

SWARTZ CREEK AREA SENIOR CENTER

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.



OCTOBER 2017 NEWS

Volume 17, Issue 10

Annual Health Fair

WHERE: Swartz Creek Senior Center

DATE: Thursday, October 12th, 2017

TIME: 9:00 a.m. — Noon

FREE ADMISSION

PUBLIC WELCOME!

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.



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

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

"Stay Active & Informed at the Senior Center"

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Vicky Coppler
 Community Manager

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millpond@kmgprestige.com

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CONTACT

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 Athear M. Alrawi, M.D.
 Kelly C.K. Tierney, O.D.
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(810) 635-4411



Upcoming Events

Support Group for Caregivers

Caring for Loved Ones with Memory Loss

Wednesday, October 4th, 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, October 19th & 26th, 1:00pm

Pay by Friday, October 13th

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, October 19th, 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!

Watercolor Painting Class

Thursday, November 2nd & 9th

Pay by Monday, October 30th

Time: 1:00 p.m.—3:00 p.m.

Cost (2 Sessions): \$10

Join Peggy Mattson as she teaches you how to paint with watercolors. Supplies are not provided. Ask for a sample copy of painting, an outline sketch, and supply list when signing up for the class.

November
Painting



October 6th, 5:00 p.m.

Entre: Stuffed Peppers

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, October 31st, at 4:00pm
“South of Superior” by Ellen Airgood

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:

October 18th, 10:00 a.m.

Where:

Swartz Creek Senior Center



AFTERNOON MAH-JONGG

Starting Tuesday,
October 3rd at 12:30pm

Come join the fun!



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

“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

Our Best Shot.

The Importance of Vaccines for Older Adults

October 10th, 11:30 a.m.

Do you know which vaccines you need?

Attend this workshop to learn the basics of, vaccines – how they work, why they are important for older adults, which ones are recommended and the role they play in protecting your health and the health of your loved ones.



**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



FREE GROCERIES!



Who should you trust?

Wednesday, October 11th, 1:30 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

Are you looking for a way to give back?

Join the

Lunch Buddies Program

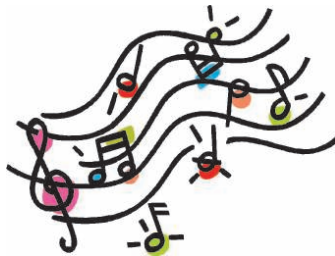
Syring Elementary is looking for seniors to spend lunch time mentoring the students. Do you have extra time to make a difference in a child's life?

For more information Call—810-635-4122

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, October 13th
Friday, October 27th
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.

Entertainment

Russ Mettler

Tuesday, October 24th,
6:30 p.m.



Join Russ as he sings and plays guitar. *The Recording Industry's* Russ will entertain you with music of all styles. Bring your requests. A special guest will also be appearing.



OPEN TO THE PUBLIC!

HALLOWEEN LUNCH

Tuesday, October 31st, 12:00 NOON
Sign up by Thursday, October 26th.

Requested Donation: \$2 (over age 60)
\$3.50 (under age 60)



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

CANCELED CLASSES & ACTIVITY

Tuesday, Oct. 3rd— AM Yoga
Thursday, Oct 12th— Morning Exercise Classes
Wednesday, Oct. 25th—Hearing Screenings

Basic Line Dancing Class . . . See you in the Spring!

Don't forget to call the center in March if you would like to join the class in April.

Canceled
November 2017 — March 2018

OCTOBER

Monday

2

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 & Foot
 6:30 Beg. Square Dance

Tuesday

3

~~8:45 Yoga--Canceled~~
 10:00 Tai Chi
 10:00 Knitting
 11:00 Toning
 Noon Lunch— Salisbury Beef
 12:30 Mah-Jongg
 1:00 Wood Carving
 2:30 Yoga w/ Props
 3:45 Yoga
 6:30 5-Handed Euchre
 6:30 Cribbage

Wednesday

4

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

Thursday

5

8:45 Yoga
 10:00 Tai Chi
 1:00 Toning Exercise
 Noon Lunch— Grilled Chicken Breast
 12:30 Pinochle
 2:30 Yoga with Props
 3:45 Yoga
 5:15 Basic Line Dancing
6:00 Creating Confident Caregivers
 6:30 Pinochle

Friday

6

11:00 Arthritis Exercise
 Noon Lunch— Baked Tilapia
 1:00 Coffee Hour
1:00 Matter of Balance
5:00 Potluck— Stuffed Peppers
 6:15 Mexican Train
 Dominoes
 6:30 Euchre

9

8:45 Beginner Yoga
 10:00 Imp. Beg. Line Dancing
 Noon Lunch— BBQ Pulled Pork
Noon Cooking Matters
 12:30 Pinochle
 1:00 Crochet
 2:30 Sassy Exercise
 4:00 Beg. Ballroom
 5:00 Int. Round
 5:00 Hand, Knee & Foot
 6:30 Beg. Square Dance

10

8:45 Yoga
 10:00 Tai Chi
 10:00 Knitting
 11:00 Toning
11:30 Vaccine Seminar
 Noon Lunch— Baked Veal
 12:30 Mah-Jongg
 1:00 Wood Carving
 2:30 Yoga w/ Props
 3:45 Yoga
 6:30 5-Handed Euchre
 6:30 Cribbage

11

9:30 Zumba
10:00 Board Meeting
 Noon Lunch— Creole Steak
1:30 Who Should you Trust?
 2:30 Sassy Exercise
 3:45 Beginner Tai Chi
 5:00 Int. Line Dancing
 6:00 Setback
 6:30 Mah-Jongg

12

9:00 am—Noon Health Fair
~~8:45 Yoga-Canceled~~
~~10:00 Tai-Chi-Canceled~~
~~1:00 Toning Exercise-Canceled~~
 Noon Lunch— Country Style Chicken
 12:30 Pinochle
 2:30 Yoga with Props
 3:45 Yoga
 5:15 Basic Line Dancing
6:00 Creating Confident Caregivers

13

11:00 Arthritis Exercise
 Noon Lunch—White Chicken Chili
 1:00 Coffee Hour
1:00 Matter of Balance CENTER CLOSED
4:30 - 6:00 PM
6:00 Dance
 6:15 Mexican Train
 Dominoes
 6:30 Euchre

<p>16</p> <p>8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch— Chicken & Dumplings Non Cooking Matters 12:30 Pinochle 1:00 Crochet 2:30 Sassy Exercise 4:00 Beg. Ballroom 5:00 Int. Round 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>17</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch— Char Steak 12:30 Mah-Jongg 1:00 Wood Carving 1:30 Adv. Quilling 2:30 Yoga w/ Props 3:45 Yoga 6:30 5-Handed Euchre 6:30 Cribbage</p>	<p>18</p> <p>Legal Services By Appts. 9:30 Zumba 10:00 Grief Support Group Noon Lunch— Pub Burger 2:30 Sassy Exercise 3:45 Beginner Tai Chi 5:00 Int. Line Dancing 6:00 Setback 6:30 Mah-Jongg</p>	<p>19</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Alzheimer's Seminar 11:00 Toning Noon Lunch— Breaded Turkey Cutlet 12:30 Pinochle 1:00 Acrylic Paint Class 2:30 Yoga w/ Props 3:45 Yoga 5:15 Basic Line 6:00 Creating Confident Caregivers</p>	<p>20</p> <p>11:00 Arthritis Exercise Noon Lunch— Stuffed Pepper 1:00 Coffee Hour 1:00 Matter of Balance CENTER CLOSED 4:30 - 6:00 PM 6:15 Mexican Train Dominoes 6:30 Euchre</p>			
<p>23</p> <p>8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch— Steak Pattie W/ Gravy Non Cooking Matters 12:30 Pinochle 1:00 Crochet 2:30 Sassy Exercise 4:00 Beg. Ballroom 5:00 Int. Round 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>24</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch— Bean Soup 12:30 Mah-Jongg 1:00 Wood Carving 2:30 Yoga w/ Props 3:45 Yoga 6:30 5-Handed Euchre 6:30 Cribbage 6:30 Entertainment— Russ Mettler</p>	<p>25</p> <p>9:30 Zumba Noon Lunch— BBQ Pulled Chicken 2:30 Sassy Exercise 3:45 Beginner Tai Chi 5:00 Int. Line Dancing 6:00 Setback 6:30 Mah-Jongg</p>	<p>26</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch— Pork Chop 12:30 Pinochle 1:00 Pencil Drawing Class 2:30 Yoga w/ Props 3:45 Yoga 5:15 Basic Line Dancing 6:00 Creating Confident Caregivers 6:30 Pinochle</p>	<p>27</p> <p>11:00 Arthritis Exercise Noon Lunch— Vegie Lasagna 1:00 Coffee Hour 1:00 Matter of Balance CENTER CLOSED 4:30 - 6:00 PM 6:00 Dance 6:15 Mexican Train Dominoes 6:30 Euchre</p>			
<p>30</p> <p>8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch— Beef Stew Non Cooking Matters 12:30 Pinochle 1:00 Crochet 2:30 Sassy Exercise 4:00 Beg. Ballroom 5:00 Int. Round 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>		<p>31</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Halloween Lunch— Pepper Steak 12:30 Mah-Jongg 1:00 Wood Carving 2:30 Yoga w/ Props 3:45 Yoga 4:00 Book Club 6:30 5-Handed Euchre 6:30 Cribbage</p>		<p>October 21st</p> <p>Pancake Breakfast Fundraiser</p> <p>Time: 8:00a.m.—10:00a.m. Cost: \$5 per person donation Breakfast includes: Pancakes, Eggs, Sausage, Juice and Coffee.</p> 		<p>October 14th</p> <p>Euchre Tournament Fundraiser</p> <p>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</p>	

Don't Miss Out!



Modern Craft
Winery



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, Au Gres
- 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

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

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

2018 Trips will be announced SOON!!

Stay tuned
for
more details!

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, October 14th

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



Pancake Breakfast Fundraiser

When: Saturday, October 21st
8:00 a.m. — 10:00 a.m.

Cost: \$5.00 Donation
Per Person



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

OPEN ENROLLMENT

Michigan Medicare/Medicaid Assistance Program (MMAP)

October 25th & November 22nd

Call (810) 635-4122 to arrange for an appointment.

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.



SNOW BIRDS

Stop in and see us before you head to warmer climates. BE COUNTED! Our funding depends on it. Talk to staff for more information.



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, Regular & Decaf Coffee and 2-Liter Bottles of Pop are always appreciated.

thank
you!

Supplies were received from Jane Perrault and Roy & Jeanne Beville.

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.

Memorial Donations

A memorial donation was made by Edna Harris and Don & Jane Harwood in memory of Merrell Harris.



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.)

A \$2.00 donation per meal is requested for anyone 60 years and older and anyone under 60 years of age or living outside Genesee County it is \$3.50.



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

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.

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!



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web willowbrook.cimafacilities.com

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- Home-cooked meals, served family style
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- Weekly Activities: Bingo, Crafts, Yoga, Music

www.swankassistedliving.com

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

STAFF

Melinda Soper, Director

Barbara McCallum, Asst. Director

Marianne Campbell, Staff Asst.

BOARD OF TRUSTEES

Roger Bloss, President

Bob Plumb, Vice President

Sally Creech, Secretary

Phillip Bracey, Treasurer

Harold O'Brien, Trustee

Allan Cox, Trustee

Ann Knight, Trustee

Roy Beville, Trustee

Susan Butler, Trustee



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