

SWARTZ CREEK AREA SENIOR CENTER

JANUARY 2022
NEWS

VOLUME 22, ISSUE 1



The Wyatt Earp Show

Wyatt Earp has been portraying his famous relative in his one-man play called "Wyatt Earp: A Life on The Frontier" since 1996. Wyatt has done over 690 performances of the play throughout the United States, Canada, and Europe.

In 1998 he began performing another one-man play "The Gentleman Doc Holliday" which is based on the book "Doc Holliday: A Family Portrait" by Karen Holliday Tanner, who is the closest living relative of Doc Holliday", which the play is primarily, based on.

In both plays, what you will hear is truly the real story...

"The story Hollywood didn't tell as told by Virgil Earp's great-grand-nephew."

SHOW DETAILS!

WHEN: TUESDAY, JANUARY 18TH, 2022

TIME: Show will begin at 3:00PM

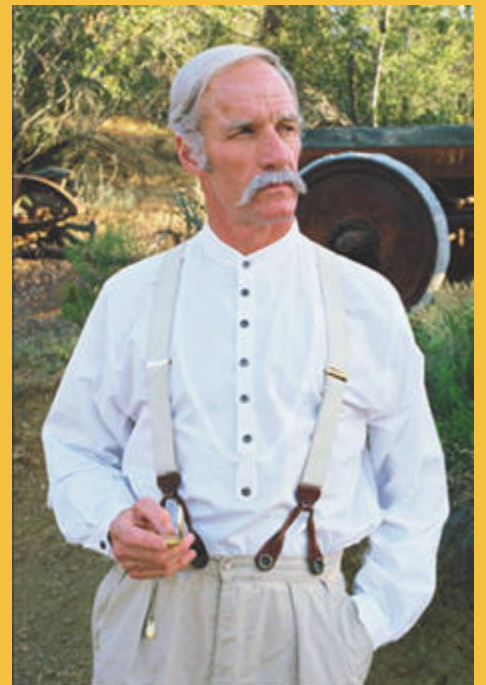
show lasts approximately 90 minutes with 10 minute intermission

WHERE: Swartz Creek Area Senior Center

RSVP BY: JANUARY 14TH, 2022

****LIMITED SEATING AVAILABLE!****

Call to RSVP at 810-635-4122



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



HOLIDAY RETIREMENT

Flint Township Senior Living at Genesee Gardens

4495 Calkins Road, Flint Twp., MI 48532

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15-0694

Happening in our Community

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.

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

- ◆ The Center will begin scheduling appointments on **January 3rd, 2022. 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.

AARP TAX-AIDE

Support Group for Caregivers Caring for Loved Ones with Memory Loss

This Support Group provides caregivers:

WHEN: Wednesday, January 5th at 10:00 a.m.
Facilitated by the Alzheimer's Association

- 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.

MONTHLY BINGO WITH AMERICAN HOUSE

American House is hosting a monthly bingo event at the **Swartz Creek Senior Center!** No cost and all supplies are provided. Bring your own dobber if you so choose! Small prizes will be available to win! **RSVP @ 810 635 4122**

**When: The first Thursday of the month at 10:00am.
JANUARY 6TH, 2022**

CLASS CANCELLATIONS

ZUMBA: Cancelled January 5th and January 12th, 2022.

YOGA: Cancelled for January 25th, 2022

CANCELLED

Practical Approaches to Dementia

The three-part, 90 Minute sessions are held once a week and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills. **Topics in the three-week class include: Brain Behaviors, Specific Activities for Persons with Dementia, Basics of Dementia, Changing in Thinking Patterns, Communication Strategies for Caregivers .**

Dates:

Part 1: Wednesday, January 19th

Part 2: Wednesday, January 26th

Part 3: Wednesday, February 2nd

Time: 12:30pm – 2:00pm

Location: Swartz Creek Senior Center

8095 Civic Dr. Swartz Creek, MI

Cost: FREE ; **RSVP:** 810-635-4122

BOOK CLUB

Next Meeting: Tuesday, January 25th @ 3:00pm

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

New participants are always welcome!

Book: The Dressmakers of Auschwitz

Author: Lucy Adlington



Upcoming Events/Information/Riddles

Hearing Screenings

Tuesday, January 25th, 2022

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, January 6th and 13th, 2022

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

Time: 1:00 p.m.—3:00 p.m.

Cost (2 Sessions): \$10

When: Thursday, January 20th and 27th

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.**

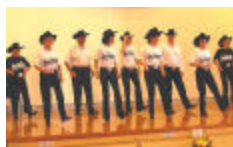
Advanced sign up is required. Payment is required at the time of sign up.

RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED!



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!



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, January 19th, 2022 at 11:00 am

Woodcarvers Wanted!!

Are you a woodcarver? Come and join our woodcarvers at 1:00pm on Tuesdays!

Call the center to let us know you are interested: 810-635-4122



Friday Night Dances

The Senior Center is hosting bi-monthly dances on Friday nights. No need to sign up, just pay at the door!
Must be 50 and older to attend!

Dates: Friday, January 7th and 21st

Time: 6:00 p.m.—8:00 p.m.

Cost: \$5.00 at door



50/50 RAFFLE AVAILABLE

Coffee and Water available!

**Music provided by Jim Hedrich!

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

Riddle One : I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?

Riddle Two: You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy.

Riddle Three: I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

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

OAK STREET HEALTH PRESENTS: MUSICIAN LEE BOILLAT



WHEN: Tuesday, January 11th, 2022 @ 3:00pm

WHERE: Swartz Creek Senior Center

RSVP by: January 7th, 2022 @ 810-635-4122

Lee Boillat is an oldies musician, playing lots of music from the 1950s, 1960s, and more! Seats are limited! Make sure you call today to get your seat!



TECHNOLOGY ASSISTANCE

Every other week on Friday there will be two one hour technology assistance appointments available at the Swartz Creek Senior Center. These appointments are generously provided by the Disability Network. Please call the senior center to reserve a spot: **(810) 635-4122**. You will be asked to tell us what device and specific issue you need assistance with.

When: These appointments will be available from 1:00pm-3:00pm on Friday, January 7th and 21st

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!

NATIONAL DO NOT CALL REGISTRY

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint at the National Do Not Call website.

You can register your home or mobile phone for free.

<https://www.donotcall.gov> or call 1-888-382-1222

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!



ANSWER TO RIDDLES

Riddle One Answer: An Echo

Riddle Two Answer: A Candle

Riddle Three Answer: A Map

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - HM Chicken Pot Pie 1:00 Crochet Group 5:00 Hand, Knee & Foot</p>	<p>4</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch – Beef Fajitas 12:30 Mah-Jongg 1:00 Euchre 1:00 Wood Carving 5:30 Dominoes 6:30 5-Handed Euchre</p>	<p>5</p> <p>Veteran Appointments Zumba Cancelled 10:00 Alzheimer Support Group 11:30 Sassy Exercise Noon Lunch— Turkey Burger w/ Cheese 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>6</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Bingo w/ American House 11:00 Toning Noon Lunch - Pork Chops w/ Mushroom Sauce 1:00 Watercolor Class 1:00 Family Memories 6:30 Pinochle 6:30 Euchre</p>	<p>7</p> <p>Technology Classes by Appointment 11:00 Arthritis Exercise Noon Lunch — BBQ Chicken Tenders CENTER CLOSES 4:00PM - 5:45 PM 6:00 Dance</p>
<p>10</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Chicken Caesar Wrap 1:00 Crochet Group 5:00 Hand, Knee & Foot</p>	<p>11</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon - Sweet/Sour Meatballs 12:30 Mah-Jongg 1:00 Euchre 1:00 Wood Carving 3:00 Oak St. Health: Lee Boilat 5:30 Dominoes 6:30 5-Handed Euchre</p>	<p>12</p> <p>Zumba Cancelled 10:00 Board Meeting 11:30 Sassy Exercise Noon Lunch— Open-Face Turkey Sandwich 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>13</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - HM Chili 1:00 Watercolor Class 6:30 Pinochle 6:30 Euchre</p>	<p>14</p> <p>11:00 Arthritis Exercise Noon Lunch — Grilled Chicken Breast CENTER CLOSES 4:00PM NO EVENING</p>
<p>17</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise LUNCH CANCELLED 1:00 Crochet Group 5:00 Hand, Knee & Foot</p>	<p>18</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch – Chicken/Rice Soup 12:30 Mah-Jongg 1:00 Euchre 1:00 Wood Carving 3:00 THE WYATT EARP SHOW 5:30 Dominoes 6:30 5-Handed Euchre</p>	<p>19</p> <p>Legal Services by Appt. 9:30 Zumba 11:30 Sassy Exercise 11:00 Grief Support 12:30 Practical Approaches to Dementia Noon Lunch— Creole Steak 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>20</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning 12:00 Lunch— HM Roasted Pork Loin 1:00 Pencil Drawing Class 6:30 Pinochle 6:30 Euchre</p>	<p>21</p> <p>Technology Classes by Appointment 11:00 Arthritis Exercise Noon Lunch — Crispy Fish Taco ACTIVITIES CENTER CLOSES 4:00PM - 5:45 PM 6:00 Dance</p>

Monday

24

8:45 Beginner Yoga
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch - Ham, Bacon & Cheese Frittata
 1:00 Crochet Group
 5:00 Hand, Knee & Foot

Tuesday

25

Hearing Screenings by Appt.
Yoga Cancelled
 10:00 Knitting Group
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch - Crispy Chicken Salad
 12:30 Mah-Jongg
 1:00 Wood Carving
3:00 Book Club
 5:30 Dominoes
 6:30 5-Handed Euchre

Wednesday

26

9:30 Zumba
 11:30 Sassy Exercise
 Noon Lunch — Roasted Chicken Breast
12:30 Practical Approaches to Dementia
 3:00 Intermediate Line Dance
 5:30 Mah-Jongg
 6:30 Setback

Thursday

27

8:45 Yoga
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch - HM Liver & Onions w/Gravy
1:00 Pencil Drawing Class
 6:30 Pinochle
 6:30 Euchre

Friday

28

11:00 Arthritis Exercise
 Noon Lunch— HM Mac and Cheese
**CENTER CLOSES
 4:00PM NO EVENING**

31

8:45 Beginner Yoga
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch - HM Goulash
 1:00 Crochet Group
 5:00 Hand, Knee & Foot

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.

EUCHRE UPDATE!

Good News!

We have added another Euchre group play time from 1:00pm – 3:00pm on Tuesday afternoons!

Tuesday night Euchre and Thursday night 5-Handed Euchre will remain at their usual times.

Plenty of opportunities to play! No need to sign up ahead of time, just come out and join in!



Board Meeting Notice

The next board meeting will be held on
 Wednesday
 January 12th,
 at 10:00am



SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Paper Towel, Clorox, Tissues, Bathroom Tissue, and Hand Soap are always appreciated.

Thank you for your generous donations to our Senior Center!

Lisa Campbell and Heidi & Sam Fendert



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.

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 Tuesdays (subject to change). 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? Carrie, 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)

AMAZON SMILE



Do you shop on Amazon? If so, there is a very simple way your purchases can benefit the Swartz Creek Senior Center.

- 1) Open your internet browser and search for Amazon Smile or go to: <https://smile.amazon.com/ch/38-2416786>
- 2) Sign in and designate Swartz Creek Senior Center as your charity.

Each time you make a purchase, a portion will be donated back to Swartz Creek Senior Center!



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.

Fitness Class Descriptions

Beginner Yoga

Katrina will slow it down and explain proper positioning to get you more comfortable with yoga poses. Yoga is a series of postures linked with movement that will open and cleanse your body, strengthen and lengthen your muscles, calm, soothe and open your mind. Make sure to bring your mat!

Yoga

Yoga is a series of postures linked with movement that will open and cleanse your body, strengthen and lengthen your muscles and calm soothe and open your mind. Make sure to bring your mat!

Toning

This class includes weights, bands and music to keep your heart rate up while toning the whole body. Bring a fun attitude, you don't need to be experienced for this class. If you question whether you can stand through the whole class, don't worry, you can sit and do these exercises in a chair also!

Tai Chi

A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. This class helps with balance and coordination and helps for arthritis also.

Sassy Exercise

Have fun playing games designed to help with hand-eye coordination; light exercises to help with balance and just have fun!

Arthritis Exercise—FREE

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level.

Zumba

For active older adults who are looking for a fitness program consisting of dance and aerobic exercise routines performed to popular, mainly Latin American, music.

Choreographed Ballroom Dancing

This class is for beginners! No experience necessary. You must have a partner to join this class. Jim teaches you the steps to round dancing/casual ballroom. Like square dancing Jim calls out steps.

Round Dancing

You must have a partner to join this class. Jim teaches you the steps to round dancing/casual ballroom. Like square dancing Jim calls out steps.

Square Dancing

Description: The dancers form a square of 8 dancers, and then a Caller will "call" out the movements that the dancers are to perform. No partner needed.

Basic Line Dancing

Have you always wanted to learn how to line dance? This class will teach you how. No partner needed. Good for physical and mental well being.

Improved Line Dancing

Medium impact dance exercise class to improve existing skills. No partner needed. Good for physical and mental well being.

Intermediate Line Dancing

Above medium impact dance exercise class to improve. No partner needed. Good for physical and mental well being.

All classes are \$2.00 a session unless noted. Arthritis Exercise is a free class offered by VAAA.

Game Definitions/Upcoming Event

Hand Knee and Foot

Similar to a card game named 'Canasta' the main difference is the number of cards that players need in order to start playing. Score more points than the other teams within four hands. Score points by forming melds of between 3-7 cards.

Euchre

The goal of the game is to win at least three tricks. If the side that fixed the trump fails to get three tricks, it is said to be "euchred." Winning all five tricks is called a "march."

American Mahjong

Mahjong is always played with four players seated around a table. Tiles are shuffled, die are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin. The first person to match a hand of 14 tiles and thus "call mahjong" ends the game, whereupon tiles are scored and a winner is declared.

Five-Handed Euchre

Five-handed Euchre is a variation of the popular trick-taking game Euchre which adds an additional player and features a dynamic partner system. In five-handed Euchre, each player competes against all other players. Five-Handed Euchre is played essentially the same as Euchre with the game cycling through hands which consist of dealing, bidding, playing the hand and then scoring the hand until an ending to the game can be determined.

Dominoes

Each time a player places a domino on the table in Mexican Train, it must conform to normal domino play. i.e. The domino must be placed so that one end is touching the end of a domino already on the table and such that the end of the new domino matches (shows the same number of dots) the end of domino it is adjacent to. Unless the tile is a double, the tile can be placed square in any one of the three directions as long as the two matching sides are touching fully.

Setback

A trick taking game similar to Spades. 2-8 players play either individually or in teams. Each player is dealt six cards, usually by dealing three at a time. Players first bid or pass, with the lowest possible bid being "2." If everyone passes, the dealer must bid "2." Whoever wins the bid starts the first trick. Whatever suit they play is trump for that round. Play proceeds as in most other trick-taking games (Spades, for example).

Pinochle

A card game for two or more players using a 48-card deck consisting of two of each card from nine to ace, the object being to score points for various combinations and to win tricks.

Don't know how to play any of these games, interested in learning how? Our best advice is to join us at the center and give them a try! There are many friendly people eager to teach you how to play!

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!



Incontinence Supplies

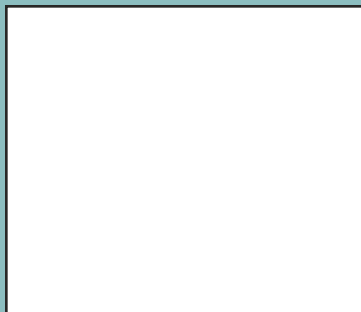
The Center has donated incontinence supplies, which are given out free of charge. Sizes and quantity are limited. Call the center for availability.



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8095 Civic Drive, Swartz Creek, MI 48473

Office Hours: Monday-Thursday: 9:00 am — 8:00 pm

Friday: 9:00 am — 4:00 pm

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

Office: (810) 635-4122

Fax: (810) 635-9405

Website: www.myscasc.org

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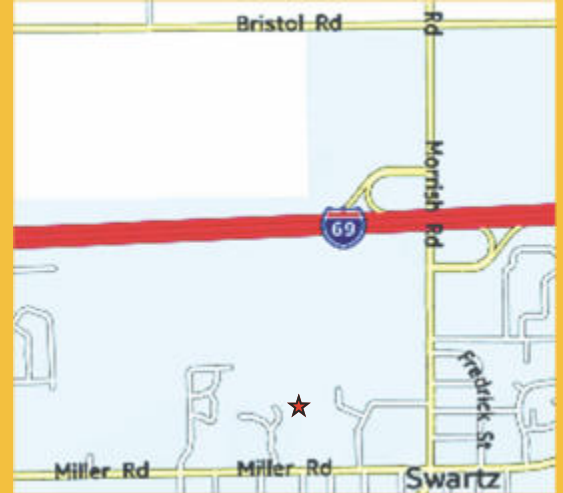
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