

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.



MARCH 2018 NEWS

Easter Lunch

Thursday, March 29th
Noon

Sign up by Wednesday, March 14th

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.

MENU

Bone in Chicken Breast
Mashed Potatoes W/ Gravy
Vegetable Blend
Dinner Roll, Apple Pie
Milk

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

Meal provided by GCCARD

"Stay Active & Informed at the Senior Center"

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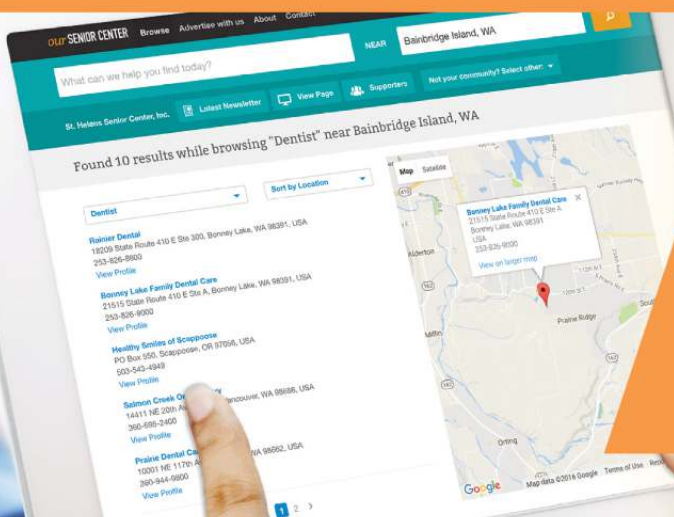
➤ Reach the Senior Market
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or (800) 477-4574 x6309

our SENIOR CENTER

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to find trusted services in our area!

Sign up to have our newsletter emailed to you! ourseniorcenter.com

Upcoming Events

Support Group for Caregivers

Caring for Loved Ones with Memory Loss

Wednesday, March 7th, 10:00 a.m.
Facilitated by Swank Home Assisted Living

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.

Hearing Screenings

Wednesday, March 28th

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.

Watercolor Painting Class

Thursday, March 1st & 8th

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.

Still Life Pencil Drawing Class

Thursday, March 22nd & 29th, 1:00pm

Pay by Friday, December 29th

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.**

Grief Support Group

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: Wed., March 21st,
10:00 a.m.

Heartland 
Hospice Care

Where: Swartz Creek Senior Center

Creativity Class

Wednesday, March 22nd

9:30 a.m.

\$5.00 per class



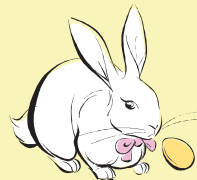
Do you ever feel you are not tapping into your creative side? Not living up to your potential? Like something's missing? This class will begin with a creativity-blocking exercise, then help you dispel myths to being artistic. Once you begin to rely on your creative spirit, you will find all areas of your life opening up and becoming more fulfilling. Expect small changes that will help you be the creator of a more artistic life. Each class will include sharing, creating, and discovering new avenues to creativity.

BOOK CLUB

Tuesday, March 27th, at 4:00pm

February: **A Gentleman in Moscow** by
Amor Towles

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!**



Center Closed
Friday, March 30th
for the Easter Holiday

EUCHRE TOURNAMENT FUNDRAISER

Saturday, March 10th

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 to the public!

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, March 9th & 23rd.

Time: 6:00 p.m.—8:30 p.m.

Cost: \$3.00

Must be 50 or older.



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

Pancake Breakfast Fundraiser

Saturday, March 24th

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!**

SPRING FORWARD



**Sunday,
March 11th**

Annual Bake Sale & Coney Dog / Sloppy Joe Lunch

Thursday, April 19th

Details will be in next month's newsletter.



WANTED Baked Goods & Volunteer Helpers

To donate Baked Goods, please call the Senior Center by Thursday, April 12th to sign up and let us know what you plan to bake. Your baked goods and a **list of ingredients** need to be dropped off at the Center before 7:00 p.m. on Wednesday, April 18th.

- Cookies, brownies, candies, and other small items sell best when they are packaged in zipper bags of 2 or 6 items.

We need volunteer to help at the Bake Sale or Coney Lunch, sign up by Thursday, April 12th.

ATTENTION ALL PARTICIPANTS!

Please sign-in on My Senior Center **every time** you visit the center.

Our funding depends on it!

If you do not have a Key Tag, please ask for one at the front desk.

Thank you!

Generis Monitor

Back Pain & Sciatica FREE Workshop

Tuesday, March 6th, 1:00 p.m.

Back pain & Sciatica Workshop reveals how to naturally heal back pain & sciatica for good.

1. Do you suffer with back pain or leg pain when you stand or walk?
2. Do you have pain when you sit or drive for long periods of time?
3. Do you experience pain, numbness, or tingling into your groin, or down your leg?
4. Does your back ever “go out” if you move the wrong way?
5. Are you afraid your pain will get worse if you don't do anything about it?

If you have answered **YES** to any of the above questions...the lower back pain and sciatica workshop may be a life changing event for you!



Reserve your spot today!



Southern Care Hospice Services is sponsoring Bingo! Bring your luck and maybe a friend and win some fun prizes!

Thursday, March 15th, 1:00 p.m.

Make sure to sign up for this special event!



Class Cancellations

Monday, March 5th, & 12th—Beg. Ballroom, Int. Round and Beg. Square Dancing Canceled

Friday, March 23rd—Arthritis Exercise Canceled

Thursday, March 29th—AM Yoga, Tai Chi & Toning Canceled

SAVE ON YOUR MONTHLY ENERGY COSTS AND RECEIVE A \$50 VISA GIFT CARD, ONE PER HOUSEHOLD!

Exclusive to Swartz Creek residents, receive a \$50 Visa gift card when you enroll in a Peak Power Savers program.

JOIN US AT THE ENERGY SAVERS CLUB SAVINGS EVENT!

Our team of experts will help you determine what energy saving programs best fit your needs.

**Tuesday, March 6th
3:30 p.m.—7:00 p.m.**



I am Still Me: Understanding MEALTIME and Behavior Changes in Dementia

Join us for a FREE interactive workshop on using effective communication and problem solving techniques for Mealtime and Behavior Changes in Dementia. Presented by Jeannette Brunetti, registered Dietician from Valley Area Agency on Aging and Jo Campbell, Dementia Educator from Easter Michigan University.

March 20th, 1:00 p.m.

Lite refreshments and drinks will be provided.

Please RSVP
by March 20th.
810-635-4122



March

Tuesday

Wednesday

Thursday

Friday

March 24th

Pancake Breakfast Fundraiser

Time: 8:00a.m.—10:00a.m.

Cost: \$5 per person donation

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



March 10th

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

1

8:45 Yoga
10:00 Tai Chi
11:00 Toning Exercise
Noon Lunch - Pork Chop
12:30 Pinochle
1:00 Watercolor Paint Class
2:30 Yoga with Props
3:45 Yoga
6:30 Pinochle
6:30 Euchre

2

11:00 Arthritis Exercise
Noon Lunch - Mac N' Cheese

CENTER CLOSES AT 4:00 P.M.

No Evening Activities

5

8:45 Beginner Yoga
10:00 Imp. Beg. Line Dancing
Noon Lunch - Chicken & Dumplings
12:30 Pinochle
1:00 Crochet
2:30 Sassy Exercise
4:00 Beg. Ballroom Canceled
5:00 Int. Round Canceled
5:00 Hand, Knee & Foot
6:30 Beg. Square Dance Canceled

6

8:45 Yoga
10:00 Tai Chi
10:00 Knitting
11:00 Toning
Noon Lunch - Meatloaf
12:30 Mah-Jongg
1:00 Wood Carving
1:00 Back Pain & Sciatica Workshop
2:30 Yoga w/ Props
3:30 Energy Savers Club
3:45 Yoga
6:30 5-Handed Euchre
6:30 Cribbage
6:30 Dominoes

7

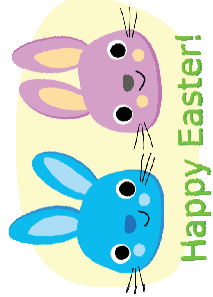
Veteran's Services by Appt.
9:30 Zumba
10:00 Alz. Support Group
Noon Lunch - B BQ Pulled Pork
2:30 Sassy Exercise
3:45 Beginner Tai Chi
5:00 Int. Line Dancing
6:00 Setback
6:30 Mah-Jongg

8

8:45 Yoga
10:00 Tai Chi
10:00 Healthy Hearing Seminar
11:00 Toning Exercise
Noon Lunch - Turkey Burger
1:00 Watercolor paint Class
12:30 Pinochle
2:30 Yoga with Props
3:45 Yoga
6:30 Pinochle
6:30 Euchre

9

11:00 Arthritis Exercise
Noon Lunch— Baked Fish
CENTER CLOSED 4:00 - 5:45 PM
6:00 Dance

<p>12</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 Canceled 5:00 Int. Round Canceled 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance Canceled</p>	<p>13</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch - Sliced Turkey 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Family Memories 2:30 Yoga w/ Props 3:45 Yoga 6:30 5-Handed Euchre 6:30 Cribbage 6:30 Dominoes</p>	<p>14</p> <p>9:30 Zumba 10:00 Board Meeting Noon Lunch - Boneless Rib 2:30 Sassy Exercise 3:45 Beginner Tai Chi 5:00 Int. Line Dancing 6:00 Setback 6:30 Mah-Jongg</p>	<p>15</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Sloppy Joe 1:00 Special B-I-N-G-O 12:30 Pinochle 2:30 Yoga with Props 3:45 Yoga 6:30 Pinochle 6:30 Euchre</p>	<p>16</p> <p>11:00 Arthritis Exercise Noon Lunch - Stuffed Cabbage</p> <p>CENTER CLOSSES AT 4:00 P.M.</p> <p>No Evening Activities</p>
<p>19</p> <p>8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch - Breaded Veal 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>20</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch - Tangerine Chicken 12:30 Mah-Jongg 1:00 Wood Carving 1:00 I am Still Me Seminar 2:30 Yoga w/ Props 3:45 Yoga 4:00 Book Club 6:30 5-Handed Euchre 6:30 Cribbage 6:30 Dominoes</p>	<p>21</p> <p>Legal Services by Appt. 9:30 Zumba 10:30 Grief Support Group Noon Lunch - Turkey Ham 2:30 Sassy Exercise 3:45 Beginner Tai Chi 5:00 Int. Line Dancing 6:00 Setback 6:30 Mah-Jongg</p>	<p>22</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Beef Liver 12:30 Pinochle 1:00 Pencil Drawing Class 2:30 Yoga with Props 3:45 Yoga 6:30 Pinochle 6:30 Euchre</p>	<p>23</p> <p>11:00 Arthritis Exercise -Canceled Noon Lunch - Vegetable Lasagna</p> <p>CENTER CLOSED 4:00 - 5:45 PM</p> <p>6:00 Dance</p>
<p>26</p> <p>8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch - Swiss Steak 12:30 Pinochle 1:00 Crochet 1:30 Creating Confident Caregivers 2:30 Sassy Exercise 4:00 Beg. Ballroom 5:00 Int. Round 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>27</p> <p>Firekeepers Trip Departs 8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Turkey Breast 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 6:30 Dominoes</p>	<p>28</p> <p>Hearing Screening by Appt. 9:30 Zumba Noon Lunch - Beef Steak 2:30 Sassy Exercise 3:45 Beginner Tai Chi 5:00 Int. Line Dancing 6:00 Setback 6:30 Mah-Jongg</p>	<p>29</p> <p>8:45 Yoga-Canceled 10:00 Tai Chi -Canceled 11:00 Toning -Canceled Noon Easter Lunch 12:30 Pinochle 1:00 Pencil Drawing Class 2:30 Yoga with Props 3:45 Yoga 6:30 Pinochle 6:30 Euchre</p>	<p>30</p> <p>CENTER CLOSED</p> 

Exciting Trips for 2018!

Firekeepers Casino –

Tuesday, March 27th, 2018

Price \$40 per person

- Receive \$20 in Gaming .
- Receive \$5 in Food Credits.



Deadline: March 13, 2018

Shepherd Maple Syrup Festival and Soaring Eagle Casino

Saturday, April 28, 2018

Price \$38 per person

- Pancake Breakfast and Craft Show at Shepherd High School.
- Soaring Eagle Casino .
- \$15 in play credit, \$5 Food Credit.

Deadline: Wednesday, April 12th, 2018

St. Sabbas Russian Orthodox Monastery & Gardens With a Russian High Tea Luncheon at The Royal Eagle

Tuesday, May 8th, 2018

Price \$70 per person

- Tour & Lecture at St. Sabbas Monastery & Gardens.
- Tea Luncheon at The Royal Eagle located at St. Sabbas.

Deadline: Tuesday, April 17th, 2018

Detroit Tigers Vs. LA Angels

Thursday, May 31st, 2018

Price \$66 per person

- Ticket to the Game
- Food voucher good for a pop and hot dog



Deadline: Monday, April 17th, 2018

Savannah Sipping Society at Cornwell's Turkeyville

Wednesday, June 6th, 2018

Price \$85 per person

- A Traditional Style Turkey Dinner with all the Trimmings.
- Admission to the show "Savannah Sipping Society."

Deadline: April 23rd, 2018

Discover Saugatuck!

Wednesday, June 20th, 2018

Price \$115 per person

- Lunch at Coral Gables Restaurant overlooking the water.
- Take a trip on the Saugatuck Dune Rides.
- Paddle Boat Cruise on the Star of Saugatuck.



Deadline: May 21st, 2018

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.

The Shipshewana Back Roads & Brown Bag Tour

Monday, July 23rd, 2018

Price \$120 per person

- A Step-on Guided Tour of Shipshewana Amish Country.
- An Amish Home Cooked Dinner at the Carriage House.
- A Brown Bag and a special gift to fill your bag at most stops.
- Free Time at Yoder's Department Store.
- Visit Quilt Gardens in the Area.
- Visit an Amish Cheese Shop, Baker Noodle Shop and Bulk Food Store.

Deadline: June 19th, 2018

Saganing Eagles Landing Casino

Tuesday, August 7th, 2018

Price \$40 per person

- 4 Hours of Gaming at Saganing Eagles Landing.
 - Each Person will get back \$10 in Gaming and a \$5 Food Coupon for the Café*.
- *Earn \$10 more in gaming by getting 100 points on your players card.

Deadline: July 24th, 2018

Port Huron Maritime and Lighthouse Tour

Tuesday, August 21st, 2018

Price \$57 per person

- Guided tour of Huron Lightship (Climbing Stair Involved).
- Guided tour of Fort Gratiot lighthouse (Need Closed Toe Shoes).
- Free time to tour and have a lunch on own at the Great Lakes maritime Center.

Deadline: July 17th, 2018

Clinton River Luncheon Boat Cruise and The Stahl Automotive Museum

Thursday, September 6th, 2018

Price \$84 per person

- A Clinton River Luncheon Boat Cruise.
- Guided tour of the Stahl Automotive Museum.



Deadline: July 31st, 2018

Little River Casino Overnight

October 15th & 16th, 2018

Price \$119 per person

*Double, Triple, & Quad Price

*\$179 Per Person Single

- Overnight Lodging at Little River Casino & Resort*
*Get back \$20 in gaming credit + \$10 food.
- 4 Hour Stop at Soaring Eagle Casino*
*Get back \$10 in gaming credit + \$5 food.



Deadline: August 30th, 2018

Taste of Michigan's Sunrise Side

Thursday, October 25th, 2018

Price \$74 per person

- Sample and Shop at Williams Cheese Factory (Home of Pinconning Cheese!).
- Lunch on own at H and H Bakery.
- Wine Tasting at Modern Craft Winery.
- Sample and Shop at Serni's Homemade Candies and Chocolates.
- Shop for Great Steals at Northwoods Wholesale Outlet. A Bountiful Buffet at Krzysiak's House Restaurant.

Deadline: October 4th, 2018

Detroit Institute of Arts

Wednesday, November 14th, 2018

Price \$57 per person

- Admission to the Detroit Institute of Arts.
- Guided Highlights Tour of the DIA—Permanent Collection
- Free Time for Lunch on own and Touring the DIA.



Deadline: October 11th, 2018

Great Lakes Crossing Shopping Trip

Monday, November 27th, 2018

Price \$25 per person

- Round Trip Motor Coach Transportation to Auburn Hills, MI.
- Shopping Time.
- Lunch & Aquarium on your own.



Deadline: November 13th, 2018

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 Rene Gagnon, Harold & Arlene O'Brien, Ronna Gray, Roy & Jeanne Beville, Genny Harrington and Jane Perrault.

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.

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



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 Susan Butler & Nancy Jackson in memory of Frances McAulay.

A memorial donation was made by Sally Dennis & John and Sara Wrage in memory of Douglas Dennis.

A memorial donation was made by Dorothy Lindsay in memory of Kate Butler.



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.

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.



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www.swankassistedliving.com

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Financing
Options!



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

Phillip Bracey, Treasurer

Harold O'Brien, Trustee

Allan Cox, Trustee

Ann Knight, Trustee

Roy Beville, Trustee

Susan Butler, Trustee

Elaine Tucker, Trustee



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