

# SWARTZ CREEK AREA SENIOR CENTER

**JANUARY  
2020 NEWS**

**VOLUME 20, ISSUE 1**



## **CARDIO WITH HEATHER**

**Tuesdays, 12:30-1:30pm, \$2.00 a class**

**Join us Tuesday, January 7<sup>th</sup> at 12:30 pm for a new and fun cardio class. This hour long class incorporates kick boxing, dancing, balance, strength and stretching. All fitness levels are welcome!**



## **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.**

## **NEW ART CLASS: ARTFUL CODGERS**

Join our newest group at the Swartz Creek Area Senior Center, The Artful Codgers, as they embark on monthly creative adventures! The first class will be held on

**January 17<sup>th</sup>, 2020 from 1:30 pm - 3:30 pm**

Join Sandy Ezell & Anette Buza for an afternoon of fun and creativity as we go through various small and simple projects each month. **All materials provided!** Participants must RSVP in person at the Swartz Creek Senior Center by the Monday before classes are held.

Classes will be held the third Friday of the month unless otherwise noted. Projects, which will change month to month, will be completed and ready to take home at the end of class.

**Classes are \$15.00 dollars payable upon sign up at the center.**

**“STAY ACTIVE & INFORMED AT THE SENIOR CENTER”**

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



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15-0694

## Upcoming Events/Information

### Hearing Screenings

January 29th, 2020

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.

#### Book Club

**When:** January 28th, 2020 @ 4:00pm

**Where:** Swartz Creek Area Senior Center

**Book:** The Secret Orphan

**Author:** Glynis Peters

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

**New participants are always welcome!**

### Support Group for Caregivers

Caring for Loved Ones with Memory Loss

Wednesday, January 8th 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.

#### 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.

### Watercolor Painting Class

Thursday, January 9th and 16th

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.

**Advanced sign up is required.**



### Yoga Workshop

**When:** Saturday, January 25<sup>th</sup> from Noon – 2:00pm.

**Cost:** \$5.00 per person.

**RSVP by January 20th!**

**The max amount of spots available is 12!**

This class is a back to basics workshop taught by instructor Katrina Smeets. Brush up on skills and get more comfortable with poses!

### Euchre Tournament

**Time:** Doors open at 6:00 p.m.

Start Playing at 6:30 p.m.

**Cost:** \$5.00 per person

**When:** January 11th, 2020

Refreshments: \$1 Can of Pop; \$1 Slice of Pizza



### 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, January 15th at 11:00am

**Where:** Swartz Creek Senior Center

### Friday Night Dances

**Dates:** January 3rd, 17th & 31st, February 14th & 28th

**Time:** 6:00 p.m.—8:30 p.m.

**Cost:** \$5.00 per person

The Senior Center is hosting bi-monthly dances on Friday nights. No need to sign up, just pay at the door. Pizza pop and water will be available during the dance.

**MUST BE 50 OR OLDER.**

## Travel Information

### Taste of Michigan's Sunrise Side

Thursday, March 19th, 2020  
9:00 AM Departure / 7:00 PM Return  
Cost: \$78

**Trip Includes:** -Round Trip Motor Coach - Sample and Shop @ Williams Cheese Factory (Home of Pinconning Cheese!) - Lunch on own @ H and H Bakery - Wine Tasting @ Modern Craft Winery - Sample and Shop at Sherni's Homemade Candies and Chocolates - \$5 Gift Certificate @ Northwoods Wholesale Outlet - A Bountiful Buffet @ Krzysiak's House Restaurant.

Deadline: 02-26-2020

### Firekeepers Casino Senior Day Bus Trip

Tuesday, March 24th, 2020  
8:30 AM Depart | 3:30 PM Return Swartz Creek Senior Center  
Cost: \$45

**Trip Includes:** - Round trip motor coach transportation to Battle Creek, MI - 4 hours of gaming at Firekeepers Casino - Tuesday Senior Day Specials (Gaming Bonuses, Food Discounts, and Drawings) - Each person to get back \$20 in gaming and \$5 in food from the casino.

Deadline: 03-10-2020

### Holland Tulip Festival 2020

Thursday, May 7th, 2020  
9:00 AM Depart | 7:00 PM Return - Swartz Creek Senior Center  
Cost: \$95

**Trip Includes:** - Round trip motor coach transportation to Holland, MI - Admission and Free Time at Windmill Island Gardens - Admission and Free Time at Nelis' Dutch Village - \$12 Food Voucher for Lunch at The Hungry Dutchman (Dutch Village)

Deadline: 03-24-2020

### Pioneer Wine Trail

Thursday, April 2nd, 2020  
10:30 AM Depart | 6:00 PM Return Swartz Creek Senior Center  
Cost: \$83

Deadline: 03-11-2020

**Trip Includes:** - Round trip motor coach transportation to the Jackson area - Lunch at Sandhill Crane Vineyards - Wine Tasting at Sandhill Crane Vineyards - Wine Tasting at Lone Oak Vineyard Estates - Wine Tasting at Cherry Creek Cellars.

### North American International Auto Show

Thursday, June 18th, 2020  
8:00 AM Depart | 4:00 PM Return Swartz Creek Senior Center  
Cost \$53

Deadline 05-27-2020

**Trip Includes:** - Round trip motor coach transportation to Detroit, MI - Admission to the Auto Show.

While remaining at its traditional home at the Cobo Center, the show will include an additional 1 million square feet into Hart Plaza. The move to the summer season also means a host of new attractions like outdoor entertainment and exclusive ride-and-drive opportunities at the 2020 show.

### Discover Saugatuck: The Art Coast of Michigan

Wednesday, June 24th, 2020  
Trip Itinerary: 8:30 AM Depart | 6:15 PM Return - Swartz Creek Senior Center  
Cost: \$99

Deadline: 06-01-2020

**Trip Includes:** - Round trip motor coach transportation to Saugatuck, MI - Lunch at Coral Gables Restaurant in Saugatuck - Take a trip on the Saugatuck Dune Rides - Free Time in Downtown Saugatuck

We'll start the day off at Coral Gables Restaurant. You will choose between two different entrees (Chicken Marsala or Potato Crusted Cod). You won't leave this place hungry! After we have lunch it's off to take a ride on the Saugatuck Dune Rides. Learn of the lost town of Singapore or check out the local vegetation and wildlife. Once we're done at Saugatuck Dune rides, we'll be heading back to Downtown Saugatuck for some shopping and sightseeing along the boardwalk.

### GREEKTOWN CASINO BUS TRIP

Wednesday, May 27th, 2020  
\$43.00 Per Person

**Trip Includes:** - Round trip motor coach transportation to Detroit, MI - 5 hours of gaming at Greektown Casino - Each person to get back \$15 in gaming and \$5 in food from the casino. Trip Itinerary: 8:30 AM - Depart from Swartz Creek Senior Center 10:30 AM to 3:30 PM - Greektown Casino 5:30 PM - Return to Swartz Creek Senior Center | **Registration Deadline: 05-10-20**



## Travel Information

### River Crab Sunset Dinner Cruise

Tuesday, July 21st, 2020

Cost: \$104

**Deadline: 06-10-2020**

\$104.00 Per Person

Trip Includes: - Round trip motor coach transportation to Port Huron, MI - Cruise on the Huron Lady II to the River Crab Restaurant - 3 Course Dinner at the River Crab Restaurant - Sunset Cruise back to Port Huron

Trip Itinerary: 4:00 PM Depart | 11:00 PM Return – Swartz Creek Senior Center 5:30 PM to 9:30 PM – Huron Lady II Dock

### The Purple Rose Theatre: A Walk Around the Table

Wednesday, July 29th, 2020

Cost: \$99

A romantic comedy about the trials and triumphs of finding true love. Alternating between the past and present, Nonna recounts to her panic-stricken, bride-to-be granddaughter, her own precarious days of courtship. Through humor, mystery, scheming, and pain, we see that while life was different in the old days, when it comes to love, some things will never change.

Trip Includes: - Round trip motor coach transportation to Chelsea, MI - Lunch at The Common Grill - Some Free time to shop Downtown between Lunch and the Show - Ticket to see "A Walk Around the Table" at The Purple Rose

Theatre Itinerary: 10:45 AM Depart | 6:15 PM Return – Swartz Creek Senior Center

**Deadline: 06-23-2020**

### DETROIT THEN AND NOW TOUR

Thursday, August 13th, 2020

Cost: \$83.00

Trip Includes: - Round trip motor coach transportation to Detroit, MI - Lunch at Sindbad's Detroit - 3 Hour Then and Now Detroit Narrated Guided Tour  
Itinerary: 8:00 AM Depart | 4:30 PM Return – Swartz Creek Senior Center

**Deadline: 07-20-2020**

Each Person Select (1) Entree: Broiled Pork Chop, Chicken Parmesan, Icelandic Cod, ½ Cheeseburger, or Chicken Caesar Salad.

Up-and coming restaurants, a do-it-yourself attitude, new hotels and arenas, scenic and social parks, public transit, and a walkable international riverfront are redefining downtown Detroit. Architecture from Albert Kahn and Isamu Noguchi stand surrounded by vibrant districts and outdoor activities. See the city's Greektown, Eastern Market, The District Detroit, Corktown, Midtown and New Center neighborhoods booming with activity. Visit Historic neighborhoods such as Brush Park and Milwaukee Junction, Birth place of the Model "T" and learn about Detroit's colorful automotive history. There is an excitement moving through the city and this is your opportunity to reminisce or see it all for the first time with a fully narrated professionally guided tour.

### FIREKEEPERS CASINO SENIOR DAY BUS TRIP

Tuesday, August 25th, 2020

Cost: \$45.00

Trip Includes: - Round trip motor coach transportation to Battle Creek, MI - 4 hours of gaming at Firekeepers Casino - Tuesday Senior Day Specials (Gaming Bonuses, Food Discounts, and Drawings) - Each person to get back \$20 in gaming and \$5 in food from the casino  
Itinerary: 8:30 AM – Depart from Swartz Creek Senior Center 3:30 PM – Return to Swartz Creek Senior Center.

**Deadline: 08-09-20**

### Detroit Princess River Boat Luncheon Cruise

Thursday, September 3rd, 2020

Cost: \$82.00

Trip Includes: - Round trip motor coach transportation to Detroit, MI - Cruise on the Detroit Princess River Boat - Bountiful Buffet on board the boat - Musical Entertainment all while you Cruise down the River.  
Trip Itinerary: 9:30 AM Depart | 4:30 PM Return – Swartz Creek Senior Center

**Deadline: 07-30-20**

Riverboat cruises are generally 2-3 hours long, journeying from Hart Plaza past the Ambassador Bridge, just past to Belle Isle, and back to the dock. The lunch menu features a bountiful buffet including Tender Beef Tips in Gravy, Chicken Piccata, Vegetarian Lasagna, Cheese Tortellini in Pesto Crème Sauce, Mashed Potatoes with Gravy, Mixed Vegetables, assorted chilled salads, rolls, dessert, coffee and iced tea.

### Dow Gardens & The Longest Canopy Walk

Wednesday, September 16th, 2020

Cost: \$74.00

Trip Includes: - Round trip motor coach transportation to Midland, MI - Admission and Self Guided Tour of Dow Gardens - Admission and Self Guided Tour of Whiting Forest – Longest Canopy Walk - Lunch at Grand Traverse Pie Company.

Trip Itinerary: 9:15 AM Depart | 5:45 PM Return – Swartz Creek Senior Center

**Deadline: 8-24-2020**

Menu Selections: Please make upon Sign-up! Entree: Beef Pot Pie or Chicken Pot Pie (Select One) Salad Dressing: Ranch – Italian – Raspberry Vinaigrette (Select One) Dessert: Apple Pie – Blueberry Pie – Cherry Pie (Select One) Discover acres of identified trees, shrubs, herbaceous perennials, and flowers. Dow Gardens was established in 1899 by Herbert H. Dow for the enjoyment of his family, friends, and associates. Since then, the gardens have delighted hundreds of thousands of visitors from all over the world. The Dow Gardens is owned and operated by The Herbert H. and Grace A. Dow Foundation. Stretching just over a quarter of a mile long throughout Whiting Forest, the canopy walk splits off in three directions, each offering a different overlook experience and scenery. The canopy walk is the longest in the country.

## Travel Information

### Michigan Princess River Boat Luncheon Fall Color Cruise & Uncle John's Cider Mill

Thursday, October 8th, 2020

**Cost: \$85.00**

Trip Includes: - Round trip motor coach transportation to Lansing, MI - Stop at Uncle John's (Includes: Cider and Donut) - Enjoy a Luncheon Fall Color Cruise on the Michigan Princess Riverboat

Trip Itinerary: 10:00 AM Depart | 4:30 PM Return – Swartz Creek Senior Center

Sign-up no later than 09-01-20

If you enjoy the tranquil simplicity of a beautiful and relaxing afternoon as you dine with your friends, this is the cruise for you! Passengers will be invited to their plentiful buffet of roasted turkey, vegetarian lasagna, mashed potatoes and gravy, sweet potato casserole, stuffing, hot vegetables, chilled salads, rolls, dessert, coffee and iced tea. After lunch, wander up to see Captain Chris in the wheelhouse and enjoy the surrounding scenery. Uncle John's Cider Mill: Back in the early 1900's, the Cider Mill was used as a Cattle Barn where they raised cattle, sheep and even draft horses. Today, they have gently converted it to a Cider Press, Donut Shop and sitting area. However, the charm still remains. Year after year, Uncle John's continues to win awards for both their fresh cider, as well as their fermented Hard Apple Cider.

**Deadline: 09-01-20**

### IRISH HILLS FALL COLOR BUS TOUR

Wednesday, October 21st, 2020

**\$80.00**

Trip Includes: - Round Trip Motor Coach Transportation to the Irish Hills Admission and Guided Fall Color Tour of Hidden Lake Gardens Description: Video about the Gardens, Conservatory Tour, Walk around the Lake (1 mile paved walk – recommended but not required), Free time to see the Harper Collection of Dwarf & Rare Conifers and Hostas, a visit to the gift shop. - Enjoy a delicious lunch at Evans Street Station Entree selections made upon sign-up. Includes dessert, non-alcoholic beverage service, tax and gratuity. - Free time to explore and shop in Downtown Tecumseh

Trip Itinerary: 8:30 AM Depart | 5:00 PM Return – Swartz Creek Senior Center

**Deadline: 09-30-20**

### Saganing Eagles Landing Casino

Wednesday, November 4th, 2020

**\$37.00**

Trip Includes: • Round Trip Motor Coach Transportation to Standish, MI • 4 Hours of Gaming at Saganing Eagles Landing • Each Person will get back \$10 in Gaming and a \$5 Food Coupon for the Cafe

Trip Itinerary: 8:30 AM Depart | 3:30 PM Return – Swartz Creek Senior Center

**Deadline: 10-18-20**

### Parade Company Studio & Ford Piquette Ave Plant Tour

Wednesday, November 18th, 2020

**Only \$88.00**

Trip Includes: - Round trip motor coach transportation to Detroit, MI - Lunch at Sindbad's Restaurant (Make Menu Selections) - Guided Tour of the Parade Company Studio - Guided Tour of Ford Piquette Ave Plant

Trip Itinerary: 8:00 AM Depart | 5:00 PM Return – Swartz Creek Senior Center

**Deadline: 10-15-20**

Each Person Select (1) Entree: Broiled Pork Chop, Chicken Parmesan, Icelandic Cod, ½ Cheeseburger, or Chicken Caesar Salad - Discover Detroit's most enchanting hidden treasure! Venture into our magical Parade Land and experience a behind the scenes look at America's Thanksgiving Parade. Learn more about the Parade's fascinating history, explore the 200,000 square-foot story land of floats and see how their award-winning artisans bring them to life. Take a journey through their unique creative kingdom, marvel at the world's largest collection of papier-mâché heads and stop by their costume shop, where over 3,000 costumes make a colorful array of characters come to life. Ford Piquette Ave Plant Tour: Experience the Original Model T Factory Visiting the Piquette Avenue Ford Plant is a unique experience-it's the oldest auto plant open to the public anywhere in the world. Almost unchanged since Henry Ford's day, the plant is a three-story New England style mill building. Each floor is divided into sections by the original metal fire doors, complete with the shadows of Henry Ford's "Positively NO Smoking" stencils. The old plank floors are worn from the 12,000 Model Ts built on them, so wear appropriate shoes for your visit. The plant is on the National Register of Historic Places, and is a designated National Historic Landmark and a Michigan State Historic Site. Walk the worn wood floors and touch the brick walls where Henry Ford and his team of automotive pioneers developed the car that led to an automotive and social revolution. See Henry Ford's office as it was in 1908 when he was on the cusp of fame and learn why it still matters today. See a selection of rare Detroit-built cars from the first decade of the 20th century and learn their fates.

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

# JANUARY

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## REAL ID ACT

**Swartz Creek Senior Center**  
**Thursday, February 6, 2020**  
**10:00am – 10:30am**

### You will learn:

*Is the Michigan REAL ID-compliant driver's license or ID card right for you?*  
*How to renew your license or State ID card*  
*Veterans Designation on Licenses and ID cards.*



Valley Area  
Agency On Aging

**1**

**CENTER CLOSED**  
**HAPPY**  
**NEW YEAR!!**



**2**

8:45 Yoga  
 10:00 Intermediate Tai Chi  
 11:00 Toning Exercise  
 Noon Lunch — Beef Sirloin  
 Tip w/ Gravy  
 12:30 Pinochle  
 2:30 Yoga with Props  
 3:45 Yoga  
 6:30 Pinochle  
 6:30 Euchre

**3**

11:00 Arthritis Exercise  
 Noon Lunch— Chicken  
 Caesar Salad  
**CENTER CLOSSES**  
**4:00PM - 5:45 PM**  
 6:00 Dance

**7**

8:45 Yoga  
 10:00 Beginners Tai Chi  
 10:00 Knitting  
 11:00 Toning  
 Noon Lunch— M Chicken  
 Parmesan  
 12:30 Mah-Jongg  
 1:00 Wood Carving  
 2:30 Yoga w/ Props  
 3:30 Dominoes  
 3:45 Yoga  
 6:30 5-Handed Euchre

**6**

8:45 Beginner Yoga  
 10:00 Imp. Beg. Line Dancing  
 Noon Lunch — BBQ Pulled Pork  
 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

**8**

**Veterans Appointments**  
 9:30 Zumba  
**10:00 Board Meeting**  
**10:00 Alz. Support Group**  
 Noon Lunch— Marinated Turkey  
 Breast  
 12:30 Cardio with Heather  
 2:30 Sassy Exercise  
 3:45 Introduction to Tai Chi  
 5:00 Int. Line Dancing  
 6:00 Mah-Jongg  
 6:30 Setback

**9**

8:45 Yoga  
 10:00 Intermediate Tai Chi  
 11:00 Toning Exercise  
 Noon Lunch — HM Beef  
 Barley Soup  
 12:30 Pinochle  
**1:00 Watercolor Class**  
**1:30 Creating Confident**  
**Caregivers**  
 2:30 Yoga with Props  
 3:45 Yoga  
 6:30 Pinochle  
 6:30 Euchre

**10**

11:00 Arthritis Exercise  
 Noon Lunch— Antipasto  
 Salad  
**CENTER CLOSSES**  
**4:00PM**  
**NO EVENING ACTIVITIES**

<p><b>13</b></p> <p>8:45 Beginner Yoga  10:00 Imp. Beg. Line Dancing  Noon Lunch— Chicken Tenderloins in Sauce  12:30 Pinochle  1:00 Crochet  2:30 Sassy Exercise  4:00 Beg. Ballroom Dance  5:00 Int. Round Dancing  5:00 Hand, Knee &amp; Foot  6:30 Beg. Square Dance</p>	<p><b>14</b></p> <p>8:45 Yoga  10:00 Beginners Tai Chi  10:00 Knitting  11:00 Toning  Noon Lunch— HIM Stuffed Peppers  12:30 Mah-Jongg  1:00 Wood Carving  2:30 Yoga w/ Props  3:30 Dominoes  3:45 Yoga  6:30 5-Handed Euchre</p>	<p><b>15</b></p> <p><b>Lega Services Appointments</b>  9:30 Zumba  <b>11:00 Grief Support Group</b>  12:00 Lunch—Country Style  Chicken Breast  12:30 Cardio with Heather  2:30 Sassy Exercise  3:45 Introduction to Tai Chi  5:00 Int. Line Dancing  6:00 Mah-Jongg  6:30 Setback</p>	<p><b>16</b></p> <p>8:45 Yoga  10:00 Intermediate Tai Chi  11:00 Toning Exercise  Noon Lunch— HM Mac and Cheese  12:30 Pinochle  <b>1:00 Watercolor Class</b>  <b>1:30 Creating Confident</b>  <b>Caregivers</b>  2:30 Yoga with Props  3:45 Yoga  6:30 Pinochle  6:30 Euchre</p>	<p><b>17</b></p> <p>11:00 Arthritis Exercise  Noon Lunch—Alaskan Pollock Loins  <b>1:30 Artful Codgers</b>  <b>CENTER CLOSSES</b>  <b>4:00PM - 5:45 PM</b>    6:00 Dance</p>
<p><b>20</b></p> <p>8:45 Beginner Yoga  10:00 Imp. Beg. Line Dancing  <b>Lunch Canceled</b>  12:30 Pinochle  1:00 Crochet  2:30 Sassy Exercise  4:00 Beg. Ballroom Dance  5:00 Int. Round Dancing  5:00 Hand, Knee &amp; Foot  6:30 Beg. Square Dance</p>	<p><b>21</b></p> <p>8:45 Yoga  10:00 Beginners Tai Chi  10:00 Knitting  11:00 Toning  Noon Lunch— HM Chicken and Dumplings  12:30 Mah-Jongg  1:00 Wood Carving  2:30 Yoga w/ Props  3:30 Dominoes  3:45 Yoga  6:30 5-Handed Euchre</p>	<p><b>22</b></p> <p>9:30 Zumba  12:00 Lunch— Deluxe Chicken Alfredo   12:30 Cardio with Heather  2:30 Sassy Exercise  3:45 Introduction to Tai Chi  5:00 Int. Line Dancing  6:00 Mah-Jongg  6:30 Setback</p>	<p><b>23</b></p> <p>8:45 Yoga  10:00 Intermediate Tai Chi  11:00 Toning Exercise  Noon Lunch— HM Beef Potpie  12:30 Pinochle  <b>1:30 Creating Confident</b>  <b>Caregivers</b>  2:30 Yoga with Props  3:45 Yoga  6:30 Pinochle  6:30 Euchre</p>	<p><b>24</b></p> <p><b>10:00 Family Memories</b>  11:00 Arthritis Exercise  Noon Lunch— Cobb Salad    <b>CENTER CLOSSES</b>  <b>4:00PM</b>  <b>NO EVENING ACTIVITIES</b></p>
<p><b>27</b></p> <p>8:45 Beginner Yoga  10:00 Imp. Beg. Line Dancing  Noon Lunch— Chicken Teriyaki w/ Rice  12:30 Pinochle  1:00 Crochet  2:30 Sassy Exercise  4:00 Beg. Ballroom Dance  5:00 Int. Round Dancing  5:00 Hand, Knee &amp; Foot  6:30 Beg. Square Dance</p>	<p><b>28</b></p> <p>8:45 Yoga  10:00 Beginners Tai Chi  10:00 Knitting  11:00 Toning  Noon Lunch— HIM Beef Liver w/ Gravy  12:30 Mah-Jongg  1:00 Wood Carving  2:30 Yoga w/ Props  3:30 Dominoes  3:45 Yoga  <b>4:00 Book Club</b>  6:30 5-Handed Euchre</p>	<p><b>29</b></p> <p><b>Hearing Appointments</b>  9:30 Zumba  12:00 Lunch—Broccoli &amp; Cheddar Soup w/ Deluxe Ham &amp; Cheese Sub   12:30 Cardio with Heather  2:30 Sassy Exercise  3:45 Introduction to Tai Chi  5:00 Int. Line Dancing  6:00 Mah-Jongg  6:30 Setback</p>	<p><b>30</b></p> <p>8:45 Yoga  10:00 Intermediate Tai Chi  11:00 Toning Exercise  Noon Lunch— HM Salisbury Steak  12:30 Pinochle  <b>1:30 Creating Confident</b>  <b>Caregivers</b>  2:30 Yoga with Props  3:45 Yoga  6:30 Pinochle  6:30 Euchre</p>	<p><b>31</b></p> <p>11:00 Arthritis Exercise  Noon Lunch— Grilled Chicken Salad    <b>CENTER CLOSSES</b>  <b>4:00PM - 5:45 PM</b>    6:00 Dance</p>



# 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 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

# 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!



## **January SPECIAL LUNCH SCHEDULE**

### **Wednesday, January 22nd:**

**Deluxe Chicken Alfredo, Roasted Brussel Spouts, Tossed Salad, Bread Stick, Apple Crumb Cake & Fruit Punch**

**RSVP by Tuesday, January 14th @ 635-4122**

### **Wednesday, January 29th:**

**Broccoli & Cheddar Soup w/ Deluxe Ham & Cheese Sub, HM Tomato & Cucumber Salad, Apple Crumb Cake & Fruit Punch**

**RSVP by Tuesday, January 21st @ 635-4122**

# 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.

## **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.

## 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, and Decaf Coffee are always appreciated.

**Rene Gagnon  
Jane Perrault  
Pierre Lemieux**

Thank you for your generous donations to our Senior Center!

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

### 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.**

## Senior Winter Games of Genesee County 2020

### Registration

November 4, 2019 to January 16, 2020

### Games

February 3rd, 2020 to March 3rd, 2020

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.

### 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.

### 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.

### **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.



Beginning February 2020, 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 **Thursday, January 2nd, 2020, 9:00 a.m.**
- ◆ **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.

### Memorial Donations

**Donations were made in memory of Lee Burnham by:** Brad and Jackie Harnick, GF & MJ Regan, Brenda Wischmeyer, Bechie Burnham, Terry O' Brien, Diane Fuller & Rodney Welch, Alan Wischmeyer, Tom & Deb Hamilton and Jennifer Conklin.

**A donation was made in memory of Ron Beebe by:**  
Carole Beebe



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# 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

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Bailey Zaporski, Asst. Director

Marianne Campbell, Staff Asst.

Greg Boshaw, Van Driver

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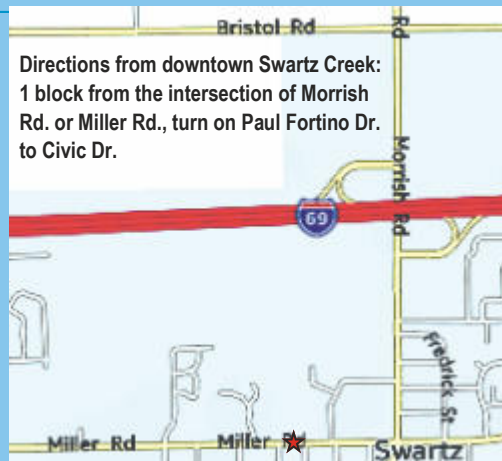
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