

SWARTZ CREEK AREA SENIOR CENTER

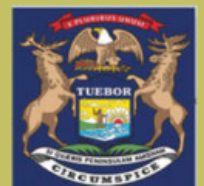
**MARCH 2022
NEWS**

VOLUME 22, ISSUE 3



ASK US ABOUT KN95 MASKS!

These KN95 masks are provided free of charge by a partnership between the State of Michigan, the Genesee County Health Department, and the Genesee County Office of Senior Services and are being distributed by the Swartz Creek Area Senior Center!
Pick up your mask today! Tell your friends and family. This service is geared to those over 50!



"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

(810) 720-4159 ext. 2

www.genesseegardens.com

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15-0694

HAPPENING IN OUR COMMUNITY

ST. PATRICK'S DAY BINGO WITH OAK STREET HEALTH

Save The Date!

When: Thursday, March 17th at 10:00 AM

Where: Swartz Creek Senior Center

RSVP by: Tuesday, March 15th @ 810-635-4122

Join us for a special game of St. Patrick's Day Bingo with Oak Street Health!

Wear some green and join in on the fun, maybe even take home a prize!



OUTSMART THE SCAMMERS SEMINAR

When: Tuesday, March 22nd at 1:00 PM

Where: Swartz Creek Senior Center

RSVP by: Friday, March 18th @ 810-635-4122

Presented by Rich Lewis II, Financial Advisor at Edward Jones in Flushing, MI. Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. While no one is immune, there are steps you can take to Outsmart the Scammers. Join us for this presentation and learn about the following strategies:

- How to spot certain red flags that may indicate a fraudulent encounter
- Resources you can turn to in the event you or a loved one is targeted
- Steps you can take now to help protect yourself and your loved ones

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.

Support Group for Caregivers Caring for Loved Ones with Memory Loss

This Support Group provides caregivers:

WHEN: Wednesday, CANCELLED UNTIL FURTHER NOTICE

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.

BOOK CLUB

Next Meeting: Tuesday, March 29th @ 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 Gold in These Hills

Author: Joanne Bischef



UPCOMING EVENTS/RIDDLES

Hearing Screenings

Tuesday, March 29th, 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, March 3rd & March 10th

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, March 24th & March 31st

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!



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, March 16th, 2022 @ 11:00 am



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, March 4th & March 18th

Time: 6:00 p.m.—8:00 p.m.

Cost: \$5.00 at door



****Music provided by Jim Hedrich!**

50/50 RAFFLE AVAILABLE

Coffee and Water available!

Bring a snack to share, but please remember to clean up after yourself!

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

Riddle One: What gets wet while drying?

Riddle Two: What can you catch, but not throw?

Riddle Three: What can travel all around the world without leaving its corner?

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



UPCOMING EVENTS/RIDDLE ANSWERS

CLASS CANCELLATIONS

ZUMBA: Class is cancelled March 2nd, March 9th, March 16th and March 30th

YOGA: Class is cancelled March 1st, March 3rd, March 28th, March 29th

CANCELLED

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: Thursday, March 3rd, 2022.

Always the first Thursday of the month at 10:00am.

TECHNOLOGY ASSISTANCE APPOINTMENTS

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, March 4th and March 18th

ANSWER TO RIDDLES

Riddle One Answer: A towel

Riddle Two Answer: A cold

Riddle Three Answer: A stamp

Estate Planning Seminar with Seth Neblock, Senior Law Advocate, Legal Services of Eastern Michigan

When: Monday, March 14th at 1:00 PM

Where: Swartz Creek Senior Center

Walk ins Welcome! Please call center to RSVP @ 810-635-4122 if you can!



Come join us for light refreshments as Seth shares:

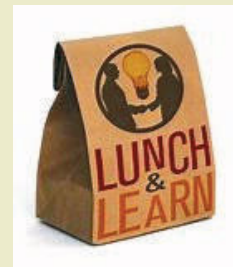
- How to protect the assets you leave behind.
- Ensuring your family does not encounter unforeseen legal challenges.
- Making your wishes about healthcare decisions known to your loved ones.
- The importance of legally naming guardians so the decision is not left up to the courts.

LUNCH AND LEARN WITH PLYMOUTH PHYSICAL THERAPY: LOWER BACK PAIN

When: Tuesday, March 8th 12:00 PM

Where: Swartz Creek Senior Center

RSVP by: Friday, March 4th @ 810-635-4122



Join Dr. Rick Bastarache, MSPT, DPT as he discusses Lower Back Pain and answers questions you may have!

COFFEE HOUR WITH REPRESENTATIVE JOHN CHERRY

When: Monday, March 28th at 10:00 AM


Where: Swartz Creek Senior Center

RSVP by: Thursday, March 24th @ 810 635 4122


Join Representative John Cherry for coffee and conversation!



MARCH

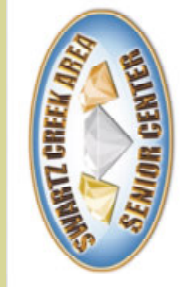
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Yoga Cancelled 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch – Liver & Onions w/ Gravy 12:30 Mah-Jongg 1:00 Wood Carving 5:30 Dominoes 6:30 5-Handed Euchre	2 Taxes by Appointment Veteran Appointments Zumba Cancelled 11:30 Sassy Exercise Noon Lunch—BBQ Pulled Pork 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback	3 Yoga Cancelled 10:00 Tai Chi 10:00 Bingo w/ American House 11:00 Toning Noon Lunch - Chicken Alfredo 12:30 Afternoon Mah-Jongg 1:00 Watercolor Class 1:00 Family Memories 6:30 Pinochle 6:30 Euchre	4 Taxes by Appointment Technology Classes by Appointment 11:00 Arthritis Exercise Noon Lunch— Pub Burger w/Cheese CENTER CLOS 4:00PM - 5:45 PM 6:00 Dance
7 8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Smothered Pork Chop 1:00 Crochet Group 5:00 Hand, Knee & Foot	8 8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch and Learn Plymouth Physical Therapy 12:30 Mah-Jongg 1:00 Wood Carving 5:30 Dominoes 6:30 5-Handed Euchre	9 Taxes by Appointment Zumba Cancelled 10:30 Board Meeting 11:30 Sassy Exercise Noon Lunch— Cobb Salad 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback	10 8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Miss Donna's Oven Fried Chicken 12:30 Afternoon Mah-Jongg 1:00 Watercolor Class 6:30 Pinochle 6:30 Euchre	11 Taxes by Appointment 11:00 Arthritis Exercise Noon Lunch— Korean Beef Bowl w/Rice CENTER CLOS 4:00PM NO EVENING
14 8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Turkey Pot Pie 1:00 Crochet Group 1:00 Estate Planning Seminar 5:00 Hand, Knee & Foot	15 8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch – Meatball Sub 12:30 Mah-Jongg 1:00 Wood Carving 5:30 Dominoes 6:30 5-Handed Euchre	16 Taxes by Appointment Legal Services by Appt. Zumba Cancelled 11:30 Sassy Exercise 11:00 Grief Support Noon Lunch— Country Style Chicken 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback	17 8:45 Yoga 10:00 Tai Chi 10:00 Oak Street Health Bingo 11:00 Toning 12:00 Lunch— Stuffed Peppers 12:30 Afternoon Mah-Jongg 6:30 Pinochle 6:30 Euchre	18 Taxes by Appointment Technology Classes by Appointment 11:00 Arthritis Exercise Noon Lunch— Breaded Fish Sandwich ACTIVITIES CENTER CLOS 4:00PM - 5:45 PM 6:00 Dance

Monday**Tuesday****Wednesday****Thursday****Friday**

21 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	22 8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Beef Stew 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Scammers Seminar 5:30 Dominoes 6:30 5-Handed Euchre	23 Taxes by Appointment 9:30 Zumba 11:30 Sassy Exercise Noon Lunch— Boneless BBQ Riblet 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback	24 8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Chicken Salad Sandwich 12:30 Afternoon Mah-Jongg 1:00 Pencil Drawing Class 6:30 Pinochle 6:30 Euchre	25 Taxes by Appointment 11:00 Arthritis Exercise Noon Lunch— Mac & Cheese CENTER CLOSURES 4:00PM NO EVENING
28 Yoga Cancelled 10:00 Improved Line Dancing 10:00 Coffee Hour w/ Representative John Cherry 11:30 Sassy Exercise Noon Lunch - Spaghetti & Meatballs 1:00 Crochet Group 5:00 Hand, Knee & Foot	29 Hearing Screenings by Appt. Yoga Cancelled 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - White Chicken Chili 12:30 Mah-Jongg 1:00 Wood Carving 3:00 Book Club 5:30 Dominoes 6:30 5-Handed Euchre	30 Taxes by Appointment Zumba Cancelled 11:30 Sassy Exercise Noon Lunch— Open Face Roast Beef Sandwich 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback	31 8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Beef Fajitas w/ Peppers/Onions 12:30 Afternoon Mah-Jongg 1:00 Pencil Drawing Class 6:30 Pinochle 6:30 Euchre	

Board Meeting Notice

The next board meeting will be held on
Wednesday
March 9th, at
10:30am

**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.

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!**
Audrey Ames



INFORMATION

Swartz Creek Senior Center Snack Policy

- Snacks are allowed during activities and events.
- A designated “snack break” needs to be arranged for cleanliness of cards and game pieces.
- After said “snack break” hands should be washed or sanitized.
- Pizza, Crockpots, Casseroles etc. are not permitted.
- Popcorn is not allowed in senior center.
- Snacks are things such as cookies, chips, crackers, etc.
- Each group is responsible for cleaning up the area used.
- Courtesy and common sense is appreciated.

We are fortunate to have a nice space for seniors, please treat this space with the respect it deserves.

Board of Trustees

February 9, 2022



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.

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!

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.



INFORMATION

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.

ST PATRICK'S DAY WORD SEARCH: SEEING GREEN!

R	V	G	A	Q	S	D	H	S	E	C	A	M	O	U	F	L	A	G	E
X	O	L	S	A	E	O	X	V	M	K	A	S	O	H	H	W	O	J	Q
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F	M	Q	M	Q	Y	K	C	G	U	V	S	A	D	U	G	E	T	A	G
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Alligator, Asparagus, Broccoli, Cactus, Camouflage, Clover, Dollar Bill, Emerald, Eyes, Frog, Golf Course, Grass, Jade, John Deere Tractor, Kermit the Frog, Leprechauns, Mint, Olives, Pickles, Pistachios, Praying Mantis, Spinach

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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

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

Facebook: Swartz Creek Area Senior Center

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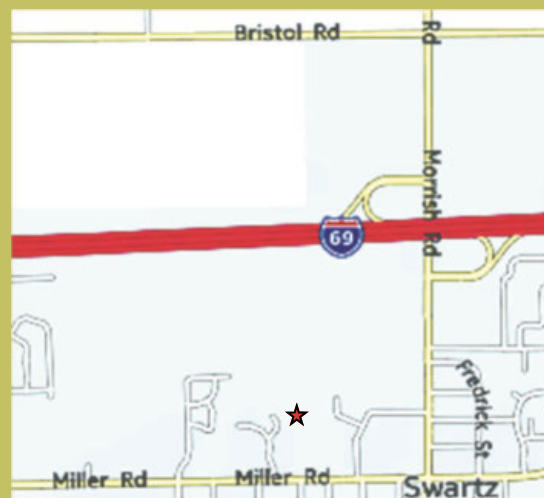
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