

# SWARTZ CREEK AREA SENIOR CENTER

SEPTEMBER  
2019 NEWS

| VOLUME 19, ISSUE 9



**October 1st, 2019**

**5:30pm— 8:00pm**

**Cost: \$10 per person**

**Advance payment by September 24, 2019**

**Join us for a delicious homemade German Dinner,  
Music & Dancing!**

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

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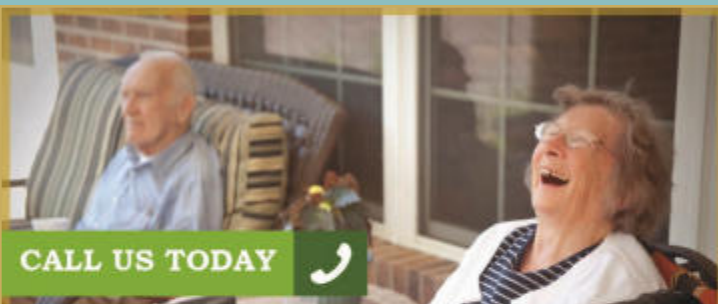
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# Annual Health Fair

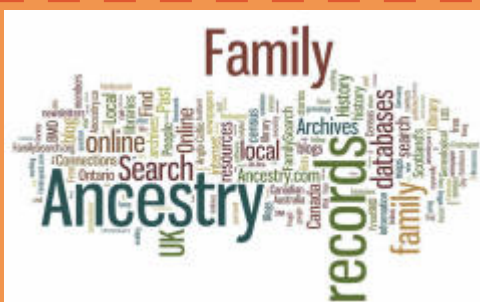
**WHERE:** Swartz Creek Senior Center  
**DATE:** Thursday, October 17th, 2019  
**TIME:** 9:00 a.m. — Noon  
**FREE ADMISSION**  
**PUBLIC WELCOME!**

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.



## Family Memories

**When:** Friday, September 27, 2019

**Time:** 10:00am

**Where:** Swartz Creek Area Senior Center

## Upcoming Events

# Support Group for Caregivers

### Caring for Loved Ones with Memory Loss

**Wednesday, September 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.



## Watercolor Painting Class

**When: September 5th, 12th, 2019**

**(Free for month of September) (10 people max)**

**Time: 1:00 p.m.—3:00 p.m.**

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.

**Advanced sign up is required.**



## Still Life Pencil Drawing

**Thursday, September 19th, 26th 2019**

**Cost (2 Sessions): Free for month of September (10 people max)**

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 kneaded or white 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:** Wednesday September 19th, 2019 at 11:00am

**Where:** Swartz Creek Senior Center



## Hearing Screenings

**Wednesday September 25th, 2019**

**Provided by Hearing Solutions**

**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.



## 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: September 13th, 27th 2019**

**Time: 6:00 p.m.—8:30 p.m.**

**Cost: \$5.00**

**Must be 50 or older.**

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



## Upcoming Events

### Creating Confident Caregivers

#### Program Details

**Dates: Fridays:**

**September 6th-27th and October 4th-11th**

**Time: 1:00PM – 3:00PM**

Meetings are once a week, for six weeks.

**Location:** Swartz Creek Senior Center  
8095 Civic Dr. Swartz Creek

**Contact:** Swartz Creek Senior Center  
810-635-4122.

**NO COST!**

### 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

\*There will be no arthritis exercise class on September 27th, 2019.

\*October 1st: No yoga pm or yoga with props.



### Diabetes Path

**You are invited to participate  
in a free 6-week workshop at no cost!**

Learn to manage your ongoing health condition, so you can improve your health and feel better!

**Where: Swartz Creek Senior Center  
Fridays at 1:30pm - 4:00pm**

**October 18, 25, November 1, 8,  
15, 22**

**To register call:  
Swartz Creek Senior Center  
(810) 635-4122.**



### Thank You from Bailey & Nathan

Thank you all so much for your kind words and generosity over the last few months and especially at the shower you held for Bailey at the center. We are truly blessed and are looking forward to our upcoming marriage. Please continue to pray for us as we pray for you.

Best, Bailey and Nathan

### 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.




**The Center has donated incontinence supplies, which are given out free of charge. Sizes and quantity are limited. Call the center for availability.**

### 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.

Programs and/or services are fully or partially funded by Genesee County Millage Funds. Your tax dollars at work.

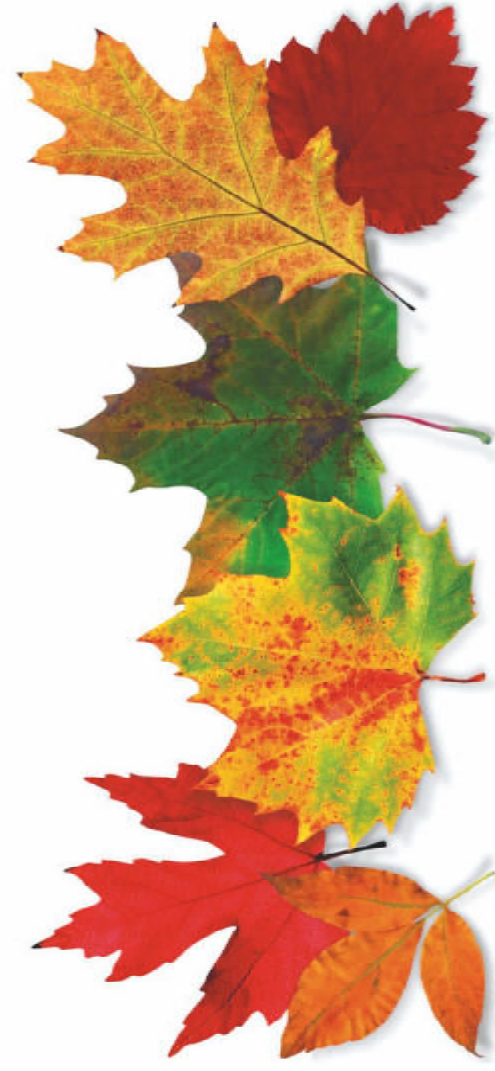
# SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>3</b> 8:45 Yoga 10:00 Beginners Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch— Ham-Turkey & Cheese Sandwich 12:30 Mah-Jongg 1:00 Wood Carving 2:30 Yoga w/ Props 3:45 Yoga 6:30 5-Handed Euchre 6:00 Dominoes 6:30 Cribbage	<b>4</b> <b>Veteran Appointments</b> 9:30 Zumba <b>10:00 Alzheimer Support Group</b> Noon Lunch— Chicken & Dumplings 2:30 Sassy Exercise 3:45 Introduction to Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback	<b>5</b> 8:45 Yoga <b>9:30 Detroit Princess River-boat Trip Departs</b> 10:00 Intermediate Tai Chi 11:00 Toning Exercise Noon Lunch— Turkey w/ Gravy 12:30 Pinochle <b>1:00 Watercolor Class</b> 2:30 Yoga with Props 3:45 Yoga 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre	<b>6</b> 11:00 Arthritis Exercise Noon Lunch— HM Beef & Bean Burrito <b>1:00 Creating Confident Caregivers</b> <b>CENTER CLOSSES 4:00PM</b> <b>NO EVENING ACTIVITIES</b>
	<b>9</b> 8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch— Turkey Tetrazzini 12:30 Pinochle 1:00 Crochet 2:30 Sassy Exercise 4:00 Beg. Ballroom Dance 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance	<b>11</b> 9:30 Zumba <b>10:00 Board Meeting</b> Noon Lunch— Pork Loin w/ Gravy 2:30 Sassy Exercise 3:45 Introduction to Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback	<b>12</b> 8:45 Yoga 10:00 Intermediate Tai Chi 11:00 Toning Exercise Noon Lunch— Peppered Beef Steak w/ Gravy 12:30 Pinochle <b>1:00 Watercolor Class</b> 2:30 Yoga with Props 3:45 Yoga 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre	<b>13</b> 11:00 Arthritis Exercise Noon Lunch— Chicken Marsala <b>1:00 Creating Confident Caregivers</b> <b>CENTER CLOSSES 4:00PM - 5:45 PM</b> <b>6:00 Dance</b>



<b>16</b> 8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch— Pub Burger w/ Cheese 12:30 Pinochle 1:00 Crochet <b>1:30 Advance Directive Seminar</b> 2:30 Sassy Exercise 4:00 Beg. Ballroom Dance 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance	<b>17</b> 8:45 Yoga 10:00 Beginners Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch— Sweet & Sour Chicken 12:30 Mah-Jongg 1:00 Wood Carving 2:30 Yoga w/ Props 3:45 Yoga 6:30 5-Handed Euchre 6:00 Dominoes	<b>18</b> <b>Legal Services by Appointment</b> 9:30 Zumba <b>11:00 Grief Support Group</b> 12:00 Lunch - HM White Chili 2:30 Sassy Exercise 3:45 Introduction to Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback	<b>19</b> 8:45 Yoga 10:00 Intermediate Tai Chi 11:00 Toning Exercise Noon Lunch – Chicken Breast 12:30 Pinochle <b>1:00 Pencil Drawing</b> 2:30 Yoga with Props 3:45 Yoga 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre	<b>20</b> 11:00 Arthritis Exercise Noon Lunch— Grilled Fish <b>1:00 Creating Confident Caregivers</b>  <b>CENTER CLOS</b> <b>4:00PM</b> <b>NO EVENING ACTIVITIES</b>
<b>23</b> 8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch— Chicken Cesar Salad 12:30 Pinochle 1:00 Crochet 2:30 Sassy Exercise 4:00 Beg. Ballroom Dance 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance	<b>24</b> 8:45 Yoga 10:00 Beginners Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch— HM Salisbury Steak w/ Gravy 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 6:00 Dominoes	<b>25</b> <b>Hearing Appointments</b> 9:30 Zumba Noon Lunch— Smoked Pork Sandwich 2:30 Sassy Exercise 3:45 Introduction to Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback	<b>26</b> 8:45 Yoga 10:00 Intermediate Tai Chi 11:00 Toning Exercise Noon Lunch – Meatball Sub 12:30 Pinochle <b>1:00 Pencil Drawing</b> 2:30 Yoga with Props 3:45 Yoga 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre	<b>27</b> <b>10:00 Family Memories</b> <b>Arthritis Exercise</b> <b>Canceled</b> Noon Lunch— Artisan Mac & Cheese <b>1:00 Creating Confident Caregivers</b>  <b>CENTER CLOS</b> <b>4:00PM - 5:45 PM</b>  6:00 Dance

<b>30</b> 8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch— HM Corn Chowder 12:30 Pinochle 1:00 Crochet 2:30 Sassy Exercise 4:00 Beg. Ballroom Dance 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance
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## Euchre Tournaments Starting Back Up In September!

Time: Doors open at 6:00 p.m.  
Cost: \$5.00 per person

**Call the center for the  
September tournament date!!**



## Travel Opportunities

### Like What You See? Want to Learn More About These Awesome Trips?

Come on up to the Swartz Creek Area Senior Center to check out the informational flyers we have for each of these trips. Grab some to share with your friends and family to let them in on all the fun! Come and adventure with us!

#### Little River Casino Overnight with Soaring Eagle Casino

October 14th & 15th,  
2019

**Cost: \$119 PP Double  
\$179 PP Single**

**Deadline: September 9th,  
2019**

Trip Includes:

- Round Trip Motor Coach Transportation to Manistee, MI
- Overnight Lodging at Little River Casino & Resort\*
- \*Get back \$20 in gaming credit + \$10 food
- 4 Hour Stop at Soaring Eagle Casino\*
- \*Get back \$20 in gaming credit + \$5 food

**Don't Miss Out!!**

#### Cell Block 7 with Sandhill Crane Vineyards

Tuesday October 8th, 2019

**Cost: \$72**

**Deadline: September 17th, 2019**



Located on active prison grounds, Cell Block 7 offers visitors a unique museum experience. You won't have to imagine prison life; you'll feel it as you inhabit cells and walk the corridors at Cell Block 7. You will learn about Jackson's prison history and see what it's like to spend some time on the inside. Then it's lunch at the quaint Sandhill Crane Vineyards. You'll have time to enjoy their delicious Three-Cheese Baked Macaroni & Cheese and wine tasting. Sandhill Crane Vineyards will then send you home with a logo glass to commemorate your trip!

#### Detroit Institute of Arts

Tuesday, November 5th, 2019

**Cost: \$57**

**Deadline: October 4th, 2019**



The DIA's collection is among the top six in the United States, comprising a multicultural and multinational survey of human creativity from prehistory through the 21st century. The foundation was laid by William Valentiner, a scholar and art historian from Berlin, who was director from 1924 to 1945. Among the notable acquisitions during his tenure are Mexican artist Diego Rivera's Detroit Industry fresco cycle, which Rivera considered his most successful work, and Vincent van Gogh's Self Portrait, the first Van Gogh painting to enter a U.S. museum collections.

#### Firekeepers Casino & Christmas Lights

Wednesday, December 4, 2019

**Cost: \$55**

**Deadline: November 18, 2019**

Trip Includes:

- Round Trip Motor Coach Transportation to Battle Creek, MI
- 4 Hours of Gaming at Firekeepers Casino
- Get back \$20 on player's club card & \$5 in Food





## Travel/Donation Information/Upcoming Events

### 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. **We ask that you be considerate of other trip guests by not wearing perfume or colognes. Thank you.**

#### **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.

### 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.

Supplies were received in **August** by:

**Rene Gagnon, Bill & Ann Gray, Roy and Jeanne Beville, Jane Perrault, Peggy Urick, William Fitzpatrick, Karen Whitacre and Don & Jane Harwod**

Thank you for your generous donations to our Senior Center!

### Pancake Breakfast

**Where: Swartz Creek Area Senior Center**

**Saturday, October 26th, 2019**

**8:00 a.m. — 10:00 a.m.**

**\$5.00 Donation per Person**

Bring your family and friends to join us as our volunteers cook up pancakes, sausage, and scrambled eggs. Orange juice and coffee will also be served. Take out is available!



### HAP Seminar

**What:** Educational Presentations on Medicare

**Where:** Swartz Creek Area Senior Center

**When:** October 23rd, 2019

**Time:** 1:30pm - 3:30pm

**RSVP for one of the dates by calling HAP**

**@ 1-800-868-3153**

(Presented by HAP)

### In Memoriam: Betty Shaw

The Swartz Creek Senior Center remembers Betty Shaw for her dedicated service as a AARP tax volunteer for the last 20 years and for being a wonderful part of our community. She was a dedicated, caring and generous person who was greatly loved by those who knew her. She recently passed after a courageous battle with cancer and we will miss her greatly.

### Advance Care Planning Seminar (w/ Hurley Medical Center)

**Planning in advance for future healthcare choices!**

- What if you become seriously ill?
- What if you could not speak for yourself?
- Do you know who would be making decisions regarding your health?

Please join us for a **FREE** presentation on Advance Care Planning!

**When:** September 16th, 2019 @ 1:30PM

**Where:** Swartz Creek Area Senior Center

**Light refreshments provided!**

### Book Club

**When:** September 24, 2019 @4pm

**Where:** Swartz Creek Area Senior Center

**Book:** Underground Railroad

**Author:** Colson Whitehead



# 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.



# 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.

### **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.

## Swartz Creek Veterans Wall of Honor Project

Swartz Creek Community Schools I partnering with the Genesee County Department of Veterans Services, VFW, American Legion, AMVETS, and other local organizations to create a Wall of Honor at the Cage Community Center to honor all Swartz Creek community veterans and community members presently serving in the United States Military.

### **Mission**

To Recognize, honor and support the past present veteran population in our Swartz Creek Community for their courageous service.

### **To Apply**

Applications may be obtained at:  
Swartz Creek Senior Center  
Swartz Creek Cage Community Center  
Swartz Creek VFW or AMVETS  
Swartz Creek American Legion Post

# Join us for Lunch!

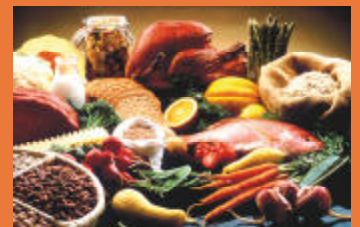
Provided by Genesee County Community Action  
Resource Department (GCCARD)

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 \$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.**



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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 Wright, Asst. Director

Marianne Campbell, Staff Asst.

Greg Boshaw, Van Driver

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