



# January 2026 News Volume 26, Issue 1







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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**HRLEY** 

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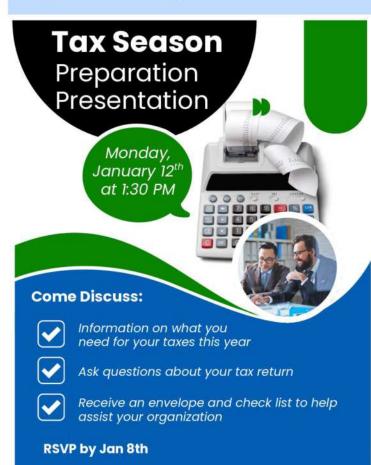
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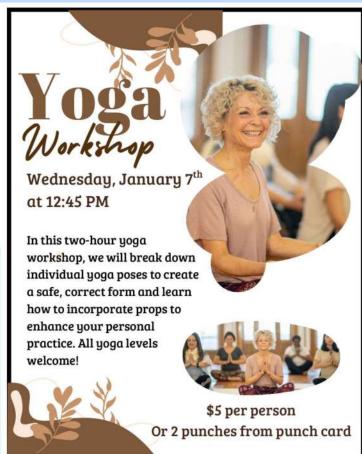
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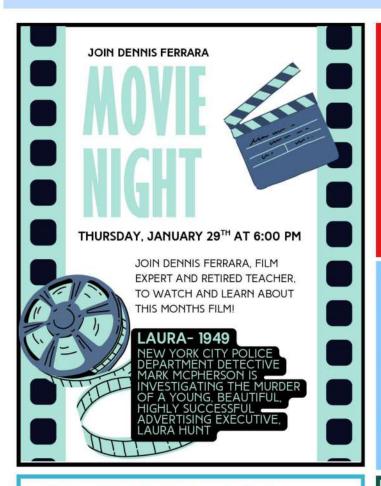














# **GENTIVA COFFEE HOUR**

FRIDAY, JANUARY 16<sup>TH</sup> AT 10:00 AM

Meet with Gentiva Volunteer Coordinator to discuss Gentiva hospice mission and their volunteer opportunities for patient compnion, admin support, and more!



**JANUARY 9TH** 



# THE EMPOWERED CAREGIVER SERIES

FRIDAYS, JANUARY 9<sup>TH</sup>- FEBRUARY 6TH AT 1:30 PM

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia.

#### WEEK BY WEEK:

. Building Foundations of Caregiving

Learn a person centered approach to caregiving, how to reduce caregiver stress and how relationships can change over time throughout the caregiving journey.

Supporting Independence

Learn how to best help the person living with dementia take part in daily activities, how to provide the right amount of support and balance safety and independence while managing expectations.

Communicating Effectively

Learn how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Responding to Dementia-Related Behaviors

Learn about common behavior changes, how to use non-medical approaches to address these behaviors and how to recognize when additional help is needed.

Exploring Care and Support Services

Learn about how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

RSVP BY JANUARY 6TH

## Freezer Tips & Tricks

Valley Area
Agency On Aging
Answers, Action & Advocacy
Of the Agency On Aging
Answers, Action & Advocacy
Of the Aging Agency On Aging
Answers, Action & Advocacy
Of the Aging Agency Of the Aging Agin



# Wednesday, January 21st at 1:30 PM

- · Safe thawing methods
- Freezing fruits, veggies, herbs, Meats and fish, breads and leftovers
- · Refrigerator and Freezer storage tips
- · Storage during an emergency
- · Food storage charts and guidelines

RSVP by January 14th



# Swartz Creek Area Senior Center TRIPS

#### Cornwell's Turkeyville-Broadway

#### Wednesday, February 18, 2026 \$110.00

Round trip to Cornwell's Turkeyville, enjoy a traditional turkey dinner, admission to the show "A Taste of Broadway", and free time to shop at Cornwell's Gift Shop.

# Prepay by 1/26/26 **RSVP Today!**

#### Wednesday, April 15<sup>th</sup>, 2026 \$99.00

**Genitti's Dinner Theatre** 

Round trip to Northville, a 7 course meal at Genitti's including wedding soup, antipasto salad, pasta, baked chicken, and much more. Interactive comedy show to follow your meal!

Prepay by 3/24/26

#### Firekeepers Casino

#### Wednesday, April 29<sup>th</sup>, 2026 \$48.00

Round trip motor coach transportation to Battle Creek, MI,

4 hours of gaming at Firekeepers Casino, each person to get back \$25 in gaming and \$5 in food from the casino!

Prepay by 4/13/26

#### **Eastern Market: Flower Market**

#### Tuesday, May 19<sup>th</sup>, 2026 \$109.00

Round trip to Detroit, visit the Eastern Market, enjoy lunch at Polonia's Restaurant, receive a bag of assorted pastries from New Palace Bakery.

Prepay by 4/27/26

#### **Dow Gardens & Canopy Walk**

#### Wednesday, June 17<sup>th</sup>, 2026 \$99.00

Round trip transportation to Midland, Buffet Dinner at Krzysiak's House Restaurant, guided tour of Fredericks Sculpture Museum, Admission to Dow Gardens & The Longest Canopy Walk.

Prepay by 5/26/26

#### **Detroit Princess Luncheon Cruise**

#### Thursday, July 23<sup>rd</sup>, 2026 \$120.00

Round trip transportation to Detroit, Cruise on the Detroit Princess River Boat, buffet on board the boat, and musical entertainment while you cruise.

Prepay by6/15/26

#### **Diamond Jack Detroit River Cruise**

#### Wednesday, August 26<sup>th</sup>, 2026 \$120.00

Round trip motor coach transportation to Detroit, lunch at Sindbad's Restaurant, 1.5 hour narrated river cruise on board the Diamond Jack.

Prepay by 7/22/26

#### <u>Travel Policy</u>

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.

# Meet the Author

Wednesday, January 14th at 1:30 PM

# Carpenter Road The Inadmissible Years

#### by Morgan Scafe

This heartbreaking memoir prequel delves into the unspeakable abuse Morgan

suffered during her childhood at the hands of her best friend's father. The story centers on Morgan's fight to survive the severe abuse inflicted by evil. The trauma she endured and how it alters the way she sees the world. Her journey is one of resilience against horror, driven by her desperate need for love and protection.

Books available for purchase for \$20 (cash or check) RSVP for presentation by January 7th





Join Jay Jacobs, professional chef to create your own charcuterie boards! Cost includes all supplies and board for you to take home and enjoy!

Prepay by January 2nd

#### THE NEW LIBRARIANS

THURSDAY, JANUARY 15TH AT 1:30 PM

THE NEW LIBRARIANS ARE CURATORS OF THE COOLEST MUSIC ON THE PLANET. ENJOY A SHOW OF JUMP BLUES, EARLY R&B, A TOUCH OF SWING, AND MORE.

RSVP BY JANUARY 8TH

# PENCIL DRAWING



Join Peggy, local artist to learn the basics of pencil drawing. This is a 2 part class and she will work as a group and one on one to help you achieve your vision!

#### WHAT YOU'LL NEED:

- Drawing Paper
- Drawing Pencils 2B, 4B
- White Eraser
- Paper Stomps
- Ruler
- · An example of what you want to draw

First Lie Wins by Ashley Alston

# BOOK CLUB THURSDAY, JANUARY 29TH

AT 3:00 PM

Enjoy great conversation with this group about a variety of literature. Monthly, this club picks a new read to discuss. Please purchase, or borrow your own copy and read prior to discussion.









#### MEET YOUR PROVIDER: ALTERNATIVE ELDERLY CARE **LUNCH & LEARN**

#### MONDAY, JANUARY 19TH AT 12:15 PM

Meet Bonnie from Alternative elderly care for lunch to discuss how they provide customized care plans for the elderly who need help around their home and with personal tasks. Their services keep people in their home longer and keep the people they serve safer.

Menu Pizza

Salad

Refreshments **RSVP by January 12th** 



Friday, January 16<sup>th</sup> at 1:00 PM

\$10/PERSON



Quilling is the art of curling paper to create beautiful pieces of art for cards, canvases, jewelry and more!

Annette will walk you through the project and provide all supplies.





Presented by Maxwell Therapy

# PELVIC FLOOR STRENGTH

Monday, January 19th at 1:30 PM

#### COME AND DISCUSS:

- Pelvic Floor exercises
- Incontinence in relation to pelvic floor
- Physical Therapy techniques

#### CONSULTATIONS AVAILABLE

Following the presentation if interested





#### Tuesday, January 6th at 5:00 PM

#### Mystery Dinner #1- \$5 per person

Join us for dinner, we make a reservation at a surprise restaurant, and you enjoy a meal with friends. Dinner is on you; this restaurant is about \$25-35 per person

#### Tuesday, January 13th at 5:00 PM

#### Mystery Dinner #2- \$5 per person

Join us for dinner, we make a reservation at a surprise restaurant, and you enjoy a meal with friends. Dinner is on you; this restaurant is about \$15-25 per person

#### Monday, January 19th at 9:30 AM

#### Antique Mall & Pride and Country- \$5 per person

Join us for a thrifting tour, we will start at Around the Farm Antique Mall and make our way to Pride & Country in Saginaw. They have multiple stores and a cafe to enjoy!

#### Tuesday, January 20th at 5:00 PM

#### Mystery Dinner #3- \$5 per person

Join us for dinner, we make a reservation at a surprise restaurant, and you enjoy a meal with friends. Dinner is on you; this restaurant is about \$15-20 per person



Payment is due at time of sign up, spots are limited! One Mystery Dinner per person is available.





# **Tuesday**

Monday

# Wednesday

# Thursday



2

11:00 Arthritis Exercise

9:30 Drums Alive

12:15 GCCARD Lunch

JANUARY	WE WILL ONCE AGAIN BE OFFERING FREE TAX PREPARATIO
LTH 7	WE WILL BEGIN MAKING TAX APPOINTMENTS ON MONDAY, IANUARY 5™ AT 9:00 AM.
<b>○</b>	SPOTS ARE LIMITED SO MAKE SU TO COME IN OR CALL US TO SE YOUR APPOINTMENT.
9	

NO II

 Limit Added Sugars
 Add more Potassium Aim for a Variety RESOLVE TO EA

HEALTHIER TIPS FROM THE CDC

Health Corner:

**WE ARE CLOSED!** 

Cut Back on Sodium

· Bump Up Fiber

1:00 Bracelet Making 11:00 Arthritis Exercise 12:15 GCCARD Lunch 9:30 Drums Alive

0

1:30 Empowered Caregiver

0

8:45 Yoga w/ Katrina Hearing Screening 10:00-11:00 Blood Pressure Check

10:00 White Elephant Bingo 10:00 Tai Chi

12:15 GCCARD Lunch II:15 Toning

12:45 Yoga Workshop 3:00 Intermediate Line Dance

5:00 Setback

12:15 GCCARD Lunch

11:15 Sassy Exercise

10:00 Grocery Bag Crochet

10:00 Tai Chi

II:15 Toning 12:15 GCCARD Lunch

12:15 GGCARD Lunch

11:15 Sassy Exercise

1:00 Crochet Group

1:00 Horse Race

12:50 Mah-Jongg

1:00 Chair Zumba

1:30 Charcuterie Boards with Jay

5:00 Basic Line Dancing 5:00 Hand, Knee & Foot

1:45 Stretch & Balance

8:45 Yoga w/ Katrina

Mystery Dinner #1

5

10:00 Knitting Group

8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 1:30 Pencil Drawing

5:00 Zumba 6:00 Euchre

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5

2

10:00 Visually Impaired Support Group 8:45 Yoga w/ Amy 10:00 Tai Chi

> All Shook Up Trip Departs 10:00 Board Meeting

10:00 Grocery Bag Crochet

10:00 Tai Chi

II:15 Toning 12:15 GCCARD Lunch

8:45 Yoga w/ Machelle

Mystery Dinner #2

2

10:00 Knitting Group

8:45 Beginner Yoga cancelled

10:00 Improved Line Dancing

12:15 GGCARD Lunch

11:15 Sassy Exercise

1:00 Crochet Group

5:00 5-Handed Euchre

2:30 Beginner Cardio

5:15 Dominoes

1:00 Wood Carving

1:30 Euchre

10:00 Gentiva Volunteer Coffee Hour

9:30 Drums Alive

11:00 Arthritis Exercise

12:15 GCCARD Lunch

10:00 Little Debbie Bingo II:15 Toning

1:30 The New Librarians Concert

5:00 Zumba 5:00 Euchre

12:15 GCCARD Lunch

5:00 Intermediate Line Dance

5:00 Setback

5:00 5-Handed Euchre

2:30 Beginner Cardio

5:15 Dominoes

1:00 Wood Carving

1:30 Euchre

5:00 Basic Line Dancing

1:45 Stretch & Balance

1:30 Tax Seminar

1:00 Horse Race

5:00 Hand, Knee & Foot

1:00 Chair Zumba

12:50 Mah-Jongg

:30 Meet the Author 12:15 GCCARD Lunch

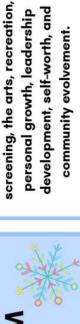
11:15 Sassy Exercise

1:30 Empowered Caregiver 1:00 Quilling with Annette

23	30			
Chair Massages by Appt 9:30 Drums Alive 11:00 Arrhritis Exercise 12:15 GCCARD Lunch 1:00 Bracelet Making 1:30 Empowered Caregiver	9:30 Drums Alive 11:00 Arthritis Exercise 12:15 GCCARD Lunch 1:30 Wreath Making 1:30 Empowered Caregiver			
Legal Services by Appt 8:45 Yoga w/ Katrina 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 13:30 Pencil Drawing 3:00 Zumba 6:00 Euchre	8:45 Yoga 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 3:00 Zumba 3:00 Book Club 6:00 Euchre 6:00 Movie Night			
9:30 Alzheimer's Support Group 11:00 Grief Support Group 11:15 Sassy Exercise 12:15 GCCARD Lunch 11:30 Freezer Tips 5:00 Intermediate Line Dance 6:00 Setback	11:15 Sassy Exercise cancelled 12:15 GCCARD Lunch 1:30 Winter Tea 3:00 Intermediate Line Dance cancelled 6:00 Setback			
Mystery Dinner #3  8:45 Yoga w/ Katrina 10:00 Knithing Group 10:00 Forcey Bag Crochet 10:00 Forcey Bag Crochet 10:00 Forcey Bag Crochet 10:00 Forcey Bag Crochet 12:30 Mah-Jongg 12:15 GCCARD Lunch 12:30 Mah-Jongg 12:00 Chair Zumba 10:00 Wood Carving 11:30 Euchre 2:30 Beginner Cardio 3:15 Dominoes 6:00 5-Handed Euchre 10:00 Far Chi 11:15 Toning 12:15 GCCARD Lunch 12:30 Mah-Jongg 12:15 GCCARD Lunch 13:15 GCCARD Lunch 14:15 GCCARD Lunch 15:15 GCCARD Lunch 16:15 GCCARD Lunch 16:				
8:45 Beginner Yoga w/ Katina 9:30 Antique Tour Trip 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 Lunch & Learn with Alternative Elderly Care 12:15 GGCARD Lunch cancelled 1:00 Crochet Group 1:00 Horse Race 1:30 Pelvic Floor Seminar 1:45 Stretch & Balance 5:00 Basic Line Dancing 5:00 Hand, Knee & Foot	8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GGCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:45 Stretch & Balance 5:00 Basic Line Dancing 5:00 Hand, Knee & Foot			

# **Board Meeting Notice**

meeting will be held on Wednesday, The next board January 14th at 10:00 AM



community evolvement.

# Class Cancellations

The purpose of the Swartz Creek

Our Mission

Senior Citizens, Inc. shall be to

identify and meet the needs of

senior citizens. This is achieved

provide services in the areas of

education, nutrition, health information and referral,

through programs designed to

We are closed: January 1st All Exercise: January 28th Yoga: January 12th









# Congregate January Menu 2026

FRIDAY	Sweet & Sour Meatballs Brown Rice Green Beans Flatbread Pineapple Tidbits Margarine	Chicken Caesar Wrap W/ Romaine & Parmesan W/ Cucumber Slices w/dip Fruit Cocktail Tortilla Wrap Milk	Crispy Fish Taco  W/Fresh Corn Salsa  Au gratin Potatoes  Cole Slaw  Pineapples  Tortilla Shell  Milk	HM Artisan Mac and Cheese French Cut Green Beans Sliced Carrots Wheat Roll Mandarin Oranges Margarine	Pub Burger w/Cheese Potato Wedges Vegetable Blend Diced Pears Multi-Grain Bun Ketchup & Mustard
THURSDAY	STATE OF THE PARTY	Open-Face Turkey Pot Roast Sweet Peas Redskin Mashed Potatoes Texas Toast Half Margarine Diced Peaches	Creole Steak Veggie Blend Sliced Beets Golden Delicious Apple Potato Roll Margarine 100% Fruit Juice Cookie Of the Month	HM Liver & Onions w/Gravy Mashed Potatoes Sweet Peas Biscuit Applesauce 100% Fruit Juice Margarine Birthday Cake	HM Turkey Pot Pie w/ Stewed Vegetables Green Beans Warm Peaches Biscuit 100% Fruit Juice
WEDNESDAY	GENESEE COUNTY	HM Chili Whole Kernel Corn Cauliflower Fresh Pear Buttermilk Biscuit w/honey Margarine	Roasted Chicken Breast Italian Veggie Blend Glazed Carrots Pear Margarine Milk	Chef's Choice	Chicken Cacciatori Mixed Greens Spaghetti Corn Bake Golden Apple Margarine
act Availability and Quality Standards TUESDAY	Valley Area Agency On Aging Answers, Action & Advocacy for All Things Senior	Pork Chops w/Mushrooms Italian Green Beans Mashed Potatoes Sliced Wheat Bread Margarine Fresh Apple		HM Sloppy Joes Veggie Blend Broccoli Florets Apple WG Bun Margarine 100% Fruit Juice	HM Chicken Salad Fresh HM Cucumber Salad Fresh Broccoli Bites w/dip Mango & Papaya Croissant 100% Fruit Juice
Menu Subject to Change Based on Product Availability and Quality Standards M O NDAY TUESDAY	Genesee County Arion Resource		Ham, Bacon Frittata W/ Cheese, Peppers & Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mini Muffin	MARTIN LUTHER	HM Goulash Spinach Fried Corn Fresh Orange Margarine Milk

Senior Dining by GCCARD

Meals are served Monday-Friday at 12:15 PM here at the center. Reservations must be made by Noon the workday before by calling the center at

810-635-4122 or visiting us in person.

Persons residing in Genesee County who are 60 or older, and their spouse regardless of age, are eligible for a free meals. Donations are always appreciated! Suggested Donation is \$3 per person Person under 60 or outside Genesee County: \$6

Dine in Only!

## **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.

#### Mahjongg

Tuesday, 12:30- 3:00 pm

Mahjong 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.

#### **Dominoes**

Tuesday, 3:15 - 5:15 pm

Each time a player places a domino on the table in Mexican Train, 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!







#### 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.

#### **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.

#### **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.

#### Sign Up Policy

The Swartz Creek Area Senior Center has adopted a policy for our event sign-ups.

Sign-ups for events can be made on the 20<sup>th</sup> of the month before the events.

Example: You can sign up for a December event on November 20<sup>th</sup>. If the 20<sup>th</sup> lands on a weekend or holiday we are closed, it will be the following business day. Many of the ads have an RSVP by date. This refers to the very last day that you will be able to sign up if spots are still available. If something has a cost, the payment will need to be made at time of sign-up

# **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 & Machelle Duprey

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, 11:15 am-12:15 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.

#### **Drums Alive**

Fridays, 9:30-10:30 AM Instructor: Abbie Marrs

Have fun moving and dancing with drum sticks and aerobic ball as a drum. Play along to music in an exciting atmosphere. This can be done standing or in a chair.

Sign Up is required as seats are limited, please call the Monday before class to RSVP.

#### 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

Thursdays, 3:00-4:00 PM

Instructor: Kimberly Worchal-Smith

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

#### Chair Zumba

Tuesdays, 1:00-2:00 PM

Instructor: Kimberly Worchal-Smith

Zumba combines upbeat music with easy to follow chair movement to create a fun health-boosting atmosphere. Great for beginners!

#### **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, Clayton Twp, & 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) \*Thursday, January 22nd by appointment\*

Available at the Senior Center the 3rd Thursday 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**

#### \*Thursday, January 8th by appointment\*

Offered at the Center on the 2<sup>nd</sup> Thursday of the month. Free hearing evaluation available at the senior center.

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

PROVIDED BY BELTONE HEARING SOLUTIONS

#### 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.

#### 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!



#### **Blood Pressure Checks**

#### \*Wednesday, January 7th from 10:00-11:00 AM\*

Provided by Corso Care, every first Wednesday of the month. Stop by anytime between 10-11 AM for a quick check!

#### 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**

#### \*Thursday, January 15th 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 struggled you share.

#### **Age Friendly Wellness Council**

#### \*Monday, February 2nd 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 21st 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.

#### **Alzheimer's Support Group**

#### \*Wednesday, January 21st 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 Dr. Swartz Creek, MI 48473

Office Hours: Monday-Thursday 9:00 AM - 8:00 PM

Friday 9:00 AM - 4:00 PM

Phone: 810-635-4122 Fax: 810-635-9405

Website: www.myscasc.org

#### Staff

Barbara McCallum, Director Holly Trickey, Program Coord. Ryleigh Rose, Office Asst.

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