

*Swartz Creek*

AREA SENIOR CENTER

**March 2026 Newsletter**

**Volume 26, Issue 3**



**HOLIDAY**  
RETIREMENT

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# Upcoming Events

SWARTZ CREEK SENIOR CENTER

## Field Trips

**MYSTERY DINNER #1- TUESDAY, MARCH 10TH AT 5:00 PM**  
**\$5 per person**

We make the reservations at a restaurant that is a mystery to you. Enjoy time with friends or meet someone new! Dinner is on you, cost is between \$25-35

**ANTIQUA TOUR TRIP- FRIDAY, MARCH 13TH AT 9:30 AM**  
**\$5 per person**

Join us for a thrifting tour, we will start at Around the Farm Antique Mall and make our way to Pride & Country in Saginaw. They have multiple stores and a cafe to enjoy! This is a makeup trip for the one scheduled in January; few spots available!

**MYSTERY DINNER #2- TUESDAY, MARCH 24TH AT 5:00 PM**  
**\$5 per person**

We make the reservations at a restaurant that is a mystery to you. Enjoy time with friends or meet someone new! Dinner is on you, cost is between \$30-40

**MYSTERY DINNER #3- TUESDAY, MARCH 31ST AT 5:00 PM**  
**\$5 per person**

We make the reservations at a restaurant that is a mystery to you. Enjoy time with friends or meet someone new! Dinner is on you, cost is between \$35-45

**IKEA & HOMEGOODS- MONDAY, MARCH 30TH AT 9:30 AM**

**\$7 per person**

Take a trip to Canton, MI to enjoy shopping at Ikea and HomeGoods!

A decorative graphic for an Irish Dinner event. It features a circular border of green and orange shamrocks and flowers. The text is centered within the border.

**IRISH DINNER**

**THURSDAY, MARCH 26<sup>TH</sup> AT 5:00 PM**

**\$20 PER PERSON**

ENJOY A IRISH THEMED DINNER AND ENTERTAINMENT TO CELEBRATE ST. PATRICKS DAY THIS YEAR! CATERED MEAL BY JAY E JACOBS AND ENTERTAINMENT BY THE ROCKIN' MARCHING GRANNIES!

**MENU**

- IRISH FLAG SALAD WITH CITRUS VINAIGRETTE
- FRESHLY PREPARED CORNED BEEF
  - BOILED CABBAGE
  - BOILED POTATOES
  - BOILED CARROTS
- HOMEMADE IRISH BROWN BREAD

PRESENTED BY JAYE JACOBS

## Pretzel ROLLING

**MONDAY, MARCH 9<sup>TH</sup> 1:30 PM**

Join Jay to make large soft pretzels by creating the dough, putting it in a lye bath, baking them, and eating them!

Take home the pretzel you make and have the knowledge to continue to make your own!

**\$25 PER PERSON**

Prepay by March 4th



Presented by  
*Genesee District Library*

## BLUE CAT BAND

**THURSDAY, MARCH 19<sup>TH</sup> AT 1:30 PM**

The Blue Cat Band brings a unique guitar-driven sound from the Motor City. With backgrounds in rock, country, folk and classic blues, their repertoire is extensive. They have been playing together since 1995, and bring a unique musical chemistry that audiences thoroughly enjoy.



**RSVP**



**by March 12th**

# Upcoming Events

SHAMROCK DOOR HANG  
 Monday, March 2<sup>nd</sup> at 1:30 PM

Join Cheryl with Charter Living to create a festive door hang! All supplies are included.

RSVP by February 25th



## Lunch with Gentiva Hospice

Enjoy lunch and hear about the volunteer opportunities at Gentiva Hospice!

Thursday, March 5<sup>th</sup> at 12:00 PM

### Menu

Sub Sandwiches  
 Chips  
 Refreshments

RSVP by March 2nd

PAPER ART WITH ANNETTE

QUILLING- LEVEL 2  
 Friday, March 20<sup>th</sup> at 1:00 PM \$10 PER PERSON

You know the basics of Quilling, lets create something slightly more advanced! All supplies included and step by step instructions.

DECOUPAGE EGGS  
 Friday, March 27<sup>th</sup> at 1:00 PM \$10 PER PERSON

Decoupage is the art of glueing colorful paper onto an object to create a beautiful piece of art. Annette will provide all supplies and instruction to create decoupage eggs for Easter decor!

Prepay while spots are available!





## Strength & Cardio New Exercise Class

with Michele Corbat

Wednesdays at 5:15 PM beginning March 4th

FREE!



Midweek Move & Strength is designed for participants who are 50+ years old and looking to increase their strength, endurance, and balance skills. A fun, upbeat class that combines strength training and cardio. Participants are asked to bring light dumbbells (1lb - 5lb) and water.

EATING ON A BUDGET

THURSDAY, MARCH 12<sup>TH</sup> AT 1:30 PM

Join Valley Area on Aging to Learn:

- Importance of Healthy Eating and Barriers
- Benefits of eating at home vs. dining out
- Money-Saving strategies
- Healthy snack and meal ideas

RSVP By March 9th



March BINGO!

THURSDAY, MARCH 5<sup>TH</sup> AT 10:00 AM

White Elephant Bingo!  
 Please bring a wrapped prize that is preloved from your home or bought for \$10 or less.  
 Presented by Swank Assisted Living

THURSDAY, MARCH 12<sup>TH</sup> AT 10:00 AM

Presented by Oakstreet Health

THURSDAY, MARCH 19<sup>TH</sup> AT 10:00 AM

Presented by Swank Assisted Living

NO RSVP REQUIRED



# Swartz Creek Area Senior Center

## TRIPS

### Genitti's Dinner Theatre

Wednesday, April 15<sup>th</sup>, 2026

\$99.00 per person

10:00 AM- 3:00 PM

Round trip to Northville, a 7 course meal at Genitti's including wedding soup, antipasto salad, pasta, baked chicken, and much more. Interactive comedy show to follow your meal!

Prepay by 3/24/26

### Firekeepers Casino

Wednesday, April 29<sup>th</sup>, 2026

\$48.00 per person

8:30 AM- 3:00 PM

Round trip motor coach transportation to Battle Creek, MI, 4 hours of gaming at Firekeepers Casino, each person to get back \$25 in gaming and \$5 in food from the casino!

Prepay by 4/13/26

### Eastern Market: Flower Market

Tuesday, May 19<sup>th</sup>, 2026

\$109.00 per person

8:00 AM- 4:30 PM

Round trip to Detroit, visit the Eastern Market, enjoy lunch at Polonia's Restaurant, receive a bag of assorted pastries from New Palace Bakery.

Prepay by 4/27/26

### Dow Gardens & Canopy Walk

Wednesday, June 17<sup>th</sup>, 2026

\$99.00 per person

8:30 AM- 4:30 PM

Round trip transportation to Midland, Buffet Dinner at Krzysiak's House Restaurant, guided tour of Fredericks Sculpture Museum, Admission to Dow Gardens & The Longest Canopy Walk.

Prepay by 5/26/26

### Detroit Princess Luncheon Cruise

Thursday, July 23<sup>rd</sup>, 2026

\$120.00 per person

9:00 AM- 4:00 PM

Round trip transportation to Detroit, Cruise on the Detroit Princess River Boat, buffet on board the boat, and musical entertainment while you cruise.

Prepay by 6/15/26

### Diamond Jack Detroit River Cruise

Wednesday, August 26<sup>th</sup>, 2026

\$120.00 per person

10:00 AM- 6:00 PM

Round trip motor coach transportation to Detroit, lunch at Sindbad's Restaurant, 1.5 hour narrated river cruise on board the Diamond Jack.

Prepay by 7/22/26

### St. Sabbas Monastery & Royal Tea

Tuesday, September 8<sup>th</sup>, 2026

\$140.00 per person

9:15 AM- 4:15 PM

Round trip motor coach transportation, Tour St. Sabbas Monastery, Free time in the expanded Monastery Gardens, Tea Luncheon at The Royal Eagle located at St. Sabbas.

Prepay by 8/5/26

New!

### Sunrise Side Lighthouse Tour

Thursday, September 17<sup>th</sup>, 2026

\$99.00 per person

7:30 AM- 5:30 PM

- Round trip motor coach transportation to Northeast Michigan, lunch on own (off menu) at Big Boy (East Tawas), tour of Sturgeon Point Lighthouse, tour of Tawas Point Lighthouse.

Prepay by 8/14/26

New!



### 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.

**YOU MUST EITHER SIGN UP AND PAY AT CENTER OR SEND A CHECK IN.**

**RESERVATIONS ARE NOT GUARANTEED**

**UNTIL PAYMENT IS RECEIVED!**

**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.

# Upcoming Events

## CLEARCAPTIONS & PIZZA



**TUESDAY,  
MARCH 10TH**

PLEASE JOIN LOCAL CLEARCAPTIONS TITLE IV ADA SPECIALIST, KENDRIA HODGE, FOR PIZZA AND CHAT! WE WILL DISCUSS HOW YOU CAN RECEIVE A NO COST CAPTION PHONE IF YOUR HEARING LOSS MAKES IT DIFFICULT TO USE THE PHONE.

**11:30  
AM**

R S V P B Y M A R C H 3 R D

## PAINTING WITH Janis

Monday, March 16<sup>th</sup> at 1:30 PM

Create an adorable Easter Bunny painting with Janis. She will provide all supplies and instruction to help your art come to life!

\$20 per person  
Pre-pay by March 9th



## BRACELET MAKING

Join Joann to create a beautiful, one-of-a-kind, glass bead bracelet! All supplies and instruction included!

FRIDAY, MARCH 6<sup>TH</sup> AT 1:00 PM  
AND  
FRIDAY, MARCH 20<sup>TH</sup> AT 1:00 PM

\$5 PER PERSON  
PER CLASS



Swartz Creek Area Senior Center

## MOVIE NIGHT



**6:00-  
8:00 PM**

**THURSDAY,  
MARCH 19TH**



This Month's Movie:  
*Vertigo* (1958)

A psychological thriller about a former detective who becomes obsessed with the woman he is hired to follow. Please bring snacks to share!

COFFEE HOUR WITH

**COR  
FREEDOM**

THURSDAY, MARCH 12<sup>TH</sup>  
AT 10:00 AM

ENJOY A CUP OF COFFEE AND LEARN:

- ABOUT COR FREEDOM'S HOME ACCESSIBILITY SERVICES
- RENTAL INFORMATION
- HOW COR FREEDOM CAN BE THERE FOR YOU WHEN YOU NEED IT!

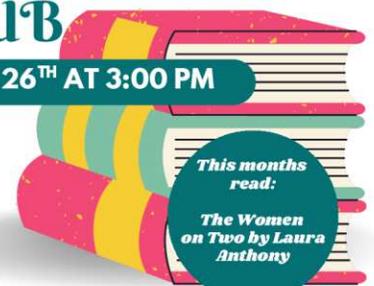
RSVP by March 9th



## BOOK CLUB

THURSDAY, MARCH 26<sup>TH</sup> AT 3:00 PM

Join a great group to discuss a monthly read! Find a copy of this month's book choice, read it, and come discuss your thoughts. Join in anytime!



This month's read:

*The Women on Two* by Laura Anthony

# Upcoming Events



## PENCIL DRAWING

Join Peggy to learn the art of Pencil Drawing! This class is taught in 2 sessions and she will work with you as a group and individually to create a beautiful piece.

**Here's what you will need:**

- Drawing Paper
- Drawing Pencils 2B, 4B
- White Eraser
- Paper Stumps
- Ruler
- An example of what you want to draw

**Thursday, March 12th at 1:30 PM and Thursday, March 26th at 1:30 PM**

RSVP by March 5th

### MEET OUR SENATOR

## JOHN CHERRY

Meet our State Senator, get updates about state government and ask the questions most important to you!

**Monday, March 23rd at 1:30 PM**

RSVP by March 16th




## Chair MASSAGE

Marshala, massage therapist at Maxwell Therapy will provide 10-minute appointments of pure bliss & relaxation!

**FRIDAY, MARCH 27<sup>TH</sup> BY APPOINTMENT**

**PRICE**  
60 OR OVER: \$7  
UNDER 60: \$10

### COFFEE HOUR

## JASPER MARTUS

STATE REPRESENTATIVE

SERVING 91,698 CONSTITUENTS IN SWARTZ CREEK, CLAYTON TOWNSHIP, FLUSHING, AND FURTHER! COME JOIN HIM FOR A CUP OF COFFEE, GET STATE UPDATES, AND ASK HIM THE QUESTIONS MOST IMPORTANT TO YOU!

**FRIDAY, MARCH 13<sup>TH</sup> AT 10:00 AM**

RSVP BY MARCH 9<sup>TH</sup>




## Shoulder & Neck Pain

Monday, March 30<sup>th</sup> at 1:30 PM

Don't let the pain stop your day to day!

Are you struggling with shoulder and/or neck pain? Join us for an informative and engaging class focused on managing shoulder and neck pain effectively. Led by our experienced therapists, this session will provide valuable insights into the causes of shoulder and neck pain, prevention techniques, and treatment options.

Talk with the PT: FREE consultations with the physical therapist at our center following the seminar! Make your appointment today!

RSVP by March 23rd



## Basic Diabetes Nutrition

with Valley Area Agency on Aging

**Thursday, March 26<sup>th</sup> at 1:30 PM**

- Types of Diabetes defined
- Monitoring Diabetes and Blood Sugar
- Preventing Complications
- Sick Day Management
- Nutrition/Healthy Eating
- Exercise

RSVP by March 19th





# March

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**2**  
 8:45 Beginner Yoga w/ Katrina  
 10:00 Improved Line Dancing  
 11:15 Sassy Exercise  
 12:15 GGCARD Lunch  
 1:00 Crochet Group  
 1:00 Horse Race  
**1:30 Shamrock Door Hangs**  
 1:45 Stretch & Balance  
 3:00 Basic Line Dancing  
 5:00 Hand, Knee & Foot

**3**  
 8:45 Yoga w/ Katrina  
**10:00-11:00 Blood Pressure Checks**  
 10:00 Knitting Group  
 10:00 Grocery Bag Crochet  
 10:00 Tai Chi  
**11:00 Coloring with Carol**  
 11:15 Toning  
 12:15 GCCARD Lunch  
 12:30 Mah-Jongg  
 1:00 Chair Zumba  
 1:00 Wood Carving  
 1:30 Euchre  
 2:30 Beginner Cardio  
 3:15 Dominoes  
 6:00 5-Handed Euchre

**4**  
**9:30 Alzheimer's Support Group**  
**11:00 Grief Support Group**  
 11:15 Sassy Exercise  
 12:15 GCCARD Lunch  
 3:00 Intermediate Line Dance  
**5:15 Strength & Cardio**  
 6:00 Setback

**5**  
 8:45 Yoga w/ Katrina  
 10:00 Tai Chi  
**10:00 White Elephant Bingo**  
 11:15 Toning  
**12:15 GCCARD Lunch cancelled**  
**12:00 Lunch with Gentiva**  
 2:00 TOPS Meeting  
 3:00 Zumba  
 6:00 Euchre

**6**  
 9:30 Drums Alive  
 11:00 Arthritis Exercise  
 12:15 GCCARD Lunch  
**1:00 Bracelet Making**



**9**  
 8:45 Beginner Yoga w/ Katrina  
 10:00 Improved Line Dancing  
**10:00 Visually Impaired Support Group**  
 11:15 Sassy Exercise  
 12:15 GGCARD Lunch  
 1:00 Crochet Group  
 1:00 Horse Race  
**1:30 Pretzels with Jay**  
 1:45 Stretch & Balance  
 3:00 Basic Line Dancing  
 5:00 Hand, Knee & Foot

**10**  
**Mystery Dinner #1**  
 8:45 Yoga w/ Katrina  
 10:00 Knitting Group  
 10:00 Grocery Bag Crochet  
 10:00 Tai Chi  
**11:00 Coloring with Carol**  
 11:15 Toning  
**11:30 ClearCaptions & Pizza**  
 12:15 GCCARD Lunch  
 12:30 Mah-Jongg  
 1:00 Chair Zumba  
 1:00 Wood Carving  
 1:30 Euchre  
 2:30 Beginner Cardio  
 3:15 Dominoes  
 6:00 5-Handed Euchre

**11**  
**10:00 Board Meeting**  
 11:15 Sassy Exercise  
 12:15 GCCARD Lunch  
 3:00 Intermediate Line Dance  
**5:15 Strength & Cardio**  
 6:00 Setback

**12**  
**Hearing Screening by Appt**  
 8:45 Yoga w/ Katrina  
 10:00 Tai Chi  
**10:00 Bingo**  
**10:00 Coffee with Core Freedom**  
 11:15 Toning  
 12:15 GCCARD Lunch  
**1:30 Eating on a Budget**  
**1:30 Pencil Drawing**  
 2:00 TOPS Meeting  
 3:00 Zumba  
 6:00 Euchre

**13**  
**9:30 Antique Tour Trip**  
 9:30 Drums Alive  
**10:00 Coffee with Jasper Martus**  
**11:00 Arthritis Exercise cancelled**



**16**  
 8:45 Beginner Yoga w/ Katrina  
 10:00 Improved Line Dancing  
 11:15 Sassy Exercise  
 12:15 GGCARD Lunch  
 1:00 Crochet Group  
 1:00 Horse Race  
**1:30 Painting with Janis**  
 1:45 Stretch & Balance  
 3:00 Basic Line Dancing  
 5:00 Hand, Knee & Foot

**17**  
 8:45 Yoga w/ Katrina  
 10:00 Knitting Group  
 10:00 Grocery Bag Crochet  
 10:00 Tai Chi  
 11:15 Toning  
 12:15 GCCARD Lunch  
 12:30 Mah-Jongg  
 1:00 Chair Zumba  
 1:00 Wood Carving  
 1:30 Euchre  
 2:30 Beginner Cardio  
 3:15 Dominoes  
 6:00 5-Handed Euchre

**18**  
**Legal Services by appt**  
 11:15 Sassy Exercise  
 12:15 GCCARD Lunch  
 3:00 Intermediate Line Dance  
**5:15 Strength & Cardio**  
 6:00 Setback

**19**  
 8:45 Yoga w/ Katrina  
 10:00 Tai Chi  
**10:00 Bingo**  
 11:15 Toning  
 12:15 GCCARD Lunch  
**1:30 Blue Cat Band**  
 2:00 TOPS Meeting  
 3:00 Zumba  
 6:00 Euchre  
**6:00 Movie Night**

**20**  
 9:30 Drums Alive  
 11:00 Arthritis Exercise  
 12:15 GCCARD Lunch  
**1:00 Bracelet Making**  
**1:00 Quilling Level 2**



<p><b>23</b></p> <p>8:45 Beginner Yoga w/ Katrina  10:00 Improved Line Dancing  11:15 Sassy Exercise  12:15 GGCCARD Lunch  1:00 Crochet Group  1:00 Horse Race  <b>1:30 John Cherry Presentation</b>  1:45 Stretch &amp; Balance  3:00 Basic Line Dancing  5:00 Hand, Knee &amp; Foot</p>	<p><b>24</b></p> <p><b>Mystery Dinner #2</b>  8:45 Yoga w/ Katrina  10:00 Knitting Group  10:00 Grocery Bag Crochet  10:00 Tai Chi  11:15 Toning  12:15 GGCCARD Lunch  12:30 Mah-Jongg  1:00 Chair Zumba  1:00 Wood Carving  1:30 Euchre  2:30 Beginner Cardio  3:15 Dominoes  6:00 5-Handed Euchre</p>	<p><b>25</b></p> <p><b>Veteran Services by Appt</b>  11:15 Sassy Exercise  12:15 GGCCARD Lunch  3:00 Intermediate Line Dance  <b>5:15 Strength &amp; Cardio</b>  6:00 Setback</p> 	<p><b>26</b></p> <p>8:45 Yoga w/ Amy  10:00 Tai Chi  11:15 Toning  12:15 GGCCARD Lunch  <b>12:30 Basic Diabetes Nutrition</b>  2:00 TOPS Meeting  <b>3:00 Book Club</b>  <b>3:00 Zumba cancelled</b>  <b>5:00 Irish Dinner &amp; Dancing</b>  6:00 Euchre</p>	<p><b>27</b></p> <p><b>Chair Massage by Appt</b>  9:30 Drums Alive  11:00 Arthritis Exercise  12:15 GGCCARD Lunch  <b>1:00 Decoupage Eggs</b></p> 
<p><b>30</b></p> <p>8:45 Beginner Yoga w/ Katrina  <b>9:30 Ikea &amp; HomeGoods Trip</b>  10:00 Improved Line Dancing  11:15 Sassy Exercise  12:15 GGCCARD Lunch  1:00 Crochet Group  1:00 Horse Race  <b>1:30 Maxwell Seminar</b>  1:45 Stretch &amp; Balance  3:00 Basic Line Dancing  5:00 Hand, Knee &amp; Foot</p>	<p><b>31</b></p> <p><b>Mystery Dinner #3</b>  8:45 Yoga w/ Katrina  10:00 Knitting Group  10:00 Grocery Bag Crochet  10:00 Tai Chi  11:15 Toning  12:15 GGCCARD Lunch  12:30 Mah-Jongg  1:00 Chair Zumba  1:00 Wood Carving  1:30 Euchre  2:30 Beginner Cardio  3:15 Dominoes  6:00 5-Handed Euchre</p>	<p><b>National Nutrition Month- March 2026</b></p> <p><b>Smart Tips for Reading Menus</b></p> <ul style="list-style-type: none"> <li>• Consider the calorie information when deciding between different dishes and what to order.</li> <li>• Remember that side dishes add calories too; consider steamed vegetables or fruit as an option, when available.</li> <li>• Save half your meal for later or ask for a dessert to be split for a more appropriate portion size when servings are large or high in calories.</li> </ul>      <p>• Rethink your drink. Calories from beverages can add up quickly, especially if there are free refills. Choose healthier options like water or low-fat or fat-free milk or drinks that are calorie-free, such as unsweetened coffee or tea. • Ask for sauces and dressing on the side to help control how much actually goes on your food</p>		

**Board Meeting Notice**

**The next board meeting will be held on Wednesday, March 11th at 10:00 AM**

**Our Mission**

The purpose of the Swartz Creek 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.

**Class Cancellations**

**Arthritis Exercise: March 13th**  
**Zumba: March 26th**



# Congregate March Menu 2026

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Smothered Pork Chop Mashed Potatoes Mixed Greens Honey Wheat Roll Diced Peas Margarine Milk	3 Spaghetti & Meatballs Sweet Peas Italian Veggie Blend Fresh Apple Garlic Bread Margarine 100% Fruit Juice	4 Beef Fajitas w/ Peppers/Onions Mexican Rice Black Beans Fruit Cocktail Tortilla Shell Sour Cream Milk	5 <b>Swartz Creek Senior Center No GCCARD Lunch Lunch &amp; Learn with Gentiva</b>	6 Korean Beef Bowl w/Rice w/Snap Peas, Peppers, Onions & Broccoli Peas & Carrots Pineapples Hawaiian Roll Milk Margarine
9 Roasted Turkey & Gravy w/ Mashed Potatoes Southern Green Beans Warm Peaches Biscuit Milk	10 <b>Swartz Creek Senior Center No GCCARD Lunch Pizza with ClearCaptions</b>	11 Chicken Tenders over Creamy Cavatappi Steamed Broccoli Roasted Veggies Mixed Fruit Wheat Roll Margarine Milk	12 BBQ Pulled Pork Baked beans Mixed Vegetables Fresh Orange WG Bun Margarine 100% Fruit Juice Birthday Cake	13 Breaded Cod Au Gratin Potatoes Corn Pineapples Hawaiian Roll Margarine Milk
16 Boneless BBQ Riblet Mixed Vegetables Fruit Cup WG Bun Diced Peaches Milk	17 Salisbury Steak w/gravy Brown Rice Italian Green Beans Fresh Peas Potato Roll 100% Fruit Juice	18 Chicken Salad Sandwich Pasta Salad HM Cucumber Salad Fresh Peas Sliced Croissant Milk	19 Stuffed Peppers Steamed Beets Cauliflower Applesauce Dinner Roll Margarine 100% Fruit Juice Cookie of the Month	20 Artisan Mac & Cheese French Cut Green Beans Sliced Carrots Fruit Cocktail Crunchy Breadsticks Margarine Milk
23 Beef Goulash Lima Beans Cauliflower Golden Apple Potato Roll Margarine Milk	24 White Chicken Chili Whole Kernel Corn Mixed Greens Mango & Papaya Fruit Cup Corn muffin 100% Fruit Juice	25 Cobb Salad w/Turkey, Cheese, Egg, Bacon Pasta Salad Peaches Breadstick Salad Dressing Milk	26 Baked Chicken Breast Green Beans Roasted Veggies Strawberry Applesauce Garlic Roll Margarine 100% Fruit Juice	27 Pub Burger w/Cheese Potato Salad Peas & Carrots Fruit Cocktail WG Bun Mayo & Mustard Milk
30 Creole Steak European Veggies Diced Potatoes Golden Delicious Apple Potato Roll Margarine Milk	31 Italian Wedding Soup Diced Carrots Veggie Blend Diced Peaches Wheat Roll Margarine 100% Fruit Juice			

## Senior Dining by GCCARD

Meals are served **Monday-Friday at 12:15 PM here at the center.**

Reservations must be made by Noon the workday before by calling the center at 810-635-4122 or visiting us in person.

Persons residing in Genesee County who are 60 or older, and their spouse regardless of age, are eligible for a free meals. Donations are always appreciated!  
Suggested Donation is \$3 per person  
Person under 60 or outside Genesee County: \$6



# Programs & Events

## Hand, Knee, and Foot

Monday, 5:00- 8:15 pm

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.

## Mahjongg

Tuesday, 12:30- 3:00 pm

Mahjong is always played with four players seated around a table. Tiles are shuffled, dice are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin.

## Euchre

Tuesday, 1:30- 3:30 pm

Thursday, 6:00- 8:15 pm

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."

## 5- Handed Euchre

Tuesday, 6:00 pm-8:15 pm

Five-handed Euchre is a variation of the popular trick-taking game Euchre which adds an additional player and features a dynamic partner system.

## Dominoes

Tuesday, 3:15 - 5:15 pm

Each time a player places a domino on the table in Chicken Foot, 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.

Come learn  
how to play!



## Setback

Wednesday, 6:00- 8:15 pm

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).

## Horse Race

Monday: 1:00-3:00 pm

This game uses a board, dice, cards, and nickels that will make you feel like you're at the horse races. Strategically move your horse across the "track" the fastest, while trying not to lose all your nickels to the pot!

## Crochet

Monday, 1:00-2:30 pm

A needlework technique performed using a crochet hook plus fiber or other similar material. Most typically, this material is yarn or crochet thread. A very relaxing activity that is good for the mind.

## Grocery Bag Crochet

Tuesday, 10:00-11:30 am

Instructor: Betty Binder

Bring with you 10 plastic grocery bags, a pair of scissors, and a large crochet needle. This is a great way to recycle plastic and create something more useful like a sturdy bag, mat, and more!

## Knitting

Tuesday, 10:00-11:30 am

The knitting process basically involves continuously interlinking or knotting a series of loops of yarn using needles. A very relaxing activity that is good for the mind.

## Wood Carving

Tuesday, 1:00-3:00 pm

Wood carving is a form of working wood by means of a cutting tool. A chisel or knife are usual tools: the chisel can be tapped with a wooden mallet. The result is a wooden figure, or the sculptural ornamentation of a wooden object.

## 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.

## Sign Up Policy

The Swartz Creek Area Senior Center has adopted a policy for our event sign-ups.

**Sign-ups for events can be made on the 20<sup>th</sup> of the month before, beginning at 9:00 AM.**

Example: You can sign up for a February event on January 20th. If the 20<sup>th</sup> lands on a weekend or holiday we are closed, it will be the following business day. Many of the ads have an RSVP by date. This refers to the very last day that you will be able to sign up if spots are still available. If something has a cost, the payment will need to be made at time of sign-up.

# Exercise Classes

All programs are FREE unless noted otherwise.

## Basic Line Dancing

Monday, 3:00-4:00 PM

Instructor: Darci

Beginners class to learn the basic steps in line dancing, no partner needed. Good for your mind and to get you moving!

## Improved Line Dancing

Monday, 10:00-11:00 am

Instructor: Debbie Williams

Medium impact dance exercise class to improve your skills, no partner needed. Good for the body and mind!

## Intermediate Line Dancing

Wednesday, 3:00-4:00 pm

Instructor: Debbie Williams

Medium impact dance exercise class to improve your skills from intermediate, no partner needed. Good for the body and mind!

## Yoga AM

Monday, Tuesday, Thursday, 8:45-9:45 am

Instructor: Katrina Smeets

Substitute: Amy Cross & Machel Duprey

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

## Stretching & Toning

Tuesday & Thursday, 11:15 am-12:15 pm

Instructor: Darci

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 class, don't worry, you can sit in a chair for these exercises too!

## Tai Chi

Tuesday & Thursday, 10:00-11:00 am

Instructor: Darci

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.

## Sassy Exercise

Monday & Wednesday, 11:15 am- 12:15 pm

Instructor: Darci

Have fun playing games designed to help with hand-eye coordination; light exercises to help with balance.

## Drums Alive

Fridays, 9:30-10:30 AM

Instructor: Abbie Marrs

Have fun moving and dancing with drum sticks and aerobic ball as a drum. Play along to music in an exciting atmosphere. This can be done standing or in a chair.

**Sign Up is required as seats are limited, please call the Monday before class to RSVP.**

## Stretch & Balance

Monday, 1:45-2:45 pm

Instructor: Darci

Are you afraid of falling? Darci's class will help improve your balance with fun stretches and exercises that gain back your confidence!

## Beginner Cardio

Tuesday: 2:30-3:30 pm

Instructor: Darci

This class mixes techniques of steps, arm movements, and a sprinkle of dancing to create a perfect intro to cardio. Utilizing weight to increase strength and get your heart pumping!

## Zumba

Thursdays, 3:00- 4:00 PM

Instructor: Kimberly Worchal-Smith

Zumba combines upbeat music and international rhythms with easy-to-follow health-boosting moves to create a fun atmosphere for beginners, as well as the active older adult.

## Chair Zumba

Tuesdays, 1:00-2:00 PM

Instructor: Kimberly Worchal-Smith

Zumba combines upbeat music with easy to follow chair movement to create a fun health-boosting atmosphere. Great for beginners!

## Arthritis Exercise

Friday, 11:00 am- Noon

Instructor: Abbie Marrs

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.

## Strength & Cardio

Wednesday, 5:15-6:15 pm

Instructor: Michele Corbet

Midweek Move & Strength is designed for participants who are 50+ years old and looking to increase their strength, endurance, and balance skills. A fun, upbeat class that combines strength training and cardio. Participants are asked to bring light dumbbells (1lb - 5lb) and water.



*New Class!*

## Swartz Creek Area Senior Citizens, Inc.: Funding Sources

- Genesee County Senior Millage
- Community Development monies from the City of Swartz Creek, Clayton Twp, & 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.

## SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Hard Candy, Clorox wipes, Tissues, Toilet Paper, and Coffee are always appreciated! Thank you for your generous donations to our Senior Center!

# Services

## Legal Services of Eastern Michigan (LSEM)

**\*Wednesday, March 18th by appointment\***

Available at the Senior Center the 3rd Wednesday of each month. Free Legal Services are available at the Senior Center by appointment for seniors over age 60 regardless of income. Services Include:

- Estate Planning
- Wills Power-of-Attorney
- Advance Directives
- Medicaid Planning
- Public Benefits
- Housing Complaints
- Consumer Issues



## Hearing Screenings

**\*Thursday, March 12th by appointment\***

Offered at the Center on the 2<sup>nd</sup> Thursday of the month. Free hearing evaluation available at the senior center.

- Hearing aid cleaning and adjustments at no charge.
- Fees apply for battery replacement.

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## Transportation

Group transportation is also available to Meijer or Kroger once a week. Walmart every week. Food Pantry once a month. Available to seniors living in the Swartz Creek School District. We are also offering transportation to and from our daily lunch program, please call in advance for availability.

If you require transportation services that we cannot provide, please contact MTA at 810-767-0100.

## Veteran Services of Genesee County

**\*Call 810-635-4122 for appointment\***

You can schedule an appointment at the Department of Veterans Services or one of the following designated senior activity centers to assure you are receiving all the benefits you are entitled to.

Swartz Creek Area Senior Center, Flushing Area Senior Center, Grand Blanc Senior Center, Loose Senior Center, Davison Area Senior Center, and Clio Area Senior Center.

Benefits include:

- Disability compensation
- Pension benefits
- Federal Burial benefits
- VA Home loans
- PTSD counseling
- Legal Services
- And More!



## Blood Pressure Checks

**\*Tuesday, March 3rd from 10:00-11:00 AM\***

Provided by Corso Care, every first Tuesday of the month. Stop by anytime between 10-11 AM for a quick check!

## Senior Dining by GCCARD

Meals are served Monday - Friday at 12:15 pm here at the 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.)

Persons residing in Genesee County who are 60 and older and their spouses regardless of age are eligible for a free meal, although donations are appreciated.

- Requested Donation is \$3.00
- Persons under age 60: \$6.00
- Persons of all ages who reside outside Genesee County: \$6.00

## Incontinence Supplies

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

## Loan Closet

The Center has donated wheelchairs, walkers, bath chairs, commodes, canes, and more, which are given out free of charge. Quantities are limited. Call the center for availability!

## Visually Impaired Support Group

**\*Monday, March 9th at 10:00 AM\***

Join Sabrina with the Family Service Agency of Genesee County to discuss the difficulties of being visually impaired and how you can adapt to these changes using new resources and technology. Meet those who understand the struggled you share.



## Age Friendly Wellness Council

**\*Monday, April 6th at 10:00 am\***

Join Lori with the Flint Health Coalition to share the needs and concerns that you, as a senior, have today. She can connect you to resources and make sure that your ideas are brought to light! Breakfast is provided!

## Grief Support Group

**\*Wednesday, March 4th at 11:00 am\***

Jessica with The Medical Team provides on-going grief support for anyone who has experienced the death of a loved one.

## Alzheimer's Support Group

**\*Wednesday, March 4th at 9:30 am\***

Join Jessica, trained facilitator with the Alzheimer's Association, for this monthly support group for people living with dementia and their care partners to develop support systems, talk through issues and ways to cope, share feelings, and learn about community resources.



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# Swartz Creek Area Senior Center



8095 Civic Dr. Swartz Creek, MI 48473

Office Hours: Monday-Thursday 9:00 AM - 8:00 PM

Friday 9:00 AM - 4:00 PM

Phone: 810-635-4122

Fax: 810-635-9405

Website: [www.myscasc.org](http://www.myscasc.org)

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