

# SWARTZ CREEK AREA SENIOR CENTER

**DECEMBER  
2019 NEWS**

| **VOLUME 19, ISSUE 12**



## **Holiday Celebration**

**Join us for a  
Holiday Celebration on**

**December 20th at  
1:30pm!**

**Live music provided by  
GT-O! A seasonal, and  
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**You can listen to the great  
sounds of keyboard and  
bass while enjoying hot  
chocolate and other sweet  
treats.**

**RSVP by December 16th @  
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*“This program and/or service is partially funded by Genesee County Senior Millage Funds. Your tax dollars are at work.”*



# HOLIDAY RETIREMENT

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15-0694

# Information

## SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Cold Drink Cups, Bowls, Dessert Plates, Hard Candy, Tissues, Bathroom Tissue, Hand Soap, Decaf Coffee and 2-Liter Bottles of Pop are always appreciated.

Pierre Lemieux  
Rene Gagnon  
Roy & Jeanne Beville  
Jane Perrault

**Thank you also to everyone who requested to be anonymous for your generous donations, they are greatly appreciated!**

Thank you for your generous donations to our Senior Center!

*A memorial donation was made by Lynn Atherton, Alan & Robin Helmore and Marion S. Haerle in memory of Edna Harris*



## Loan Closet

Our center loans donated medical equipment such as wheelchairs, walkers, bedside commodes, bath seats, canes and crutches to seniors in need. Please call the center if you need to borrow an item. We also accept donations of these items in good and sanitized condition.

## 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!

## Legal Services

**Provided by Legal Services of Eastern Michigan**

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

**When:** Appointments available on the 3rd Wednesday of each month.

To schedule an appointment, see staff at the center or call 635-4122.

**DO NOT OFFER:** Trusts, Criminal Matters, Personal Injury, Financial or Business Advice.

## Swartz Creek Area Senior Citizens, Inc. Funding Sources

- ♦ Genesee County Senior Millage
- ♦ Community Development monies from the City of Swartz Creek, The Village of Gaines, & 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.

## Class Cancellations

**\*\*December 17th:** AM Yoga, Beg. Tai Chi, Toning and Yoga w/Props are cancelled

**\*\*Arthritis exercise cancelled December 6th and 27th.**

**\*\*THERE WILL BE NO EXERCISE CLASSES DECEMBER 23RD-JANUARY 1ST. CLASSES WILL RESUME JANUARY 2ND.**

## 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.



## Upcoming Events/Memorial Donations

### Support Group for Caregivers

#### Caring for Loved Ones with Memory Loss

**Wednesday, December 4th at 10:00am**

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.

### AARP TAX-AIDE

AARP Tax-Aide — IRS Certified Tax Counselors will be providing tax services at the Swartz Creek Area Senior Center.

- ♦ The Center will begin scheduling appointments on **Tuesday, January 2nd, 2020.**
- ♦ **Please do not call before this date.**
- ♦ Services will be available by appointment only.
- ♦ More information will be available at the time the center begins taking appointments.

#### Book Club

**When:** December 17th, 2019 @ 4:00pm

**Where:** Swartz Creek Area Senior Center

**Book:** Cottage by the Sea

**Author:** Debbie Macomber

Are you looking for an opportunity to connect with others who enjoy reading as much as you do?

**New participants are always welcome!**

### 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:** Wednesday, December 11th, 2019 at 11:00am

**Where:** Swartz Creek Senior Center

### 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:** December 6th and 20th

**Time:** 6:00 p.m.—8:30 p.m.

**Must be 50 or older.**

**Cost:** \$5.00

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



### Lunch and Learn w/ Representative Cherry

Save the date to join Representative at the Swartz Creek Senior Center on **December 6th, 2019 at 12:00pm** for a Lunch and Learn event regarding senior policies and resources in the State of Michigan.

If you require services from an ASL interpreter, please call 517-373-7515 or email [johncherry@house.mi.gov](mailto:johncherry@house.mi.gov) and we will arrange this service at no cost to you.

**RSVP to 810-635-4122 by December 5th.**



## Upcoming Events/Information

### IMPORTANT NOTICE!!

**THERE WILL BE NO EXERCISE OR DANCE CLASSES  
DECEMBER 23RD THROUGH JANUARY 1ST.  
CLASSES WILL RESUME JANUARY 2ND.  
THANK YOU!**



### Mannor Law Seminar

**When: December 4th, 2019 @ 12:00pm @Swartz Creek Senior Center**

This free educational workshop is hosted by local Certified Elder Law Attorney Robert Mannor. At this workshop, you will discover:

- \*How to avoid having your life savings wiped out by a nursing home spend-down.
- \*How to protect your home from the Estate Recovery law.
- \*How to qualify for hidden Long-Term Care Veterans benefits that most people know nothing about.
- \*How Medicaid works and the steps you need to take now to protect yourself and your family under the new rules.
- \*How to avoid probate.
- \*The asset protection language that most people don't have in their power of attorney documents, which can help protect their life savings.

And much more! More information can be found at [www.mannorlawgroup.com/events](http://www.mannorlawgroup.com/events)

1 Continuing Education Credit available for Social Workers.

### **Euchre Tournament**

**Time:** Doors open at 6:00 p.m.  
Start Playing at 6:30 p.m.

**Cost:** \$5.00 per person

**When:** December 14th, 2019  
**Refreshments:** \$1 Can of Pop; \$1  
Slice of Pizza



### Center Closed

**December 24th and 25th and  
December 31st and January 1st.  
Enjoy the Holidays!**

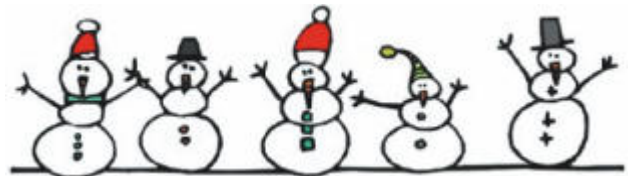


*Meal provided  
by GCCARD*

- \* Requested Donation is \$3.00
- \* Persons under age 60: \$6.00
- \* Seniors who reside outside  
Genesee County: \$6.00

#### MENU

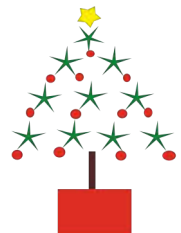
Glazed Pork Loin  
Mashed Potatoes & Gravy  
Vegetable Blend  
Wheat Roll, Brownie, Milk




**Tuesday, December 17th at Noon**

**Sign up by Thursday, December 5th**  
Call the center at (810)-635-4122

Seniors 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.



# DECEMBER

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| <b>2</b><br>8:45 Beginner Yoga<br>10:00 Imp. Beg. Line Dancing<br>Noon Lunch— Ham Steak w/ Pineapples<br>12:30 Pinochle<br>1:00 Crochet<br>2:30 Sassy Exercise<br>4:00 Beg. Ballroom Dance<br>5:00 Int. Round Dancing<br>5:00 Hand, Knee & Foot<br>6:30 Beg. Square Dance | <b>3</b><br>8:45 Yoga<br>10:00 Beginners Tai Chi<br>10:00 Knitting<br><b>11:00 Grief Support Group</b><br>11:00 Toning<br>Noon Lunch— HM Chicken w/ Mushroom Sauce<br>12:30 Mah-Jongg<br>1:00 Wood Carving<br>2:30 Yoga w/ Props<br>3:30 Dominoes<br>3:45 Yoga<br>6:30 5-Handed Euchre   | <b>4</b><br><b>Veterans Appointments</b><br>9:30 Zumba<br><b>10:00 Alzheimer Support Group</b><br>Noon Lunch— Baked Tilapia<br><b>12:00 Mannor Law</b><br>2:30 Sassy Exercise<br>3:45 Introduction to Tai Chi<br>5:00 Int. Line Dancing<br>6:00 Mah-Jongg<br>6:30 Setback  | <b>5</b><br>8:45 Yoga<br>10:00 Intermediate Tai Chi<br>11:00 Toning Exercise<br>Noon Lunch—HM Mac & Cheese<br>12:30 Pinochle<br>2:30 Yoga with Props<br>3:45 Yoga<br>6:30 Pinochle<br>6:30 Euchre                 | <b>6</b><br><b>Arthritis Class Canceled</b><br><b>NO GCCARD LUNCH SERVED</b><br><b>12:00 Lunch &amp; Learn w/ Representative Cherry</b><br><b>CENTER CLOSSES</b><br><b>4:00PM - 5:45 PM</b><br>6:00 Dance |
| <b>9</b><br>8:45 Beginner Yoga<br>10:00 Imp. Beg. Line Dancing<br>Noon Lunch— Chicken & Dumplings<br>12:30 Pinochle<br>1:00 Crochet<br>2:30 Sassy Exercise<br>4:00 Beg. Ballroom Dance<br>5:00 Int. Round Dancing<br>5:00 Hand, Knee & Foot<br>6:30 Beg. Square Dance     | <b>10</b><br>8:45 Yoga<br>10:00 Beginners Tai Chi<br>10:00 Knitting<br><b>11:00 Grief Support Group</b><br>11:00 Toning<br>Noon Lunch— HM Sliced Roast Beef w/ Gravy<br>12:30 Mah-Jongg<br>1:00 Wood Carving<br>2:30 Yoga w/ Props<br>3:30 Dominoes<br>3:45 Yoga<br>6:30 5-Handed Euchre | <b>11</b><br>9:30 Zumba<br><b>10:00 Board Meeting</b><br><b>11:00 Support Group</b><br><b>Noon Lunch— Turkey Pot Roast</b><br>2:30 Sassy Exercise<br>3:45 Introduction to Tai Chi<br>5:00 Int. Line Dancing<br>6:00 Mah-Jongg<br>6:30 Setback<br> | <b>12</b><br>8:45 Yoga<br>10:00 Intermediate Tai Chi<br>11:00 Toning Exercise<br>Noon Lunch—HM Boneless Pork Chop w/ Gravy<br>12:30 Pinochle<br>2:30 Yoga with Props<br>3:45 Yoga<br>6:30 Pinochle<br>6:30 Euchre | <b>13</b><br>11:00 Arthritis Exercise<br>Noon Lunch- Grilled Chicken Salad<br><b>CENTER CLOSSES</b><br><b>4:00PM</b><br><b>NO EVENING ACTIVITIES</b>  |





# 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 Wednesdays. 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.

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

# Assistance for Veterans

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.

### **Website and Social Media**

Check out the Swartz Creek Senior Center website (<https://myscasc.org>)! You can find out about everything happening at the center and even download the monthly newsletter! On Facebook? So are we! Just search Swartz Creek Area Senior Center to find us. Make sure you like our page to stay up to date on what is happening at the center!

# Join us for Lunch!

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 \$3.00 donation per meal is requested for anyone 60 years and older living in Genesee County and anyone under 60 years of age or living outside Genesee County is a \$6.00 charge.**

**Provided by Genesee County Community Action  
Resource Department (GCCARD)**

### **Special Lunches/Lunch Updates!**

GCCARD has recently started offering specialty lunches scheduled twice a month at our Senior Center. Each month we will have a special advertisement for the chosen days of the month. An RSVP date will also be noted. To join us, you just need to call the center by the RSVP date in question! Lunch cost is the same guidelines as for regular lunches stated above. Check for this star icon on the lunch calendar to pick out those days!



Also, you may have noticed an “HM” next to some of the lunches offered on the menu. On Tuesdays and Thursdays of each week (unless otherwise noted) there will be a Homemade “HM” meal offered at our center provided by GCCARD. Meals are still being offered five days a week. Join us!

### **DECEMBER SPECIAL LUNCH SCHEDULE**

**December 11th:** Turkey Pot Roast, Carrots, Onions, Celery and Peppers, Corn Muffin Top, Cherry Fruit Crisp & Grape Juice

**RSVP by Tuesday, December 3rd @ 635-4122**

**December 20th:** Sliced Turkey Sandwich on Ciabatta Roll w/ Cranberry Relish, Veggie Pasta Salad, Celery Sticks w/ dip & Grape Juice

**RSVP by Thursday, December 10th @ 635-4122**



## Upcoming Events/Information

### Basic Line Dancing Suspended During Winter Months

Thursday night Basic Line Dancing with Pat will be suspended during the winter months.

We will see you back in the spring!



### Dominoes Time Change

Join the Dominoes group during their new time at 3:30pm on Tuesdays at the Swartz Creek Senior Center!



### 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.

## SWG Volunteers Wanted

Senior Winter Games of Genesee County is in need of seniors who are willing to volunteer to assist at event sites. If you are interested in volunteering, please contact Misty Moen at the Grand Blanc Senior Center, (810) 695-3202.



# Senior Winter Games of Genesee County 2020

*Senior Winter Games of Genesee County announces major Sponsors for 2020:*

*Martha Markley Charitable Trust Administered by Huntington Bank*

*UAW Region 1-D*

*Valley Area Agency on Aging*

*HAP*

*Genesee County Senior Millage*

### Registration

November 4th, 2019 — January 16th, 2020

### Games

February 3rd, 2019 — March 3rd, 2020

### Opening Ceremony

February 3rd, 2020 1:00 pm  
Davison Senior Center  
10135 Lapeer Rd., Davison

### Closing Ceremony Banquet

Tuesday, March 3rd, 2020  
Doors open at 10:00 a.m.  
Program begins at 11:00 a.m.  
Davison Knights of Columbus Hall  
8428 Davison Rd., Davison

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.



## Travel/Information

### Creating Confident Caregivers

**Thursdays:** January 9<sup>th</sup> – February 13<sup>th</sup> 2020 @ 1:30 pm – 3:30 pm. Meeting two hours each week for 6 weeks.

**Location:** Swartz Creek Senior Center

**Cost: FREE (To register for this class contact: *Swartz Creek Senior Center 810-635-4122*)**

Creating Confident Caregivers utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia at home. Sessions are lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills.

Care for your family member with memory loss can be provided free of charge so you may attend the class sessions. **Call Jennifer Joyner at 810-239-7671 Ext 281.**

### **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.

### **Swartz Creek Area Senior Citizens, Inc. Funding Sources**

- ♦ Genesee County Senior Millage
- ♦ Community Development monies from the City of Swartz Creek, The Village of Gaines, & Gaines Twp.
- ♦ Senior fundraising
- ♦ Donations from individuals and community groups.

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- ♦ 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.

**STAY TUNED TO  
FIND OUT WHAT  
OUR 2020  
EXCITING  
TRIPS WILL BE!**



### **Brr . . . . It's Coming.**

Before venturing out in bad weather, be sure to call the center at (810)-635-4122 or tune in to the TV Station — ABC Channel 12. You can also check our Facebook page and website for updates concerning the center!

**Please note: The Swartz Creek Area Senior Center's decision to close during inclement weather is independent of the school district or other senior centers.**

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Est. 1985

## Brian Huyck

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15-0694

# 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 — 4:00 pm

**Office:** (810) 635-4122

**Fax:** (810) 635-9405

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

**Facebook:** Swartz Creek Area Senior Center

## STAFF

Barbara McCallum, Director

Bailey Zaporski, Asst. Director

Marianne Campbell, Staff  
Asst.

Greg Boshaw, Van Driver

## BOARD OF TRUSTEES

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