

# SWARTZ CREEK AREA SENIOR CENTER

## Mission

The purpose of the Swartz Creek Area Senior Center 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.



## SEPTEMBER 2017 NEWS

Volume 17, Issue 09

# Pancake Breakfast

**PUBLIC WELCOME!**

**Take Out Available!**



**Saturday, September 16th**

**8:00 a.m. — 10:00 a.m.**

**\$5.00 Donation per Person**

Join us as our volunteers cook up pancakes, sausage & scrambled eggs. Orange juice and coffee will also be served.

*"Stay Active & Informed at the Senior Center"*

## The Lodges of Durand

A VIBRANT LIFE COMMUNITY

*A whole new approach to Assisted Living & Memory Care*

8700 Monroe St. • Durand  
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[www.thelodgeofdurand.com](http://www.thelodgeofdurand.com)

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 Davison, MI 48423

### Senior Living Community

*Fenton's Best Kept Secret for Seniors 55+*

 **Millpond Manor**

**Vicky Coppler**  
 Community Manager

201 E. Elizabeth • Downtown Fenton  
**(810) 629-1179**  
[millpond@kmgprestige.com](mailto:millpond@kmgprestige.com)

➤ Reach the Senior Market

# ADVERTISE HERE

**CONTACT**

**Eileen Frazier to place an ad today!**  
**EFrazier@4LPi.com or (800) 477-4574 x6309**

**FREE**

**AD DESIGN**

**WITH PURCHASE**

**OF THIS SPACE.**

**- 800-477-4574 -**



## Michigan Vision

INSTITUTE  OPTICAL

5300 Gateway Centre (US-23 & Hill Rd.)  
**810-720-9111**  
[www.michvision.com](http://www.michvision.com)

Edward P. Stack, M.D.  
 Athear M. Alrawi, M.D.  
 Kelly C.K. Tierney, O.D.  
 John F. Labaza, O.D.

### Specialized Eye Care by Board Certified Physicians

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  - Macular Degeneration
  - Diabetic Retinopathy
- Pediatric eye care
- Full Service Optical Shop

*Compassionate Care*  
 FROM OUR HEART TO YOURS

 **Heart to Heart Hospice**

2029 S. Elms Bldg. B, Ste. A  
 Swartz Creek

**(810) 422-9453**  
[www.hearttohearthospice.com](http://www.hearttohearthospice.com)

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Roger L. Sharp • Michael T. Scully • Jennifer Sharp Scully  
 Stephanie Sharp Foster • Roger L. Sharp II

**Miller Road Chapel**  
 8138 Miller Road  
 Swartz Creek, MI  
 Roger L. Sharp, Manager  
**(810) 635-4411**



## Upcoming Events

### Support Group for Caregivers

Caring for Loved Ones with Memory Loss

Wednesday, September 6th, 10:00 a.m.



This Support Group provides caregivers:

- An opportunity to gain support from others who are caring for a loved one with progressive memory loss.
- Information on how to cope.
- A listening ear and answers to questions about the diagnosis and its consequences.
- A connection to vital community resources.

### Still Life Pencil Drawing Class

Thurs, September 21st & 28th, 1:00pm

Pay by Friday, September 15th

Cost (2 Sessions): \$10



Join Peggy Mattson as she teaches you how to draw with Pencil. Supplies are not provided. **You will need a #2 Pencil, white paper and a gum eraser for this class.**

### Acrylic Paint Class

Thursday, September 14th, 1:00 p.m.

Cost: \$5.00 Advanced Payment

Rachel from the Swartz Creek Art Guild is teaching a class held once a month at our senior center. This class will be using acrylic paints. You will see a short demonstration and then you will choose a pre-painted canvas that a shape is already drawn on. You then get to choose colors, painting techniques and which direction you want your painting to go. All supplies are provided for you, come play with paint!

### One on One Technology Tutoring \$15.00 an hour

Are you having problems with your phone, computer or tablet? Meet with Dan and get all your questions answered. Dan will be meeting with people on Thursdays.

**You MUST prepay to schedule an appointment.**



### potluck

September 8th, 5:00 p.m.

Entre: Chicken Marsala

We must follow and enforce new guidelines. Anyone attending must be a member of the Swartz Creek Senior Center. You must call to reserve a spot **no later than 5:00 p.m. the Tuesday before the pot luck. NO SUBSTITUTIONS.**

IF YOU DO NOT HAVE A RESERVATION, YOU WILL NOT BE ALLOWED TO PARTICIPATE.

### BOOK CLUB

Tuesday, September 26th, at 4:00pm  
"The Life we Bury" by Allen Eskens

Are you looking for an opportunity to connect with others who enjoy reading as much as you do? The Book Club meets the last Tuesday of each month to discuss some of your favorite books and authors.

**New participants are always welcome!**

### Grief Support Group

NEW

Heartland Hospice provides, at no charge, on-going grief support for anyone who has experienced the death of a loved one.

Our purpose is to provide education about normal grief reactions, as well as a safe environment where feelings are validated and accepted.

**When:** September 20th, 10:00 a.m.

**Where:** Swartz Creek Senior Center

Heartland   
Hospice Care

### Notary Services

Assistant Director, Barbara Hyrman is a certified Public Notary. This is a free service to our members. Please call the center to make an appointment when needing notary services. 810-635-4122

# Know the 10 Signs Early Detection Matters



A workshop  
presented by the  
Alzheimer's Association\*

alzheimer's association

**KNOW** the  
**10 SIGNS**  
EARLY DETECTION MATTERS

## Know the 10 signs

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease.

[alz.org/10Signs](http://alz.org/10Signs)  
800.272.3900

**Location:** Swartz Creek Senior Center  
**Date:** Thursday, September 21st  
**Time:** 10:00 - 11:30 a.m.



Alzheimer's – "I live it one day at a time"

Experience for  
yourself the  
challenges of having  
dementia!

FREE EVENT!!

Where: Swartz Creek  
Senior Center  
8095 Civic Drive  
Swartz Creek, MI  
48473

When: Friday,  
September 15, 2017

DVD Time: 10am

Virtual Tour Time:

12:00pm, 1:00pm,

2:30pm (6-8 openings  
per hour time slot)

## MEMORIES MATTER!!

### Fighting to remember -

Experience for yourself the challenges of having dementia by:

- Watching a 1-hour DVD, "Alzheimer's – Every Minute Counts"
- Followed with a 1-hour hands on virtual dementia tour having your senses altered and attempting a series of task

The tours are for:

- Family member of those with dementia
- Clinicians
- Caregivers working with seniors

**How to sign up:** Call Swartz Creek Senior Center at (810) 635-4122, and ask for available time slots for the Virtual Dementia Tour.

\*Any additional questions please contact Brent Hughes LLMWSW (Kindred) at (810)513-0707 or Abbie Mars at Valley Area Agency on Aging at (810)600-0633.

PRESENTED BY:



**Friday, September 8th, Noon**  
**Price: FREE!**

**What's being served?**  
**It's a Mystery!**

**RSVP by Friday, September 1st**  
**to get your seat!**

**You won't want to miss this!**

**Sponsored by Caretel Inns of Linden**



**Caretel**  
Inns of Linden

**Caretel Inns of  
Linden and The**

**Swartz Creek Senior Center  
Present:**

**Breaking Cycle**

**"Minimizing your risk of  
re-hospitalization"**

*"Utilizing a multi disciplinary process through the transition of care effective ways to minimize the risk of re-hospitalization"*

**Rodney Roberson, NHA & Kristine Myers, RN**

*Introductions, objectives and overview*

**Friday, September 8th, 1:00 p.m.**

- **Renee Brum RN**—Education opportunities to manage the disease process during and post short term rehabilitation.
- **Emily Morningstar SW**— Maintaining an active social life is key.
- **Daisey Sykes RPT**— Maintaining an active physical presence and working with new limitations.
- **Kim Murphy -Diamond Home Care**— What to expect upon discharge to home, the transition of care post discharge back home, and the importance of Centers like Loose!
- **Michelle deBoyrie, RD** - Importance of Nutrition.
- **Dr. Phillip Eisenberg, DO**—The importance of the Primary Care Physician, and making difficult decisions.

*Refreshments will be served during the presentation*

QUESTIONS AND ANSWERS

*(Swartz Creek Senior Center September 8, 2017 @ 1pm)*

*Caretel Inns of Linden is the only facility in Genesee County to receive a 3 year Accreditation for Inpatient Rehab & Stroke programs from CARF*



# Annual Health Fair

**WHERE:** Swartz Creek Senior Center  
**DATE:** Thursday, October 12<sup>th</sup>, 2017  
**TIME:** 9:00 a.m. — Noon  
**FREE ADMISSION**  
**PUBLIC WELCOME!**



Provided by  
**KROGER PHARMACY**  
9:00 a.m. — Noon

**COST:** Covered by Medicare and some insurances.  
Check with your insurance for coverage.

Our theme this year is...



**Be Lean**  
**with Protein**

Vendors will be providing information on a variety of services. Blood pressure and glucose checks will also be available.

## Exploring End of Life Care Options

Wednesday, September 13th, 1:00 p.m.

We will discuss various myths/misconceptions about hospice care, learn about hospice care/services and the advantages to having services right in your own home. Also, learn about Medicare hospice benefits and services this covers.

Sign up to reserve your spot 810-635-4122



## Creating Confident Caregivers

A program for family members caring for a loved one with dementia and/or memory loss.

Provided by



### FREE PROGRAM!

Attend six 2 hour sessions once a week to complete the program.

**Thursdays, October 5th  
thru November 9th**

**6:00 p.m. – 8:00 p.m.**

Event will be held at:

**Swartz Creek Area Senior Center**

**Space is Limited! Register Early!**

**Deadline to register is Friday, September 29th**

## Who should you trust?

Wednesday, October 11th, 1:00 p.m.

Sign up by Friday, October 6th

The State Bar of Michigan seminar, "A Living Trust Education Initiative: **Who Should You Trust?** Avoiding Estate Planning Mistakes provided essential estate planning information and the warning signs of deceptive annuity sales practices that could potentially jeopardize your economic stability. Attend the State Bar of Michigan's free seminar to gain empowerment in making estate planning decisions.



Unauthorized Practice of Law Committee  
Elder Law and Disability Rights Section  
Probate and Estate Planning Section

"Creating Confident Caregivers" is a university tested program for family members caring for a loved one with dementia at home. The program is lead by dementia care specialists and provides participants with information, skills and attitudes to manage stress and increase effective care giving skills.

Learn about —

- ◇ Dementia and its effects on the brain
- ◇ Caregiver resources
- ◇ Managing behaviors
- ◇ Improving caregiving skills
- ◇ How to handle everyday activities more easily
- ◇ Taking care of yourself to better care for your loved one

**OLD AGE  
IS NOT FOR SISSIES.**

# SEPTEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

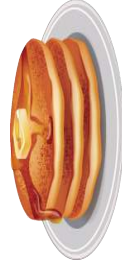
September 16th

## Pancake Breakfast Fundraiser

Time: 8:00a.m.—10:00a.m.

Cost: \$5 per person donation

**Breakfast includes:** Pancakes, Eggs, Sausage, Juice and Coffee.



*Public Welcome!*

*Take Out Available!*

September 9th

## Euchre Tournament Fundraiser

Time: Doors open at 6:00 p.m.

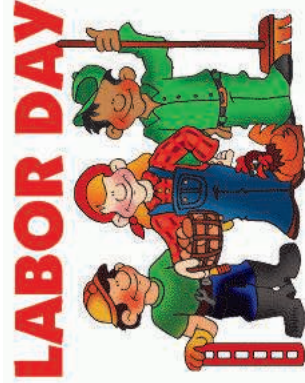
Cost: \$5.00 per person

**Refreshments:** \$1 per piece of pizza  
\$1 a can of pop  
\$.50 Cup of Coffee  
\$.50 bag of chips  
\$.50 Bottle Water



4

Center Closed



**LABOR DAY**

5

8:45 Yoga  
10:00 Tai Chi  
10:00 Knitting  
11:00 Toning  
Noon Lunch— Pot Roast  
1:00 Wood Carving  
**1:30 Adv. Quilling Class**  
2:30 Yoga w/ Props  
3:45 Yoga  
6:30 5-Handed Euchre  
6:30 Cribbage

6

**Veteran's Services by Appt.**  
9:30 Zumba  
**10:00 Alz. Support Group**  
Noon Lunch— Pork Loin Chop  
2:30 Sassy Exercise  
3:45 Beginner Tai Chi  
5:00 Int. Line Dancing  
6:00 Setback  
6:30 Mah-Jongg

7

8:45 Yoga  
10:00 Tai Chi  
1:00 Toning Exercise  
Noon Lunch— Pepper Steak  
12:30 Pinochle  
2:30 Yoga with Props  
3:45 Yoga  
5:15 Basic Line Dancing  
6:30 Pinochle

8

11:00 Arthritis Exercise  
**Noon MYSTERY LUNCH**  
1:00 Coffee Hour  
**1:00 Hospital Cycle Seminar**  
**5:00 Potluck— Chicken Marsala**  
6:15 Mexican Train  
Dominoes  
6:30 Euchre

1

11:00 Arthritis Exercise  
Noon Lunch— Breaded Chicken  
1:00 Coffee Hour

**CENTER CLOSED**  
**4:30 - 6:00 PM**

6:15 Mexican Train  
Dominoes  
6:30 Euchre

<p><b>11</b></p> <p>8:45 Beginner Yoga  10:00 Imp. Beg. Line Dancing  Noon Lunch— Pork Steak w/  Sweet &amp; Sour  12:30 Pinochle  1:00 Crochet  2:30 Sassy Exercise  4:00 Beg. Ballroom  5:00 Int. Round  5:00 Hand, Knee &amp; Foot  6:30 Beg. Square Dance</p>	<p><b>12</b></p> <p>8:45 Yoga  10:00 Tai Chi  10:00 Knitting  11:00 Toning  Noon Lunch—Baked Veal Steak  1:00 Wood Carving  <b>1:30 Adv. Quilling</b>  2:30 Yoga w/ Props  3:45 Yoga  6:30 5-Handed Euchre  6:30 Cribbage</p>	<p><b>13</b></p> <p>9:30 Zumba  <b>10:00 Board Meeting</b>  Noon Lunch— Hickory Smoked  Ham  <b>1:00 Exploring End of Life Care</b>  2:30 Sassy Exercise  3:45 Beginner Tai Chi  5:00 Int. Line Dancing  6:00 Setback  6:30 Mah-Jongg</p>	<p><b>14</b></p> <p>Tigers Trip Departs  8:45 Yoga  10:00 Tai Chi  11:00 Toning  Noon Lunch— Sliced  Chicken Breast  12:30 Pinochle  <b>1:00 Acrylic Paint Class</b>  2:30 Yoga w/ Props  3:45 Yoga  5:15 Basic Line  6:30 Pinochle</p>	<p><b>15</b></p> <p><b>10:00 Dementia Video</b>  11:00 Arthritis Exercise  Noon Lunch— Pollock  <b>4:00-Coffee-Hour-</b>  <b>Canceled</b>  <b>1:00 Virtual Dementia</b>  <b>Tour</b>  <b>CENTER CLOSED</b>  <b>4:30 - 6:00 PM</b>  6:15 Mexican Train  Dominoes</p>
<p><b>18</b></p> <p>8:45 Beginner Yoga  10:00 Imp. Beg. Line Dancing  Noon Lunch— Oven Fried  Chicken  12:30 Pinochle  1:00 Crochet  2:30 Sassy Exercise  4:00 Beg. Ballroom  5:00 Int. Round  5:00 Hand, Knee &amp; Foot  6:30 Beg. Square Dance</p>	<p><b>19</b></p> <p>8:45 Yoga  10:00 Tai Chi  10:00 Knitting  11:00 Toning  Noon Lunch— Meatloaf  1:00 Wood Carving  2:30 Yoga w/ Props  3:45 Yoga  6:30 5-Handed Euchre  6:30 Cribbage</p>	<p><b>20</b></p> <p><b>Legal Services By Appts.</b>  9:30 Zumba  <b>10:00 Grief Support Group</b>  Noon Lunch— White Chicken Chili  <b>1:00 Assisted Living Seminar</b>  2:30 Sassy Exercise  3:45 Beginner Tai Chi  5:00 Int. Line Dancing  6:00 Setback  6:30 Mah-Jongg</p>	<p><b>21</b></p> <p>8:45 Yoga  10:00 Tai Chi  <b>10:00 Alzheimer's Seminar</b>  11:00 Toning  Noon Lunch— Breaded  Turkey Cutlet  12:30 Pinochle  <b>1:00 Pencil Drawing Class</b>  2:30 Yoga w/ Props  3:45 Yoga  5:15 Basic Line Dancing  6:30 Pinochle</p>	<p><b>22</b></p> <p>11:00 Arthritis Exercise  Noon Lunch— Macaroni  &amp; Cheese  1:00 Coffee Hour  <b>1:00 Matter of Balance</b>  <b>CENTER CLOSED</b>  <b>4:30 - 6:00 PM</b>  6:15 Mexican Train  Dominoes  6:30 Euchre</p>
<p><b>25</b></p> <p>8:45 Beginner Yoga  10:00 Imp. Beg. Line Dancing  Noon Lunch— Chargrilled  Chicken Fillet  12:30 Pinochle  1:00 Crochet  2:30 Sassy Exercise  4:00 Beg. Ballroom  5:00 Int. Round  5:00 Hand, Knee &amp; Foot  6:30 Beg. Square Dance</p>	<p><b>26</b></p> <p>8:45 Yoga  10:00 Tai Chi  10:00 Knitting  11:00 Toning  Noon Lunch— Turkey Breast  1:00 Wood Carving  2:30 Yoga w/ Props  3:45 Yoga  <b>4:00 Book Club</b>  6:30 5-Handed Euchre  6:30 Cribbage</p>	<p><b>27</b></p> <p><b>Hearing Screenings by Appt.</b>  9:30 Zumba  Noon Lunch— Smoked Pork on  Bun  2:30 Sassy Exercise  3:45 Beginner Tai Chi  5:00 Int. Line Dancing  6:00 Setback  6:30 Mah-Jongg</p>	<p><b>28</b></p> <p>8:45 Yoga  10:00 Tai Chi  11:00 Toning  Noon Lunch— Chicken &amp;  Dumplings  12:30 Pinochle  <b>1:00 Pencil Drawing Class</b>  2:30 Yoga w/ Props  3:45 Yoga  5:15 Basic Line Dancing  6:30 Pinochle</p>	<p><b>29</b></p> <p>11:00 Arthritis Exercise  Noon Lunch— Braised  Beef w/ Noodles  1:00 Coffee Hour  <b>1:00 Matter of Balance</b>  <b>CENTER CLOSED</b>  <b>4:30 - 6:00 PM</b>  6:15 Mexican Train  Dominoes  6:30 Euchre</p>

## Travel Opportunities

# Exciting Trips for 2017!

### Michigan Princess River Boat Luncheon Fall Color Cruise

Wednesday, October 11, 2017

Price \$84 per person

- Enjoy a plentiful buffet on board and enjoy the beautiful scenery.
- Stop at Uncle John's Cider Mill for a taste of cider and a donut.

Deadline: September 18th, 2017

If you enjoy the tranquil simplicity of a beautiful and relaxing afternoon as you dine with your friends, this is the cruise for you! Passengers will be invited to our plentiful buffet of roasted turkey, vegetarian lasagna, mashed potatoes and gravy, sweet potato casserole, stuffing, hot vegetables, chilled salads, rolls, dessert, coffee and iced tea. After lunch, wander up to see Captain Chris in the wheelhouse and enjoy the surrounding scenery.



### Taste of the Sunrise Side (Deer Widows trip!)

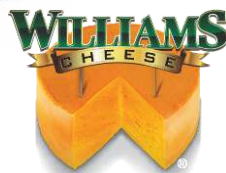
Thursday, November 16, 2017

Price \$79 per person

- Multiple stops around Northeast Michigan for treats that will delight everyone.
- Williams Cheese Company, Linwood (home of Pinconning Cheese).
- Lunch on own at H&H Bakery, AuGres
- Wine Tasting at Modern Craft Winery Sample and shop at Sherni's Homemade Candies and Chocolates
- Dinner at Iva's Famous Chicken Dinners

Deadline: October 26, 2017

Modern Craft  
Winery



### Firekeepers Casino and the Drive-thru Christmas Lights Tour

Wednesday, December 13, 2017

Price \$50 per person

- 4 hours of gaming at Firekeepers Casino
- Receive \$20 in gaming and \$5 in food credits
- Drive-thru Christmas Lights display at Michigan International Speedway

Deadline: November 29, 2017



**NEW!**

### Soaring Eagle Casino & BRENDA LEE

Monday, December 18, 2017

Price \$40 per person

- 5 hours of gaming at Soaring Eagle Casino
- Receive \$10 in gaming and \$5 in food credits
- Admission to see "Brenda Lee Christmas Show" at Soaring Eagle

Deadline: December 4th, 2017



### 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.

#### 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.



# Euchre Tournament Fundraiser



**Saturday, September 9th**

Doors will open at 6:00 p.m.

Start Playing at 6:30 p.m.

Admission: \$5:00 per person

Refreshments: \$1 Can of Pop

\$1 Slice of

Pizza



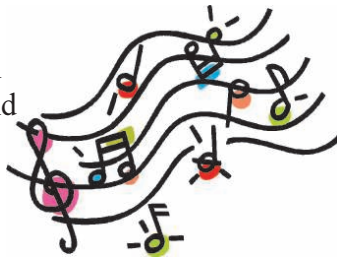
## Friday Night Dances

Starting in September we will be having bi-monthly dances at the Senior Center. No need to sign up, just pay at the door!

**Dates:** Friday, September 8th  
Friday, September 22nd

**Time:** 6:00 p.m.—8:30 p.m.

**Cost:** \$3.00



**Pizza, Pop, Water, Snacks and Cookies will be available for purchase during the dance.**



SHARE OUR STRENGTH'S

**COOKING MATTERS**

Cooking & Nutrition Classes taught by a Chef & Nutritionist

**Six-week Program meets on MONDAYS**

**Dates:** October 9th, 16th, 23rd, 30th, November 6th, & 13th

**Time:** Noon — 2:00 p.m.

Classes meet once a week for two hours per session. Please plan to attend all 6 weeks to complete the course.

**Sign up no later than Monday, October 2nd.**

**Topics:**

Healthy Snack	Food Safety at Home
Shopping Smart	Cooking Tips from the Chef
Tips for Eating Out	Planning Balanced Meals

Program provided by

**MICHIGAN STATE UNIVERSITY**  
Extension

**FREE GROCERIES!**



**Genesee County Commission on Aging Invites you to a Senior Resource**

**FUN FAIR**

**WHERE:** Flint Farmers Market  
300 E. First St., Flint, MI 48502

**WHEN:** Thursday, September 7th, 2017  
9:00 a.m.— 12:00 p.m.

**Admission is FREE**

Ideal for Seniors, Caregivers and the Public!  
Vendors-Refreshments-and the opportunity to learn more about available resources in the community!

## Assisted Living Seminar

Wednesday, September 20th, 1:00pm

- What you need to know
- What to look for
- How to get help paying for assisted living



Presented By:

**The Lodges of Durand**

A VIBRANT LIFE COMMUNITY

Sign up requested by Fri., September 15th

## SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of cold drink cups, bowls, napkins, dessert plates, hard candy, tissues, Bathroom Tissue, hand soap, and 2-liter bottles of pop are always appreciated.

thank  
you!

Supplies were received from Jane Perrault, Roy & Jeanne Beville, Ken & Genny Harrington, and Ronna Gray.

## Senior Center Services

# Transportation



Transportation Services available to seniors residing within the Swartz Creek School District.

Contact the Senior Center for the Complete Schedule, Transportation Policy & Participant Requirements; including [deadline dates for sign-up](#).

### **TRANSPORTATION SERVICES INCLUDE:**

#### **LUNCH — (Daily — Monday through Friday)**

Round-trip transportation from your home to attend lunch at the center.

#### **SHOPPING — (Weekly)**

Round-trip transportation from your home in the early afternoon on Mondays. This trip alternates between Meijer and Kroger each week.

#### **FOOD PANTRY — (Monthly)**

Round-trip transportation from your home to the Swartz Creek Community Food Basket.



## Assistance for Veterans

Available at the Senior Center  
Call (810) 635-4122 for an Appointment

Are you a veteran over age 60, or the spouse, widow, or widower of a veteran? John Nelson, Service Officer, with the Genesee County Department of Veterans Services Office is available for appointments at the Senior Center one day per month. During your appointment, John can provide information on benefit programs and assist you in completing applications for Veterans benefits. Please request a list of information to bring when you schedule your appointment.

### Membership & Participation Guidelines

- ◆ Open to all Genesee County residents over age 50.
- ◆ Completion of a "Participation Form" and update the information annually.
- ◆ A yearly donation of \$10 per person is requested but not required.
- ◆ For more details, request a Membership Handbook.

## Memorial Donations

*A memorial donation  
was made by Dolores  
Pobocik in  
memory of  
Valerie Miller.*



## Join us for Lunch!

Provided by Genesee County Community Action  
Resource Department (GCCARD)

Meals are served Monday — Friday at 12:00 noon at the senior 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.)

The requested donation is \$2.00 for anyone 60 years and over that lives in Genesee County. The cost for under 60 years or anyone that lives outside of Genesee County is \$3.50.



## Hearing Screenings



Provided by Fluke Hearing  
Offered at the Center once a month.  
Call the Center to make an appointment

- Do you often have to ask others to repeat themselves?
- Do others complain to you that the TV is too loud?
- Do you hear, but not always understand?

Free hearing evaluation available at the senior center.

\* Hearing aid cleaning and adjustments at no charge.

\* Fees apply for battery replacement.

### 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, sex, 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.

At Willowbrook Manor, the Home Express team is here for you to encourage, celebrate your rehabilitation achievements, and prepare you for a return to safe and independent living as quickly as possible!

For more information about our facility or to schedule a personal tour, please give us a call today!



**Willowbrook Manor**  
Nursing and Rehab Center  
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phone 810.733.0290 fax 810.733.6463  
web willowbrook.cimafacilities.com

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9412 Miller Rd., Swartz Creek, MI 48473



# 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 — 4:30 pm & 6:00 pm — 8:00 pm

Office: (810) 635-4122

Fax: (810) 635-9405

Website:

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

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Barbara Hyrman, Asst. Director

Marianne Campbell, Staff Asst.

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8095 Civic Dr.  
Swartz Creek, MI 48473