gaming and \$5 in food credit, and extra specials for Senior Day.

**Prepay by 3/24/25**

## **Auto Barons Mansion Tour**

**Tuesday, April 15th, 2025**

**\$114.00 per person**

Round Trip transportation, guided tour of the Ford House, free time to explore exhibits and shop in the visitor center, catered luncheon at Meadow Brook Hall, and guided tour of Meadow Brook Hall.

**Prepay by 3/17/25**

## **Frederik Meijer Gardens & Sculpture Park**

**Tuesday, April 22nd, 2025**

**\$89.00**

Round trip to Grand Rapids, admission to Butterflies Are Blooming at Frederik Meijer Gardens. free time for lunch at Meijer Cafe and Gift Shop, and admission and self-guided tour of the Gerald R Ford Museum.

**Prepay by 3/31/25**

## **Holland Tulip Festival & Saugatuck**

**Thursday, May 8th, 2025**

**\$154.00 per person**

Round trip to Holland, admission at Veldheer Tulip Gardens, lunch at Coral Gables Restaurant, free time downtown Saugatuck, and ride on the Saugatuck Dune Rides.

**Prepay by 3/24/25**

## **Taste of Michigan's Sunrise Side**

**Thursday, June 19th, 2025**

**\$119.00 per person**

Round trip, stop for breakfast at The Rose City Cafe, dinner at Iva's Famous Chicken Dinner, stop at Fairview Organic Maple Syrup, Amish Creamery, wine tasting at Rose Valley Winery, and stop at Sherni's Candies.

**Prepay by 5/28/25**



## **Shipshewana Brown Bag Tour**

**Thursday, September 18th, 2025**

**\$145.00 per person**

Round trip to Shipshewana, IN, a step on guided tour of Shipshewana Amish Backroads, brown bag with Amish goodies, luncheon at Thresher's, shop at an Amish bulk food store, stop at a woodworking shop, Amish bakery, and a leather craftsman shop.

**Prepay by 8/26/25**

## **Thunder Bay Elk Viewing**

**Thursday, October 9th, 2025**

**\$229.00 per person**

Round trip to Hillman, MI. Enjoy a horsedrawn carriage ride through the Elk Preserve to view the beauties of Thunder Bay during peak fall colors and elk season, and a 5-course meal and wine tasting

**Prepay by 9/9/25**

## **Souring Eagle Casino**

**Featuring: Uncle John's Cider Mill**

**Wednesday, October 22nd, 2025**

**\$55.00 per person**

Round Trip transportation, 4.5 hours of gaming at Soaring Eagle, get back \$20 in gaming, \$10 in food, and \$10 in Bingo Bucks, and a visit to Uncle John's Cider Mill.

**Prepay by 10/6/25**

## **Cornwell's Turkeyville : The Naughty List**

**Wednesday, December 3rd, 2025**

**\$109.00**

Round trip to Marshall, MI. A traditional turkey dinner with all the trimmings, admission to the show "The Naughty List", and free time to shop at Cornwell's Gift Shop.

**Prepay by 10/29/25**



**For further information please visit us to receive a flyer or give us a call at 810-635-4122.**

## **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.**

# PROGRAMS & EVENTS

**All programs are FREE unless noted otherwise.**

## **Basic Line Dancing**

Monday, 3:00-4:00 PM

Instructor: Darci

Beginners class to learn the basic steps in line dancing, no partner needed. Good for your mind and to get you moving!

## **Improved Line Dancing**

Monday, 10:00-11:00 am

Instructor: Debbie Williams

Medium impact dance exercise class to improve your skills, no partner needed. Good for the body and mind!

## **Intermediate Line Dancing**

Wednesday, 3:00-4:00 pm

Instructor: Debbie Williams

Medium impact dance exercise class to improve your skills from intermediate, no partner needed. Good for the body and mind!

## **Yoga AM**

Monday, Tuesday, Thursday, 8:45-9:45 am

Instructor: Katrina Smeets

Substitute: Amy Cross

Yoga is a series of postures linked with movement that will open and cleanse the body, strengthen and lengthen your muscles, calm and open your mind. Make sure to bring your mat and water!

## **Stretching & Toning**

Tuesday & Thursday, 11:00 am-12:00 pm

Instructor: Darci

This class includes weights, bands and music to keep your heart rate up while toning the whole body. Bring a fun attitude, you don't need to be experienced for this class. If you question whether you can stand through the class, don't worry, you can sit in a chair for these exercises too!

## **Tai Chi**

Tuesday & Thursday, 10:00-11:00 am

Instructor: Darci

A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. This class helps with balance and coordination.

## **Sassy Exercise**

Monday & Wednesday, 11:15 AM-12:15 PM

Instructor: Darci

Have fun playing games designed to help with hand-eye coordination; light exercises to help with balance.

## **Stretch & Balance**

Monday, 1:45-2:45 pm

Instructor: Darci

Are you afraid of falling? Darci's class will help improve your balance with fun stretches and exercises that gain back your confidence!

## **Beginner Cardio**

Tuesday: 2:30-3:30 pm

Instructor: Darci

This class mixes techniques of steps, arm movements, and a sprinkle of dancing to create a perfect intro to cardio. Utilizing weight to increase strength and get your heart pumping!

## **Zumba AM- Breaking beginning in October**

Wednesday, 9:00-10:00 am

Instructor: Linda Dyball

Zumba combines enticing Latin and international rhythms with easy-to-follow health-boosting moves to create a fun atmosphere for beginners, as well as the active older adult.

## **Zumba PM**

Wednesday, 5:00-6:00 pm

Instructor: Kimberly Worchal-Smith

Zumba combines enticing Latin and international rhythms with easy-to-follow health-boosting moves to create a fun atmosphere for beginners, as well as the active older adult.

## **Arthritis Exercise**

Friday, 11:00 am- Noon

Instructor: Abbie Marrs

The Arthritis Foundation Exercise program is a low impact physical activity program proven to reduce pain and decrease stiffness. The routines include, gentle range of motion exercises that are suitable for every fitness level.



## 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.

## **SUPPLY DONATIONS**

Our Center uses many supplies on a daily basis. Donations of Hard Candy, Clorox wipes, Tissues, Toilet Paper, Coffee, and Hand Soap are always appreciated!  
**Thank you for your generous donations to our Senior Center!**



# SERVICES

## Legal Services of Eastern Michigan (LSEM)

**\*Wednesday, January 15th by appointment\***

Available at the Senior Center the 3rd Wednesday of each month. Free Legal Services are available at the Senior Center by appointment for seniors over age 60 regardless of income. Services Include:

- Estate Planning
- Wills Power-of-Attorney
- Advance Directives
- Medicaid Planning
- Public Benefits
- Housing Complaints
- Consumer Issues



## Hearing Screenings

**\*Friday, January 17th by appointment\***

Offered at the Center once a month. Free hearing evaluation available at the senior center.

- Hearing aid cleaning and adjustments at no charge.
- Fees apply for battery replacement.

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## Transportation

Group transportation is also available to Meijer or Kroger once a week. Walmart every week. Food Pantry once a month. Available to seniors living in the Swartz Creek School District. We are also offering transportation to and from our daily lunch program, please call in advance for availability.

If you require transportation services that we cannot provide, please contact MTA at 810-767-0100.



## Michigan Medicare/Medicaid Assistance Program

A volunteer MMAP Counselor can provide free services to help you: Understand Medicare & Medicaid. Compare or enroll in Medicare Prescription drug coverage. Review & compare Medicare Supplemental insurance options. Call the Center today at 810-635-4122 to make your appointment.

## Veteran Services of Genesee County

**\*Call 810-635-4122 for appointment\***

You can schedule an appointment at the Department of Veterans Services or one of the following designated senior activity centers to assure you are receiving all the benefits you are entitled to.

Swartz Creek Area Senior Center, Flushing Area Senior Center, Grand Blanc Senior Center, Loose Senior Center, Davison Area Senior Center, and Clio Area Senior Center.

Benefits include:

- Disability compensation
- Pension benefits
- Federal Burial benefits
- VA Home loans
- PTSD counseling
- Legal Services
- And More!



## Senior Dining by GCCARD

Meals are served Monday - Friday at 12:15 pm here at the center. Reservations for Tuesday-Friday must be made by noon on the day before. Reservations for Mondays must be made by noon on the prior Friday. Call the center at 810-635-4122. (Note: meals for special occasions may require up to two weeks advance reservations.)

Persons residing in Genesee County who are 60 and older and their spouses regardless of age are eligible for a free meal, although donations are appreciated.

- Requested Donation is \$3.00
- Persons under age 60: \$6.00
- Persons of all ages who reside outside Genesee County: \$6.00



## Incontinence Supplies

The Center has donated incontinence supplies, which are given out free of charge. Sizes and quantities are limited. Call the center for availability!

## Loan Closet

The Center has donated wheelchairs, walkers, bath chairs, commodes, canes, and more, which are given out free of charge. Quantities are limited. Call the center for availability!

## Visually Impaired Support Group

**\*Friday, January 10th at 10:00 am\***

Join Sabrina with the Family Service Agency of Genesee County to discuss the difficulties of being visually impaired and how you can adapt to these changes using new resources and technology. Meet those who understand the struggles you share.

## Age Friendly Wellness Council

**\*Monday, January 6th at 10:00 am\***

Join Lori with the Flint Health Coalition to share the needs and concerns that you, as a senior, have today. She can connect you to resources and make sure that your ideas are brought to light! Breakfast is provided!

## Grief Support Group

**\*Wednesday, January 15th at 11:00 am\***

Jessica with The Medical Team provides on-going grief support for anyone who has experienced the death of a loved one. Their purpose is to provide education about normal grief reactions as well as a safe environment where feelings are validated and accepted.

## Alzheimer's Support Group

**\*Wednesday, January 15th at 9:30 AM\***

Join Jessica, trained facilitator with the Alzheimer's Association, for this monthly support group for people living with dementia and their care partners to develop support systems, talk through issues and ways to cope, share feelings, and learn about community resources.



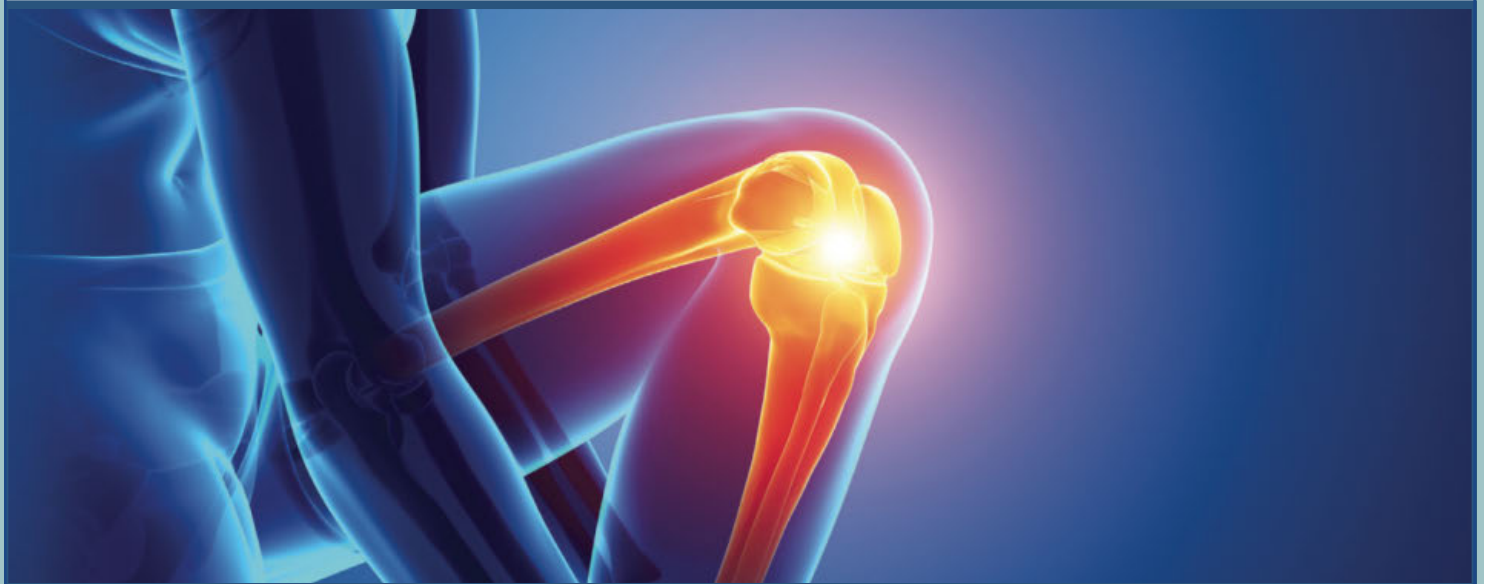
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# Swartz Creek Area Senior Center



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](http://www.myscasc.org)

Facebook: Swartz Creek Area Senior Center

## STAFF

Barbara McCallum, Director

Holly Trickey, Program Coord.

Sierra Leonard, Office Asst.

## BOARD OF TRUSTEES

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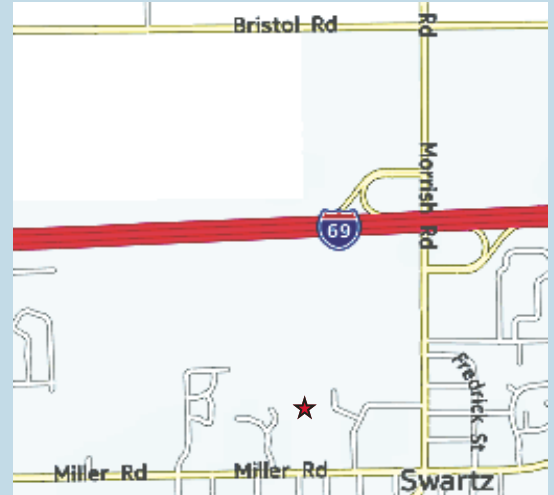
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Directions from downtown Swartz Creek:  
1 block from the intersection of Morrish Rd. or Miller Rd., turn on Paul Fortino Dr. to Civic Dr.



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