

# SWARTZ CREEK AREA SENIOR CENTER

MAY  
2021 NEWS

VOLUME 21, ISSUE 5



**“A hero is someone who has given his or her life to something bigger than oneself.” – Joseph Campbell**

*“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

## Information

**\*\*What is advertised in this newsletter is subject to change. Please call to check whether or not the event/service you wish to attend is still being held. Thank you for your patience as we navigate through these unprecedented times.\*\***

### SCASC Procedural Details

**Screening Station:** Participants will not be allowed in the building if they have been ill within a two week span. Any participant that exhibits any type of symptoms will be asked to leave and will not be allowed to return without clearance from their doctor. Before your scheduled activity, please stop at the front desk. There you will need to read the health checklist before you can continue your activity. A thermometer is on hand if you'd like your temperature taken.

**Masks:** Please be sure to be wearing your mask properly before entering building. **NO MASK, NO ENTRANCE, NO EXCEPTION!**

**My Senior Center Sign In:** Please use the My Senior Center Scanner and Touch Screen to sign in. After you are signed in it is recommended to use hand sanitizer.

**Restrooms:** Restrooms are one stall. There will be an 'X' outside of the door to signify you have to wait for a vacancy.

**Computer Room:** The computer room will remain closed until further notice.

**Coffee Counter:** The coffee counter is closed until further notice.

**Water Fountains:** Closed until further notice. Water bottles available to exercise participants upon request.

**Transportation:** The van is in operation, but limited to 1 person riding at a time. Riders must be healthy and have no symptoms to be eligible for transportation. The driver area is partitioned with clear plastic so the driver and passenger are not exposed to one another.

### Class Sign Up

**Yoga:** You can call the Friday the week before classes to sign up for ONE class the following week, Monday, Tuesday or Thursday.

**All Other Classes:** You must call to sign up for class the day before it occurs. You can call the day of to see if any openings are available.

**\*\*The center will only be hosting services/classes advertised in this newsletter. If you have any questions concerning these procedures or services/classes, please call the center between the hours of 9:00am and 4:00pm Monday-Friday at 810 635 4122.\*\***



## Upcoming Events/Information

# Hearing Screenings

Wednesday, May 26th, 2021

**PROVIDED BY: YOUR HEARING SOLUTION**

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

**Time: 1:00 p.m.—3:00 p.m.**

**Cost (2 Sessions): \$10**

**When: Thursday, May 6th and 13th**

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. Payment is required at the time of sign up.  
RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED!**

## STILL LIFE PENCIL DRAWING

**Cost (2 Sessions): \$10**

**When: Thursday, May 20th and 27th from  
1:00pm - 3:00pm**

**Where: Swartz Creek Senior Center**

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.

**Advanced sign up is required. Payment is required at the time of sign up.  
RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED!**

## BOOK CLUB

Tuesday, May 25th, from  
2:30pm—3:30pm

RSVP @: (810)-635-4122



**Book: It All Comes Back to You  
By: Beth Duke**

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!**

## Legal Services

**Provided by Legal Services of Eastern Michigan**

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

**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.

## BEGINNER FAMILY MEMORIES CLASS

Would you be interested in a **Beginner** Family Memories class? They will be held on the first Thursday of every month.

Call **810-635-4122** to RSVP!

**When: May 1st, 2021 from  
1:00pm - 2:00pm**

## CLASS CANCELATIONS

**Yoga: May 4th, 17th, and 18th**

**\*\*All classes cancelled on  
Thursday, May 20th, 2021 and May  
31st, 2021\*\***



## 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.

**Where: Swartz Creek Senior Center / When: Wednesday, May 19th, 2021 at 11:00am**

**\*\*Please call the day before to register for the support group.**

## Information/Upcoming Events

### **10 Warning Signs of Alzheimer's Seminar**

**New one-hour program explores common warning signs of Alzheimer's**

The Alzheimer's Association® developed the new *10 Warning Signs of Alzheimer's* education program to help people recognize common signs of the disease and know what to watch for in themselves and others.

The free one-hour program:

- Explores typical age-related changes. Describes common signs of Alzheimer's and dementia. Offers tips for how to approach someone about memory concerns. Explains the importance of early detection and benefits of diagnosis. Details possible tests and assessments for the diagnostic process. Identifies helpful Alzheimer's Association resources.

**WHEN AND WHERE?** The program will be held **via Zoom on June 29th, 2021 from 2:00pm - 3:00pm.**

Call/email the **24/7 Alzheimer's Association Helpline** at **1-800-272-3900** or **[helplinegmc@alz.org](mailto:helplinegmc@alz.org)** to learn more or sign up.

## **Coney Dog/Sloppy Joe Fundraiser**

**When: Thursday May 20th from 11:00am—2:00pm**

**Where: Swartz Creek Area Senior Center**

**Cost:**

**Pre-pay - \$7.00**

**Pay at Door - \$8.00**



A **To-Go** style version of your favorite luncheon!

You can pre-pay for your meal ahead of time for \$7.00. Or you can pay \$8.00 the day of the lunch at the door. Take it home or to a park if it is a nice sunny day to enjoy your meal!



### **Menu**

**Coney Dog or Sloppy Joe**  
**Chips/Pickle**  
**Water Bottle**  
**Dessert**



### **Board Meeting Notice**

The next board meeting will be Wednesday, May 12th, 2021. The public can join the board meeting via Zoom. Contact the center if you need the link!

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# MAY

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

|   |   |   |  |  |
|---|---|---|--|--|
| <p><b>3</b></p> <p>8:45 Beginner Yoga<br/>10:00 Imp. Beginning Line Dancing<br/>11:30 Sassy Exercise<br/>Noon Lunch - HM Chicken &amp; Penne Alfredo<br/>1:00 Crochet Group</p> | <p><b>4</b></p> <p><b>Yoga Canceled</b><br/>10:00 Knitting Group<br/>10:00 Tai Chi<br/>11:00 Toning<br/>Noon Lunch – HM Meatloaf w/ Gravy<br/>1:00 Wood Carving</p> | <p><b>5</b></p> <p><b>Veteran Services by Appt.</b><br/>9:30 Zumba<br/>11:30 Sassy Exercise<br/>Noon Lunch— Mexican Chicken &amp; Rice Soup<br/>3:00 Line Dance</p>                             | <p><b>6</b></p> <p>8:45 Yoga<br/>10:00 Tai Chi<br/>11:00 Toning<br/>Noon Lunch— Pub Burger w/ Cheese<br/><b>1:00 Watercolor Painting Class</b><br/><b>1:00 Family Memories</b><br/>3:00 Basic Line Dancing</p>   | <p><b>7</b></p> <p>11:00 Arthritis Exercise<br/>Noon Lunch— Au Gratin Potatoes w/ Turkey Ham<br/><b>1:30 Matter of Balance</b></p> |
| <p><b>10</b></p> <p>8:45 Beginner Yoga<br/>10:00 Imp. Beginning Line Dancing<br/>11:30 Sassy Exercise<br/>Noon Lunch - Chinese Pepper Steak<br/>1:00 Crochet Group</p>          | <p><b>11</b></p> <p>8:45 Yoga<br/>10:00 Knitting Group<br/>10:00 Tai Chi<br/>11:00 Toning<br/>Noon Lunch – Grilled Chicken Sandwich<br/>1:00 Wood Carving</p>       | <p><b>12</b></p> <p>9:30 Zumba<br/><b>10:30 Board Meeting</b><br/>11:30 Sassy Exercise<br/>Noon Lunch— Baked Herb Pork Chop<br/>3:00 Line Dance</p>   | <p><b>13</b></p> <p>8:45 Yoga<br/>10:00 Tai Chi<br/>11:00 Toning<br/>Noon Lunch - HM Chicken Pastry Pie<br/><b>1:00 Watercolor Painting Class</b><br/>3:00 Basic Line Dancing</p>  | <p><b>14</b></p> <p>11:00 Arthritis Exercise<br/>Noon Lunch— Ravioli w/ Beef &amp; Sauce<br/><b>1:30 Matter of Balance</b></p>     |
| <p><b>17</b></p> <p><b>Yoga Canceled</b><br/>10:00 Imp. Beginning Line Dancing<br/>11:30 Sassy Exercise<br/>Noon Lunch - Maple-Glazed Chicken<br/>1:00 Crochet Group</p>        | <p><b>18</b></p> <p><b>Yoga Canceled</b><br/>10:00 Knitting Group<br/>10:00 Tai Chi<br/>11:00 Toning<br/>Noon Lunch – HM Beef Chili<br/>1:00 Wood Carving</p>       | <p><b>19</b></p> <p><b>Legal Services by Appt.</b><br/>9:30 Zumba<br/><b>11:00 Grief Support</b><br/>11:30 Sassy Exercise<br/>Noon Lunch— Chicken Cordon Bleu Casserole<br/>3:00 Line Dance</p> | <p><b>20</b></p> <p><b>Yoga Canceled</b><br/><b>Tai Chi Canceled</b><br/><b>Toning Canceled</b><br/><b>11:00 - 2:00 Coney/Sloppy Joe Luncheon</b><br/>12:00 Lunch—HM Roasted Pork Loin w/ Gravy<br/><b>1:00 Pencil Drawing Class</b><br/>3:00 Basic Line Dancing</p> | <p><b>21</b></p> <p>11:00 Arthritis Exercise<br/>Noon Lunch— Tangerine Chicken<br/><b>1:30 Matter of Balance</b></p>               |

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**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**24**

8:45 Beginner Yoga  
10:00 Imp. Beginning Line Dancing  
11:30 Sassy Exercise  
Noon Lunch - Roasted Turkey Breast  
1:00 Crochet Group

**25**

8:45 Yoga  
10:00 Knitting Group  
10:00 Tai Chi  
11:00 Toning  
Noon Lunch – HM Beef Stroganoff  
1:00 Wood Carving  
**2:30 Book Club**

**26**

**Hearing Screenings by Appt.**  
9:30 Zumba  
11:30 Sassy Exercise  
Noon Lunch— Chicken Cesar Wrap  
3:00 Line Dance

**27**

8:45 Yoga  
10:00 Tai Chi  
11:00 Toning  
Noon Lunch - HM Spaghetti & Meatballs  
**1:00 Pencil Drawing Class**  
3:00 Basic Line Dancing

**28**

11:00 Arthritis Exercise  
Noon Lunch — Citrus Teriyaki Salmon Bowl  
**1:30 Matter of Balance**

**31**

**CENTER CLOSED**



**MATTER OF BALANCE**

**Location: Swartz Creek Area Senior Center**

**1:30pm – 3:00pm**  
Friday, June 4, 2021  
Friday, June 11, 2021  
Friday, June 18, 2021  
Friday, June 25, 2021  
Friday, July 2, 2021  
Friday, July 16, 2021  
Friday, July 23, 2021

**\*No class Friday, July 9, 2021\***

Cost for the participant manual is FREE. Classes are conducted over seven sessions, meeting once a week.

**To sign up for the class please call 810-635-4122.**

**Space is limited. Masks are required.**



**We Love our Moms!  
Happy Mother's Day!!!**



**Amazing, Beloved, Brave,  
Busy, Giving, Guiding,  
Motherly, Resourceful,  
Selfless**

## Riddles/Information

### Swartz Creek Area Senior Center

2021

### Board of Trustees Election Coming in June!

**VOTE:** Voting will take place Tuesday, June 1st  
thru Friday, June 4th, 2021.

**TIME:** 9:00 a.m. to 4:00 p.m. each day.

Candidate list will be posted on Friday, May 1st,  
2021.

Eligible voters will be seniors 50 and older who  
live in the Swartz Creek Area School District or  
Gaines Township and  
have a current  
membership prior to  
April 23rd, 2021.



### 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.

**We appreciate donations made to  
our Loan closet or to our  
Incontinence Supplies!**



### 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.

### Incontinence Supplies

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.

## Here's a Riddle (or Two) for You....

**Riddle 1:** It belongs to you, but other people use it more than you do. What is it?

**Riddle 2:** If two's company, and three's a crowd, what are four and five?

**Riddle 3:** A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?

**\*\*YOU CAN FIND THE ANSWERS TO THESE RIDDLES AT THE BOTTOM OF THE PAGE LABELED, "INFORMATION/RIDDLE ANSWERS"\*\*\***

### STAY CONNECTED: Join Us on Our Website and Social Media!

Want to keep up with what is happening at the Center? Staying current is more important now than ever! The best way to do that is by following our Facebook page or webpage. Check out the Swartz Creek Senior Center website (<https://myscasc.org>)! You can find the latest updates and even download the monthly newsletter! You can also hop over to Facebook and search Swartz Creek Area Senior Center to find us. We share center updates, posts from local agencies, and posts from the Genesee County Office of Senior Services. Make sure you like our page before you leave to get the most recent updates!



## Information/Riddle Answers

# 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

#### 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.

# 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.

# 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)

## 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!

## METRO: Community Development - 2021 Grant Information

Homeowners that meet this program's requirements can receive up to \$10,000 in funding through the Accessibility Modification Program (AMP) to make eligible repairs and modifications to their homes to make it more accessible.

Please contact Metro Community Development and tell them you would like to start an application for AMP.

Call 810-767-4622 Extension 360

## ANSWER TO RIDDLES

Riddle One Answer: Your name

Riddle Two Answer: 9

Riddle Three Answer: 4 sisters & 3 brothers

## Word Search: Spring Has Sprung!

F L K N S C T U R R S Y S T Y A V J B W  
R H I O U Z Q T T P P X W H N J M D B A  
E X F L C Z B I J L B T E S P I L U T J  
E B D V A S H A W Z T A E E R D K U T E  
S D U Z K C T I Y W D M T D R H H V M J  
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D C D Z L S M U B R Y Y L W I S N D V I  
X B N L Z Z V G K W D J C W O D U J E G  
C M E P R T I S Z U F P L R P N C T Z I  
Q Y M I R B Q R I J N I A J E L S Q W T  
T R F K B V R G F U X A X N D U R L S F  
H H Y R Z I W L M L Y E D A S W A L R O

**Amaryllis , Anemones, Anthurium, Carnations, Freesia, Gardenias  
Lilac, Lily of the Valley, Muscari, Orchids, Peonies, Roses,  
Snapdragons, Sweet Peas, Tulips**

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People Thrive!**



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THE LODGE OF DURAND  
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[vibrantlifeseniorliving.com](http://vibrantlifeseniorliving.com)

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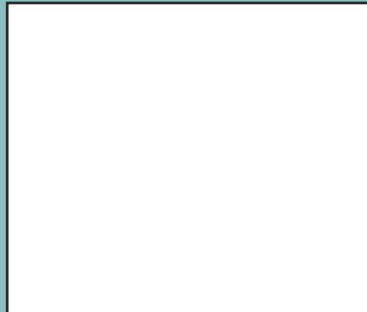
[www.swankassistedliving.com](http://www.swankassistedliving.com)  
9412 Miller Rd.,  
Swartz Creek, MI 48473



**Woodhaven Senior Community**

Find us on 

5111 Woodlands Ct.  
Flint, Michigan 48532  
(810) 230-1070 • Fax (810) 230-9488  
[www.woodhavensenior.com](http://www.woodhavensenior.com)




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**35**

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- Landscape Design and Installation • Refresh Overgrown Landscape

# SWARTZ CREEK AREA SENIOR CENTER

8095 Civic Drive, Swartz Creek, MI 48473

Office Hours: Monday—Friday 8:30am—4:30pm

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

Roger Bloss, President

Bob Plumb, Vice President

Elaine Tucker, Secretary

Phillip Bracey, Treasurer

Ann Knight, Trustee

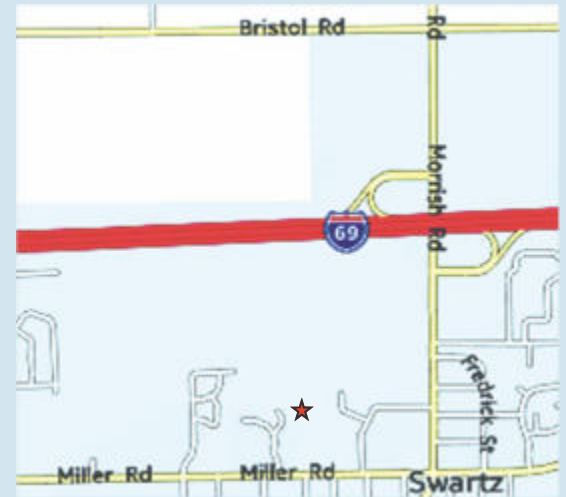
Sheila Keen, Trustee

Kathy VanDette, Trustee

Ken Klungle, Trustee

Susan Butler, Trustee

Directions from downtown Swartz Creek:  
1 block from the intersection of Morrish Rd. or Miller Rd., turn on Paul Fortino Dr. to Civic Dr.



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