

# 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.



## NOVEMBER 2017 NEWS

### ***Pancake Breakfast Fundraiser***

**When: Saturday, November 18th  
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 to the public!**

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

Swartz Creek Senior Center and Liturgical Publications Inc. invite you to become their partner in publishing this newsletter. Your support will permit the center to receive this service at no cost.

For advertising information, call Eileen Frazier at LPI today.  
**1-800-477-4574 ext. 6309**



LITURGICAL  
PUBLICATIONS

## Upcoming Events

### Support Group for Caregivers

Caring for Loved Ones with Memory Loss

Wednesday, November 1st, 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.

### Acrylic Paint Class

Date: TBD, Call for more information

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



November 3rd, 5:00 p.m.

Entree: Turkey

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, November 28th, at 4:00pm  
“The Whistler” by John Grisham

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:** November 15th, 10:00 a.m.

**Where:** Swartz Creek Senior Center



### CANCELED CLASSES & ACTIVITY.

Tuesday, Nov. 14th—Yoga AM, Tai Chi,  
Toning Canceled

Thursday, Nov. 16th—Yoga AM Canceled

Tuesday, Nov. 21st—Yoga AM, Tai Chi,  
Toning Canceled

### Notary Services

Assistant Director, Barbara McCallum 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

# Holiday OPEN HOUSE

Tuesday, December 5th, 2017  
6:00 p.m. — 8:00 p.m.

This is your opportunity to invite friends to see what the Senior Center has to offer, and how our Center contributes to the social, physical, emotional and intellectual quality of life for adults 50 and older.

## Get information on:

- Regularly scheduled activities, special events & educational seminars
- Fitness classes available to promote a healthy lifestyle
- Support groups and community resources
- Programs & services offered in collaboration with other community agencies and organizations.
- 2018 trip packets will be available!



**Light refreshments will be served, including a “Hot Cocoa Bar”!**

### Opening Ceremony

Monday, January 29th, 2018, 1:00 pm  
Davison Senior Center  
10135 Lapeer Rd., Davison

### Closing Ceremony Banquet

Thursday, February 22nd, 2018  
Doors open at 10:00 a.m.  
Program begins at 11:00 a.m.  
Davison Knights of Columbus Hall  
8428 Davison Rd., Davison

# 2018



of Genesee County

### Registration

November 6th, 2017 — January 11th, 2018

### Games

January 29th, 2018 — February 22nd, 2018

Register at your local Senior Center.  
Cost: \$12 per person includes Opening Ceremony, registration in as many events as you wish, a Senior Winter Games T-Shirt, and the Closing Ceremony Banquet.

*Senior Winter Games of Genesee County announces major Sponsors for 2018:*

*Huntington Bank  
Valley Area Agency on Aging*

*The Moen Group, Inc.*

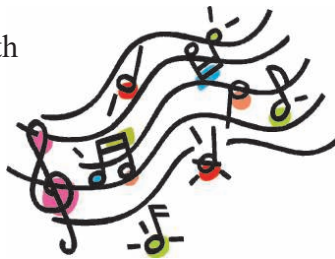
*UAW Region 1-D  
Genesee County Senior Millage*



# Friday Night Dances

The Senior Center is hosting bi-monthly dances on Friday nights. No need to sign up, just pay at the door!

**Dates:** Friday, November 10th  
(Only one dance this month, due to holiday)  
**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.

# Don't Forget!



**Sunday, November 5th**

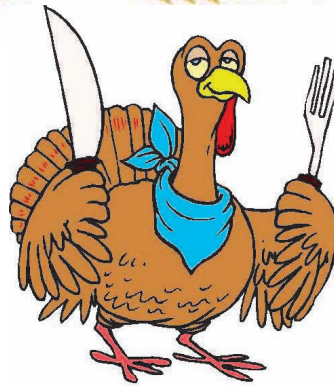
# Thanksgiving Lunch

**Tuesday, November 21st, Noon**

*Sign up by Wednesday, November 15th*

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.

*Meal provided by GCCARD*



### MENU

Turkey Breast w/ Gravy  
Mashed Potatoes  
Vegetable Blend  
Stuffing & Cranberry Sauce  
Pecan Pie, Roll & Juice

- \* Suggested Donation is \$2.00
- \* Persons under age 60: \$3.50
- \* Persons of all ages who reside outside Genesee County: \$3.50

# “How Healthy Is YOUR Mouth?”

Come learn information about maintaining your oral health, tips and tricks to keep your smile healthy!

## Presentation Topics:

- Periodontal Diseases - Gingivitis
- Dental Caries - Commonly known as tooth decay
- Oral Pathology – Proper teeth brushing, flossing, denture care, fluoride importance
- Oral Biofilm Control – Dental plaque
- Community Resources

Presented by:



Valley Area Agency On Aging



# Wednesday

**November 15, 2017**

**2:00pm to 3:00pm**

Swartz Creek Senior Center  
8095 Civic Dr. Swartz Creek, MI  
Call: 810-635-4122 to sign – up!

**FREE!!!**



**FREE samples will be provided.**

# November

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**November 11th  
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

**November 18th  
Pancake Breakfast  
Fundraiser**

Time: 8:00a.m.—10:00a.m.  
Cost: \$5 per person donation

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



**6**

- 8:45 Beginner Yoga
- 10:00 Imp. Beg. Line Dancing
- Noon Lunch— Baked Ham
- Noon Eat Healthy-Be Active**
- 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

**7**

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

**1**

**Veteran's Services by Appt.**

- 9:30 Zumba
- 10:00 Alz. Support Group**
- Noon Lunch— Grilled Chicken
- 2:30 Sassy Exercise
- 3:45 Beginner Tai Chi
- 5:00 Int. Line Dancing
- 6:00 Setback
- 6:30 Mah-Jongg

**2**

- 8:45 Yoga
- 10:00 Tai Chi
- 11:00 Toning Exercise
- Noon Lunch— Flame  
Broiled Beef
- 12:30 Pinochle
- 1:00 Watercolor Class**
- 2:30 Yoga with Props
- 3:45 Yoga
- 6:30 Pinochle

**3**

- 11:00 Arthritis Exercise
- Noon Lunch— Baked  
Mac 'N' Cheese
- 1:00 Matter of Balance**
- 5:00 Potluck—  
Turkey**
- 6:15 Mexican Train
- Dominoes
- 6:30 Euchre

**8**

- 9:30 Zumba
- 10:00 Board Meeting**
- Noon Lunch— New Orleans  
Chicken Stir-Fry
- 2:30 Sassy Exercise
- 3:45 Beginner Tai Chi
- 5:00 Int. Line Dancing
- 6:00 Setback
- 6:30 Mah-Jongg

**9**

- 8:45 Yoga
- 10:00 Tai Chi
- 1:00 Toning Exercise
- Noon Lunch— Salisbury  
Steak
- 12:30 Pinochle
- 1:00 Watercolor Class**
- 2:30 Yoga with Props
- 3:45 Yoga
- 6:30 Pinochle

**10**

- 11:00 Arthritis Exercise
- Noon NO Lunch**
- 1:00 Matter of Balance**
- CENTER CLOSED**
- 4:30 - 6:00 PM**
- 6:00 Dance**
- 6:15 Mexican Train
- Dominoes
- 6:30 Euchre

<p><b>13</b></p> <p>8:45 Beginner Yoga  10:00 Imp. Beg. Line Dancing  Noon Lunch— Meatloaf  <b>Noon Eat Healthy-Be Active</b>  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>14</b></p> <p><b>8:45 Yoga—Canceled</b>  <b>10:00 Tai Chi—Canceled</b>  10:00 Knitting  <b>11:00 Toning—Canceled</b>  Noon Lunch— Spice Orange  Chicken  12:30 Mah-Jongg  1:00 Wood Carving  2:30 Yoga w/ Props  3:45 Yoga  6:30 5-Handed Euchre  6:30 Cribbage</p>	<p><b>15</b></p> <p><b>Legal Services By Appts.</b>  9:30 Zumba  <b>10:00 Grief Support Group</b>  Noon Lunch— Pepper Steak  <b>2:00 Oral Care 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>16</b></p> <p><b>8:45 Yoga—Canceled</b>  10:00 Tai Chi  11:00 Toning  Noon Lunch— Stuffed Chix  W/ Ham &amp;  Cheese  12:30 Pinochle  2:30 Yoga w/ Props  3:45 Yoga  6:30 Pinochle</p>	<p><b>17</b></p> <p>11:00 Arthritis Exercise  Noon Lunch— Bef Stew  <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>20</b></p> <p>8:45 Beginner Yoga  10:00 Imp. Beg. Line Dancing  Noon Lunch— Bean Soup  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>21</b></p> <p><b>8:45 Yoga—Canceled</b>  <b>10:00 Tai Chi—Canceled</b>  10:00 Knitting  <b>11:00 Toning—Canceled</b>  <b>Noon THANKSGIVING LUNCH</b>  12:30 Mah-Jongg  1:00 Wood Carving  2:30 Yoga w/ Props  3:45 Yoga  6:30 5-Handed Euchre  6:30 Cribbage</p>	<p><b>22</b></p> <p><b>Open Enrollment</b>  9:30 Zumba  Noon Lunch— Fried Chicken  2:30 Sassy Exercise  3:45 Beginner Tai Chi  5:00 Int. Line Dancing  6:00 Setback  6:30 Mah-Jongg</p>	<p><b>23</b></p> 	<p><b>24</b></p>
<p><b>27</b></p> <p>8:45 Beginner Yoga  10:00 Imp. Beg. Line Dancing  Noon Lunch— Grilled Pork  Patty  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>28</b></p> <p>8:45 Yoga  10:00 Tai Chi  10:00 Knitting  11:00 Toning  Noon Lunch— Chili W/ Ground Beef  12:30 Mah-Jongg  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>29</b></p> <p><b>Hearing Screenings</b>  9:30 Zumba  Noon Lunch— Breaded Turkey  Cutlet  2:30 Sassy Exercise  3:45 Beginner Tai Chi  5:00 Int. Line Dancing  6:00 Setback  6:30 Mah-Jongg</p>	<p><b>30</b></p> <p>8:45 Yoga  10:00 Tai Chi  11:00 Toning  Noon Lunch— Pub Burger  12:30 Pinochle  2:30 Yoga w/ Props  3:45 Yoga  6:30 Pinochle</p>	

# Don't Miss Out!

### 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!!



### 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, November 11th**

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



## OPEN ENROLLMENT

**Michigan Medicare/Medicaid  
Assistance Program (MMAAP)**

**November 22nd**

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

**A volunteer MMAAP 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.*



Are you looking for a way to give back to your Senior Center? Consider serving on the Board of Trustees. A one year term needs to be filled and won't take much of your time. Talk to staff for more information and let us know that you are interested.

**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**

**We recently lost a dedicated member of the Board of Trustees. Sally Creech served on the Board for 15 years. She was funny and feisty and volunteered her time to help at many events. We will miss her greatly!**

## 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.



Supplies were received from Betsy Malenich, Mary O'Neil, Jane Perrault, Roy & Jeanne Beville, Don & Yukie Wyatt and Messiah Lutheran church.

## 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 Marge Nemecek and Shirley Owens in memory of Ted Jankowski*

*A memorial donation was made by Susan Butler, Marge Nemecek and Terry O'Brien in memory of Sally Creech.*

## 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.



### 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.

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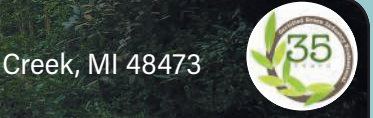
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MEMBER OF **MNLA**

# 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)

## STAFF

Melinda Soper, Director

Barbara McCallum, Asst. Director

Marianne Campbell, Staff Asst.

## BOARD OF TRUSTEES

Roger Bloss, President

Bob Plumb, Vice President

Phillip Bracey, Treasurer

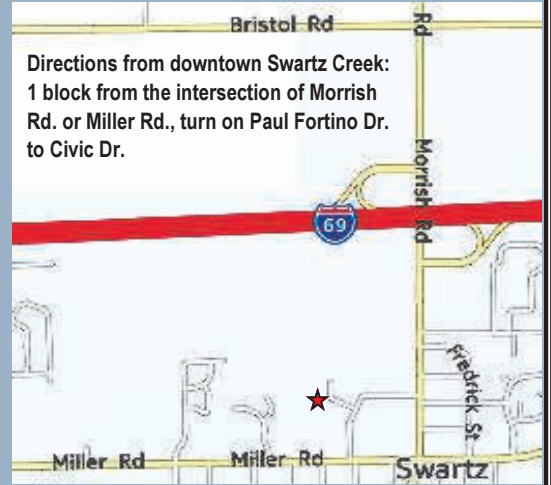
Harold O'Brien, Trustee

Allan Cox, Trustee

Ann Knight, Trustee

Roy Beville, Trustee

Susan Butler, Trustee



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